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OXFORD

Phrasal Verbs Dictionary

英汉双解版

Second Edition 第2版

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短语动词，无师自通！

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big it up

max out

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牛津 短语动词词典 第2版
OXFORD Phrasal Verbs Dictionary Second Edition
英汉双解版

短语动词是英语中的一个重要范畴，地道、丰富的英语表达往往离不开短语动词的准确使用，这本全新编写的《牛津短语动词词典》广泛收录并详细讲解了口语和书面语中使用的短语动词，帮助学习者全面掌握短语动词用法，实现与英美人士的无障碍交流！

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Publisher's note 出版说明

牛津出版的各种双解学习词典早已为广大读者熟悉和认可。但囿于篇幅所限，这类包罗万象的词典一般难以详尽介绍英语单词的各种有机组合，如习语（idiom）、短语动词（phrasal verb）或词语搭配（collocation）等[注]。而这些范畴却又是有志于进一步提高英语水平的学习者所必须掌握的。

《牛津短语动词词典》（第2版）（英汉双解版）的出版目的即在于此，它以 *Oxford Phrasal Verbs Dictionary for Learners of English (Second Edition)* 为蓝本编译，收录7,000多条英美常用的短语动词，解释深入，用词简明易懂，并提供了12,000余条取材于语料库的示例，展示正确用法。相比旧版，本版词典新增将近1,000项新内容，许多词条还增补了进入新世纪以来出现的新用法和新含义，对于广大读者与时俱进、阅读和理解英美最新文献资料及各类媒体内容一定会大有助益。

本词典可与同时出版的《牛津英语习语词典》（第2版）（英汉双解版），以及稍后出版的《牛津英语搭配词典》（第2版）（英汉双解版）一同使用。希望这三本针对性很强的词典能有助于英语学习者提高英语水平。

外语教学与研究出版社
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注：习语一词的含义甚广，一般指那些常用在一起、具有特定形式的词组，其蕴含的意义往往不能从词组中单个单词的意思推测而得。英语学习者由于受到母语的影响，遇到英语习语时往往会感到手足无措，甚至堕入语言陷阱而不知。

短语动词是英语中一个重要的范畴，我们不难发现以英语为母语的人士在日常交谈与写作中往往喜欢使用这类动词加小品词的组合，而不用词义相近的单词，以丰富语言的变化，展现语义上不同的层次与微妙的区别。

词语搭配，顾名思义就是英语词与词之间的组合，这些组合决非任意而为，而是有一定的规律可循，一般受到语义、语法和惯用法的制约。只有熟悉和掌握词语搭配，才能说写更自然地道的英语。

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Preface by Lu Gusun 陆谷孙序

并非词义的简单相加

学英语之初，好像是从 Essential English 读到过一则有趣的故事，说是楼上住户准备往下倒水，事先警告楼下人当心，于是大叫“Look out!”，楼下人“就字论字”，闻声探出头去，旋被浇了个“醍醐灌顶”，从此知道 Look out 是要人当心的意思，而非“看 + 朝外”的单词意义简单相加。

“文革”后期北京出了三卷本的《第三帝国兴亡史》中译本，内部发行。时值书荒，所阙者学。我把这部书从头到尾读了几遍，穷文尽义，无微不综，发现内容翔实，译笔畅达，很是佩服。不过，在某处说到希特勒和邱吉尔斗智时，译文出现“这是一个两人都可以玩的游戏”这么一句，颇觉突兀。掩卷一想，英文原文定是谚语 It is a game that two can play。后来认识了译者之一的施咸荣兄，与他讨论过此句，两人都同意此句还是译作“这套玩意儿你会我也会”为好。这儿又是一例，说明英语中存在相当一部分词语，其语义不等于所涉单词意义的简单叠加。文化积淀丰厚的谚语自然属此。

此类词语一般都称之为“习语”(以前也有人称“片语”)，那是英语 idiom 的翻译，是个宽泛旷漫的概念，凡词的组合在意、趣、神、色各方面有异于参与组合的词的本身时，均可算入其中。另外，由于修辞界越来越重视盎格鲁—撒克逊源的短音节“母语”词，而非拉丁源“外来”词，多用诸如以 to wipe out 取代 to eliminate 之类的动词，短语动词遂成为时尚。由此，大批 phrasal verbs 成为英语习语中的一个主要构成部分。在一些美国出版的大型案头词典中，甚至有把短语动词单列而作为词条的。

从结构上看，习语的构成一般有不可变的固定性，如我曾与一位老师争论过 at this time of day (或 year 等) 还是 at this time of the day (或 year 等) 的习用性，后来大量语料证明，多见的是前者，而这种人称语言琐屑 (small change) 的东西，往往给母语为非英语的学生造成极大的困难；从语义上说，习语具有更强的“绝对语义”和“文化语义”，to die 可以指“死”，也可指“凋谢”、“灭亡”等，而习语 to kick the bucket 只可能指“死亡”，且与英人古时杀猪时猪的垂死挣扎的文化形象不可分割地粘连在一起；从语用上说，很多时候，表达的功能性效果，即上文提到的“意、趣、神、色”，非习语不能充分传达：试设想我们读到 It is raining hard 和 It is raining cats and dogs 两句时，无论从形象化或语势角度衡量，作为习语的后一句都自有其优越性。

虽说盎格鲁—撒克逊源的“母语”词并非在所有场合和一切时候都优于拉丁源的“外来”词（邱吉尔二战时的著名演说 We'll fight them on the beach. We'll fight them ... 数个排比句全用上盎格鲁—撒克逊“母语”词，直到最后一句 We'll never surrender 才用上一个中古法语源的 surrender，非此断无卓然惊心之效），时下人人信手拈用之短语动词可说已是二次大战后英语的一大胜场。非英语民族的英语学生不妨以对短语动词掌握的娴熟程度，例如说 to sleep off one's anxieties 但 to sleep away the whole afternoon，作为考量自己英语水平的一把尺子。

有鉴于包括短语动词在内的英语习语的重要性及其对中国学生造成的困难，牛津大学出版社首次推出两部专门性很强的英汉双解版英语习语和短语动词词典。虽然专门性较强，编者从学习型词典的定位出发，一仍旧贯，以集中处理“共核”，控制释义词汇量，强调准确，追求直观效果等行之有效的方法，使牛津的学习型词典队伍中，增加了熠熠生色的新成员。早在 20 世纪 40 年代，牛津开始真正引起辞书界和英语教学界对学习型词典的重视。事实证明，时至 21 世纪，牛津在这方面正百尺竿头，更进一步。传统的力量是强大的，尤其是当传统为创新所发扬时！

陆谷孙
上海复旦大学
2005 年 4 月

陆谷孙，1940 年生于上海，祖籍浙江余姚。上海复旦大学外文学院院长、杰出教授、博士生导师；亚洲辞书学会副会长、中国莎士比亚研究会副会长、上海翻译家协会副会长、上海作家协会理事；《新英汉词典》(1975) 主要设计者和定稿人之一、《英汉大词典》(1990) 及其补编 (1998) 主编。著述四十余种，其中包括《莎士比亚专辑》、《博能返约，杂能归粹——论莎士比亚戏剧的容量》、《非理性化、非理想化、非文脉化——对西方后现代主义文学的阐释》、《英语在中国：复述与再思》、《词典编纂中的传承与创新》等；译作逾二百万字，其中有《幼狮》、《极乐城》、《二号街的囚徒》、《鲨腭》、《钱商》等；朱镕基任上海市长时率团访港，陆应邀担任语言顾问和同声传译。

Preface by Chen Dezhang 陈德彰序

向大家推荐

我从中学开始学英语，后来考入上海外国语学院（上海外国语大学的前身）英语系，毕业后从事过短期的外事翻译，后来调到北京外国语大学，教了几十年书。我这一生和词典打了几十年的交道，和各种词典结下了不解之缘，可以说离不开词典这个良师益友。我书房里有上千本词典，书案前后左右就放了几十本常用的词典。我有个习惯，搞翻译、写（关于英语或翻译的）文章、备课做教案或制作讲座幻灯，甚至批改学生作业，一般都要参考三四本词典。有时，为弄清楚一个词的确切意思，要查五六本词典。我还参加过多本词典的编辑、翻译、审订等工作，从喜欢词典到对词典有一定的了解（我的研究方向是英汉翻译理论、汉英对比语言学和双语词典），每学年都要给学生上一堂词典课。

常有学生问我：一个人要有多大的词汇量才算学会了英语？这个问题要看怎样才算"掌握"了一个单词。掌握包括正确理解和使用。一些学生能背几千个单词，可是往往把一个个英语单词和一个个汉语解释对等起来，误认为一个词只有一两个意思。这离实际的"掌握"有很大的距离。还有一些同学，花很大工夫去背那些"大词"、难词，而对常用的"小词"却不重视。其实，越大的词意思越单一，用法也越简单。像某些 TOEFL 词汇，连以英语为母语的人一辈子也未必能用上一次。对学英语的人而言，难掌握的往往是那些其貌不扬的"小词"。每个"小词"都有多种意思，还能有不同的搭配，组成各种短语，使用频率非常高，"小词"用法的发展更新也是最快的，而一般"大词"的意思都可用"小词"组成的短语来表达。英语的语感（language feel）主要就体现在对"小词"的掌握上。遗憾的是，不少初学者对这一点认识不够，过于看重所谓的"词汇量"而忽略了"小词"和由"小词"组成的习语的学习。以常用动词 keep 为例，你知道 keep 的意思是"保持"，可是你知道 keep it up，keep yourself to yourself，for keeps，keep (sb/sth) down，keep sb under[1] 是什么意思吗？不知道这些，怎么能说学会了 keep 这个词呢？

英语和汉语的一个显著不同就在于，英语有大量的短语，其中大多数可以看成是习语，不但在口语中大量使用，在书面语，尤其是报刊文章中，也大量使用。绝大多数习语是由所谓的"小词"构成的。这里说的"小词"指由四个或四个以下字母构成的常用词，也是英语的核心词，既包括被称为"小品词"（particle）的介词和由介词发展成的副词，也包括 be，come，do，get，go，have，let，make，put，take 等使用频率非常高、用法很多的动词。英美记者似乎特别钟情于活泼生动的习语，而不喜欢使用"大词"，这样就拉近了作者与读者之间的距离。仔细读一下美国奥巴马总统的讲话就可以发现，他也用到

了许多生动的"小词"和由"小词"构成的习语。而我的英美朋友曾告诉我，他们常看到一些文章，语法几乎挑不出错，但一看就知道是中国学生写的。这些文章除了在结构上有汉语文章的特色外，一个显著的特点就是"大词"用得多，"小词"用得少，尤其是短语和习语少。这样的文章往往会给人以华而不实的感觉，读来一点也不亲切。

凡是有固定搭配，从字面上看不出其意思的短语都可称为习语（idiom），包括成语，还包括俗语、谚语以及比喻、一些常用词的特殊含义和用法、一些固定的搭配和句型等，从广义来说，涵盖了种种习惯用法 (idiomatic usage)。英语习语一般都有固定的结构，其用词和词序不能随便"活用"。从结构看，由介词和其宾语构成的介词短语占了很大的比例，此外还有具有特殊意义的名词短语、动宾结构、动状结构等。

其实，短语动词也是一种习语，不过是由两个或两个以上的词构成、意思或功能却相当于一个动词的习语。短语动词是英语和许多西方语言的特色之一。英语重静态，常用 do，get，have，make，take 等动词加上一个由动词衍生的名词组成的短语动词来表示动作的意义。这些短语中的动词已弱化，失去了原来的"做"、"得到"、"有"、"取"等意义，以其后的名词表示动作的含义，这就体现了英语静态的特点。

大家都知道 have a look（一般译为"看一下"或"看一眼"）比直接用动词 look 的动态感要低。这里的 look 可换成 glance/glimpse 等表达出不同的意思，而把 have 换成 seize/grab/steal 等，就变成了"很快看一眼"、"抓紧时间看一眼"、"偷偷看一眼"等很生动的说法。如果在 look/glance/glimpse 等宾语前加上 final，loving，admiring，fearful，trembling 等定语，更能表达丰富多彩的意思（译成汉语往往要用不同的状语"最后看一眼/看最后一眼"、"充满爱意地/深情地看一眼"、"敬慕地看一眼"、"恐惧地看一眼"、"哆哆嗦嗦地看一眼"等）[2]。这一结构里可换的词几乎是无穷的。能活用和掌握英语这些不同于汉语的动作表达方式是学会地道的英语的标志之一，也是学习英语的难点之一。

由外研社和牛津大学出版社共同出版的英汉双解《牛津英语习语词典》和《牛津短语动词词典》可作为英语学习者的首选。这两本词典专门为学习者编写，针对性强。词典的释义全部用简单明了的英语写成，便于理解掌握，所有的例句也都以实用为目标。其中，《牛津英语习语词典》收录习语达一万多条，涵盖了最常用的英语习语，对大中学生和英语自学者而言完全够用，对从事英语教学和翻译工作的人也有很大的参考价值。《牛津短语动词词典》收录动词短语 7 000 多条，例如中心词 look 条下就有将近 40 条短语动词，基本包括了 look 作为动词构成的所有短语。参加这两本词典汉译的都是有多年教学、翻译

和词典编译经验的专家、教师和词典编者，因此译文地道，不仅能帮助读者弄清原文的意思，对学习翻译也有很大的启发。词典中还专门编写了“学习页”，讲解有关习语和短语动词的种种知识，教你如何使用词典，文字生动有趣，并配有练习，可以说是一本微型教材，值得仔细研读。

有读者问，他们几年前就买过外研社和牛津大学出版社2005年共同出版的这两本词典，有必要再买新的吗？

大家都知道，语言发展很快，新词语，尤其是新习语不断涌现，有的有了新的意思和用法，一些旧的习语则被淘汰。所以，选词典必须尽可能跟上潮流。新版保留了上一版词典所有的特色，增收了许多新条目，若干例句也经过更新。如《牛津英语习语词典》在hard条下增加了fall on hard times，play hard to get两则；make条下增加了make a break for it，make or break等。《牛津短语动词词典》里则收录了许多大词典和短语词典迄今尚未收录的新词条，如big it up，max out，rock up等。

最后我想提醒读者，这两本词典标明了英美不同拼法和发音、语体色彩和使用的情景，即“语境”。许多条目提供了同义和反义词语，这在翻译和写作时特别有用。有关习语来源的知识有利于读者开阔视野，了解语言背后的文化内涵。这样的词典如果仅在遇到不懂的表达时查阅就太可惜了，时不时翻阅（不一定要从头到尾读）也能增长很多知识，有许多知识恐怕是一般阅读中学不到的。

陈德彰

北京外国语大学

2013年3月

1 这些例子选自《牛津英语习语词典》和《牛津短语动词词典》。

2 这里的例子并不在《牛津短语动词词典》中，只是为了说明英语与汉语不同的一种常见表达方式，供大家参考。

陈德彰，男，北京外国语大学退休教授，近三十年来主要从事翻译理论和实践的教学及研究工作，曾任北京市翻译系列高级专业资格评审委员会专家库成员，目前担任全国翻译资格证书考试委员会副主任委员。主要著作有：《翻译入门》（普通高等教育“十五”国家级规划教材）、《英汉翻译入门》、《翻译辨误》、《中国人最易犯的英汉翻译错误》、《英语翻译二级笔译》（全国外语翻译证书考试指定教材）。编写或参加编译的辞书有：《简明英语同义词宝库》、《当代美国英语学习词典》、《中国学生英汉双解词典》、《朗文当代高级英语词典》、《汉英词典》（第三版）、《牛津—外研社英汉汉英词典》等。

Labels used in the dictionary 本词典使用的标识

disapproving 贬义 verbs show that you feel disapproval or contempt, for example *dumb sth down, flash sth about*. 所指动词含不赞成或轻蔑意，如 dumb sth down、flash sth about。

figurative 比喻 a figurative example is one in which language is used in a non-literal or metaphorical way, as in 所指示例中的措辞用作非字面或隐喻意义，如 *His anger blazed up* (= suddenly became very strong) *uncontrollably.* 他心中怒火不可抑制地爆发了。

formal 正式 verbs are usually only used in serious or official language and would not be appropriate in normal everyday conversation. Examples are *abide by sth, embark on/upon sth, vie for sth*. 所指动词通常只用于庄重或正式场合，不宜用于日常言谈。如 abide by sth、embark on/upon sth、vie for sth。

humorous 幽默 expressions are intended to be funny, for example *toddle off*. 所指用语旨在增添风趣，如 toddle off。

informal 非正式 verbs are used between friends or in a relaxed or unofficial situation. They are not appropriate for formal situations. Examples are *bang on about sth, kick back, tuck into sth*. 所指动词用于朋友之间，或轻松、非正式场合，不宜用于正式场合。如 bang on about sth、kick back、tuck into sth。

ironic 反讽 language uses words to mean the opposite of the meaning that they seem to have, as in 所指措辞表示反语，如 *I tried to mend my watch, but only succeeded in breaking it.* 我本想修好手表，却成功地把它给修坏了。

less formal 较非正式 synonyms are verbs that have a similar meaning to the main phrasal verb, but are used in less official situations or are more common in normal everyday conversation. 所指同义动词与作为首词的短语动词含义相近，但用于不太正式的场合，或多用于日常言谈。

less frequent 较不常用 verbs or grammar patterns are not used as often as the main phrasal verb or the other grammar patterns given. 所指动词或语法模式不如作为首词的短语动词或该词条所列的其他语法模式常用。

literary 文学语言 verbs are used mainly in literature and imaginative writing. Examples are *yearn for sb/sth, eke out sth*. 所指动词主要用于文学作品或富有想象力的书面文字。如 yearn for sb/sth、eke out sth。

more formal 较正式 verbs have a similar meaning to the main phrasal verb, but are usually used in more serious or official situations, or in a less casual way. 所指动词与作为首词的短语动词含义相近，但通常用于较庄重或正式的场合，或使用得不太随便。

old-fashioned 过时 verbs are passing out of current use, for example *buck up, gad about/around, run along*. 所指动词的用法逐渐淘汰，如 buck up、gad about/around、run along。

rare 罕见 verbs or grammar patterns are not commonly used. 所指动词或语法模式不常用。

slang 俚语 is very informal language, mainly used in speaking and sometimes restricted to a particular group of people, for example people of the same age or those who have similar interests or do the same job. Examples are *knock sb off, shoot up*. 很不正式的用语，主要用于口语，有时只限于特定群体，如同龄人、兴趣相似或工作相同的人。如 knock sb off、shoot up。

taboo 禁忌语 verbs and expressions are likely to be thought by many people to be obscene or shocking. You should avoid using them. They are indicated by this symbol in the dictionary. 所指动词和用语可能被很多人视为下流或含冒犯意，因此应避免使用。本词典中用此符号标示：⚠。

Key to the dictionary entries 本词典词条用法

Main parts of a phrasal verb entry 短语动词词条的主要部分

Information in the dictionary is given in entries, arranged in the alphabetical order of the verbs and then in the alphabetical order of the particles. 本词典内容列入词条中，词条按动词的字母顺序排列，然后按小品词的字母顺序排列。

Head verb 中心词动词, with pronunciation 附读音

Phrasal verb 短语动词, showing the main forms and stress (see page 523), followed by the definition 列出主要形式，标示重音（见第 523 页），随后提供释义

Examples 示例, showing how the phrasal verb is used in context, with common phrases in **bold type** 表明短语动词在语境中的用法，黑体表示常用短语

Irregular forms of the verb 动词的不规则形式, with variants 附变体形式

bask /bɑːsk/

ˈ**bask in sth** to enjoy the good feelings that you have when other people praise or admire you, or when they give you a lot of attention 享受，沉浸于（他人的赞美或关注）: *He had always basked in his parents' attention.* 他一直尽享父母的关爱。◇ *I never minded* ***basking in*** *my wife's* ***reflected glory*** (= enjoying the praise, attention, etc. she got). 生活在妻子的光环中，我感到与有荣焉，从不介怀。
◆ v + prep

dive /daɪv/ (**dived**, **dived**, *AmE also* **dove** /dəʊv; *AmE* doʊv/, **dived**)

ˌ**dive ˈin**; ˌ**dive ˈinto sth 1** (*informal*) to start doing sth with enthusiasm and without stopping to think （不假思索地）全情投入，全力以赴: *She dived in with a question before I had finished speaking.* 我话还没讲完，她便迫不及待地提了个问题。◇ *They had dived into the new business without thinking it through.* 未经慎重考虑，他们就投身办起了新企业。

Using the phrasal verb 短语动词的用法

The dictionary gives further information to help you use the phrasal verb correctly and appropriately. 本词典提供补充信息，帮助读者正确恰当地使用短语动词。

Key symbol 钥匙形符号, showing that this is an important phrasal verb 表示重要短语动词

Synonyms and opposites 同义词和反义词, given in alphabetical order 按字母顺序排列

🔑ˌ**blow ˈup 1** to explode; to be destroyed by an explosion 爆炸；被炸毁: *The bomb blew up as experts tried to defuse it.* 专家们试图拆除引信时，炸弹爆炸了。◇ *The car blew up when it hit the wall.* 汽车撞墙后炸毁了。 SYN **explode** (*more formal*) **2** to start suddenly and with force 爆发: *A storm blew up just after the ship left port.* 轮船刚离开港口便狂风大作。◇ *A row has blown up over the leaking of information to the press.* 向新闻界泄露消息引发了一场轩然大波。 OPP **die down 3** (**at sb**) (*informal*) to become very angry 动怒；大动肝火: *My mum blew up at my dad for keeping me up so late.* 妈妈对爸爸大发雷霆，因为他这么晚还不让我去睡觉。◇ *His attitude annoyed me and I blew up.* 他的态度令我生厌，于是我发火了。

Geographical label 地理标识, showing where the phrasal verb is used 表示短语动词的使用区域

Register label 语体标识, showing whether the phrasal verb is formal, informal, etc. 表示短语动词用法为正式、非正式等

,**rock 'up** (*BrE, AustralE, informal*) to arrive, especially in a relaxed way or without giving advance warning 悠闲自在地到达；不打招呼来到: *You can't just rock up to that kind of restaurant without booking — they're very selective.* 那种饭店你不能不经预约想去就去——他们可不是来者不拒。
SYN **roll up** (*informal*)
◆ v + adv

Collocations 搭配, showing frequent subjects and objects, given in order of frequency 收列常见的主语和宾语，按使用频率排列

Grammar patterns 语法模式, showing how the verb is used (see page xx) 标示动词的用法（见第 xx 页）

,**lock 'onto sth** (*also* ,**lock 'in on sth**) if a weapon that is sent through the air **locks onto** sth or **is locked onto** sth that it is aimed at, it finds it and follows it （武器）搜寻跟踪，锁定（攻击目标）: *The missile can lock onto a target from a kilometre away.* 导弹能锁定一公里之外的目标。◇ *The missile was locked onto the target.* 导弹锁定了目标。SUBJ **missile**
OBJ **target**
◆ v + prep ◆ v + adv + prep

Building your vocabulary 扩大词汇量

The dictionary also contains a lot of information that will help you increase your vocabulary and use the language productively. 本词典还收录大量信息，可帮助读者增加词汇量并有效地使用语言。

Note 注释, giving further information about grammar and usage 补充说明语法和用法

Idioms section 习语部分, showing idiomatic phrases in which the phrasal verb is used 列出含短语动词的习语

Derivatives section 派生词部分, showing nouns or adjectives which come from the phrasal verb 列出由短语动词派生的名词或形容词

,**lie 'down** to be or move into a horizontal position on a bed, etc. in order to sleep or rest 躺下；平卧: *Go and lie down for a while.* 去躺一会儿吧。◇ *He lay down on the sofa and went to sleep.* 他躺在沙发上睡着了。◇ *The coughing is worse when he's lying down.* 他躺着时咳嗽得愈发厉害。◇ *She was lying down on the bed.* 她躺在床上。
NOTE Do not confuse this sense of **lie down** with **lay sth down**, which must always have an object 不要将 lie down 的这个含义和 lay sth down 混淆，后者必须接宾语: *I'm going to lie down for a while* 我要躺一会儿 (not *I'm going to lay down for a while*). ◇ *They were told to lay their guns down* 他们被命令把枪放下 (not *They were told to lie their guns down*).
◆ v + adv
IDM **lie down on the 'job** to not do sth that you are responsible for doing or expected to do 玩忽职守；偷懒；磨洋工；工作不出力: *Some one at City Hall is obviously lying down on the job, or this would be done by now.* 市政厅显然有人工作偷懒，否则这事现在早干完了。**take sth lying 'down** to accept an insult, a criticism, a violent attack, etc. without protesting or reacting to it 甘受，容忍（屈辱、批评、严厉攻击等）: *He has been accused of bribery, but he won't take this lying down.* 有人指责他受贿，但他不肯忍气吞声甘受指摘。
▸ ,**lie-'down** *n* [sing.] (*BrE, informal*) a short rest, especially in bed （尤指在床上的）小睡，小憩: *to have a lie-down* 躺一会儿

Synonym notes 同义词注释

These notes, printed against a blue background, compare phrasal verbs and single-word verbs which have a similar meaning, helping you to choose the verb which is most appropriate. 此类注释以蓝底印刷，比较含义相近的短语动词与单字动词，帮助读者选用最恰当的动词。

SYNONYMS 同义词辨析

Heading 标题, listing the verbs which are being compared 列举相互比较的动词

fall down

cave in • **collapse** • **fall down** • **fall over** • **topple over**

General meaning 共同义, showing what all the verbs have in common 指明所有动词的共有含义

These verbs are all used to talk about buildings and other structures falling to the ground. 这些动词都表示倒塌、坍塌、倒下。

Definition of each verb 各动词的释义

cave in (of a roof, wall, etc.) to fall down and towards the centre（房顶、墙壁等）塌落，塌陷，坍塌: *The ceiling suddenly caved in on top of them.* 天花板突然塌下来，砸到他们头上。

collapse (of a building, etc.) to fall down or fall in suddenly, often after breaking apart（建筑物等）突然倒塌，坍塌: *The roof collapsed under the weight of snow.* 屋顶被雪压塌了。

fall down to suddenly stop standing 突然倒下；坍塌: *The house looked as if it was about to fall down.* 房子看上去要倒塌了。

fall over to become unsteady and fall down 摔倒；倒下: *I thought I was going to fall over.* 我以为我要跌倒了。◊ *The chair had fallen over.* 椅子倒了。

topple over to become unsteady and fall down 倒塌；倒下: *The pile of books toppled over.* 那摞书倒了。

Which word? **section** 词语辨析部分, outlining some of the important differences between the verbs 简述各动词之间的重要差异

WHICH WORD?

Only **fall down** and **collapse** can be used to talk about whole buildings. **Cave in** is used with parts of buildings, and **fall over** and **topple over** are used to talk about other structures. 只有 fall down 和 collapse 可指整幢建筑物，cave in 用于指建筑物的某个部分，而 fall over 和 topple over 用于指其他结构体。

Patterns and collocations 模式和搭配, showing the most important words and grammar patterns used with each verb 指明与各动词连用的最重要的词语和语法模式

PATTERNS AND COLLOCATIONS

- a **building/house** falls down/collapses
- a **roof/wall/ceiling** collapses/caves in
- to **completely/suddenly** collapse
- to **be about to** fall down/fall over/collapse/cave in/topple over

Guide to using the dictionary 本词典用法指南

Finding verbs in the dictionary 查找本词典中的动词

1 What is in the dictionary? 本词典的内容

In this dictionary we include several different types of verbs that are used with adverbs or prepositions (often called *particles*). 本词典收录与副词或介词（常称作小品词）连用的几种不同类型的动词。

a **Idiomatic verb + particle combinations.** 动词 + 小品词的惯用组合。Sometimes when you meet combinations of verb and particle, it is impossible to guess the meaning in the context from the meaning of the verb and the meaning of the particle. Examples of these are **fall through** (meaning 'not happen') and **put up with somebody** (meaning 'accept somebody who is annoying without complaining'). There is often a single-word verb with the same meaning. Single-word verbs, however, may be more formal than the phrasal verb, or used in slightly different contexts. 单凭某个动词和某个小品词的含义，有时完全猜测不出两者组合后在某个语境中所表达的意思。例如，fall through（意思是"化为泡影"）和 put up with somebody（意思是"容忍某人"）。短语动词常有一个同义的单字动词。但是，单字动词可能比短语动词更正式，或用于稍有区别的语境。

b **Verbs which are always followed by a particular particle.** 固定后接小品词的动词。Examples of these are **rely on**, **crop up**, **abide by**. These cannot be used without the particle. 此类动词包括 rely on、crop up、abide by 等，不能省略小品词。

c **Verbs that are followed by a particle in a particular meaning.** 后接小品词后有特定含义的动词。 These verbs can be used on their own without a particle, but have a different meaning when they are used with one. **Brush sth up** is an example of a verb like this. **Brush sth** can be used on its own meaning 'clean, polish or make sth smooth'. **Brush sth up** means 'study or practise sth to get back the skill or knowledge that you had in the past': *You should brush up your French before you go to France*. Other examples are **nod/nod off**, **grow/grow up**, **walk/walk out**. 此类动词可不接小品词单独使用，但与小品词连用时含义不同。如 brush sth up 就是其中一例。brush sth 可单独使用，表示"刷干净、刷光亮或刷平顺"。brush sth up 则指"重温、复习（生疏了的技能或知识）"：You should brush up your French before you go to France.（你去法国之前得温习一下法语。）其他例子包括 nod/nod off、grow/grow up、walk/walk out。

Many very common verbs fall into this group. **Look**, for example, can be used with several different particles, and it has a special meaning with each one that is different from **look** on its own. 很多十分常见的动词即属此类。例如，look 可以与若干不同的小品词连用，每一种组合的含义都有别于单独使用的 look。

Some more formal verbs also fall into this group. For example you can *furnish a room*, that is, put furniture in it, but if you *furnish somebody with something* you are giving them some useful information. 有些较正式的动词也属此类。例如，furnish a room 指在房间里放置家具，但 furnish somebody with something 则指向某人提供有用的信息。

d **Verbs with a particle, where the particle adds to, but does not change, the basic meaning of the verb.** 加小品词后动词的基本含义不变。The particle often adds something to the meaning, such as completeness. For example, **finish off**, as opposed to **finish**, emphasizes that you are completing your work. Other examples are **spread/spread out**, **fade/fade away**, **slave/slave away**. You will find more information about the meaning of the particles in the *Guide to the Particles* on page 504.

这类小品词常增添某种含义，如突出“完成”之意。例如，与 finish 相比，finish off 强调任务已完成。其他例子包括 spread/spread out、fade/fade away、slave/slave away。小品词含义的补充信息可参看第 504 页的《小品词指南》。

e **Verbs plus particles where each has their normal meaning.** 表达各自通常含义的动词 + 小品词。**Phone back** (meaning 'telephone sb again') is an example of a verb like this. The meaning of **phone back** can be worked out from the meaning of **phone** and **back**. Verbs of this type have been included in the dictionary where the combination of verb and particle are very common, or where there is something unusual or interesting about the verb. For example, **phone back** can mean two slightly different things ('telephone somebody who has called you', or 'telephone sb for a second time'). * phone back（意思是“再次给某人打电话”）就是此类动词的一例。phone back 的意义可从 phone 和 back 的含义中推测出来。此类动词，只要动词和小品词的组合十分常见，或者含义不同一般、饶有趣味，均收入本词典。例如，phone back 可表示略有区别的两种意义（“给来过电话的人回电话”或“再次给某人打电话”）。

2 Particles 小品词

These are the particles used with phrasal verbs in this dictionary. You will find more information about the most common particles in the *Guide to the Particles* on page 504. 以下是与本词典所收短语动词连用的小品词。最常见小品词的补充信息可参看第 504 页的《小品词指南》。

aback	ahead	as	behind	forward	on	round	up
about	ahead of	aside	between	from	onto	through	upon
above	along	at	by	in	out	to	with
across	among	away	down	into	out of	together	without
after	apart	back	for	of	over	towards	
against	around	before	forth	off	past	under	

3 Finding the verb you want 查找动词

The phrasal verbs are arranged in the dictionary under their head verbs (for example **give**, **move**, **sit**) and then in alphabetical order of the particles. Within each particle you will first find the verb + particle, with no object. Then there are meanings of the verb that can be used both without an object and with an object. After that, there are meanings of the verb used only with an object, first verbs with people as objects (sb), then verbs that can have people or things (sb/sth) and then verbs with only things as objects (sth). Verbs with *itself*, *yourself*, etc. come at the end of those, and verbs that are only used in passive forms will be last. 本词典中的短语动词词条按中心词动词（如 give、move、sit）排列，各词条中再按小品词的字母顺序排列。每组动词 + 小品词的组合中，先列出不带宾语的组合，然后是既可带也可不带宾语的组合，接着是必须带宾语的组合，其中宾语为人（sb）的在前，宾语为人或物（sb/sth）的其次，再次是以物（sth）为宾语的组合。其后是与 itself、yourself 等连用的动词，最后是仅用于被动语态的动词。For example 例如：

give up; give sth up	break in	put sb out
give sb up	break sb/sth in	put sth out
give sth up	break sth in	put yourself out
give yourself up	break into sth	be put out

Using phrasal verbs
短语动词的用法

1 The phrasal verb 短语动词

The arrangement of the verbs in the dictionary will tell you whether they can be used without an object (*intransitive*), with an object (*transitive*), or both with and without an object. Look at the the entry for **break down**. It shows you that in this meaning **break down** is an intransitive verb, used without an object. 本词典中动词的编排可显示动词是不带宾语（不及物）、带宾语（及物）还是带或不带宾语均可。参看词条 break down。该词条显示作此义时，break down 是不及物动词，不带宾语：(*My car broke down on the way to work this morning.* 我的车今天早晨在上班途中抛锚了。)

> **ˌbreak ˈdown 1** if a vehicle, etc. **breaks down**, it stops working because of a fault （车辆等）出故障，出毛病：*The washing machine has broken down again.* 洗衣机又坏了。◇ *We (= our car) broke down twice on the way home.* 在回家的路上我们的车抛锚了两次。

There are two forms of the verb at **burn down**. This shows you that you can use burn down as a transitive and an intransitive verb in this meaning.
* burn down 中的动词有两种形式。这表示作此义时 burn down 可作及物或不及物动词。

> **ˌburn ˈdown; ˌburn sth ˈdown** if a building **burns down**, or sb **burns it down**, it is destroyed by fire （把…）焚毁，烧毁：*The palace burnt down in the 19th century.* 这座宫殿在 19 世纪毁于大火。◇ *She threatened to burn the house down.* 她威胁要把房子烧掉。

Look at the entry for **freshen up**. This tells you that you can use it as an intransitive verb with an object (*I'd like to freshen up*) or with **yourself** (*I'd like to freshen myself up*).
参看词条 freshen up。这表示该动词可作不及物动词，不带宾语（I'd like to freshen up 我要去梳洗一番）或与 yourself 连用（I'd like to freshen myself up 我要去梳洗一番）。

> **ˌfreshen ˈup; ˌfreshen yourself ˈup** to wash and make yourself look clean and tidy after a journey, before a meeting, etc. 梳洗打扮：*I'll just freshen (myself) up before dinner.* 晚饭前我要去梳洗一番。

At **keep out**, the entry tells you that in this meaning you can use the verb on its own (*Danger! Keep out!*) or as a transitive verb with the adverb + preposition **out of**, followed by a noun or pronoun (*Keep out of my way!*). 词条 keep out 显示，作此义时该动词可单独使用（Danger! Keep out! 危险！不得靠近！）或作及物动词，与副词 + 介词 out of 连用，后接名词或代词（Keep out of my way! 让开！）。

ˌkeep ˈout; ˌkeep ˈout of sth to not enter a place; to remain outside 不进入（某处）；留在…外面：*There was a sign saying 'Keep out!'.* 告示牌上写着"禁止入内！" ◇ *Please keep out of the office while I'm working.* 我工作时请不要进办公室。

The entry for **rush into** tells you that the verb can also be used with an *-ing* form of a verb that follows it. 词条 rush into 显示该动词也可接动词的 -ing 形式：(*Don't rush into leaving your course*. 别草率决定放弃课程。)

ˌrush ˈinto sth; ˌrush ˈinto doing sth; ˌrush sb ˈinto doing sth to do or decide sth quickly without thinking about it carefully; to make sb do this （使）贸然行事，仓促决定：*Don't go rushing into anything.* 不要贸然行事。

2 Synonyms and opposites 同义词和反义词

When there are helpful synonyms or opposites, these are given in alphabetical order. As the contexts that the synonyms are used in may not always be exactly the same as the original phrasal verb, it is worth looking them up in the dictionary to be sure that you understand how they are used. For example, while **knock down** can be used instead of **break down** in the examples given there, **break down** cannot always be used instead of **knock down**. 有用的同义词或反义词按字母顺序列出。由于同义词和原短语动词所适用的语境未必总是完全一致，读者应查阅本词典，掌握其用法。例如，break down 词条下的示例可改用 knock down，这并不表示任何情况下 break down 都可替换 knock down。

3 Grammar patterns of phrasal verbs 短语动词的语法模式

To help you use the verbs correctly, a simple system of grammar patterns is given after each one. These show you how the verb combines with an adverb, a preposition, a noun or a pronoun, an infinitive, etc. and the order in which these words can occur. 为帮助读者正确使用，语法模式均简要列于各动词后。这些语法模式显示动词和副词、介词、名词或代词、动词不定式等的组合形式，以及这些词的出现顺序。These are the short forms which are used 使用的缩写如下：

adv	=	adverb 副词
inf	=	infinitive (without 'to' e.g. *do*) 动词不定式（不带 to，如 do）
-ing	=	a verb form ending in -ing (e.g. *doing*) 以 -ing 结尾的动词形式（如 doing）
n	=	noun 名词
n/pron	=	noun or pronoun 名词或代词
prep	=	preposition 介词
pron	=	pronoun 代词
to inf	=	infinitive with 'to' (e.g. *to do*) 带 to 的动词不定式（如 to do）
v	=	verb 动词

The following are the most common types of verb patterns used in the dictionary. 以下是本词典中最常用的动词模式类型。

v + adv — Intransitive verbs, for example 不及物动词，如:

- **break down** — *My car broke down this morning.* 我的车今天上午出故障了。
- **sit down** — *Come in and sit down.* 进来坐下吧。

v + prep — These are verbs followed by a preposition. For example 后接介词的动词，如:

- **rely on sb/sth** — *You can rely on me.* 你尽管相信我。
- **call for sb** — *I'll call for you at eight.* 我八点钟来接你。

v + adv + prep — These verbs are followed by an adverb and a preposition 后接副词和介词的动词:

- **put up with sb/sth** — *How do you put up with him?* 你怎么受得了他？
- **keep out of sth** — *Keep out of the kitchen.* 别进厨房。

These last two groups are sometimes called *inseparable verbs* as the object always follows the particle. 最后这两组有时称作不可分动词（inseparable verb），因为宾语总是跟在小品词后。

v + n/pron + adv
v + adv + n
v + pron + adv — These three patterns are all used with transitive verbs. The patterns show you where to put the object. The most frequent patterns come first. 这三种模式均用及物动词。这些模式指明宾语的位置。最常见的模式列在首位。

tear sth up

She tore the letter up. She tore up the letter. She tore it up.

v + n/pron + adv
v + adv + n

Verbs that can be used with these patterns, where the object can go either between the verb and the particle or after the particle, are sometimes called *separable verbs*. For example 用于此类模式的动词有时称作可分动词（separable verb），在这些模式中，宾语可置于动词和小品词之间或小品词之后。例如：

tear sth up
She tore the letter up. She tore up the letter. She tore it up.

When the object is a long phrase, it usually comes after the particle. 宾语若为长短语，通常置于小品词之后：*She tore up all the letters he had sent her.* 她把他寄来的信都撕了。

When the object is a pronoun, it must come between the verb and the particle. 宾语如果是代词，必须置于动词和小品词之间：*She tore them up.* 她把它们都撕了。

v + adv + n
v + pron + adv

With some phrasal verbs the object can only come between the verb and the particle when it is a pronoun. A noun must follow the particle. 有些短语动词的宾语如果是代词，必须置于动词和小品词之间。名词必须置于小品词之后。

fight back sth
I tried to fight back my tears. I wanted to scream but fought it back. 我强忍住泪水。我想放声尖叫，但竭力克制住了。

v + n/pron + adv

There are a few phrasal verbs in which the two parts of the verb must be separated by the object. 有些短语动词的两个部分必须用宾语隔开。

mess sb about/around
They changed the flight time and messed the passengers around.
他们更改了航班时间，给乘客添了麻烦。

v + n/pron + prep

drill sth into sb
The teacher drilled grammar into us. 老师向我们反复灌输语法。

be/get + v + adv
be/get + v + prep

A few phrasal verbs are only used in the passive. For example, **be/get carried away** has the pattern **be/get + v + adv**, and **be/get stuck with sth** has the pattern **be/get + v + prep**. Often a note will tell you if a phrasal verb is commonly used in the passive. 有些短语动词仅用于被动语态。例如，be/get carried away 的模式为 be/get + v + adv, be/get stuck with sth 的模式为 be/get + v + prep。某一短语动词是否通常用于被动语态，往往会予以注释说明。

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A a

abide /ə'baɪd/

a'bide by sth (*formal*) to accept a rule, a law, an agreement, a decision, etc. and obey it 接受，遵照，遵循（规章制度等）：*Members must abide by the rules of the club.* 会员必须遵守俱乐部的规定。

OBJ **rules, decision, the law** SYN **comply (with sth)**

◆ v + prep

abound /ə'baʊnd/

a'bound in/with sth to have a lot of sth; to contain a lot of sth 大量存在；盛产；富于：*The rivers there abound in/with fish.* 那儿的河里有许多鱼。

◆ v + prep

abstain /əb'steɪn/

ab'stain from sth; ab'stain from doing sth to decide not to do or have sth, especially sth that you like or enjoy, because it is bad for your health or considered morally wrong 戒；避免；克制：*Pregnant women are advised to abstain from alcohol.* 建议孕妇戒酒。

OBJ **alcohol, sex, drugs**

◆ v + prep

accede /ək'si:d/

ac'cede to sth (*formal*) to agree to or allow sth that sb has asked for, often after you have opposed it for a while （反对之后转而）答应，应允（请求）：*The government acceded to public pressure to review the tax.* 政府在公众压力下同意检讨税制。◇ *Have all our requests been acceded to?* 我们的请求全部被接受了吗？

OBJ **request, demands, pressure** ⊃ note at AGREE TO STH

◆ v + prep

account /ə'kaʊnt/

ac'count for sb/sth to know where sb/sth is or what has happened to them, especially after an accident or a natural disaster （尤指事故或自然灾害发生之后）了解，查明（下落或命运）：*All the people who were working in the building have now been accounted for.* 当时正在大楼里工作的人现在都有了下落。◇ *There are three files that I can't account for.* 有三份文件我找不到。

NOTE Often used in the passive. 常用于被动语态。

◆ v + prep

ac'count for sth 1 to explain how or why sth happened; to be the explanation for sth 说明；是…的原因：*How do you **account for the fact that** the box has disappeared?* 盒子不见了，你如何解释？◇ *Poor hygiene may have accounted for the spread of the disease.* 卫生状况差可能是这种疾病蔓延的根源。 **2** to be a particular part of sth; to be a particular amount 占，构成（比例或数量）：*Car crime accounted for 28% of all reported offences.* 汽车犯罪占所有举报罪案的28%。◇ *Wages account for less than half of the budget.* 工资开支在预算中所占比例不到一半。 SYN **make up sth; represent sth** **3** to keep a record of how the money in your care will be spent or has been spent 记录开支；报账：*Every penny of the funds is accounted for.* 资金中支出的一分一厘均有据可查。 **4** to consider particular facts or circumstances when you are making a decision about sth, especially when you are calculating the cost of sth （尤指计算成本时）考虑到，估计到，顾及：*The cost of the film was accounted for in the calculation of the cost of the service.* 服务成本中计入了胶片的费用。 SYN **take sth into account**

◆ v + prep

IDM **there's no accounting for 'taste** used to say that it is impossible to know why sb likes sb/sth that you do not like 人各有所好；人的趣味各异，无法解释；人的爱憎好恶无需理由：(*humorous*) *'She seems to like you.' 'Well—there's no accounting for taste!'* "她好像喜欢你。" "嘿，萝卜青菜，各有所爱！"

accustom /ə'kʌstəm/

ac'custom sb/yourself to sth; ac'custom sb/yourself to doing sth (*formal*) to make sb/yourself familiar with sth; to become used to sth （使）适应，习惯于：*It took a while for her eyes to accustom themselves to the dark.* 过了一会儿，她的眼睛才适应了黑暗。◇ *It shouldn't take long to accustom your students to working in groups.* 你的学生应该很快就会习惯分组学习的。

◆ v + n/pron + prep

ace /eɪs/

,ace sb 'out (*AmE, informal*) to defeat sb in order to obtain an important position or rank 打败，战胜（以获得重要地位）：*The company aced out its biggest rival to win the contract.* 公司挫败最大的对手，赢得了合同。

◆ v + adv + n ◆ v + n/pron + adv

ache /eɪk/

'ache for sb/sth to have a strong desire for sb/sth or to do sth 渴望；热盼：*I was aching for home.* 我归心似箭。

SYN **long for sb/sth**

◆ v + prep

acquaint /ə'kweɪnt/

ac'quaint sb/yourself with sth (*formal*) to make sb/yourself familiar with or aware of sth 使了解；使认识：*He decided to take his son along and acquaint him with the business.* 他决定带上儿子，让他熟悉一下生意。
◆ v + n/pron + prep

act /ækt/

'act as sth to perform a particular role or function 充当（角色）；担任（工作）；起…作用：*Will you act as interpreter for us?* 你做我们的翻译好吗？◇ *Large fines act as a deterrent to motorists.* 高额罚金对驾车人有威慑作用。
OBJ **agent, consultant, intermediary, go-between, deterrent** SYN **serve as sth**
◆ v + prep

'act for sb (*also* **,act on be'half of sb, ,act on sb's be'half**) if sb **acts for** you or **acts on behalf of** you, they deal with your affairs for you, for example by representing you in court, or by doing your duty when you are not able to 代表某人（办理事务、出庭、履行职责等）：*Do you have a solicitor acting for you?* 你有代理律师吗？◇ *The Prince was acting on behalf of the Queen.* 当时王子代表女王行使权力。◇ *The Prince was acting on the Queen's behalf.* 当时王子代表女王行使权力。
OBJ **client**
◆ v + prep

'act on sth (*also* **'act upon sth** *more formal*) **1** to do sth as a result of advice, information, instructions, etc. that you have received 遵照…行事；根据…办理：*The police were acting on information from a member of the public.* 警方根据一名群众的举报采取了行动。◇ *I was just acting on instructions.* 我不过是奉命行事而已。◇ *If my advice had been acted upon, this would never have happened.* 当初要是听从我的建议，绝对不会发生这种事情。OBJ **advice, information, instructions** **2** to have an effect on sth 影响；作用于：*The drug acts on the central nervous system.* 这药会对中枢神经系统产生影响。
◆ v + prep

,act on be'half of sb; ,act on sb's be'half → ACT FOR SB

,act sth 'out 1 to perform a story or events that have happened or might happen, as if you are performing a play 将…表演出来：*The teacher read a story and the children acted it out.* 老师讲故事，孩子们把故事表演出来。◇ *She acted out her fantasies of pop stardom in front of her bedroom mirror.* 她在卧室镜子前手舞足蹈，幻想自己成了流行歌星。◇ (*figurative*) *The whole nation was following the drama being acted out on the football field.* 举国上下都在关注足球场上正在上演的精彩戏码。OBJ **story, fantasy** **2** to act a part in real life 扮演（现实生活中的角色）：*I found myself acting out the role of good, brave patient.* 我发觉自己是个勇敢的好病人。 **3** (*technical*) to express your thoughts and feelings in your behaviour, often without being aware of it （常指不自觉地）流露，表露（思想和情绪）
◆ v + adv + n ◆ v + n/pron + adv

,act 'up (*informal*) **1** to make sb annoyed by behaving badly, trying to get attention, etc. 捣蛋；调皮；淘气：*The kids have been acting up all day.* 孩子们一整天都在闹个没完。 **2** if a machine or part of the body **acts up**, it does not work as it should （机器或身体部位）出毛病，不正常：*The car's acting up again.* 车又坏了。◇ *My ankle is acting up* (= is painful and causing problems). 我的脚踝疼了起来。
SYN **play up**
NOTE **Act up** is often used in the progressive tenses. * act up 常用于进行时。
◆ v + adv

'act upon sth → ACT ON STH

add /æd/

,add sth 'in to include sth with sth else; to put sth into sth else or between two things 把…包括在内；加入；在中间插入：*Send me the new figures when the additional costs have been added in.* 额外成本计入后，再把新的数字发给我。◇ *I've added in two extra paragraphs.* 我另外插入了两段文字。
NOTE **Add** can also be used on its own with this meaning * add 单独使用也可作此义：*I've added a couple of extra paragraphs.* 我另外插入了几段文字。
◆ v + adv + n ◆ v + n/pron + adv

,add 'on; ,add 'on to sth (*AmE*) to build an extra room or rooms on to a house or other building 扩建，增建（房屋等）：*They decided to add on rather than move.* 他们决定把房子扩建一下，不搬走了。
◆ v + adv ◆ v + adv + prep

,add sth 'on; ,add sth 'on to sth to include sth or attach sth extra 附加；添加：*He added £2 on to the bill.* 他在账单上加了两英镑。
NOTE **Add (to sth)** can also be used with this meaning * add (to sth) 也可作此义：*He added £2 to the bill.* 他在账单上加了两英镑。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep
▶ **'add-on** *n* a thing that is added to or included with sth else 附加物；附带物：*The catalogue advertised add-ons such as extra memory and software.* 目录册上的宣传文字写明有内存、软件等附送产品。◇ *add-on products/pockets/units* 附加的产品 / 口袋 / 元件

'add to sth to increase the size, amount, number, etc. of sth 增加；添加；扩大：*Taking the children with us would only add to our problems.* 带上孩子只会给我们添乱。◇ *Music playing in the background added to the atmosphere.* 背景音乐进一步渲染了气氛。◇ (*BrE*) *The house has been added to over the years.* 这些年来，房子一直在扩建。◇ *The food at the hotel is of a very high standard. **Add to this** the quality of the rooms and the service and it is clear why this is such a popular hotel.* 这家旅馆的饭菜很上档次，加上客房以及服务质量也很好，难怪会

大受欢迎。
OBJ **problems, number, knowledge, enjoyment**
◆ v + prep

ˌadd toˈgether; ˌadd sth toˈgether to come together to produce sth; to join two or more things, numbers, etc. together to produce sth 合成；汇合而成；累加而成：*The games, the dancing and the good food all added together to make a memorable occasion.* 游戏、舞蹈和美食共同成就了一段难以忘怀的经历。◇ *When all the different factors are added together, I can understand her decision.* 综合考虑各种因素，我能够体谅她的决定。◇ *Add the two numbers together and divide by three.* 把两数相加，再除以三。
OBJ **factors, numbers, costs**
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌadd ˈup (*informal*) **1** to seem reasonable; to make sense; to have all the different parts agreeing with each other 有道理；言之成理；（各部分之间）说得通：*There are things in her story that just don't add up.* 她的叙述有些地方根本就是自相矛盾。◇ *Now that I know where she was last night, it's all beginning to add up.* 既然我知道了她昨晚的去处，一切就明白了。
NOTE **Add up** with this meaning is used especially in negative sentences. * add up 作此义时尤用于否定句。 **2** to increase gradually to make a large number or amount 逐步增加；逐渐增长：*Save a small amount each month; it'll soon add up.* 每月攒一点，很快就会积少成多了。 **3** if two or more numbers **add up**, they come to the total that they should or that you would expect 达到应有（或预计）的总和；总数不多不少：*These figures just don't add up.* 这些数字相加与总数对不上。
◆ v + adv

🔑**ˌadd ˈup** (*especially BrE*); **ˌadd sth ˈup** to calculate the total of two or more numbers or amounts 相加；计算总和；把…加起来：*I never could add up.* 我一直没学会做加法。◇ *She's very good at adding up in her head.* 她特别擅长心算。◇ *She added the figures up in no time.* 她立刻就算出了总数。◇ *I needed to use a calculator to add up the bill.* 我得用计算器算账单。
OBJ **numbers, figures, score, cost**
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌadd ˈup to sth 1 if two or more numbers or figures **add up to** sth, they make a total of sth

SYNONYMS 同义词辨析

add up to sth

add up to sth ◆ amount to sth ◆ be sth ◆ number sth ◆ total sth

These verbs all mean to reach a particular number or amount when all numbers/amounts have been added together. 这些动词都表示共计、总计、合计。

add up to sth to make a total amount or number of sth 合计达；总额是：*The numbers add up to exactly 100.* 这些数字相加正好是100。◇ *Their earnings were £250, £300 and £420, adding up to a total of £970.* 他们的收入是250、300 和 420英镑，总计为970英镑。

amount to sth (*business*) to reach a particular number or amount when added together 合计达；总数为：*His earnings amount to £300 000 per annum.* 他的年收入达30万英镑。

be sth to be equal to sth 等于：*Three and three is six.* 三加三得六。◇ *How much is a thousand pounds in euros?* 一千英镑可兑换多少欧元？

number sth to make a particular number when added together 计有；总共有；数量达：*The crowd numbered more than a thousand.* 聚集了一千多人。◇ *We numbered 20* (= there were 20 of us in the group) . 我们一共有20人。

total sth (*especially business*) to reach a particular number or amount when added together 合计达；总额为；总值是：*Imports totalled $1.5 billion last year.* 去年进口总额达15 亿美元。◇ *In 2005–6, college enrolments totalled some 5 400.* * 2005 至 2006 年度，大学招生总人数约有 5 400 人。

WHICH WORD?

Add up to and **number** can be used to emphasize the process of calculating a total; **total** and **amount to sth** focus more on the number/amount rather than the process of arriving at the result. **Total** and **amount to** are used especially in business writing when describing the performance of a company, etc. **Number** usually has people as the subject of the sentence; **total** is the only other verb that can be used like this * add up to 与 number 可用于强调计算总数的过程； total 与 amount to 则更侧重计算的结果，而非计算的过程。total 与 amount to 尤用于商务写作，例如描述公司业绩。number 通常指人； total 是唯一具有与 number 相似用法的另一个动词：*The crew totalled/numbered sixteen.* 职员共计十六人。

PATTERNS AND COLLOCATIONS

- to be/total/add up to/amount to/number **50, 2 million**, etc.
- to be/total/add up to/amount to **$250/75%**
- **profits/scores** total/add up to/amount to ...
- a **group/crowd** totals/numbers ...

when they are added together 合计达；总数为；总额是：*Can you arrange the numbers in groups that add up to 10?* 你能不能把数字分组，使每组之和为10？◇ *The cost of all the equipment you need for a baby adds up to a considerable sum.* 婴儿所需物品的费用总数相当可观。 **2** (*informal*) to show sth; to have a particular meaning or result 显示；意味着；结果是：*His evidence didn't really* ***add up to much*** (= gave us very little information). 他的证词其实说明不了什么问题。◇ *All in all, it adds up to a pretty desperate situation.* 总而言之，这意味着形势相当危急。
SYN **amount to sth**
• v + adv + prep

address /ə'dres/

ad'dress yourself to sth (*formal*) to think about a problem or a situation and decide how you are going to deal with it 想办法处理；设法应付；致力解决：*We must address ourselves to the problem of traffic pollution.* 我们必须着手解决交通污染问题。
• v + pron + prep

adhere /əd'hɪə(r)/

ad'here to sth (*formal*) to act in the way that a particular law, rule or set of instructions says that you should; to follow or support a particular opinion or set of beliefs 遵循，奉行（法律、规则、指示、信念等）：*They have adhered strictly to the terms of the treaty.* 他们严格遵守了条约的条款。◇ *He found the diet very difficult to adhere to.* 他觉得这种规定饮食很难坚持。◇ *How many people actually adhere to this view?* 其实有多少人坚持这一观点呢？◇ *All safety requirements must be adhered to.* 所有安全规定必须贯彻执行。
OBJ **principles, rules, guidelines** SYN **keep to sth** (*less formal*); **stick to sth** (*less formal*)
• v + prep

admit /əd'mɪt/ (-tt-)

ad'mit of sth (*formal*) to show that sth such as an explanation or an answer is possible; to allow sth to happen 给（解释、回答等）留有余地；容许：*The situation admits of only one explanation.* 这一状况只可能有一种解释。
OBJ **explanation, answer** SYN **allow of sth**
• v + prep

ad'mit to sth; ad'mit to doing sth 1 to say that you have done sth wrong or illegal 承认，坦白（过错或罪行）：*He admits to the other charges.* 他对其他指控供认不讳。◇ *She admitted to having stolen the car.* 她承认偷了那辆车。 **2** to agree, often unwillingly, that sth is true （常指不情愿地）承认，确认：*She admits to being strict with her children.* 她承认对孩子管得很严。
• v + prep

SYNONYMS 同义词辨析

admit to sth

admit to sth • confess to sth • fess up (to sth) • own up (to sth)

These verbs all mean to say that you have done sth wrong. 这些动词都表示承认、供认、坦白。

admit to sth to say that you have done sth wrong or illegal 承认，坦白（过错或罪行）：*He admitted to taking the money.* 他承认拿了那笔钱。◇ *He admitted to having taken the money.* 他承认拿了那笔钱。 NOTE **Admit** can be used on its own * admit 可单独使用：*He admitted taking the money.* 他承认拿了那笔钱。

confess to sth to admit, especially formally or to the police, that you have done sth wrong or illegal （正式地）承认；（向警方）供认，交代：*She confessed to the murder.* 她承认犯有谋杀罪。◇ *She confessed to killing him.* 她供认杀了他。

fess up (to sth) (*especially AmE*) to admit that you have done sth wrong 承认，坦白（过错）：*No one has fessed up to eating my chocolates.* 没人承认偷吃了我的巧克力。

own up (to sth) to admit that you are responsible for sth bad or wrong 承担（责任）；承认（错误）：*I'm still waiting for someone to own up to the breakages.* 我还在等待有人能站出来承认打破东西的过失。

WHICH WORD?

Own up and **fess up** are used for actions that are not very serious; **confess** is usually used for serious crimes. **Admit** is often used when the person is under pressure to tell the truth. **Admit** and **confess** can also be used to mention a fact that you feel embarrassed or ashamed about * own up 与 fess up 用于表示承认不太严重的行为； confess 一般用于表示坦白严重罪行。admit 常指迫于压力而吐露实情。admit 与 confess 也可用于提及令自己感到难堪或羞愧的事：*I must admit I quite like her new look.* 我得承认我很喜欢她的新扮相。◇ *I confess I have no experience of this.* 我承认我没有这样的经历。

PATTERNS AND COLLOCATIONS

- to **freely/openly** confess/admit to sth
- to **readily/frankly** admit to sth
- to be **prepared/ashamed/embarrassed** to admit/confess
- to be **afraid/reluctant** to admit/own up

age /eɪdʒ/

ˌage ˈout (of sth) (*AmE*) to become older than the age limit stated in a law or in the rules of a system 超过年龄限制；超龄：*How many children aged out of foster care in 2006?* * 2006年有多少孩子超过了寄养看护的法定年龄？
◆ v + adv
▶ **ˌaged-ˈout** *adj* [only before noun] (*AmE*): *aged-out minors* 超过规定年龄的未成年人

agree /əˈɡriː/

aˈgree to sth to say yes; to say that you will do what sb wants or that you will allow sth to happen 答应；同意；允许：*Do you think he'll agree to their proposal?* 你认为他会接受他们的提议吗？
◆ v + prep

aˈgree with sb 1 (about/on sth) to have the same opinion as sb 赞同；与…持同样观点：*He agreed with them about the need for change.* 他与他们看法一致，认为需要变革。 **2** to make sb feel happy or healthy 使惬意；使健康；适合：*You look great! Marriage obviously agrees with you.* 你容光焕发啊！显然婚姻生活让你非常滋润。◇ *Mushrooms don't agree with me* (= they make me feel ill/sick). 我吃了蘑菇就会感觉不适。
◆ v + prep

aˈgree with sth (*grammar*) to match a word or phrase in number (= being singular or plural), gender (= being masculine, feminine, etc.), or person (= whether the subject is I, you, etc.) （在数、性或人称方面）与…一致，呼应：*In French, adjectives agree with their nouns.* 在法语中，形容词必须与其名词保持一致。
◆ v + prep

aˈgree with sth; aˈgree with doing sth to approve of sth, especially a policy or a belief 同意，赞同，认可（尤指政策或信仰）：*I don't agree with capital punishment.* 我不赞成保留死刑。
OPP **disagree with sth, etc.**
◆ v + prep

aim /eɪm/

ˈaim at sb/sth; ˈaim sth at sb/sth to point or direct a weapon, a shot, a kick, etc. at sb/sth 瞄准；对着：*The gun was aimed at his head.* 枪对准了他的头。◇ *The Rovers youngster aimed a shot at the net* (= in football/soccer). 流浪者队的这名年轻球员对准球网施射。
OBJ **ball, gun, shot**
◆ v + prep ◆ v + n/pron + prep

ˈaim at sth; ˈaim at doing sth to try to achieve sth; to have sth as your aim 致力追求；努力取得；目的在于：*She's aiming at a sports scholarship.* 她在争取获得一项体育奖学金。◇ *We need to aim at increasing exports.* 我们要努力增加出口。
NOTE **Aim to do sth** is also used with the same meaning * aim to do sth 也作此义：*What do you aim to achieve?* 你追求的目标是什么？
◆ v + prep

ˈaim sth at sb/sth if you **aim sth at** a particular person or group, you do or say sth that you intend to have an effect on them （言行）针对，指向，以…为对象：*The advertising campaign is aimed primarily at young people.* 这次广告宣传活动主要是针对年轻人。◇ *I was not aiming my remarks at you.* 我的话不是冲你说的。
OBJ **remarks, criticism, campaign**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

be ˈaimed at sth; be ˈaimed at doing sth to have sth as an aim or purpose 目的在于；以…为目标：*The new scheme is aimed at*

SYNONYMS 同义词辨析

agree to sth

accede to sth ◆ agree to sth ◆ consent to sth ◆ go along with sb/sth

These verbs all mean to say that you will do what sb wants or allow sth to happen. 这些动词都表示答应、同意、准许。

accede to sth (*formal*) to agree to a request or demand 答应，应允（请求或要求）：*He acceded to demands for his resignation.* 面对各方的要求，他同意辞职。

agree to sth to say that you will do what sb wants or that you will allow sth to happen 答应；同意；允许：*Do you think he'll agree to their proposal?* 你认为他会接受他们的提议吗？

consent (to sth) (*formal*) to agree to sth or give your permission for sth 赞成；准许：*He consented to his daughter's marriage.* 他同意了女儿的婚事。

go along with sb/sth to agree to sth that sb else has decided 同意，支持，附和（他人的决定）：*She just goes along with everything he suggests.* 只要是他的建议，她都赞同。

PATTERNS AND COLLOCATIONS

- to agree to/go along with/consent to a **plan/scheme/proposal**
- to agree to/go along with a **decision**
- to agree to a **suggestion**
- to agree to/accede to a **request/demand**
- to be **prepared/willing/forced** to go along with sb/consent to sth

reducing unemployment. 新计划旨在减少失业人数。
◆ be + v + prep

alight /əˈlaɪt/

aˈlight on/upon sb/sth (*formal*) to notice sb/sth suddenly; to find or think of sth by chance 突然注意到；意外发现；碰巧想到：*My eye alighted on an old book.* 我的目光突然落到一本旧书上。◇ *He finally alighted on a solution.* 他最后灵机一动想出一个解决办法。
SYN **light on/upon sb/sth**
◆ v + prep

align /əˈlaɪn/

aˈlign yourself with sb/sth to publicly support a person, a group of people or a set of opinions 公开支持；站在…一边：*The senator aligned himself with the critics of the proposed reforms.* 那位参议员公开支持对拟议改革提出批评的人士。
◆ v + pron + prep

allow /əˈlaʊ/

alˈlow for sth to include sth when you are calculating sth or planning sth 将…包括在内；考虑到；顾及：*Add an extra ten minutes to your journey time to allow for the traffic.* 考虑到交通状况，你的行程得额外多算十分钟。◇ *I've bought a large size to allow for the fact that it may shrink in the wash.* 估计到衣服可能会缩水，我买了件大号的。◇ *This had not been allowed for in the budget.* 预算没有把这个考虑在内。
OBJ **the possibility, the fact that …, differences**
◆ v + prep

alˈlow of sth (*formal*) to show that sth, such as an explanation or an answer, is possible; to make sth possible 给（解释、回答等）留有余地；使成为可能：*The facts allow of only one explanation.* 这些事实只能有一种解释。
SYN **admit of sth**
◆ v + prep

allude /əˈluːd/

alˈlude to sb/sth (*formal*) to mention sb/sth indirectly or in a few words （间接或略微）提到；暗指：*He hated his mother's way of alluding to Jean but never actually saying her name.* 他讨厌母亲拐弯抹角从不指名地提及琼。◇ *Do you know the person who was alluded to in the report?* 你知道报告中影射的人吗？ ➲ note at REFER TO SB/STH
◆ v + prep

amount /əˈmaʊnt/

aˈmount to sth (*not used in the progressive tenses* 不用于进行时) **1** to add up to sth; to result in a final total of sth 合计达；总数为：*The cost of the trip amounted to well over £500.* 这次旅行的费用远远超过了500英镑。◇ *The money I pay in tax amounts to about 40% of my salary.* 交税用掉我工资的 40% 左右。
SYN **come to sth** ➲ note at ADD UP TO STH **2** to be equal to or the same as sth 等于；等同于；相当于：*What they did amounted to a breach of contract.* 他们这样做就是违约。◇ *It doesn't matter who pays—it amounts to the same thing in the end.* 谁付钱无关紧要 —— 最终反正都是一回事。◇ *It all* ***amounts to*** *a lot of hard work.* 这一切意味着大量艰苦的工作。 SYN **come to sth** **3** if you say that sb/sth **doesn't amount to much**, you mean that he/she/it is not very important 无足轻重；意义不大；不太重要：*He'll never amount to anything.* 他绝不会有出息。◇ *The information we have doesn't amount to much.* 我们掌握的信息没多大价值。
SYN **add up to sth**
◆ v + prep

amp /æmp/

ˌamp sth ˈup (*slang*) to make sth louder or stronger 提高…的音量；增强；放大：*The crowd amped up their approval when he started to sing.* 他刚开口唱歌，人群就爆发出巨大的欢呼声。◇ *an amped-up rock band* 一个激情四溢的摇滚乐队
◆ v + n/pron + adv ◆ v + adv + n

angle /ˈæŋɡl/

ˈangle for sth (*often used in the progressive tenses* 常用于进行时) to try to obtain sth without asking for it directly （间接地）博取，猎取，谋取：*She's angling for an invitation.* 她正设法弄一张请柬。
SYN **fish for sth**
◆ v + prep

answer /ˈɑːnsə(r); *AmE* ˈæn-/

ˌanswer ˈback to defend yourself against sth bad that sb has said about you 自辩；抗辩；反驳：*It's not fair to criticize without giving her the chance to answer back.* 批评她却不给她机会辩白，有失公平。
◆ v + adv

ˌanswer ˈback; ˌanswer sb ˈback if a child **answers back** or **answers you back**, they reply rudely （小孩）还嘴，犟嘴：*Don't answer back!* 不许回嘴！◇ *He's a rude little boy, always answering his mother back.* 他年纪小，脾气坏，老是和妈妈顶嘴。
◆ v + adv ◆ v + n/pron + adv

ˈanswer for sb to speak on behalf of sb and say what they will do or what they think 为…代言；代表…说话；代表…的意见：*I can't answer for my colleagues, but I can manage a meeting next week.* 我不能代表同事发表意见，但是我可以设法下周开个会。
SYN **speak for sb**
NOTE **Answer for sb** is usually used in negative sentences. * answer for sb 通常用于否定句。
◆ v + prep

ˈanswer for sth 1 to be responsible for sth bad; to accept the blame for sth 对…承担责任；因…受到责备：*She has a lot to answer for.*

她负有很大的责任。◇ *He's old enough to answer for his own actions.* 他年纪不小了，应对自己的行为负责。◇ *When it comes to violence among young people, television has a great deal to answer for.* 说到年轻人的暴力行为，电视要负很大责任。 OBJ **the consequences, sb's actions** **2** to say that you are certain that sb has a particular quality or can be trusted or relied on 担保，保证（人品等）: *I can answer for her honesty.* 我可以担保她为人诚实。 SYN **vouch for sth**

◆ v + prep

'answer to sb (for sth) to have to explain your actions to sb; to show that your actions are right or reasonable （为某事）对…负有责任，向…作出交代: *You will answer to me for any damage to the car.* 汽车有任何损坏，我都找你负责。◇ *If anything happens to her, you'll have me to answer to.* 她如果有个三长两短，我拿你是问。

◆ v + prep

'answer to sth to be called sth; to recognize a name as your own 被称作；叫做: *I answer to either Susan or Sue.* 叫我苏珊或是苏。◇ *I'm afraid there's no one here* ***answering to that name.*** 恐怕这里没人叫那个名字。◇ *She has a cat* ***answering to the name of*** *Dagobert.* 她有只猫，名叫达戈贝尔。

OBJ **name, Susan, Sue, etc.**

◆ v + prep

ante /ˈænti/

ˌante ˈup; ˌante ˈup sth **1** (in poker 扑克牌) to put forward a bet before the cards are dealt （发牌前）下注 **2** (*AmE*) to pay a share of an amount of money that a group of people owe 付清（欠款中应摊的份额）: *The check arrived and we all anted up.* 账单到了，我们都付清了各自的欠款。◇ *Some parents ante up big bucks to send their kids to prep school.* 有些父母拿出大笔钱送子女上预科学校。

NOTE **Ante up** is not used with a pronoun object. * ante up 不接代词宾语。

◆ v + adv ◆ v + adv + n

appeal /əˈpiːl/

apˈpeal for sth/sb; apˈpeal for sb to do sth to make a serious and urgent request for sth/sb or for sb to do sth 恳求；呼吁: *The government has appealed for calm.* 政府呼吁保持镇静。◇ *The police appealed for witnesses to come forward.* 警方呼吁目击者出来作证。◇ *The victim's family has appealed for help in tracking down the killer.* 受害者家属请求帮助抓捕凶手。

OBJ **witnesses, help, information, calm, funds**

➲ note at ASK FOR STH

◆ v + prep ◆ v + prep + n/pron + **to** +inf

apˈpeal to sb if sth **appeals to you**, you like it or find it interesting and attractive 使感兴趣；受…欢迎；对…有吸引力: *The 'Harry Potter' books appeal to readers of all ages.* 《哈利·波特》系列小说吸引了各个年龄层的读者。◇ *The prospect of camping didn't appeal to me.* 我对露营的想法没有兴趣。

◆ v + prep

apˈpeal to sth to try to persuade sb to do sth by reminding them that it is a good, reasonable thing to do （通过入情入理的劝说）打动: *Maybe if you* ***appeal to her better nature*** (= her kindness), *you can get her to help.* 也许你央求她发发善心，就能得到她的帮助。

OBJ **sb's better nature, sb's sense of justice**

◆ v + prep

appertain /ˌæpəˈteɪn; AmE -pərˈt-/

apperˈtain to sth (*formal*) to belong to sth; to be connected with sth 属于；涉及；关系到: *the duties appertaining to the post* 这一岗位的职责

◆ v + prep

apply /əˈplaɪ/ (applies, applying, applied)

apˈply for sth to make a formal request, usually in writing, for sth such as a job or a place at college, university, etc. （通常以书面形式）申请，寻求得到: *I applied for a new passport.* 我申办了一本新护照。◇ *My son has applied for a place at Warwick University.* 我儿子已申请就读沃里克大学。 ➲ note at ASK FOR STH

◆ v + prep

apˈply to sb/sth to concern or relate to sb/sth 涉及；与…有关联: *The word 'unexciting' could never be applied to her novels.* "乏味"一词绝对和她的小说沾不上边儿。

◆ v + prep

apprise /əˈpraɪz/

apˈprise sb of sth (*formal*) to inform sb of sth 将…通知…；向…告知…: *We were fully apprised of the situation.* 我们完全知晓了当时的状况。

◆ v + n/pron + prep

argue /ˈɑːgjuː; AmE ˈɑːrg-/

ˌargue sb ˈinto sth; ˌargue sb ˈinto doing sth to persuade sb to do sth by giving them a large number of reasons why they should do it 说服…做…: *I managed to argue him into going back home to talk to his parents.* 我终于说服他回家去和父母对话。

OPP **argue sb out of sth, argue sb out of doing sth**

◆ v + n/pron + prep

ˌargue sth ˈout to discuss all the details of an idea, a plan, etc., often in an excited or angry way, until you reach a decision （常指激烈地）彻底辩论，辩个明白: *I'm sure they'll manage to argue out any differences that arise.* 我相信他们会把出现的分歧辩个明白。◇ *I'm too tired to* ***argue it out*** *with you now.* 我很累，现在没有力气和你辩出个高下。◇ *The issues have all been argued out at great length.* 这些问题经过了很长时间的辩论，均已得到解决。

◆ v + adv + n ◆ v + n/pron + adv

ˌargue sb ˈout of sth; ˌargue sb ˈout of doing sth to persuade sb not to do sth by giving them a large number of reasons why they should not do it 说服…放弃（做某事）: *I argued her out of her crazy idea.* 我说服她放弃了荒唐的念头。
OPP **argue sb into sth, argue sb into doing sth**
◆ v + n/pron + adv + prep

ˈargue with sb/sth to disagree with what sb says; to say or show that sth is not right 不同意（某说法）；表示（某事）不对: *'It's cold today, isn't it?' 'I can't argue with you there!'* (= I agree with you) "今天很冷，你说呢？" "的确如此！" ◇ *It's a lovely jacket—and you couldn't argue with the price.* 这件夹克很不错 —— 而且价格也没得说。
NOTE **Argue with sb/sth** is often used with *can't* or another negative. * argue with sb / sth 常与 can't 或其他否定词连用。
◆ v + prep

armour (*BrE*) (*AmE* **armor**) /ˈɑːmə(r); *AmE* ˈɑːrmər/

ˌarmour sth ˈup (*AmE* **ˌarmor sth ˈup**) (*especially AmE*) to attach extra protection to a military vehicle, so that it is better protected from bombs, bullets, etc. 为（军车）加装装甲: *The Pentagon realized it needed more money to armor up its trucks.* 五角大楼意识到需要投入更多资金为卡车配备装甲。
◆ v + n/pron + adv ◆ v + adv + n
▶ **up-ˈarmour** (*AmE* **up-ˈarmor**) *vt* (*especially AmE*) to armour up a vehicle 为（车辆）配备装甲
▶ **up-ˈarmoured** (*AmE* **up-ˈarmored**) *adj* [usually before noun] (*especially AmE*): *up-armored Humvees* 装甲悍马车

arrive /əˈraɪv/

arˈrive at sth to agree on sth or to find sth after discussing and thinking about it 达成（协议）；作出（决议）；得出（结论）: *They had both arrived at the same conclusion.* 他俩得出了同样的结论。◇ *It didn't take long to arrive at a decision.* 没过多久便作出了决定。
OBJ **conclusion, decision, agreement** SYN **reach sth**
◆ v + prep

arse /ɑːs; *AmE* ɑːrs/

ˌarse aˈbout/aˈround (*BrE*, ⚠, *slang*) to behave in a silly or annoying way and waste time instead of doing what you are supposed to be doing 鬼混；闲荡；混日子: *Stop arsing about and give me my bag.* 别瞎闹了，把我的包还给我。
NOTE **Mess around** and **play around** are more polite verbs to use to express this. 表达此义用 mess around 和 play around 更有礼貌。
◆ v + adv

ascribe /əˈskraɪb/

aˈscribe sth to sb to consider that sth has been written, painted, spoken or created by a particular person 认为（作品、言论等）出自某人: *This play is usually ascribed to Shakespeare.* 这部戏剧通常被认为是莎士比亚创作的。
SYN **attribute sth to sb**
◆ v + n/pron + prep

aˈscribe sth to sb/sth (*formal*) **1** to consider that sth is caused by a particular person or thing 把…归因于；认为…是由于: *He ascribed his exhaustion to the heat.* 他认为自己疲乏是天气炎热所致。 **2** to consider that a person or a thing has a particular quality 认为…具有（某特质）: *I am reluctant to ascribe supernatural powers to a fortune-teller.* 我不太相信算命的人有超自然能力。◇ *The government ascribes great importance to these policies.* 政府十分重视这些政策。
SYN **attribute sth to sb/sth**
◆ v + n/pron + prep

ask /ɑːsk; *AmE* æsk/

ˈask after sb to ask for news about sb and how they are, etc. 问候；问好；探问: *Did she ask after me in her letter?* 她在信中问起我了吗？
SYN **enquire after sb** (*formal*)
◆ v + prep

ˌask sb aˈlong to ask sb if they would like to go with you to an event or activity 邀请…同去（参加活动）；邀请…同行；邀请…作伴: *Jane and Ed are going out tonight, and they've asked me along.* 简和埃德今晚出去，还邀我一起去。
SYN **invite sb along** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

ˌask aˈround to ask a number of different people in order to find out sth 四处打听；多方询问: *I don't know if there's any work, but I'll ask around for you.* 我不知道有没有工作，不过我会帮你打听打听。
◆ v + adv

ˌask sb aˈround (*AmE*) → ASK SB OVER/ROUND

ˌask sb ˈback (to sth) (*especially BrE*) to invite sb to come back to your house with you for a drink, etc. when you are both out together（一起外出后）邀请…去自己家: *I asked him back for a coffee.* 回来时我邀请他来我家喝杯咖啡。
SYN **have sb back; invite sb back (to sth)** (*more formal*)
◆ v + n/pron + adv

ˈask for sb to say that you want to see or speak to sb 要求与…见面；希望与…谈谈: *There's somebody at the door asking for Pete.* 门口有人要找皮特。
◆ v + prep

🔑**ˈask for sth 1** (*also* **ˈask sb for sth**) to say that you want sb to give you sth 要求得到；请求给予；索要: *Jodie asked for a guitar for her birthday.* 乔迪说她过生日想要把吉他。◇ *Don't*

SYNONYMS 同义词辨析

ask for sth

appeal for sth • apply for sth • ask for sth • call for sth • request sth

These verbs all mean to tell sb that you would like them to do sth or give you sth, or that you would like sth to happen. 这些动词都表示请求、申请、恳请。

appeal for sth to make a serious and urgent request for sth 恳求；呼吁: *Nationalist leaders have appealed for calm.* 民族主义领袖呼吁保持镇定。◇ *Police are appealing for witnesses to come forward.* 警方呼吁目击者出来作证。

apply for sth to make a formal request, usually in writing, for sth such as a job or a place at a university （通常以书面形式）申请，寻求得到: *to apply for a job/passport/grant* 申请工作 / 护照 / 补助

ask for sth to tell sb that you would like them to do or give you sth, or that you would like sth to happen 要求得到；请求给予；索要: *I went up to the bar and asked for a beer.* 我走到吧台，要了杯啤酒。◇ *He asked me for a job again yesterday.* 他昨天又要我给他找份工作。

call for sth (*used especially in newspapers*) to ask publicly for sth to happen （尤用于报章）公开要求，呼吁: *The group called for the immediate release of the hostages.* 该组织要求立即释放人质。◇ *The opposition is calling for the Prime Minister to resign.* 反对党要求首相辞职。

request sth (*formal*) to ask for sth or ask sb to do sth in a polite or formal way （客气或正式地）恳求，请求给予: *You can request a free copy of the leaflet.* 你可以索取一本免费提供的小册子。

PATTERNS AND COLLOCATIONS

- to ask for/call for/appeal for sth **from** sb
- to **formally** ask for/call for/request/apply for sth
- to **repeatedly** ask for/call for/request/appeal for sth

hesitate to ask for help. 如需帮助，尽管开口。◇ *I asked the waiter for the bill.* 我请服务员拿账单过来。◇ *We **couldn't have asked for** better weather.* 天气再好不过了。◇ *A beautiful house, husband and children. **What more could you ask for?*** 漂亮的房子、丈夫和孩子。你还能再奢望什么呢? SYN **request sth** (*formal*) **2** (*informal*) if sb is **asking for trouble** or **asking for it**, they are behaving in a way that is likely to cause sth bad to happen to them 招惹（麻烦、苦恼等）；自作自受: *You're asking for trouble walking home alone at night.* 你夜里独自步行回家是自找麻烦。◇ *'You asked for it!* (= you deserve what I am going to do to you)' *she said.* "你自讨苦吃！" 她说。 OBJ **trouble, it 3** to say that you want to speak to sb or be directed to a place 找（人）；问（路）: *When you arrive, go to reception and ask for George.* 到了以后你就去服务台，说找乔治。◇ *Ask for the station if you get lost.* 如果迷路了，就问去车站的路。
• v + prep

ˌask sb ˈin/ˈup to invite sb to come into the room or building that you are in, especially your home 邀请…进（尤指家里）来: *Aren't you going to ask me in? It's cold out here.* 你不请我进屋吗？外面很冷。◇ *She asked me into her office for a chat.* 她请我进她的办公室聊聊。◇ *We must ask the neighbours in for coffee.* 我们应该请邻居来家里喝杯咖啡。
SYN **invite sb in/up** (*more formal*)
• v + n/pron + adv

ˌask sb ˈout to invite sb to go out with you, especially when you would like a romantic relationship with them （尤指为发展恋情）邀请…外出约会: *Has he asked you out yet?* 他约你出去了吗?
SYN **invite sb out** (*more formal*)
• v + n/pron + adv

ˌask sb ˈover/ˈround (*BrE*) (*AmE* **ˌask sb aˈround**) to invite sb to come and visit you in your home 邀请…来家里做客: *She's asked me round for dinner.* 她请我去她家吃饭。
SYN **invite sb over/round** (*more formal*)
• v + n/pron + adv

ˌask sb ˈup → ASK SB IN/UP

aspire /əˈspaɪə(r)/

aˈspire to sth to have a strong desire to gain or achieve sth 渴望得到；有志成就: *He's never really aspired to great wealth.* 他从未真正渴求过巨额财富。
• v + prep

associate /əˈsəʊʃieɪt; *AmE* əˈsoʊ-/

asˈsociate with sb to be involved with or spend a lot of time with sb or with a group of people, especially people that sb else does not approve of 与（不被认同的人）密切交往；和…厮混: *I don't like the people you associate with.* 我不喜欢你结交的那些人。
• v + prep

asˈsociate yourself with sb/sth (*formal*) to say that you agree with sb/sth 表示赞同: *They do not want to associate themselves with spending cuts and tax increases.* 他们不想表态赞成削减经费和增税。
OPP **dissociate yourself from sb/sth**
• v + pron + prep

attend /ə'tend/

at'tend to sb/sth (*formal*) to deal with or take responsibility for sth; to give practical help to sb who needs it 处理；应付；照顾；护理: *I have some urgent business to attend to.* 我有一些急事要处理。◇ (*BrE*) *Are you being attended to?* 有人接待你吗？
OBJ **business, needs, customer** SYN **look after sb; look after sth; see to sb/sth** (*less formal*) ⊃ note at CARE FOR SB
• v + prep

attribute /ə'trɪbjuːt/

at'tribute sth to sb to consider that sth has been written, painted, spoken or created by a particular person 认为（作品、言论等）出自某人: *This painting is usually attributed to Goya.* 这幅画一般认为是戈雅的作品。
SYN **ascribe sth to sb**
• v + n/pron + prep

at'tribute sth to sb/sth to consider that sth is caused by a particular person or thing 把…归因于；认为…是由于: *His success can be attributed largely to hard work.* 他的成功可以说主要是靠勤奋。◇ *She said she was not going to attribute blame or seek revenge for what had happened.* 事已至此，她说不想怨天尤人或寻求报复。
SYN **ascribe sth to sb/sth; put sth down to sth** (*less formal*)
• v + n/pron + prep

auction /'ɔːkʃn; *BrE also* 'ɒk-/

NOTE An **auction** is a public event at which things are sold to the person who offers the most money for them. * auction 是指拍卖、竞买。

,auction sth 'off to sell sth at an auction, especially sth that sb no longer needs or wants 拍卖处理（尤指不再需要的物品）: *The house and all its contents will be auctioned off next week.* 下周将拍卖掉这所房子和房中所有物品。
⊃ note at SELL STH OFF
• v + adv + n • v + n/pron + adv

avail /ə'veɪl/

a'vail yourself of sth (*formal*) to make use of sth; to take advantage of sth, usually to improve your situation （通常为改善状况）使用，利用: *Guests are encouraged to avail themselves of all the hotel's facilities.* 欢迎客人使用宾馆的各种设施。◇ *I'd like to avail myself of this opportunity to thank you all for your support.* 我想借此机会感谢诸位的支持。
OBJ **facilities, opportunity**
• v + pron + prep

average /'ævərɪdʒ/

,average 'out to result in a fair or equal amount over a period of time 达到平均数；最终持平: *Sometimes I do the cooking and sometimes my flatmate does. It averages out over a month.* 有时我做饭，有时室友做饭。一个月下来，我们做饭的次数不相上下。
• v + adv

,average sth 'out (at sth) to calculate the average of sth 算出…的平均数（为…）: *If you average it out, there's one car stolen every three minutes.* 算起来平均每三分钟就有一辆汽车失窃。◇ *The tax authorities averaged out his profit at £10 000 a year over five years.* 税务机关算出五年间他的平均利润为每年 1 万英镑。
• v + adv + n • v + n/pron + adv

,average 'out at sth to have a particular amount as the average over a period of time 平均数为；平均达到: *The time she spends practising the piano averages out at about an hour a day.* 她练钢琴的时间为平均每天一小时左右。
• v + adv + prep

awake /ə'weɪk/ (**awoke** /ə'wəʊk; *AmE* ə'woʊk/, **awoken** /ə'wəʊkən; *AmE* ə'woʊkən/)

a'wake to sth (*formal*) to become aware of sth and its possible results; to realize or understand sth 意识到；察觉到；醒悟到: *They finally awoke to the full extent of the problem.* 他们终于认识到了问题的严重性。◇ *I suddenly awoke to the fact that I had the answer in front of me.* 我突然发觉答案就摆在我面前。
→ see also AWAKEN TO STH, AWAKEN SB TO STH
• v + prep

awaken /ə'weɪkən/

a'waken to sth; a'waken sb to sth (*formal*) to become aware of sth, or to make sb become aware of sth, and its possible results （使）意识到；（使）察觉到；（使）醒悟到: *People are gradually awakening to their rights.* 人们正逐渐意识到自己的权利。◇ *The public has been awakened to the full horror of the situation.* 公众完全认识到了这一状况多么恐怖。
→ see also AWAKE TO STH
• v + prep • v + n/pron + prep

B b

back /bæk/

ˌback aˈway (from sth) to move backwards away from sb/sth frightening or unpleasant 畏缩；退避；躲避: *He stepped forward and she backed away in alarm.* 他走上前来，她慌忙往后退。◇ *The child backed away from the dog nervously.* 小孩紧张地后退躲避那条狗。
SYN **retreat (from sb/sth)** (*more formal*)
→ see also BACK OFF 2
◆ v + adv ◆ v + adv + prep

ˌback aˈway from sth; ˌback aˈway from doing sth to avoid doing sth unpleasant or difficult; to show that you no longer support an action or an idea 背弃，不再支持（某行动或想法）: *We will not back away from tough measures.* 我们不会手软。◇ *The union has backed away from calling a strike.* 工会放弃了罢工号召。
◆ v + adv + prep

ˌback ˈdown (on/from sth) to take back a claim or a demand that you have made, or sth that you have said, usually because sb forces you to （被迫）收回，放弃，取消（主张、要求、言论等）: *Neither of them will back down on this issue.* 在这一问题上他俩都不会退让。◇ *His critics were forced to back down.* 批评他的人被迫偃旗息鼓了。
SYN **climb down (over sth); give in (to sb/sth)**
→ see also BACK OFF (FROM STH/FROM DOING STH), BACK OFF STH
◆ v + adv

ˌback ˈoff 1 (*informal*) to stop threatening or annoying sb 放过（某人）；不再烦扰（某人）: *Back off and let me make my own decisions.* 别烦我，让我自己拿主意。◇ *The press have agreed to back off and leave the couple alone.* 新闻媒体同意不再打扰这对夫妇。 **2** to move away from sb/sth frightening or unpleasant 畏缩；退避；躲避: *As the head teacher approached, the children backed off.* 校长过来时，孩子们都闪开了。 SYN **retreat (from sb/sth)** → see also BACK AWAY, BACK AWAY (FROM STH)
◆ v + adv

ˌback ˈoff (from sth/from doing sth), ˌback ˈoff sth (*especially AmE*) to decide not to continue to do sth or support an idea, in order to avoid a difficult or unpleasant situation 放弃（继续做某事）；不再支持（某想法）: *The government backed off in the face of strong opposition.* 面对强烈的反对，政府退却了。◇ *He refused to back off from his earlier statement.* 他拒绝撤回先前的声明。◇ *The rebels backed off their demand for meeting with the President.* 反叛分子放弃了与总统会面的要求。
→ see also BACK DOWN (ON/FROM STH)
◆ v + adv ◆ v + prep

ˌback ˈonto sth (*BrE*) if a building **backs onto** sth, it has sth behind it （建筑物）背向，背对，背靠: *The hotel backs onto the golf course.* 旅馆的后面是高尔夫球场。
◆ v + prep

ˌback ˈout; ˌback ˈout of sth; ˌback ˈout of doing sth to decide not to do sth that you had agreed or promised to do 变卦；撒手不干；背弃（承诺）: *Everything's arranged. It's too late to back out now.* 一切都安排妥了。现在退出为时已晚。◇ *There's still time to back out of selling the house.* 现在改主意不卖房子还来得及。
SYN **pull out, pull out of sth, pull out of doing sth; withdraw (from sth)** (*more formal*)
◆ v + adv ◆ v + adv + prep

ˌback ˈup; ˌback sb/sth ˈup to move backwards a short distance, especially in a vehicle; to make sb/sth move backwards a short distance （使）后退；倒（车）: *The truck in front is going to have to back up.* 前面的那辆卡车看来不得不倒一下车了。◇ *You can back up another two metres or so.* 你可以再退两米左右。◇ *Jeff backed the van up and drove off quickly.* 杰夫倒了倒车，然后飞快地开走了。◇ *The woman was backed up against the wall.* 那名女子被迫退到了墙边。
SYN **reverse, reverse sth** (*more formal*)
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌback ˈup; ˌback sth ˈup if traffic **backs up** or **is backed up**, it cannot move and forms a long line （车辆）拥堵，阻塞，排起长龙: *Two lanes were closed by the accident, causing cars to back up for miles.* 事故导致两条车道被封，汽车拥塞长达几英里。◇ *The traffic is backed up to the traffic lights.* 车辆在交通信号灯处堵住了。
NOTE Nearly always used in the passive. 几乎总是用于被动语态。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌback sb/sth ˈup 1 to say or show that what sb says is true 证明，证实（某人所言）: *If I tell my parents I was with you, will you back me up?* 假若我对父母说当时我和你在一起，你肯为我作证吗？ ◇ *His version of events is not backed up by the evidence.* 他对事件的说法缺乏证据支持。 OBJ **statement, claim 2** to support or help sb/sth 支持；帮助: *Melissa complained that her husband never backed her up when it came to dealing with the children.* 梅利莎抱怨丈夫从未帮她管教过孩子。◇ *Backing her up* (= playing music to support her) *was the band 'Midnight Express'.* 为她伴奏的是"午夜快车"乐队。 SYN **support sb/sth**
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
▶ **ˈbackup** *n* [C, U] (*AmE, music*) (*usually used*

as an adjective 通常用作形容词) music that supports the main singer or player in popular music （流行音乐的）伴唱，伴奏: *a backup singer for Stevie Wonder* 史蒂维·旺德的伴唱歌手◇ *She once sang backup for Madonna.* 她曾经为麦当娜伴唱。

ˌ**back sth ˈup 1** (*computing*) to make a copy of a file, a program, etc. that can be used if the original one is lost or damaged 备份（文件、程序等）: *We back up all the files every night.* 我们每晚都给所有文件做备份。 OBJ **file, document 2** to add sth extra to sth, especially as a support 补充；辅助；支持: *The lectures will be backed up by practical work.* 课堂讲授将辅以实际操作。◇ *They backed up their demands with threats.* 他们以恐吓手段要挟满足其要求。

◆ v + n/pron + adv ◆ v + adv + n

▶ ˈ**backup** *n* **1** [C] (*computing*) a copy of a file, program, etc. for use in case the original is lost or damaged （文件、程序等的）备份: *Have you kept a backup of this file?* 这份文件你备份了吗？◇ *a backup disk* 备份磁盘 **2** [U] support or help that you can use in order to do sth 支持；帮助；援助: *military backup* 军事援助◇ *They have a huge backup team.* 他们有一支庞大的后援队。 **3** [C] a second piece of equipment, person, etc. that can replace another if necessary 备用器械；替补人员；后备: *He's our backup if another player isn't available.* 如果我们有队员无法上场，就由他替补。◇ *the backup plan* 备用方案

bag /bæg/ (-gg-)

ˌ**bag sth ˈup** to put sth, usually large amounts of sth, into a bag or bags 把（通常指大量物品）装进袋里: *The vegetables are bagged up on the farm and then sent out to the market.* 蔬菜在农场装袋后，发送到市场。

NOTE **Bag sth** can also be used on its own with this meaning. * bag sth 单独使用也可作此义。

◆ v + adv + n ◆ v + n/pron + adv

SYNONYMS 同义词辨析

back sb/sth up

back sb/sth up ◆ bear sb/sth out ◆ confirm sth ◆ corroborate sth ◆ substantiate sth

These verbs all mean to support what sb says by stating or showing that it is definitely true or correct. 这些动词都表示支持、证明、证实。

back sb/sth up to support what sb says; to say that what sb says is true 为…作证；证实（言论）: *I'll back you up if they don't believe you.* 如果他们不相信你，我会为你作证。◇ *The writer doesn't back up his opinions with examples.* 作者并未援引实例证明他的观点。

bear sb/sth out (*especially BrE*) to support a claim, a theory or what sb says 支持，证实（主张、理论或言论）: *The other witnesses will bear me out.* 其他证人会为我作证。◇ *The other witnesses will bear out what I say.* 其他证人会证明我所言属实。

confirm sth to state or show that sth is definitely true or correct, especially by providing evidence （尤指提供证据）证实，确认，肯定: *Rumours of job losses were later confirmed.* 裁员的传闻后来得到证实。◇ *His guilty expression confirmed my suspicions.* 他愧疚的神情证实了我的怀疑。

corroborate sth (*often passive*) (*formal*) to provide evidence that proves or supports a claim, theory or other evidence 证实，确证（主张、理论或其他证据）: *The evidence was corroborated by two independent witnesses.* 该项证据得到了两名独立证人的佐证。
▶ corroboration *n* [U]

substantiate sth (*often passive*) (*formal*) to provide evidence that proves or supports a claim or sth that sb has said 证明，证实（主张或言辞）: *They made accusations which could not be substantiated.* 他们提出了指控，但是无凭无据。 ▶ substantiation *n* [U]

WHICH WORD?

Substantiate and **corroborate** have similar meanings but they tend to be used with different words. Both go with *claim* but **substantiate** is also used with *criticism, remark* and *point*; **corroborate** is commonly used with *findings, theory, results* and *evidence*. **Back sb/sth up** has a similar meaning to **substantiate sth**, but **substantiate** is more formal; **substantiate** cannot have a person as its object. **Back sb/sth up** and **substantiate** imply that you are providing information to prove sth; **bear sb/sth out** and **confirm sth** imply that the facts are already there. * substantiate 和 corroborate 含义相近，但一般与不同的词语连用。两者都与 claim 连用，但 substantiate 还与 criticism、remark 和 point 连用，而 corroborate 通常与 findings、theory、results 和 evidence 连用。back sb / sth up 和 substantiate sth 含义相近，但 substantiate 更正式，并且 substantiate 不能以人作宾语。back sb / sth up 和 substantiate 含有提供信息以资证明之意； bear sb / sth out 和 confirm sth 含有事实已经存在之意。

PATTERNS AND COLLOCATIONS

- to confirm/bear out **that/what** ...
- **it was confirmed that** ...
- to confirm **whether** ...
- to confirm/substantiate/back up/corroborate/bear out a **claim/statement/story/theory**

bail /beɪl/

ˌ**bail ˈout**; ˌ**bail ˈout of sth** **1** (*BrE also* ˌ**bale ˈout**, ˌ**bale ˈout of sth**) to jump out of a plane that is going to crash, using a parachute (= a large piece of cloth that opens out like an umbrella and makes people fall slowly and safely) （从即将坠毁的飞机中）跳伞；紧急跳伞：*The crew just had time to bail out.* 机组人员刚好来得及跳伞逃生。 **2** to escape from a situation that you no longer want to be involved in 退出；不再参与：*The actor who was supposed to be playing the part bailed out.* 原定饰演这个角色的演员不干了。 → see also BACK OUT
• v + adv + prep

ˌ**bail ˈout**; ˌ**bail sth ˈout** (*BrE also* ˌ**bale ˈout**, ˌ**bale sth ˈout**) to throw water out of a boat with a container or with your hands （从船里）往外舀水：*The boat will sink unless we bail out.* 我们要是不排水，船可要沉了。◇ *They started bailing the boat out.* 他们动手把船舱的水舀出去。
OBJ **boat, water**
• v + adv • v + n/pron + adv • v + adv + n

ˌ**bail sb ˈout** (*law*) to pay sb's bail (= the money that sb accused of a crime has to pay if they do not appear at their trial) for them, so that they can be set free until their trial 保释（被告）
• v + n/pron + adv • v + adv + n

ˌ**bail sb/sth ˈout**; ˌ**bail sb/sth ˈout of sth** (*BrE also* ˌ**bale sb/sth ˈout**, ˌ**bale sb/sth ˈout of sth**) (*informal*) to rescue sb/sth from difficulties, especially financial difficulties 帮助…脱离困境；从困境中解救：*The government has refused to bail the company out again.* 政府拒绝再次帮助该公司摆脱困境。
• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep
▶ ˈ**bailout** *n* (*especially AmE, finance*) an act of giving financial help to a company, economy, etc. to save it from failing （帮助摆脱困境的）紧急财政援助：*government/bank bailouts* 政府 / 银行应急援助 ◇ *a bailout package* 紧急财政援助一揽子方案

balance /ˈbæləns/

ˈ**balance A against B** to compare the value or importance of one plan, argument, etc. against another 权衡，斟酌，比较（两个计划、论点等的价值或重要性）：*You must balance the high salary against the long working hours.* 你必须权衡高工资和长工时两者的利弊。
SYN **set sth against sth**
• v + n/pron + prep

ˌ**balance ˈout**; ˌ**balance sth ˈout** if things that are very different or have opposite effects **balance out** or you **balance them out**, they become equal in amount or value （使）均等，平衡，相当：*If you eat a variety of food, protein and carbohydrate will balance out over a week.* 如果饮食多样化，一星期后蛋白质和碳水化合物就会均衡了。◇ *We need to invite three more girls to balance out the numbers* (= so that there are equal numbers of boys and girls). 我们得再邀请三个女孩，这样男女人数就一样了。
• v + adv • v + adv + n • v + n/pron + adv

bale /beɪl/

ˌ**bale ˈout** (*BrE*) → BAIL OUT, ETC.

balk /bɔːk/

ˈ**balk at sth**; ˈ**balk at doing sth** (*especially AmE*) → BAULK AT STH, ETC.

ball /bɔːl/

ˌ**ball sth ˈup** (*AmE*) to make sth that is usually flat into the shape of a ball 把…揉成团：*She balled up the paper and tossed it in the garbage.* 她把纸揉成一团，扔到垃圾桶里。
SYN **crumple sth up; scrunch sth up; wad sth up** (*especially AmE*)
• v + adv + n • v + n/pron + adv

balls /bɔːlz/

ˌ**balls sth ˈup** (*BrE*, ⚠, *slang*) to spoil sth; to do sth very badly 把…搞糟；把…弄得一塌糊涂
NOTE A more polite, informal way of saying this is **mess sth up**. 较礼貌和非正式的表达方式是 mess sth up。
• v + n/pron + adv • v + adv + n
▶ ˈ**balls-up** *n* (⚠, *slang, especially BrE*) sth that has been done very badly 混乱；一团糟；一塌糊涂：*I made a real balls-up of my exams.* 我考砸了。
NOTE A more polite, informal way of saying this is **mess**. 较礼貌和非正式的表达方式是 mess。

band /bænd/

ˌ**band toˈgether** to form a group and act together in order to achieve sth, etc. 团结；联合；携手：*We need to band together to fight these reforms.* 我们要齐心协力与这些变革作斗争。
• v + adv

bandage /ˈbændɪdʒ/

ˌ**bandage sb/sth ˈup** to wrap a bandage around a part of the body that is injured 用绷带包扎：*Joe bandaged me up until the doctor came.* 乔在医生到来前用绷带包扎好了我的伤口。◇ *I didn't see the burns because her fingers were all bandaged up.* 我没有看到烧伤，因为她的手指缠满了绷带。
OBJ **wound, sb's leg/arm, etc.**
NOTE Often used in the passive. 常用于被动语态。 **Bandage sb/sth** is also used on its own. * bandage sb / sth 也单独使用。
• v + n/pron + adv • v + adv + n

bandy /ˈbændi/ (**bandies, bandying, bandied**)

ˌ**bandy sth aˈbout** (*also* ˌ**bandy sth aˈround** *especially BrE*) if a word, a name, etc. is **bandied about**, it is mentioned or talked

about by many people, often in a careless way （轻率地）传播，散布，谈论: *The stories being bandied about are completely false.* 那些道听途说的谣言完全是子虚乌有。◊ *He's not paid anything like the £4 000 a week figure being bandied around.* 他每周挣四千英镑的说法完全不靠谱。

OBJ **story, figures, word/term**

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + adv + n ◆ v + n/pron + adv

bang /bæŋ/

ˌbang aˈround (*also* **ˌbang aˈbout** *especially BrE*) to move around noisily 重手重脚地走动；乒乓作响地来来去去: *We could hear them banging about upstairs, moving things.* 我们能听到他们在楼上咣当咣当地来回挪动东西。

◆ v + adv

ˌbang aˈway 1 (*informal*) to hit sth repeatedly with a lot of force or energy （连续地）猛砸，猛击: *She picked up the hammer and began banging away.* 她拿起锤子用力敲打起来。 **2** if sth such as your heart **bangs away**, it makes very loud regular sounds （心脏等）怦怦作响: *My heart was banging away like a drum.* 我的心像打鼓一样，扑通扑通直跳。

◆ v + adv

ˌbang aˈway at sth (*informal, especially AmE*) to work very hard at sth 努力工作；致力于: *She banged away all day at her assignment.* 她一整天都在埋头做作业。

SYN **bash away (at sth)** (*BrE*)

◆ v + adv + prep

ˌbang sth ˈdown to put sth down quickly and with a lot of force so that it makes a loud noise 猛摔；砰地一扔: *He banged his fist down on the table.* 他砰地一拳砸在桌子上。◊ *She banged the phone down* (= ended the telephone conversation) *before I could explain.* 我还没来得及解释，她就啪地挂断了电话。

◆ v + n/pron + adv ◆ v + adv + n

ˌbang ˈinto sb/sth to crash into or hit sb/sth violently, usually by mistake （不小心）撞上，碰着: *He ran around the corner and banged into an old lady who was coming the other way.* 他跑过拐角，一下子撞上了迎面走来的一位老太太。

◆ v + prep

ˌbang ˈon about sb/sth (*BrE, informal*) to talk or write a lot or in a boring way about sth 啰唆；絮叨: *Pat is always banging on about politics.* 帕特总是没完没了地谈论政治。◊ *She keeps banging on about how wonderful her son is.* 她逢人便讲她的儿子有多优秀。

SYN **go on (about sb/sth)**

◆ v + adv + prep

ˌbang ˈout sth (*informal*) **1** to play music very loudly 高声奏出: *He banged out the tune on the piano.* 他在钢琴上响亮地弹奏那首曲子。 **2** to write sth very quickly and without taking much care 仓促写成；匆匆写就；粗制滥造（文章等）: *She bangs out four novels a year.* 她一年可以赶写出四部小说。 SYN **bash sth out** (*BrE*), **churn sth out**

NOTE When the object of **bang out** is a noun, it comes after **out**, but when the object is a pronoun, it comes between **bang** and **out** * bang out 的宾语如果是名词，应置于 out 之后；但如果是代词，应置于 bang 和 out 之间: *She bangs them out regularly.* 她定期炮制些文章出来。

◆ v + adv + n ◆ v + pron + adv

ˌbang sb/sth ˈup (*AmE, informal*) to damage or injure sb/sth, especially by hitting sth else 撞伤；碰坏: *I banged up my knee when I fell off the bike.* 我从自行车上摔下来，磕伤了膝盖。

◆ v + adv + n ◆ v + n/pron + adv

be/get ˌbanged ˈup (*BrE, informal*) to be locked up or put in prison 被拘留；被关进牢房: *He was banged up in a Singapore jail for six months.* 他在新加坡坐了六个月牢。

◆ be/get + v + adv

bank /bæŋk/

ˈbank on sb/sth; **ˈbank on doing sth**; **ˈbank on sb/sth doing sth** to rely on sb/sth; to be confident that sth will happen 依靠；指望；信赖: *I'm banking on your help.* 我还得靠你关照。◊ *I'm really banking on you to help me.* 我真的希望你能帮帮我。◊ *I'd banked on getting a cup of coffee at the station, but everything was closed.* 我原指望在车站能弄杯咖啡喝，可是所有地方都打烊了。◊ *He was banking on the train being on time.* 他指望火车会准点。◊ *She might already have cleaned up the mess, but **I wouldn't bank on it**.* 她或许收拾过了，但是我不能打包票。

SYN **count on sb/sth, etc.; reckon on sb/sth, etc.**

◆ v + prep ◆ v + prep + n/pron + **to** +inf

ˌbank ˈup; **ˌbank sth ˈup** (*BrE*) to form into a large pile; to make sth form a large pile （使）堆积，聚集: *The snow had banked up on either side of the road.* 路两旁尽是积雪。

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

bargain /ˈbɑːɡən; *AmE* ˈbɑːrɡən/

ˌbargain sth aˈway (*rare*) to give away sth valuable or important in exchange for sth less valuable or important 廉价交换；亏本交易: *The leaders refused to bargain away the freedom of their people.* 领导人拒绝拿人民的自由做交易。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˈbargain for/on sth; **ˈbargain for/on doing sth**; **ˈbargain for/on sb/sth doing sth** to expect or be prepared to do sth; to expect sth to happen or sb to do sth 准备好（做某事）；预料到: *We hadn't bargained for such bad weather.* 我们没想到天气这么糟糕。◊ *I hadn't bargained on taking the kids with us.* 我原本没打算让孩子们和我们一起去。◊ *I didn't bargain for Jake being at the party.* 我没料到杰克会来参加聚会。◊ *When he tried to*

*argue with Kate, he **got more than he had bargained for**.* 他试图和凯特争辩，不料却招架不住。◇ *What I hadn't bargained for was that very few people would speak English.* 我没想到的是没几个人肯说英语。
SYN **reckon on sb/sth, etc.**
NOTE These phrasal verbs are usually used in negative sentences. 这些短语动词通常用于否定句。
◆ v + prep

barge /bɑːdʒ; *AmE* bɑːrdʒ/

ˌbarge ˈin (on sb/sth), ˌbarge ˈinto sth (*informal*) **1** to enter a place or join a group of people quickly and rudely, without being asked 擅自闯入；冒昧介入：*Sorry to barge in, but …* 抱歉冒昧打扰，可是…◇ *She barged in on our meeting without knocking.* 我们开会时，她门也不敲就闯了进来。◇ *He just barged (his way) into the room.* 他径直闯进了屋子。 **2** to interrupt what sb is doing or saying, especially when you have not been invited to join in 插嘴；打岔；打扰：*As soon as I paused for breath, Bart barged in.* 我刚停下来喘口气，巴特便抢过了话头。◇ *You can't just come barging into our conversation!* 你不能这么冒冒失失地打断我们的谈话！
◆ v + adv ◆ v + prep

bark /bɑːk; *AmE* bɑːrk/

ˌbark sth ˈout to shout sth loudly 大声说出；咆哮：*She barked out instructions to her secretary.* 她扯着嗓子对秘书发号施令。
OBJ **orders, instructions** SYN **rap sth out**
NOTE **Bark sth** can also be used on its own with the same meaning * bark sth 单独使用也可作此义：*He barked orders at Tim.* 他厉声对蒂姆下达命令。
◆ v + adv + n ◆ v + n/pron + adv ◆ v + adv + speech

barricade /ˌbærɪˈkeɪd/

barriˌcade yourself/sb ˈin; barriˌcade yourself/sb ˈin/ˈinto/inˈside sth to put up a line of objects at the entrance to a room or building, so that nobody can get in or out, usually to protect or defend yourself or sb else （堵住入口）把…关在里面，让…躲在里面：*The police were called when he went mad and barricaded himself in.* 他发疯了，把自己关在里边，于是有人叫来了警察。◇ *They barricaded themselves inside their house.* 他们把自己关在屋里。◇ *Families had to be barricaded inside a restaurant while students protested outside.* 学生在外面抗议，这些家庭只得躲进一家饭馆里。
OBJ **room, house**
◆ v + n/pron + adv ◆ v + n/pron + prep

base /beɪs/

ˈbase sth on sth (*also* **ˈbase sth upon sth** *more formal*) to use or have an idea, an experience, etc. as the point from which sth can be developed 把…基于；以…为…的基础；以…为…的根据：*The novel is based on a true story.* 这部小说是根据一个真实故事创作的。◇ *She is basing the prosecution case on the evidence of two witnesses.* 她是依据两名目击者的证词提起诉讼的。◇ *What's the design based on?* 这一设计的蓝本是什么？◇ *The report has been based upon inaccurate information.* 这份报告所依据的信息不准确。◇ *Sue's knowledge of Japan was based only on what she had read in books.* 休对日本的了解仅限于书本知识。
OBJ **decision, theory, design, opinion, etc.**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

bash /bæʃ/

ˌbash sb/sth aˈbout (*BrE, informal*) to hit or strike sb/sth and treat them/it in a rough way 猛打；暴打；粗暴对待：*The mugger had bashed her about.* 行凶抢劫者对她拳打脚踢。
◆ v + n/pron + adv

ˌbash aˈway (at sth) (*BrE, informal*) to work very hard at sth for a period of time 持续努力，持之以恒（专注于…）：*I bashed away at the article without a break from 11 until 6.* 我从11点到6点一刻不停地写那篇文章。
◆ v + adv

ˌbash sth ˈdown (*informal, especially BrE*) to destroy sth and make it fall by hitting it violently 撞倒；撞坏；捣毁：*The firefighters had to bash the door down.* 消防队员不得不把门撞破。
OBJ **door** SYN **break sth down** (*more formal*); **knock sth down** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

ˌbash sth ˈin (*informal, especially BrE*) to break or destroy sth by hitting it violently 打破；打坏；撞毁：*The window had been bashed in.* 窗户打碎了。
OBJ **window, head, skull, nose** SYN **smash sth in**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n
IDM **ˌbash sb's ˈhead/ˈbrains in** (*informal, especially BrE*) to hit sb very hard 猛打；痛打；狠揍：*Shut up or I'll bash your brains in!* 闭嘴，不然我就把你的脑袋砸扁！

ˌbash ˈon (with sth) (*BrE, informal*) to continue working hard at sth 继续努力干：*Let's bash on.* 咱们继续加油干吧。◇ *I'd better bash on with my work.* 我最好还是继续努力工作。
SYN **get on (with sth)** (*more formal*)
◆ v + adv

ˌbash sth ˈout (*BrE, informal*) to write sth very quickly, without taking much care 仓促写成，粗制滥造（文章等）：*I don't do drafts of articles. I just bash them out.* 我写文章从不打草稿，随便一写就完事。
SYN **bang out sth**
◆ v + adv + n ◆ v + n/pron + adv

ˌbash sb ˈup (*BrE, informal*) to attack sb violently 猛打；痛打；狠揍
SYN **beat sb up** (*more formal*)

NOTE **Beat sb up** is more frequent. * beat sb up 更常见。
◆ v + n/pron + adv ◆ v + adv + n

bask /bɑːsk/

ˈbask in sth to enjoy the good feelings that you have when other people praise or admire you, or when they give you a lot of attention 享受，沉浸于（他人的赞美或关注）：*He had always basked in his parents' attention.* 他一直尽享父母的关爱。◇ *I never minded **basking in** my wife's **reflected glory*** (= enjoying the praise, attention, etc. she got). 生活在妻子的光环中，我感到与有荣焉，从不介怀。
◆ v + prep

bat /bæt/ (-tt-)

ˌbat sth aˈround (*informal*) to talk about or discuss plans or ideas, etc. before you decide what to do （在采取行动前）考虑，讨论，推敲（计划、想法等）：*We're just batting some ideas around.* 我们只不过是在聊聊一些想法。
OBJ **ideas, figures**
◆ v + n/pron + adv ◆ v + adv + n

batten /ˈbætn/

ˌbatten sth ˈdown to fasten sth firmly in order to prevent damage by storms or winds 固定，钉住（以防风暴）：*They managed to batten down the shutters and doors before the hurricane hit.* 赶在飓风来袭前，他们总算钉牢了百叶窗和屋门。
◆ v + adv + n ◆ v + n/pron + adv
IDM **ˌbatten down the ˈhatches** to prepare for difficult times ahead 为应付困难作准备；未雨绸缪：*Businesses are battening down the hatches and preparing for a difficult year.* 各企业都在早作筹划，以应对困难的一年。

batter /ˈbætə(r)/

ˌbatter sth ˈdown to hit sth repeatedly until it breaks and falls down （以连续猛击）砸倒，砸毁：*The only way to get in was to batter the door down.* 要想进去只能把门砸开。
OBJ **door** SYN **break sth down; beat sth down**
◆ v + n/pron + adv ◆ v + adv + n

baulk (*especially BrE*) (*AmE usually* **balk**) /bɔːk/

ˈbaulk at sth; ˈbaulk at doing sth to be unwilling to do sth or to get involved in sth because it is difficult, dangerous, expensive, etc. 畏缩；回避：*He baulked at the idea of telling his parents where he was going.* 他不愿告诉父母自己要去哪里。
OBJ **idea, expense**
◆ v + prep

bawl /bɔːl/

ˌbawl sb ˈout (*informal*) to speak angrily to sb because they have done sth wrong 痛骂；厉声教训：*My boss bawled me out for being late.* 我迟到了，给老板训了一顿。
SYN **tell sb off**
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˌbawling-ˈout** *n* [usually sing.] (*informal*) an act of speaking angrily to sb because they have done sth wrong 痛骂；厉声教训

ˌbawl sth ˈout (*informal, especially BrE*) to say or sing sth very loudly or in an angry voice 怒吼；大叫；高声歌唱：*She doesn't give you an order. She bawls it out.* 她吩咐什么事情，总是大喊大叫。◇ *The children bawled out the songs.* 孩子们扯着嗓子唱歌。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*) ◆ v + adv + speech

be /bi; strong form biː/ (**am/is/are, being, was/were, been**)

be ˈafter sth to be trying to get or obtain sth 追求；追逐：*Several people in the office are after the same job.* 办公室里有几个人在争同一个职位。◇ *She's being too nice. I wonder what she's after.* 她友好得过了头。我倒想知道她图的是什么。 ➲ note at LOOK FOR SB/STH
◆ v + prep

be ˈat sb (*informal, especially BrE*) → BE/GO/KEEP ON AT SB

be ˈat sth to be busy doing sth 忙于；专注于：*He's been at his essay all night.* 他整夜都在写文章。◇ *I'll **be at it** all day tomorrow.* 我明天一整天都会处理这件事。
◆ v + prep
IDM **be ˈat it** (*informal*) **1** to behave badly; to argue or fight 不守规矩；争吵；打架：*The kids are at it again.* 孩子们又闹起来了。 **2** to have sex 性交；做爱

🔑 **be aˈway** to not be at home, especially when you are on holiday/vacation or on a business trip 外出（尤指度假或出差）：*We'll be away for the month of August.* 我们八月份要外出。◇ *He's away on business at the moment.* 他出差去了。
◆ v + adv

be beˈfore sb → BE UP BEFORE SB

be beˈhind sb to give sb your support 支持；做…的后盾：*Don't forget that we're behind you all the way.* 记住我们会一直支持你。
◆ v + prep

be beˈhind with sth to be late doing sth, such as paying a bill, your rent, etc. 拖欠（付账、交租金等）；耽搁；逾期：*We're behind with the mortgage repayments.* 我们没有按时偿还按揭贷款。◇ *I'm behind with my college assignments.* 我没及时完成大学作业。
◆ v + adv + prep

be ˈdown if a computer system **is down**, it is not working （计算机系统）出故障；（计算机）停机：*Surely your computer isn't down again?* 你的计算机不会又坏了吧？
◆ v + adv

be ˈdown on sb to treat sb severely or unfairly 对…苛责；对…不公：*He's been really down on me lately.* 他最近特别跟我过不去。
◆ v + adv + prep

be ˈdown to sb 1 to be the responsibility of sb 是…的责任: *It's down to you to help them now.* 现在该你帮助他们了。 SYN **be up to sb 2** to be sb's fault 是…的过错: *All this trouble is down to Matt.* 所有这些麻烦都怪马特。
◆ v + adv + prep

be ˈdown to sth to have only a little money left （钱）所剩无几，只剩一点: *I'm down to my last dollar.* 我只剩最后一块钱了。
◆ v + adv + prep

be/go ˈdown with sth to have or catch an illness 生，得，染（病）: *Gill's down with flu.* 吉尔患了流感。
◆ v + adv + prep

be ˈin 1 to be in fashion 时髦；入时: *Miniskirts are in this season.* 本季流行超短裙。 **2** to be elected to a political position 当选（政治职位）: *The Democrats are in for another term.* 民主党人获选连任。
◆ v + adv

be ˈin for sth (*informal*) to be going to experience sth soon, especially sth unpleasant 即将面临（尤指令人不快的事）；势必遭受: *She's in for a shock.* 她会大吃一惊的。◇ *It looks like we're in for a storm.* 看来我们要遭遇暴风雨了。
◆ v + adv + prep

be/get ˈin on sth (*informal*) to have a share in or knowledge of sth; to be or become involved in sth 知道；参与；涉足: *Are you in on the secret?* 你知道这个秘密吗？◇ *I'd like to be in on the deal.* 我很想参与这桩交易。
◆ v + adv + prep

be (well) ˈin with sb to be (very) friendly with sb and likely to get an advantage from the friendship 同…关系（非常）亲密（尤指可从中获得好处）
◆ v + adv + prep

be ˈinto sth to have a taste for or an interest in sth 爱好；对…感兴趣: *Are you into jazz?* 你喜欢爵士乐吗？◇ *He's been into trains since he was a small boy.* 他从小就喜爱火车。
◆ v + prep

be ˈoff 1 to leave; to go, especially in a hurry 离开；（匆忙）走开: *I must be off.* 我得走了。 **2** to have gone bad and not be fit to eat or drink （食物）变质: *This milk is off.* 牛奶坏了。 **3** if a dish in a restaurant **is off**, it is not available （饭店菜单上的菜）无法供应，断档: *I'm afraid the liver is off today.* 肝今天恐怕没有了。
◆ v + adv

be ˈoff sb/sth 1 to have no interest in sb/sth; to have stopped liking sb/sth 对…不感兴趣；不再喜欢: *She can't be well. She's been off her food all week.* 她一定是生病了。她整个星期都没胃口。◇ *That's it. I'm off men for life.* 我算是受够了，这辈子我再也不找男人了。 **2** to have finished speaking on the telephone 打完（电话）: *Isn't he off the phone yet?* 他电话还没打完吗？
◆ v + prep

be ˈoff for sth (*informal*) to have a particular amount of sth （某物）有某一数量: *How are we off for coffee* (= how much have we got)? 我们还有多少咖啡？
◆ v + adv + prep

be ˈon 1 (of an event, a show, a performance, etc. 活动、演出、表演等) to be happening; to take place 在进行中；举行: *Is the party still on?* 聚会还没散吗？ **2** (of a performer 表演者) to be on the stage; to perform 在台上；演出: *Who's on next?* 下面该谁上台？◇ *We're on after the band.* 我们在这个乐队之后上场。 **3** (of food 食物) to be cooking 在烹调中: *Are the potatoes on?* 土豆烧上了吗？
◆ v + adv

IDM **you're ˈon** (*informal*) used when you are accepting a bet or a challenge 我跟你赌；我接受你的挑战

be ˈon sb if sth such as drinks, food, tickets, etc. **are on** sb, they are paid for by that person （饮料、食物、票等）由…支付，由…付账: *The drinks are on me tonight.* 今晚的酒水钱我来付。
◆ v + prep

be ˈon sth 1 to be taking medicine, a drug, etc. 在服用（药物、毒品等）: *She's been on the pill for ten years.* 她服避孕药有十年了。◇ *I'm on strong painkillers.* 我在服用强效止痛药。 **2** to be talking to sb on the telephone 在通电话: *She's been on the phone for hours.* 她打电话有好几个小时了。 **3** to be eating or drinking sth 在吃；在喝: *I'm on my third coffee already this morning.* 这是我今早喝的第三杯咖啡了。
◆ v + prep

IDM **what are you ˈon?** (*informal*) used when you are very surprised at sb's behaviour and are suggesting that they are acting in a similar way to sb using drugs （指对方行为失常）你吃错药了吧？

be ˈon about sth (*informal, especially BrE*) to talk about sth, often in a boring way; to mean sth 谈论；唠叨；意思是: *He's always on about how much money he earns.* 他总爱唠叨他赚多少钱。◇ *What are you on about?* (= I don't understand) 你究竟是什么意思？
◆ v + adv + prep

be/go/keep ˈon at sb (*also* **be ˈat sb**) (*informal, especially BrE*) to try to persuade sb to do sth by talking about it very often and in an annoying way 反复劝说；不断纠缠: *I've been on at my husband to go to the doctor, but he won't.* 我再三规劝我丈夫去看医生，可他就是不去。
SYN **nag sb**
◆ v + adv + prep ◆ v + prep

be ˈonto sb (*informal*) **1** to become aware that sb has done sth wrong or illegal and be trying to catch them 盯上（犯错者）；追捕（违法者）: *The police aren't onto us yet.* 警察还没盯上我们。 **2** to talk to sb about sth, especially to complain about sth or ask them to do sth 向…投诉；要求…采取行动: *I've been onto the council about the noise.* 我已经向委员会投

诉过噪声问题了。
◆ v + prep

be 'onto sth to have found or discovered sth that could have very good results for you or for sb else 找到，发现（有用的线索、有益的事物）: *She could be onto something* (= she might have discovered sth that will prove important). 她可能有了重大发现。
◆ v + prep

be 'out 1 to have stopped work as a protest and be on strike 罢工: *The postal workers are still out.* 邮政职工还在罢工。 **2** to be no longer in prison 出狱；获释: *I've heard Smith's out now.* 我听说史密斯出狱了。 **3** if a jury (= a group of people who decide the results of a competition or whether or not sb is guilty of a crime) **is out**, they are still trying to make a decision （评委会或陪审团）在裁决中，在审议中 **4** to be no longer in fashion 不流行；过时: *Black is out this year.* 今年不时兴黑色。◇ *Politeness seems to* ***be out of fashion*** *these days* (= no one is polite any more). 如今讲礼貌似乎已经过时了。 **5** if an action, for example, **is out**, it is not possible or is not allowed （行动等）不可能，不允许: *Shall we get together one evening next week? Monday's out—I've got a French class.* 我们下星期找个晚上聚一聚吧？星期一不行 —— 我有法语课。
◆ v + adv

IDM **the jury is (still) 'out on sth** used when you are saying that sth is still not certain （某事）仍未定夺，悬而未决: *The jury is still out on whether wine can be good for you.* 葡萄酒对人是否有好处尚无定论。

be 'out for sth; be 'out to do sth to be trying very hard to do sth or to get sth 力图；一心一意要；竭力寻求: *He's out for revenge.* 他一心要报复。◇ *Everyone's just out for what they can get these days* (= they are trying to get things for themselves). 如今每个人都只顾谋求私利。◇ *The German team want to win this game, but Brazil are out to stop them.* 德国队想赢下这场比赛，但是巴西队会尽全力阻止他们。
◆ v + adv + prep ◆ v + adv + **to** +inf

be 'out of sth to have used up a supply of sth and have nothing left 用光；耗尽；使枯竭: *We're out of sugar.* 我们的糖吃完了。
◆ v + adv + prep

be 'over sb to have returned to your usual state of happiness after the end of a relationship （和某人感情结束后）心情恢复过来: *It was hard at first, but I'm over him now.* 和他分手之初很难过，但现在我对他没感觉了。
◆ v + prep

be 'over sth to have returned to health after an illness 病愈；恢复健康: *He's over the flu now.* 他的流感好了。
◆ v + prep

be 'past it (*informal*) used to show that you think sb is so old that they can no longer do anything useful or interesting 年老无用；年老无趣: *The children laughed at him and said he was past it.* 孩子们嘲笑他，说他年老不中用了。
◆ v + prep + it

be 'through (to sb) to be connected to sb on the telephone （和某人）接通电话: *You're through now.* 您的电话接通了。◇ *You're through to the manager now.* 您可以和经理通话了。
◆ v + adv

be 'through (with sb/sth) (*especially AmE*) to have finished using or doing sth; to have finished a relationship with sb 使用完（某物）；做完（某事）；（与某人）分手: *Aren't you through yet? You've been ages!* 你还没完成？你真是没完没了！◇ *He promised he was through with drugs.* 他保证过不再吸毒。◇ *Keith and I are through.* 基思和我吹了。
◆ v + adv

be 'up 1 to be awake 醒来；醒着: *You're up early.* 你醒得真早。◇ *I've been up all night.* 我

SYNONYMS 同义词辨析

be up

be amiss ◆ be up ◆ be wrong

These verbs all describe sth that causes problems or difficulties or that is not as it should be. 这些动词都表示出现问题、困难或异常。

be amiss (*formal*) to be wrong; to be not as it should be 不正常；有毛病: *She sensed there was something amiss and called the police.* 她感觉情况有点不大对头，于是报了警。

be up (*informal*) used to say that sth is happening, especially sth unusual or unpleasant （尤指不同寻常或令人不快的事）发生，进行: *What's up? Are you OK?* 怎么了？你没事儿吧？◇ *I could tell something was up by the look on his face.* 从他的脸色，我就看出出事儿了。

be wrong to cause problems or difficulties; to be not as it should be 出问题；有困难；不正常: *Is anything wrong? You look worried.* 出什么事儿了？你一副愁眉苦脸的样子。◇ *'What's wrong?' 'Oh, nothing.'* “怎么了？” “哦，没事儿。” ◇ *There's something wrong with the printer.* 打印机出故障了。

PATTERNS AND COLLOCATIONS

- there is sth wrong/up/amiss with sb/sth
- to be seriously wrong/amiss
- to be badly wrong
- is anything wrong/up?
- what's wrong/up?

整夜没合眼。 **2** (of the wind, the sea, etc. 风、海等) to have increased in strength or become violent 增强；变猛: *In the morning the wind was up and we got ready for a day's sailing.* 早晨风更大了，我们为一天的航行作好了准备。 **3** (*informal*) (of a drink, a meal, etc. 饮料、饭菜等) to be ready 已准备好；已预备好: *Tea's up! Come and get it.* 茶沏好了！过来喝吧。 **4 (with sb)** used to say that sth is happening, especially sth unusual or unpleasant （不同寻常或令人不快的事）发生了，进行中: *You look terrible! What's up?* 你气色很不好！出什么事儿了？ ◇ *I couldn't understand **what was up with** George.* 我不明白乔治是怎么了。
◆ v + adv

IDM **what's 'up?** (*informal*) used to say hello to sb （问候语）你好吗，最近忙些什么呢

be 'up against sb to be playing against sb in a game, competition, etc. （比赛、竞争等中）对手是: *We're up against some tough competition this year.* 今年我们面临激烈的竞争。
◆ v + adv + prep

be 'up against sth to be facing problems or difficulties 面对（问题）；面临（困难）: *With three players injured, they were really **up against it*** (= in a difficult situation). 三名队员受了伤，他们的情形实在不妙。 ◇ *Do you realize what you're up against?* 你明白自己的处境吗？
◆ v + adv + prep

be 'up before sb (*also* **be be'fore sb**) to appear in court or before a judge 上法庭，出庭（面对法官）: *He's up before the judge tomorrow.* 他明天出庭受审。
◆ v + adv + prep ◆ v + prep

be 'up for sth 1 to be considered for sth, especially as a candidate for a job, in an election, etc. 作为…的考虑对象；是…的候选人: *She's up for promotion.* 她就要升迁了。◇ (*informal*) *There are 50 tickets **up for grabs*** (= available for people who ask quickly). 现有 50 张票，先来先得。 **2** to be for sb to buy 供出售；待售: *I see your house is **up for sale**.* 我看到你的房子要出售。◇ *A Picasso is **up for auction**.* 有一幅毕加索的画要拍卖。 **3** (*informal*) to be ready to take part in an activity 准备参加（活动）: *The new job will be a challenge, but I'm **up for it**.* 新工作将是一个挑战，但是我已准备应战。
◆ v + adv + prep

🔑 **be 'up to sb 1** to be sb's responsibility or duty 是…的责任；是…的职责: *It's up to you to make sure the house is kept tidy.* 保持房屋整洁是你的责任。 SYN **be down to sb 2** to be left to sb to decide 由…决定；取决于: *'Shall we go out?' 'I don't know. It's up to you.'* "我们出去好吗？" "我不知道。你来决定吧。"
◆ v + adv + prep

🔑 **be 'up to sth** (*informal*) **1** to be busy doing sth, especially sth bad 忙于（尤指做坏事）: *What have you been up to lately?* 你近来忙些什么呢？ ◇ *The kids are quiet—I'm sure they're up to no good* (= they are doing sth bad). 孩子们静悄悄的 —— 我敢肯定他们没在干什么好事。

2 to be as good as people expect 符合期待；达到: *Was your meal up to standard?* 你的饭菜够标准吗？
◆ v + adv + prep

be u'pon sb (*formal*) to be going to happen very soon 即将发生: *The election is almost upon us.* 选举在即。
◆ v + prep

beam /biːm/

ˌbeam sb 'up/'down (in science fiction 科幻作品中) to transport sb from one place to another using a special machine which can separate the atoms in their body and then put them back together again （使用特殊机器以光束形式）将…从一地运送至另一地: *This party is so boring! Beam me up, Scotty!* (= used to say that you wish you were somewhere else) 这次聚会乏味死了！真不该来！
◆ v + adv + n ◆ v + n/pron + adv

bear /beə(r); *AmE* ber/ (**bore** /bɔː(r)/, **borne** /bɔːn; *AmE* bɔːrn/)

ˌbear 'down on sb/sth (*also* **ˌbear 'down upon sb/sth** *more formal*) **1** (*especially BrE*) to move towards sb/sth in a determined or threatening way （来势汹汹地）冲向，逼近: *A crowd of journalists bore down on the minister.* 一群记者冲向部长。◇ *A hurricane is bearing down on Central America.* 飓风向中美洲袭来。 **2** (*especially AmE*) if a problem or a difficult situation **bears down on** you, it makes you feel very worried and has a severe effect on you （问题或困境）深深烦扰，严重影响: *The drought is bearing down very hard on farmers.* 旱情让农民忧心忡忡。 **3** (*especially AmE*) to press or push on sb/sth 施压；抑制；推动: (*figurative*) *The government has announced it will bear down on* (= deal strictly with) *inflation.* 政府宣布将严控通货膨胀。
◆ v + adv + prep

'bear on/upon sb/sth (*formal*) to be connected with sb/sth; to have an effect on sb/sth 涉及；影响: *This decision bears directly on our everyday lives.* 这一决定直接影响我们的日常生活。
SYN **affect sb/sth**
◆ v + prep

ˌbear sb/sth 'out (*especially BrE*) to show that sth is true or that what sb says is true; to support sb/sth 证实；为…作证；支持: *I always said she'd do well. John will bear me out on this.* 我总是说她会做好的。这事约翰可以为我作证。◇ *John will bear out what I say.* 约翰会证明我所言非虚。◇ *This theory is not borne out by the facts.* 这一理论没有事实依据。 ➲ note at BACK SB/STH UP
◆ v + n/pron + adv ◆ v + adv + n

ˌbear 'up (under sth) to remain cheerful and in control in a difficult situation 保持振作；不气馁: *'How is your mother?' 'She's bearing up very well.'* "你母亲还好吗？" "她很硬朗。" ◇ *'How are you?' 'Oh, bearing up.'* "你怎么样

了？”“啊，还挺得住。”
◆ v + adv

'bear upon sb/sth → BEAR ON/UPON SB/STH

'bear with sb to be patient with sb 耐心对待；容忍：*If you'll just bear with me for a moment, I'll try to find her.* 如果你能给我一点时间，我会设法找到她。◇ *She's under a lot of strain. Just bear with her.* 她承受着很大压力，对她宽容一些。
NOTE **Bear with sb** is usually used in the present tense or to ask sb to be patient. * bear with sb 通常用于现在时，或用于劝人要有耐心。
◆ v + prep

beat /biːt/ (beat, beaten /ˈbiːtn/)

,beat sb 'back to make sb move backwards away from sth 使后退；使后撤：*She was beaten back by the flames.* 火焰迫使她退了回去。◇ *They tried to beat the enemy back.* 他们试图击退敌军。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

,beat 'down (on/upon sb/sth) 1 if the sun **beats down**, it shines with great heat （阳光）曝晒，直射：*The sun beat down all afternoon from a clear sky.* 整个下午晴空当头，骄阳似火。 **2** if rain **beats down**, it falls with great force （雨）倾盆而下，倾泻：*The rain was beating down on them.* 大雨浇在他们身上。
◆ v + adv

,beat sb 'down (*AmE, slang*) (of a group of people 一伙人) to severely injure sb by hitting and kicking them 殴打（某人）：*We saw pictures on the news of a bunch of kids beating down an older guy.* 我们看到几张新闻照片，一帮孩子对一个上了岁数的男子拳打脚踢。
SYN **bash sb up** (*informal, less frequent*), **beat sb up**
◆ v + n/pron + adv ◆ v + adv + n
▶ **'beat-down** *n* (*AmE, slang*) **1** an occasion when several people severely injure sb by hitting and kicking them （一伙人对某人的）殴打 **2** (*sport*) an occasion when one team defeats another by a large number of points 大胜；完胜

,beat sb/sth 'down (to sth) to persuade sb to reduce the price of sth; to get sb to accept a lower price for sth 与…讨价还价；杀…的价：*Chris tried to beat them down to a lower price.* 克里斯试图跟他们把价格砍下来。
SYN **knock sb/sth down**
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

,beat sth 'down 1 to hit sth hard, often many times, until it falls down 用力打倒；把…打翻在地：*The police had to beat the door down.* 警察不得不把门砸开。◇ *People are hardly **beating the door down** to get her latest book* (= they are not rushing to buy it). 人们并没有争相购买她最近出版的书。 OBJ **door**
SYN **break sth down; batter sth down 2** to make sth flatter or lower by hitting it hard, usually with sth flat （用平展的工具）把…拍平，把…打下去：*I used a spade to beat down the mud.* 我用铁锹把泥土拍结实。◇ *Two women tried to beat down the flames.* 两名女子试图把火苗扑灭。 OBJ **flames**
◆ v + n/pron + adv ◆ v + adv + n

,beat sb/sth 'off 1 to drive sb/sth back or away by fighting 驱走；逐回：*They beat off an attack by the rebel army.* 他们击退了叛军的进攻。◇ *He tried to beat the thugs off with a stick.* 他想用棍子赶走那帮暴徒。 OBJ **attack, attacker 2** to defeat sb/sth in a competition or in business （竞争中或商业上）压倒，胜过：*The company has beaten off very strong competition from abroad.* 公司战胜了来自国外的强有力的竞争。 OBJ **challenge, competition**
◆ v + adv + n ◆ v + n/pron + adv

'beat on sb (*AmE, informal*) to hit or kick sb repeatedly 殴打；毒打
→ see also BEAT SB UP; BEAT UP ON SB
◆ v + prep

,beat sth 'out 1 to produce a rhythm by hitting sth such as a drum repeatedly （用鼓等）敲打出（节奏） OBJ **rhythm 2** to put out a fire by hitting it with sth such as a brush, a jacket, etc. （用刷子、上衣等）扑打灭（火）：*He used his jacket to beat out the flames.* 他用夹克衫把火扑灭。 OBJ **flames, fire 3** to make a piece of metal flat by hitting it with a hammer, etc. （用榔头等）敲平，锤薄（金属）：*Pure gold can be beaten out to form very thin sheets.* 纯金可以锤成很薄的箔片。 OBJ **gold/iron, dent**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

,beat sb 'out of sth (*AmE, informal*) to get sth from sb by cheating or taking full advantage of a situation （通过欺诈手段或利用机会从某人处）骗取，攫取，猎取：*He beat me out of $500.* 他骗了我 500 元。
◆ v + n/pron + adv + prep

'beat sb to sth; ,beat sb 'to it to achieve sth or reach a place before sb else 抢先完成；抢先到达：*Beckham beat everyone else to the ball.* 贝克汉姆抢先拿到了球。◇ *Book now before somebody else beats you to it!* 请从速订购，以防别人捷足先登！
◆ v + n/pron + prep

,beat sb 'up to hit or kick sb repeatedly 毒打；踢打：*Her husband used to beat her up.* 她丈夫以前常对她大打出手。◇ *The gang went round beating up old ladies.* 这伙暴徒四处殴打老年妇女。
SYN **bash sb up** (*informal, less frequent*), **beat sb down** (*slang*)
→ see also BEAT UP ON SB
◆ v + n/pron + adv ◆ v + adv + n
▶ **,beat-'up** (*especially AmE*) (*BrE usually* **,beaten-'up**) *adj* [usually before noun] (*informal*) old or damaged 破旧的；破损的：*He drives a beat-up old van.* 他开一辆破破烂烂的旧货车。

,beat yourself 'up (about/over sth) (*informal*) to blame yourself too much for sth; to

criticize yourself 深深自责；自我批评：*Look, there's no need to beat yourself up over this.* 哎，这件事你不必如此自责。
• v + pron + adv

ˌ**beat ˈup on sb** (*AmE, informal*) to attack sb physically or with words（身体或言语上）攻击：*Of course it's not OK to beat up on your wife.* 打老婆当然不对。◇ *He was accused of beating up on the President in the press.* 有人指责他在报章上抨击总统。
→ see also BEAT ON SB
• v + adv + prep

beaver /ˈbiːvə(r)/

ˌ**beaver aˈway (at sth)** (*BrE, informal*) to work very hard at sth 拼命工作；努力工作：*She's been beavering away at her homework for hours.* 她连续几个小时都在忙着做作业。
• v + adv

become /bɪˈkʌm/ (became /bɪˈkeɪm/, become)

beˈcome of sb/sth (*formal*) to happen to sb/sth 发生于；降临到…身上：*I wonder what became of the people who lived next door.* 我不知道以前住在隔壁的人怎么样了。◇ *What will become of us if I lose my job?* 如果我丢了工作，我们会怎么样呢？
NOTE **Become of sb/sth** is usually used in a question with *what*. * become of sb / sth 通常用于带 what 的疑问句。
• v + prep

bed /bed/ (-dd-)

ˌ**bed ˈdown 1** to lie down to go to sleep somewhere you do not normally sleep（临时在某处）睡下，投宿，过夜：*Young people bedded down in doorways.* 年轻人就睡在各家各户的门口。SYN **doss down** (*BrE, less formal*) **2** (*also* ˌ**bed ˈin**) if sth/sb new **beds down**, it/he/she becomes settled and starts to work well（新事物或新人）适应，安顿下来：*It'll take a while for the new system to bed down.* 新系统需要过段时间才能正常运转。◇ *The new players have bedded down well in the team.* 新队员已经很好地融入了这支队伍。
• v + adv

beef /biːf/

ˌ**beef ˈup sth** (*informal*) to make sth bigger, stronger, more interesting, etc. 扩大；加强；增强：*Security has been beefed up.* 安全措施得到了加强。◇ *The company has been trying to beef up its image.* 公司一直致力于改善形象。
NOTE When the object of **beef up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **beef** and **up** * beef up 的宾语如果是名词，应置于 up 之后；但如果是代词，应置于 beef 和 up 之间：*Try to beef it up a little.* 这个尽量充实一点。
• v + adv + n • v + pron + adv
▸ ˈ**beefed-up** *adj* [only before noun] improved; made bigger, stronger, more interesting, etc. 改进了的；强化了的；充实了的：*beefed-up security* 强化的安全措施

beg /beg/ (-gg-)

ˌ**beg ˈoff**; ˌ**beg ˈoff sth**; ˌ**beg ˈoff doing sth** to ask to be excused from sth; to say that you cannot do sth that you are expected or have promised to do 推掉，请求免除（该做或答应做的事）：*She was asked to work the weekend shift but she tried to beg off.* 要让她上周末班，可她竭力想推掉。◇ *He begged off visiting his grandparents.* 他把看望爷爷奶奶的事推掉了。
SYN **pull out, pull out of sth, etc.**
→ see also CRY OFF, ETC.
• v + adv • v + prep

believe /bɪˈliːv/

🔑 **beˈlieve in sb/sth 1** to feel sure that sb/sth exists 相信…存在；信奉；信仰：*Do you believe in ghosts?* 你相信有鬼吗？◇ *I believe in God.* 我信上帝。◇ *I don't believe in aliens.* 我不信有外星人。→ see also DISBELIEVE IN SB/STH; DEPEND ON SB/STH **2** to have confidence in sb/sth, to feel sure that they/it will be successful or achieve sth 信赖；信任；相信…会成功：*My parents always believed in me.* 父母始终相信我会有出息。◇ *I have to believe in a product before I can sell it.* 我首先必须对产品信得过，然后我才能把它拿出来售卖。
• v + prep

beˈlieve in sth; **beˈlieve in doing sth** to feel that sth is right or valuable; to approve of sth 认为…正确；认为…有益；赞同：*Do you believe in capital punishment?* 你赞成死刑吗？◇ *She doesn't believe in running risks.* 她不主张冒险。◇ *I've always believed in giving people a second chance.* 我一直认为应该给人第二次机会。
• v + prep

beˈlieve sth of sb to accept that sb is capable of a particular action, etc., especially a bad or immoral one 相信某人做得出（尤指坏事或不道德的事）：*Taking drugs? I can't* ***believe that of*** *Lucy!* 吸毒？我不相信露西会这样！◇ *If I hadn't seen him doing it, I would never have* ***believed it of*** *him.* 要不是亲眼所见，我决不会相信他会干这种勾当。◇ *She is determined to* ***believe the worst of me*** (= think I am capable of doing, and likely to do, sth very bad). 她坚信我什么坏事都干得出来。
• v + n/pron + prep

belong /bɪˈlɒŋ; AmE -ˈlɔːŋ/

🔑 **beˈlong to sb** (*not used in the progressive tenses* 不用于进行时) **1** to be the property of sb; to be owned by sb（财物）归…所有；属于：*The house belonged to my cousin.* 这座房子是我亲戚的。◇ *That land belongs to the golf club.* 那块地属于高尔夫俱乐部。◇ *Who does the van belong to?* 这辆客货车是谁的？ **2** if a time or an event **belongs to** a team, a group of people, etc., they are the most successful, popular or important（某时代、赛事等）属

于，成就了: *Britain did well in the competition, but the day belonged to Norway.* 在比赛中英国队表现不俗，但那天却是挪威队赢得了胜利。◇ *The second half of the 20th century belonged to the young.* * 20 世纪后半期是年轻人的世界。
3 if a job, a duty, etc. **belongs to** you, it is your responsibility （工作、任务等）归…负责，是…的责任: *The job of disciplining a child belongs to the parents.* 管教孩子是父母的职责。◇ *The credit for our success belongs to the staff* (= they made us successful). 我们的成功归功于全体职员。
◆ v + prep

be'long to sth **1** to be a member of sth, for example a club, an organization or a family 是（俱乐部、组织、家庭等）的一员: *I don't belong to any political party.* 我没有加入任何政党。◇ *Latvia already belongs to the European Union.* 拉脱维亚已经加入欧洲联盟。OBJ **(trade) union, club, (political) party** **2** to be part of a particular group or system 是（某族类或体系）的一分子；归入: *Rattlesnakes belong to the viper family.* 响尾蛇属于蝰蛇科。◇ *These three turtles all belong to one species.* 这三只龟都是一样的品种。OBJ **species, class, group, category** **3** to be part of sth or connected with a particular time or place 是…的一部分；与（特定时间或地点）有关: *These things belong to the past.* 这些都是过去的事情了。◇ *Writers like him belong to a different generation.* 他这一类作家属于另一代。OBJ **the past, generation**
◆ v + prep

belt /belt/

,belt sth 'down (*AmE, informal*) to drink sth quickly 很快喝掉；狂饮: *He belted down his beer.* 他把啤酒一饮而尽。
SYN **knock sth back**
◆ v + adv + n ◆ v + n/pron + adv

,belt 'out sth (*informal*) if you **belt out** a song or a piece of music, you sing or play it very loudly 高声演唱；大声演奏: *Nobody can belt out a tune like she can.* 她歌喉嘹亮，无人能比。◇ *A radio belted out pop music.* 收音机以高音量播放流行音乐。
NOTE When the object of **belt out** is a noun, it comes after **out**, but when the object is a pronoun, it comes between **belt** and **out** * belt out 的宾语如果是名词，应置于 out 之后；但如果是代词，应置于 belt 和 out 之间: *She can belt it out with the best of them.* 她歌喉嘹亮，不比任何人差。
◆ v + adv + n ◆ v + pron + adv

,belt 'up (*BrE*) **1** (*informal*) used to tell sb not very politely to be quiet （不太礼貌的说法）住口，闭嘴，安静点: *Belt up, will you?* 你消停一会儿，行不行? SYN **shut up** (*informal*) **2** to fasten the belt that you wear in a car to keep you in your seat if there is an accident (a **seat belt**) 系好安全带 SYN **buckle up**
◆ v + adv

bend /bend/ (**bent, bent** /bent/)

,bend 'down to lean down 垂下；弯下: *He bent down and kissed her on the cheek.* 他低下头，吻了她的面颊。
◆ v + adv

,bend 'over; ,bend 'over sth to lean over; to bend from the waist 俯身；弯腰: *Bend over and touch your toes.* 弯下腰去触摸你的脚趾。◇ *He was bending over his desk, writing in his diary.* 他正伏案写日记。
◆ v + adv ◆ v + prep

IDM **bend over 'backwards (to do sth)** to do everything you can or make a great effort to do sth, especially to help sb 千方百计，尽心尽力（尤指帮助别人）: *We bend over backwards to be fair to all the children.* 我们尽量对所有孩子一视同仁。

bet /bet/ (**betting, bet, bet** or, less frequent, **betting, betted, betted**)

'bet on sth to rely on sth or on sb doing sth and expect it to happen 信赖；指望；对…有把握: *'Do you think she'll come?' 'I wouldn't bet on it* (= I don't think it is very likely).' "你觉得她会来吗?" "我看希望不大。" ◇ *Don't bet on me still being here when you get back!* 你回来的时候，可别指望我还会在这里!
SYN **count on sb/sth, etc.**
◆ v + prep

big /bɪg/ (**-gg-**)

,big sb/sth 'up (*BrE, slang*) to praise or recommend sb/sth strongly 高度赞扬；竭力推荐: *He's been bigging up the CD on his radio show.* 他在自己的广播节目中极力推荐那张CD。
SYN **plug sth** (*more formal*); **promote sth** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

,big it 'up (for sb/sth) (*BrE, slang*) to show enthusiasm and support for sb/sth, especially by clapping, shouting, etc. （尤指通过鼓掌、欢呼等）宣示热情，表示支持: *Big it up for the boys in the band!* 请鼓掌欢迎乐队的小伙子们!
◆ v + it + adv

bill /bɪl/

'bill sb/sth as sth to describe sb/sth in a particular way; to advertise sb/sth as sth 把…称之为；把…宣传为: *Some patients are receiving what has been billed as a revolutionary treatment.* 有些病人正在接受所谓的革命性治疗。◇ *The concert was billed as 'A Night of Magic'.* 这场音乐会美其名曰"魔幻之夜"。
◆ v + n/pron + prep

bind /baɪnd/ (**bound, bound** /baʊnd/)

,bind sb 'over (*law*) to warn sb that they will have to appear in court if they break the law again 勒令…具结保证（不再违法）: *He was bound over to keep the peace.* 他被责令具保不再闹事。

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

'bind sb to sth (*formal*) to force sb to do sth by making them promise to do it or making it part of a legal document 使立誓做；使受（法律文书）约束: *The company directors are* ***bound to secrecy*** (= they have promised not to say anything) *about the future of the company.* 公司董事对公司的未来负有保密义务。◇ *The band found they were bound to the contract.* 乐队发现他们被合同束缚住了。

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + n/pron + prep

,bind sth 'up (with sth) to tie a long thin piece of material around sth to protect it （用长布条）缠绕，围裹: *She bound up his wounds with bandages.* 她用绷带给他包扎好了伤口。

◆ v + adv + n ◆ v + n/pron + adv

IDM **be bound 'up in sth** to be very busy with sth; to be very interested or involved in sth 忙于；热衷于；投身于: *He's too bound up in his work to have much time for his children.* 他工作太忙，没有多少时间留给孩子。 **be bound 'up with sth** to be closely connected with sth 与…联系紧密；与…关系密切: *The history of the mill is closely bound up with the history of the Wilkins family.* 工厂的历史与威尔金斯家族的历史密切联系在一起。

bitch /bɪtʃ/

,bitch sb 'out (*AmE, slang*) to criticize sb angrily 怒骂；痛骂: *The teacher bitched me out for being late.* 因为迟到，老师劈头盖脸说了我一通。

◆ v + n/pron + adv ◆ v + adv + n

bite /baɪt/ (bit /bɪt/, bitten /'bɪtn/)

'bite at sth to try to bite sth 试图咬；向…咬去: *The dog bit at the boy's hand.* 狗想去咬男孩的手。

◆ v + prep

,bite 'back (at sb/sth) to react when sb has harmed you and try to harm or criticize them 回咬；报复；反击: *If you criticize him, he'll bite back.* 如果你批评他，他会反过来攻击你的。

SYN **hit back (at sb/sth)**

◆ v + adv

,bite sth 'back to stop yourself from saying sth or from showing how you feel 忍住不说；抑制（情感）: *She struggled to bite back the tears of disappointment.* 她极力克制着不让失望的泪水流下来。◇ *Mike bit back his anger.* 迈克按捺住怒火。◇ *The word 'idiot' came into her head, but she bit it back.* "白痴"这个字眼闪过她的脑际，可她忍住没说出来。

OBJ **words, anger, retort, tears** SYN **suppress sth**

NOTE Not used in the passive. 不用于被动语态。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

,bite 'into sth 1 to cut or press into the surface of sth 咬入；划进；刺入: *The collar bit into his neck.* 衣领勒着了他的脖子。 SYN **cut into sth 2** to have an unpleasant effect on sth, especially by making it smaller 对…产生不良影响；（尤指）使缩小: *The recession is biting into our profits.* 经济衰退侵蚀了我们的利润。

◆ v + prep

,bite sth 'off to cut sth off by biting it 咬下；咬掉: *She bit off a piece of chocolate.* 她啃下一块巧克力。◇ *His finger had been bitten off by a dog.* 他的手指让狗给咬断了。

◆ v + adv + n ◆ v + n/pron + adv

IDM **bite sb's 'head off** (*informal*) to shout at sb or speak to them angrily, often for no good reason （常指无缘无故地）朝…叫嚷，呵斥: *I only asked him when the work would be finished and he almost bit my head off.* 我只不过问了下活儿什么时候能干完，他就冲我破口大骂。 **bite off more than you can 'chew** (*informal*) to try to do too much or sth that is too difficult for you 贪多嚼不烂；想一口吃成胖子；不自量力: *This time he's bitten off more than he can chew.* 这回他实在太贪心，吃不消了。 **I, etc. could have bitten my, etc. 'tongue off/out** used to say that you wish you had not said sth that you have just said （表示后悔）真不该说刚才那句话: *Sam looked hurt and Maria could have bitten her tongue off.* 看到萨姆受伤的表情，玛丽亚对自己刚才说的话懊悔不已。

black /blæk/

,black 'out to become unconscious or lose your memory for a short time （短暂）昏厥，失忆: *The pain hit him and he blacked out.* 他疼得晕了过去。

◆ v + adv

▸ **'blackout** *n*: *When did you start having these blackouts?* 你什么时候开始出现这种短暂昏迷的？

,black sth 'out to turn out lights completely or cover windows, etc. so that light cannot be seen from outside 熄灭（某处）的灯；使不漏光: *blacked-out windows/houses* 密不透光的窗户 / 房子◇ *The city was often blacked out by power cuts.* 停电经常使这座城市陷入一片漆黑。

OBJ **window, city**

NOTE Often used in the passive. 常用于被动语态。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

▸ **'blackout** *n* **1** (*especially BrE*) (in the past) a period of time during a war when the streets and buildings were kept as dark as possible so that the enemy could not see what to bomb （战时）灯火管制 **2** [usually pl.] (*BrE*) a covering for windows that stops light from outside coming in, or that stops bright light being seen from outside 遮光窗帘: *blackout material* 窗户遮光材料 **3** (*also* **'outage** *AmE*) a period of time when the electricity supply to a place stops completely 断电；停电 **4** a

situation when the government or the police prevent a radio or television programme from being broadcast, or do not allow some news or information to be given to the public （广播或电视节目的）禁播；（对新闻或信息的）封锁: *The government have been accused of maintaining a news blackout over election fraud.* 政府被指封锁有关选举舞弊的新闻报道。

blank /blæŋk/

ˌblank ˈout (*AmE, informal*) if you **blank out** or your mind **blanks out**, you cannot remember anything or you become confused 不知所措；一片茫然: *I hope I don't blank out in the exam.* 但愿考试时我脑子里不会一片空白。

NOTE **Blank** on its own has the same meaning. * blank 单独使用也作此义。

◆ v + adv

ˌblank sth ˈout 1 to deliberately forget sth unpleasant 刻意忘却（令人不快的事）: *Your childhood may have been difficult but you can't just blank it out.* 童年时代或许艰难，但是不能就这么从记忆中抹去。 **2** to cover sth written or printed, for example, with black ink so that it cannot be read （用墨水等）掩盖，遮盖（文字）: *All the names in the report had been blanked out.* 报告中所有的名字都已涂掉了。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

blare /bleə(r); *AmE* bler/

ˌblare ˈout; ˌblare sth ˈout if music **blares out**, or a radio, etc. **blares out** music, it is produced or played very loudly （音乐）高声奏出；（收音机等）大声播放（音乐）: *Music was blaring out from somewhere.* 不知从何处传来喧嚣的音乐。◇ *The radio was blaring out rock music.* 收音机正在以高音量播放摇滚乐。

SYN **blast out, blast sth out** (*less frequent*)

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

blast /blɑːst; *AmE* blæst/

ˌblast aˈway (at sb/sth) if a gun or sb using a gun **blasts away**, the gun fires loudly and continuously 砰砰射击；猛烈轰击: *The machine guns blasted away all night.* 机关枪射击声彻夜不停。

◆ v + adv

ˌblast sb/sth aˈway (*less frequent*) to kill sb or remove sth or break it apart violently, for example with a gun, bombs, etc. 击毙，炸死（某人）；炸毁，炸开（某物）: *They have blasted away the side of this beautiful valley to make a road.* 为了修路，他们把这座美丽峡谷的一侧炸开了。◇ (*figurative*) *This theory has been blasted away by the new evidence.* 这一理论被新的证据推翻了。

SYN **blow sb/sth away**

◆ v + adv + n ◆ v + n/pron + adv (*rare*)

ˌblast ˈoff when a spacecraft **blasts off**, it leaves the ground and goes up into space （航天器）发射，升空: *The rocket blasted off at 7.28 p.m.* 晚上 7 时 28 分火箭发射升空了。

SYN **lift off**

◆ v + adv

▶ **ˈblast-off** *n* [U] the moment when a spacecraft leaves the ground （航天器的）发射，起飞: *Blast-off will be in 30 seconds.* 距离发射时间还有 30 秒。

ˌblast ˈout; ˌblast sth ˈout if music **blasts out** or a radio, etc. **blasts out** music, it is produced or played very loudly （音乐）高声奏出；（收音机等）大声播放（音乐）: *A Beatles song was blasting out at full volume.* 一首披头士乐队的歌曲正以最大音量播放着。◇ *The radio was blasting out heavy rock music.* 收音机正在高声播放重摇滚乐。

SYN **blare out, blare sth out**

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

blaze /bleɪz/

ˌblaze aˈway 1 (at sb/sth) if guns or people **blaze away**, the guns fire continuously （对…）连续射击，连射不止: *The guns kept blazing away at the enemy.* 枪炮对着敌人不停射击。 **2** if a fire **blazes away**, it burns brightly 熊熊燃烧；猛烈燃烧

NOTE **Blaze** is used on its own with the same meanings. * blaze 单独使用也作此义。

◆ v + adv

ˌblaze ˈup if a fire **blazes up**, it suddenly starts burning more strongly （猛然地）燃烧起来: (*figurative*) *His anger blazed up uncontrollably.* 他心中怒火不可抑制地爆发了。

◆ v + adv

bleep /bliːp/

ˌbleep sth/sb ˈout to remove an offensive word that sb says on television, etc. and replace it with a short high electronic sound （电视节目等中）以电子设备发出的短促尖音取代（不雅字眼）: *His obscenities had to be bleeped out.* 他的污言秽语不得不用短促尖音抹去。

◆ v + n/pron + adv ◆ v + adv + n

blend /blend/

ˌblend ˈin 1 (with sth) if sth **blends in** with sth else or with its surroundings, it looks similar to it/them or matches well （与周围环境等）协调，相称: *The curtains blend in perfectly with the carpet.* 窗帘和地毯搭配完美。◇ *The new office block doesn't blend in well with its traditional surroundings.* 新办公大楼与传统风格的周边环境格格不入。 **2 (with sb)** if sb **blends in** with other people, they become similar to the people around them （与周围人群）打成一片，融洽交流: *He should try to blend in with the locals a bit more.* 他应该争取更多地与当地人交往。

→ see also BLEND INTO STH; MERGE IN (WITH STH), MERGE INTO STH

◆ v + adv

ˌblend sth ˈin 1 (in cooking 烹饪) to add another substance to sth and mix them together 加入并搅拌；调和掺入: *Heat the butter*

gently and then blend in a little flour. 把黄油小火加热，然后掺入少许面粉。 SYN **mix sth in**
2 to make a substance mix with another so that you cannot see where one ends and the other starts 使混为一体；使掺和在一起: *Blend the eyeshadow in with your fingers.* 用手指把眼影揉开。◇ *He blended in the charcoal lines to make the picture look softer.* 他以炭笔线条晕染，使画面显得更柔和些。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌ**blend ˈinto sth** to look or sound so similar to sth that it is difficult for anyone to see or hear it 与…融为一体；与…相互交融: *The animals can blend into the long grass.* 这些动物在长草丛中很难分辨。◇ *The new development should blend into its surroundings.* 新开发项目应该与周围环境协调一致。
OBJ **background, surroundings**
→ see also BLEND IN; MERGE IN, ETC.
◆ v + prep

blimp /blɪmp/

ˌ**blimp ˈout/ˈup** (*AmE, informal*) to become fat; to gain weight 发福；发胖
◆ v + adv

blink /blɪŋk/

ˌ**blink sth aˈway** to clear sth from the eyes by blinking (= closing and opening your eyes quickly) 眨眼睛挤掉: *He blinked away a tear.* 他眨了眨眼睛，挤掉泪水。
OBJ **tear(s)**
◆ v + adv + n ◆ v + n/pron + adv

ˌ**blink sth ˈback** to try to control your tears 忍住泪水: *I found myself blinking back tears during his speech.* 在他演讲过程中我一直忍着不让眼泪掉下来。
OBJ only **tear(s)**
◆ v + adv + n ◆ v + n/pron + adv

bliss /blɪs/

ˌ**bliss ˈout**; ˌ**bliss sb ˈout** (*informal*) to feel very happy and relaxed; to make sb feel this （使）感到轻松，感到喜悦: *I was blissing out over my scrambled eggs.* 我吃着炒鸡蛋，感到乐不可支。◇ *Those old black and white movies bliss me out.* 那些黑白老电影使我欣喜若狂。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
▶ ˌ**blissed ˈout** *adj* feeling very happy and relaxed 轻松的；极乐的: *The regulars at the yoga class looked completely blissed out.* 瑜伽课上的常客看上去怡然自得。

block /blɒk; *AmE* blɑːk/

ˌ**block sb/sth ˈin** to stop a vehicle from being driven away by parking too close to it （停车间距过小而）把…困住，把…堵住: *You're blocking that Mini in.* 你停的车把那辆宝马微型车给挡住了。◇ *Somebody had parked in front of me, blocking me in.* 有人把车停在我前面，把我的车堵住了。◇ *I was blocked in by two lorries so I had to leave the car and walk.* 我的车被两辆大货车夹在中间不能动弹，我只好下车步行。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

ˌ**block sth ˈoff 1** to close a road or another place by placing a barrier across it to stop sb/sth going in or coming out （设立路障等）拦堵，封锁: *The police blocked the street off.* 警察封锁了这条街道。◇ *The pipe had been blocked off to prevent further leaks.* 为防止继续渗漏，管道被堵上了。 OBJ **street, road, area, entrance** SYN **close sth off (to sth/sb)**
2 (*especially AmE*) to reserve a period of time for a particular activity 留出，预留（时间）: *Thursday afternoons are blocked off for sports.* 周四下午定为体育活动时间。
◆ v + n/pron + adv ◆ v + adv + n

ˌ**block sth ˈout** to stop light or noise from coming in; to cover or hide sth 遮挡（光线或噪声）；遮盖；掩盖: *The trees blocked out much of the sunlight.* 树木挡住了大部分的阳光。◇ (*figurative*) *I'm so used to the traffic noise now I just block it out* (= I don't hear it). 现在我已经完全适应了汽车噪声，对它充耳不闻。
OBJ **light, sun, sound**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌ**block sb/sth ˈout**; ˌ**block sb/sth ˈout of sth** to avoid remembering sb/sth or thinking about sb/sth, especially sth unpleasant 刻意遗忘，不去想（尤指令人不快的事）: *He tried to block the incident out of his mind.* 他试图把那件事从心头抹去。
SYN **blot sb/sth out, etc.; shut sth out, shut sth out of sth; suppress sth**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

ˌ**block sth ˈup** to fill sth such as a hole completely so that nothing can get through it 堵塞，封住（孔洞等）: *All the windows had been blocked up.* 所有窗户都封死了。
OBJ **window, door, hole, fireplace**
◆ v + n/pron + adv ◆ v + adv + n
▶ ˌ**blocked ˈup** *adj* completely full; not clear 塞满的；阻塞的: *I've got a blocked-up nose.* 我的鼻子塞住了。

blot /blɒt; *AmE* blɑːt/ (-tt-)

ˌ**blot sb/sth ˈout**; ˌ**blot sb/sth ˈout of sth** to avoid remembering sb/sth or thinking about sb/sth, especially sth unpleasant 刻意忘掉，不去想（尤指令人不快的事）: *He wanted to blot out the memory.* 他想抹去那段记忆。
OBJ **memories, thoughts** SYN **block sb/sth out, etc.; shut sth out, shut sth out of sth**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

ˌ**blot sth ˈout** to stop light or noise coming in; to cover or hide sth 遮挡（光线或噪声）；遮盖；掩盖: *Dark clouds were blotting out the sun.* 乌云渐渐遮蔽了太阳。
OBJ **light, sun, stars, sound** SYN **block sth out**
◆ v + adv + n ◆ v + n/pron + adv

blow /bləʊ; *AmE* bloʊ/ (**blew** /bluː/, **blown** /bləʊn; *AmE* bloʊn/)

🔑 ˌ**blow aˈway**; ˌ**blow sth aˈway** to be moved or carried away by the force of the wind or by sb's breath; to move in this way （被）吹走，吹散: *It was so windy the tent nearly blew away!* 风太大，帐篷都几乎要被刮走了！◇ *A sudden breeze blew his newspaper away.* 突如其来的一阵风刮跑了他的报纸。◇ *She blew away the dust on the lid.* 她吹掉了盖子上的灰尘。
• v + adv • v + n/pron + adv • v + adv + n

ˌ**blow sb aˈway 1** (*informal*) to impress sb a lot; to surprise or please sb 给…留下深刻印象；震撼；使高兴: *I saw her performance on Broadway last year and it just blew me away.* 我去年在百老汇看过她的演出，印象十分深刻。
SYN **bowl sb over; knock sb out** (*informal*)
2 (*AmE, informal, sport*) to defeat sb easily 轻易打败；轻松战胜: *Mitchell blew away the other runners.* 米切尔轻而易举地战胜了其他赛跑选手。
• v + n/pron + adv • v + adv + n

ˌ**blow sb/sth aˈway** to kill sb or remove or destroy sth with bombs or with a gun （用炸药或枪）杀死，除掉，摧毁: *He threatened to blow us away.* 他威胁说要把我们统统枪毙。◇ *They blew his kneecaps away* (= by shooting them). 他们开枪打碎了他的膝盖骨。
SYN **blast sb/sth away** ➲ note at SHOOT SB/STH DOWN
• v + n/pron + adv • v + adv + n

ˌ**blow ˈdown**; ˌ**blow sth ˈdown** if sth **blows down**, or the wind **blows it down**, it falls to the ground because of the force of the wind （被）吹倒，掀翻: *An old oak tree had blown down in the storm.* 暴风刮倒了一棵老橡树。◇ *Hundreds of trees have been blown down this winter.* 今年冬天有数百棵树被吹倒。
• v + adv • v + n/pron + adv • v + adv + n

ˌ**blow ˈin**; ˌ**blow ˈinto sth** (*informal*) to arrive somewhere where you are not expected 突然出现；突然来到: *Look who's just blown in!* 看，谁来了！◇ *Have you heard who's just blown into town?* 你听说谁刚进城了吗？
• v + adv • v + prep

ˌ**blow ˈoff** (*BrE, informal*) to let air from the body escape through your bottom 放屁: *Who just blew off?* 刚才谁放的屁？
SYN **break wind** (*more formal*); **fart** (*slang*)
• v + adv

🔑 ˌ**blow ˈoff**; ˌ**blow sth ˈoff**; ˌ**blow sth ˈoff sth 1** if sth **blows off**, or the wind **blows it off**, it is removed by the force of the wind （被）刮走，吹掉: *My hat blew off.* 我的帽子被风刮掉了。◇ *A gust of wind blew her cap off.* 一阵风把她的帽子吹走了。◇ *The roof was blown off the Greens' house.* 格林家的房顶被风掀掉了。**2** if sth **blows off** in an explosion, or an explosion **blows sth off**, it is violently removed （被）炸掉，摧毁: *The door blew off in the explosion.* 那扇门被炸飞了。◇ *The explosion blew the roof off (the house).* 爆炸把屋顶掀翻了。
• v + adv • v + n/pron + adv • v + adv + n • v + n/pron + prep

IDM ˌ**blow off ˈsteam** (*AmE*) → LET OFF STEAM at LET STH OFF **blow/knock sb's ˈsocks off** to impress or surprise sb very much 给…留下深刻印象；使十分惊愕: *When I first heard the song, it blew my socks off.* 我第一次听到这首歌时就被深深打动了。 **blow the ˈlid off sth** (*BrE also* **blow the ˈlid on sth**) to reveal information that was previously kept secret, especially in a dramatic way （尤指以戏剧性的方式）曝光…的秘密，揭露…的内幕: *The article blew the lid off the secret scandals inside the previous administration.* 该文揭露了上届政府不为人知的丑闻。

ˌ**blow ˈoff sth** (*AmE, informal*) to decide not to do sth you should do or were planning to do 推掉（本该做的事）；取消（原定要做的事）；变卦: *Jessica blew off her classes on Friday afternoon to go shopping.* 杰西卡星期五下午旷课去逛商店了。
NOTE When the object of **blow off** is a noun, it comes after **off**, but when the object is a pronoun, it comes between **blow** and **off**
* blow off 的宾语如果是名词，应置于 off 之后；但如果是代词，应置于 blow 和 off 之间: *I debated going to Joe's, but I blew it off.* 我盘算了一下是否去乔家里，但还是决定不去了。
• v + adv + n • v + pron + adv

ˌ**blow sb ˈoff** (*AmE, informal*) **1** to disappoint sb by not meeting them as arranged 对…爽约；不赴约去见（某人）: *We were supposed to go out yesterday, but he blew me off.* 我们约定昨天外出的，可他放了我的鸽子。 SYN **stand sb up 2** to tell sb that you do not want to have a relationship with them 表示不愿与…发展关系；甩掉: *I told her I liked her, but she blew me off.* 我向她示爱，但是她拒绝了。
• v + n/pron + adv • v + adv + n

ˌ**blow ˈout 1** if a tyre **blows out**, it bursts suddenly （轮胎）突然爆裂: *One of the front tyres blew out.* 一个前胎突然爆了。 SYN **burst 2** if an oil or gas well **blows out**, it suddenly sends out gas with great force （油气井）发生井喷
• v + adv
▸ ˈ**blowout** *n* **1** an occasion when a tyre bursts on a vehicle while it is being driven （车辆行驶过程中的）爆胎 **2** an occasion when oil or gas suddenly escapes from an oil well （油气井的）井喷 **3** (*BrE, informal*) a large meal at which people eat too much 大餐；盛宴 **4** (*AmE, informal*) a large party or social occasion 盛大聚会；盛大的社交活动

ˌ**blow ˈout**; ˌ**blow sth ˈout 1** if a flame **blows out** or sb/sth **blows it out**, it is put out by the wind or some air （被）吹灭，熄灭: *There was a sudden gust of wind and the candle blew out.* 突如其来的一阵风把蜡烛吹灭了。◇ *She took a deep breath and blew out all the candles.* 她深吸一口气，吹熄了所有蜡烛。 ➲ note at PUT STH OUT **2** if a window **blows out**,

or an explosion, etc. **blows it out**, the force makes it fall out （窗户）被炸掉，被炸开；炸掉，炸开（窗户）: *All the windows blew out in the blast.* 爆炸炸飞了所有窗户。◇ *The explosion blew out the windows in the building.* 爆炸把这栋大楼的窗户都炸毁了。 **3** (in surfing 冲浪) if the waves **blow out** or the wind **blows out** the waves, they become too low for surfing in a particular place （风、浪）过去了（指浪头过低，不适合冲浪）

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

,blow sb 'out 1 (for sb) (*BrE, slang*) to tell sb that you do not want to have a relationship with them 不愿与…发展关系；甩掉: *He blew me out for Chris, but I still fancy him.* 他甩了我而选择了克丽丝，但是我仍喜欢他。 **2** (*AmE, informal, sport*) to defeat sb easily 轻易打败；轻松战胜: *The home team blew out the Suns by 30 points.* 主队以 30 分的优势一举击败太阳队。

◆ v + n/pron + adv ◆ v + adv + n

▶ **'blowout** *n* (*AmE, informal, sport*) an easy victory 轻而易举的胜利

,blow sth 'out 1 to breathe sth out from your mouth 吹出；呼出: *She inhaled and then blew the smoke out.* 她吸了一口，接着吐出了烟。 SYN **exhale sth 2** to fill sth, especially your cheeks, with air 鼓起（腮帮子等）: *She blew out her cheeks in exasperation.* 她气乎乎地鼓着腮帮子。 OBJ **cheeks 3** (*especially AmE*) to use a machine that blows hot air (a **hairdryer**) and a brush to make your/sb's hair straight （用电吹风和发刷）梳直，吹直（头发）: *Blowing your hair out every day can damage it.* 每天用电吹风吹头会伤害头发。 OBJ **hair 4** (*AmE*) to badly injure a part of your body, especially a joint such as a knee or elbow 重伤（尤指关节部位）: *He blew out his knee playing basketball.* 他打篮球时膝盖受了重伤。

◆ v + n/pron + adv ◆ v + adv + n

IDM **blow your/sb's 'brains out** (*informal*) to kill yourself/sb by shooting yourself/them in the head 枪击头部自杀 / 杀死某人

▶ **'blowout** *n* (*especially AmE*) the act of blowing your hair out （电吹风）吹头发

,blow itself 'out if a storm **blows itself out**, it loses its force and stops （风暴）减弱，停止: *By morning the storm had blown itself out.* 到了早上，风暴就逐渐停了。

◆ v + pron + adv

,blow 'over 1 if a storm **blows over**, it becomes less strong and stops （风暴）减弱，停止: *We sheltered in a barn until the storm blew over.* 我们躲在谷仓里，直到风暴平息。 SYN **die down**; **subside 2** if an argument **blows over**, it becomes less important and is forgotten （争论等）平息，被淡忘: *Don't come back to work until the argument has blown over.* 等争论平息后，再回来工作。 SYN **subside**

◆ v + adv

,blow 'over; ,blow sb/sth 'over if sb/sth **blows over** or the wind **blows sb/sth over**, he/she/it falls to the ground because of the force of the wind （被）吹倒，掀翻: *One of the trees had blown over in the storm.* 其中一棵树在风暴中刮倒了。◇ *The fence had been blown over in a storm.* 篱笆在一次风暴中刮倒了。

NOTE Often used in the passive. 常用于被动语态。

◆ v + adv ◆ v + n/pron + adv

⚷ **,blow 'up 1** to explode; to be destroyed by an explosion 爆炸；被炸毁: *The bomb blew up as experts tried to defuse it.* 专家们试图拆除引信时，炸弹爆炸了。◇ *The car blew up when it hit the wall.* 汽车撞墙后炸毁了。 SYN **explode** (*more formal*) **2** to start suddenly and with force 爆发: *A storm blew up just after the ship left port.* 轮船刚离开港口便狂风大作。◇ *A row has blown up over the leaking of information to the press.* 向新闻界泄露消息引发了一场轩然大波。 OPP **die down 3 (at sb)** (*informal*) to become very angry 动怒；大动肝火: *My mum blew up at my dad for keeping me up so late.* 妈妈对爸爸大发雷霆，因为他这么晚还不让我去睡觉。◇ *His attitude annoyed me and I blew up.* 他的态度令我生厌，于是我发火了。 **4** (*slang*) to become very successful or popular 大获成功；走红: *Right now Miss Kirstee is totally blowing up. She's in her prime.* 眼下柯斯蒂小姐大红大紫。她风头正旺。

◆ v + adv

IDM **blow up in sb's 'face** if a plan, a deal or a situation **blows up in your face**, it goes very badly wrong and causes you harm or embarrassment （因计划、交易失败或形势恶化而）使某人栽跟头

▶ **'blow-up** *n* **1** (*especially AmE*) an explosion 爆炸 **2** (*AmE*) an occasion when sb becomes very angry; an argument 狂怒；争吵: *The tensions between them ended in a big blow-up.* 他们之间关系紧张，结果使他们大吵一场。

⚷ **,blow sb/sth 'up** to kill sb or destroy sth with a bomb or an explosion 炸死；炸毁: *The hijackers threatened to blow the plane up.* 劫机者威胁说要炸掉飞机。◇ *A judge in Italy was blown up by a car bomb last week.* 上周在意大利一名法官被汽车炸弹炸死。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

⚷ **,blow sth 'up 1** to fill sth with air or gas 给…充气: *You need to blow up the tyres on your bike.* 你该给自行车轮胎打气了。 OBJ **balloon, tyre** SYN **inflate sth** (*more formal*) OPP **let sth down 2** to make sth larger 放大: *What a lovely photo! Why don't you have it blown up?* 这张照片多可爱啊！你怎么不把它放大呢？ OBJ **photo** SYN **enlarge sth** (*more formal*) **3** to make sth seem more important, better or worse than it really is 夸张；对…言过其实: *The whole affair has been **blown up out of all proportion**.* 整个事件被炒作得太离谱了。 SYN **exaggerate sth** (*more formal*)

◆ v + n/pron + adv ◆ v + adv + n

▶ **'blow-up** *n* a larger picture made from a photo or picture 放大了的照片（或图片）: *The blow-up showed a scar on the attacker's cheek.* 从放大后的照片上可以看到攻击者面颊上有块

SYNONYMS 同义词辨析

blow (sth) up

blow (sth) up • burst (sth) • explode (sth) • go off

These are all verbs that can be used when sth bursts apart violently, causing damage or injury. 这些动词都表示爆炸、炸毁或炸伤。

blow (sth) up to be destroyed by an explosion; to destroy sth by an explosion （被）炸毁，炸掉: *A police officer was killed when his car blew up.* 一名警察在汽车爆炸中丧生。◇ *They were trying to blow up the bridge.* 他们企图炸毁大桥。

burst (sth) to break open or apart, especially because of pressure from inside; to make sth break in this way （尤指因内部压力）（使）爆炸，爆裂，胀破: *That balloon will burst if you blow it up any more.* 你再吹气，气球会爆的。◇ *The dam burst under the weight of water.* 在水压之下，堤坝溃决了。

explode (sth) to burst loudly and violently, causing damage; to make sth burst in this way 爆炸；引爆: *The jet smashed into a hillside and exploded.* 那架喷气式飞机撞上山坡，爆炸了。◇ *Bomb disposal experts exploded the device under controlled conditions.* 拆弹专家在受控条件下引爆了该装置。 ▶ **explosion** *n* : *There were two loud explosions.* 发生了两次剧烈爆炸。

go off (of a bomb) to explode; (of a gun) to be fired （炸弹）爆炸，起爆；（枪支）发射，开火: *The bomb went off in a crowded street.* 炸弹在一条熙熙攘攘的街道上爆炸了。 NOTE When used about guns, **go off** can suggest that the gun was fired by accident, or that the person who fired it was not really responsible 如果指枪支，go off 暗示枪支走火，或者开枪者并无责任: *A gun went off during the search of his home.* 在搜查他家的时候，有支枪走火了。

WHICH WORD?

Blow up has a similar meaning to **explode**, but **explode** is more formal. It is possible to say that a bomb **blows up**, but it is more common to say that it **explodes** or **goes off**. * blow up 和 explode 含义相近，但 explode 更正式。指炸弹爆炸时可说 blow up，但说 explode 或 go off 更常见。

PATTERNS AND COLLOCATIONS

- a **bomb** explodes/goes off/bursts
- a **car/plane/vehicle** explodes/blows up
- a **firework/rocket** explodes/goes off
- a **shell** explodes/bursts

伤疤。

▶ **'blow-up** *adj* [only before noun] that you can fill with air or gas 可充气的

bluff /blʌf/

ˌbluff sb 'out (*old-fashioned, informal, especially AmE*) to lie and pretend in order to trick sb （通过虚张声势）欺骗，愚弄
• v + n/pron + adv • v + adv + n

ˌbluff it 'out (*especially BrE*) to lie to sb in order to get out of a difficult situation, especially when they suspect you are not being honest （尤指诚信受到怀疑时）蒙混过关: *If he asks any difficult questions, you'll have to bluff it out.* 他要是问些难题，你就只能靠蒙混过关了。◇ *I know everything so there's no point trying to bluff it out.* 我什么都知道，所以别企图蒙骗下去了。
• v + it + adv

ˌbluff sb 'out of sth (*old-fashioned, AmE*) to trick sb in order to get sth from them 从…手中骗取；诓骗…交出
SYN **cheat sb of sth, cheat sb out of sth**
• v + n/pron + adv + prep

blunder /'blʌndə(r)/

ˌblunder a'round; ˌblunder a'round sth (*also* **ˌblunder a'bout/'round, ˌblunder a'bout/'round sth** *especially BrE*) to move about a place in an awkward or uncertain way, knocking into things 跌跌撞撞地走；踉踉跄跄地走: *He blundered about in the dark, feeling for the light switch.* 他在黑暗中磕磕绊绊，摸寻电灯开关。◇ *I blundered around the flat, trying to be quiet.* 我在公寓里跌跌撞撞，尽量不弄出声响。
• v + adv • v + prep

ˌblunder 'into sth 1 to walk into sb/sth because you are awkward or unable to see （因笨拙或看不见）撞上: *She blundered into a tree.* 她不小心撞上了一棵树。 2 to accidentally find yourself in a difficult or dangerous place or situation （无意之中）陷入困境，步入险境: *She blundered into a dangerous area of the city after losing her way.* 她迷路之后不知怎么就到了城市的危险地带。◇ *He had innocently blundered into a private dispute.* 他稀里糊涂地卷入了一场私人纠纷。
• v + prep

blurt /blɜːt; *AmE* blɜːrt/

ˌblurt sth 'out to say sth suddenly and without thinking carefully 脱口而出；随口说出: *'There's been an accident,' she blurted out.* "出了事故。" 她随口说道。◇ *He found himself blurting out the whole story to her.* 他在不经意中就把事情从头到尾全都告诉了她。

◆ v + adv + speech ◆ v + adv + n ◆ v + n/pron + adv

board /bɔːd; *AmE* bɔːrd/

ˌboard sth ˈup to cover a window or a door with boards 用木板封闭（门窗）: *All the windows had been boarded up.* 所有窗户都用木板封牢了。
OBJ **window, house, shop/store**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

bob /bɒb; *AmE* bɑːb/ (-bb-)

ˌbob ˈup 1 to come to the surface quickly （迅速）冒出，浮出: *She dived in and bobbed up a few seconds later in the middle of the pool.* 她潜入水中，几秒钟后在游泳池中央猛地钻出水面。 **2** to appear suddenly 突然出现: *She bobbed up from behind the fence.* 她从篱笆后面突然冒了出来。 SYN **pop up**
◆ v + adv

bog /bɒg; *AmE* bɔːg/ (-gg-)

ˌbog ˈdown (*AmE*) to be unable to make progress 陷于停顿；停滞不前: *The bill bogged down after being passed by Congress.* 议案在国会通过之后难以推行。
◆ v + adv

be/get ˌbogged ˈdown (in sth) 1 to be/get stuck in mud or wet ground; to become stuck in sth and unable to make progress 沉入泥沼（或沼泽）；受困无法前进: *The car got bogged down in the mud.* 汽车陷入泥潭中动弹不得。 **2** to be unable to make progress in an activity 陷入困境；停滞不前: *Don't get bogged down in details.* 不要纠缠于细枝末节。◇ *I'm rather bogged down (with work) at the moment.* 现在我有点被工作拖住了。
◆ be/get + v + adv

ˌbog ˈoff (*BrE, slang*) used to tell sb rudely to go away 走开；滚开: *Bog off, I'm trying to sleep!* 滚一边去，我要睡觉！
SYN **clear off** (*informal*)
◆ v + adv

boil /bɔɪl/

ˌboil aˈway if a liquid **boils away**, it boils until there is nothing left （液体）烧干: *The water in the saucepan had all boiled away.* 炖锅里的水煮干了。
SYN **evaporate** (*more formal*)
◆ v + adv

ˌboil sth ˈdown 1 to make a liquid less in quantity by boiling it 熬浓；炖浓 SYN **reduce sth** (*more formal*) **2 (to sth)** to make sth smaller by removing unimportant parts and leaving only the essential things 概括；归纳；总结: *Boil the report down to the key points.* 把报告归纳为几个要点。 SYN **condense sth** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

ˌboil ˈdown to sth (*not used in the progressive tenses* 不用于进行时) if a situation, an issue, etc. **boils down to sth**, it has that as its main part （形势、议题等）归结为，归根结底是: *It all boils down to money in the end.* 问题最终的症结就在于钱。
◆ v + adv + prep

ˌboil ˈover 1 if a liquid in a pan, etc. **boils over**, it boils and flows over the side of the pan （液体）煮溢，漕出: *Don't let the milk boil over.* 别把牛奶煮漕了。 **2 (into sth)** (*informal*) if anger, an argument, etc. **boils over**, it changes and becomes very violent and difficult to control （怒火、争论等）恶化，失控: *The unrest could boil over into civil war.* 骚乱有可能失控，进而演变成内战。◇ *She interrupted swiftly before his temper could boil over again.* 没等他再次动怒，她便急忙把话岔开。 SYN **explode**
◆ v + adv

ˌboil ˈup if anger, an argument, etc. **boils up**, it starts to become stronger or more violent （怒火、争论等）升级，愈演愈烈
◆ v + adv

ˌboil sth ˈup (*BrE*) to heat a liquid or some food until it boils 把（液体或食物）煮沸: *I'll boil the kettle up again and we'll have a cup of tea.* 我再烧壶开水，咱们泡杯茶喝。
NOTE **Boil sth** can be used on its own with the same meaning. * boil sth 单独使用也可作此义。
◆ v + n/pron + adv ◆ v + adv + n

bollix /ˈbɒlɪks; *AmE* ˈbɑːl-/

ˌbollix sth ˈup (*AmE, slang*) to confuse or change sth; to spoil sth 搞乱；使混乱；弄糟
SYN **mess sth up** (*informal*); **screw sth up** (*slang*)
◆ v + n/pron + adv ◆ v + adv + n

bolster /ˈbəʊlstə(r); *AmE* ˈboʊl-/

ˌbolster sb/sth ˈup to support or encourage sb; to make sth better or stronger 支持，鼓励（某人）；改善，加强（某事物）: *He tried to bolster up their morale.* 他尽力鼓舞他们的士气。◇ *The high interest rates helped to bolster up the economy.* 高利率有助于稳固经济。
OBJ **confidence, morale**
NOTE **Bolster sb/sth** on its own is more frequent. * bolster sb / sth 单独使用更常见。
◆ v + n/pron + adv ◆ v + adv + n

bolt /bəʊlt; *AmE* boʊlt/

ˌbolt sth ˈdown (*informal*) to eat sth very quickly 狼吞虎咽；匆匆咽下: *I had to bolt down my breakfast.* 我只好匆匆吃完早饭。
OBJ **food**
NOTE **Bolt sth** is also used on its own. * bolt sth 也单独使用。
◆ v + n/pron + adv ◆ v + adv + n

ˌbolt sth ˈon (to sth) to add sth to sth else at a later stage （后期）添加，添附: *Statistics should be an integral part of the course and not just bolted on afterwards.* 统计学应是本课程不

可分割的一部分，而不是后来补加的。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n
▶ 'bolt-on *adj* [only before noun]

bomb /bɒm; *AmE* bɑːm/

ˌbomb ˈout (*informal, especially AmE*) to fail very badly 惨败；一败涂地: *The movie bombed out at the box office.* 这部电影票房惨淡。
NOTE **Bomb** is also used on its own * bomb 也单独使用: *The movie bombed at the box office.* 这部电影票房惨淡。
◆ v + adv

be/get ˌbombed ˈout; be/get ˌbombed ˈout of sth if a person is **bombed out**, their home is destroyed by bombs; if a building is **bombed out**, it is destroyed by bombs （人）被炸得无家可归；（家园或建筑）被炸成一片废墟: *My mother was bombed out of her house in 1942.* *1942年，轰炸使我母亲无家可归。◇ *They got bombed out.* 他们的家园被炸毁了。
◆ be/get + v + adv ◆ be/get + v + adv + prep

bone /bəʊn; *AmE* boʊn/

ˌbone ˈup on sth (*informal*) to study sth; to look again at sth you already know 学习；温习: *I must bone up on my French before we go to Paris.* 我们去巴黎之前，我一定得把法语捡起来。
◆ v + adv + prep

book /bʊk/

ˌbook ˈin (at sth), ˌbook ˈinto sth (*BrE*) to arrive at a hotel and arrange to have a room （到旅馆）办理入住手续: *They booked in (at the hotel) using a false name.* 他们（在旅馆）用化名办理了住宿手续。◇ *She booked into a hotel in the centre of Boston.* 她入住了波士顿市中心的一家宾馆。
SYN **check in (at sth); check into sth**
OPP **check out, check out of sth**
◆ v + adv ◆ v + prep

ˌbook sb/yourself ˈin (at sth), ˌbook sb/yourself ˈinto sth (*BrE*) to reserve a room at a hotel, etc. for sb 为…预订（旅馆房间等）: *I've booked us in at the Plaza.* 我在广场大酒店为我们预订了房间。◇ *The hotel I was booked into was awful.* 我入住的那家旅馆糟糕透顶。◇ *He's booked himself into a rehabilitation clinic.* 他预约了一家康复诊所。
OBJ **hotel**
◆ v + n/pron + adv ◆ v + n/pron + prep

ˌbook ˈup (for sth) (*especially BrE*) to reserve a place, for example on a trip or a course 报名参加（旅行、课程等）: *I booked up for the course months in advance.* 我提前几个月就报名上这门课了。
NOTE **Book (for sth)** can be used with the same meaning. * book (for sth) 也可作此义。
◆ v + adv

be ˌbooked ˈup 1 if a plane, restaurant, theatre, etc. **is booked up**, there are no seats, tables, etc. available （飞机、餐馆、剧院等）客满，预订一空: *All the flights are booked up.* 所有航班都满员了。 NOTE **Be fully booked** is often used with the same meaning. * be fully booked 常作此义。 **2** (*informal*) if a person **is booked up**, they have no time available （人）没有空闲: *He can't see you tomorrow, he's booked up.* 他明天日程排满了，无法见你。
◆ be + v + adv

boom /buːm/

ˌboom ˈout if a sound or sb's voice **booms out**, it makes a loud, deep noise （声音或嗓音）浑厚有力地发出: *His voice boomed out, announcing the winners.* 他用浑厚响亮的声音宣布获胜者。
◆ v + adv

ˌboom ˈout sth to say sth in a loud deep voice 浑厚有力地说: *The trainer boomed out instructions through a loudhailer.* 教练通过扩音器用浑厚有力的嗓音发出指令。◇ *A voice boomed out: 'Nobody move!'* 传来一个低沉的声音：“全都不许动！”
◆ v + adv + n ◆ v + adv + speech

boot /buːt/

ˌboot sb ˈout, ˌboot sb ˈout of sth (*informal, especially BrE*) to force sb to leave a place, job, school, club, etc. 迫使…离开（场所、工作、学校、俱乐部等）；解雇；开除: *I'll have to boot you out soon—I want to lock up.* 过会儿我就得撵你走了 —— 我想关门了。◇ *The manager booted him out of the team.* 主教练把他踢出了球队。◇ *He was booted out of the house by his father.* 他被父亲从家里轰了出去。
SYN **kick sb out, etc.** (*informal*); **throw sb out, etc.**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

ˌboot ˈup; ˌboot sth ˈup (*computing*) if a computer **boots up**, or sb **boots it up**, it is turned on and becomes ready to use （使）（计算机）启动: *My machine isn't booting up properly.* 我的机器不能正常启动。◇ *When you boot up, a menu will appear on the screen.* 启动之后，屏幕上会显示一个菜单。◇ *Boot the computer up and enter your password.* 打开计算机，输入你的密码。
OBJ **computer**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

border /ˈbɔːdə(r); *AmE* ˈbɔːrd-/

ˈborder on sth (*also* **ˈborder upon sth** *more formal*) **1** to share a border with another country or region; to be next to a place 毗邻；邻接；与…接壤: *Many states formerly bordering on the EU have now joined.* 原先与欧盟毗邻的多个国家现已加入欧盟。◇ *Slovenia borders on Italy, Austria, Hungary and Croatia.* 斯洛文尼亚与意大利、奥地利、匈牙利和克罗地亚接壤。 **2** to come close to being sth 近乎；

接近: *Her self-confidence borders on arrogance.* 她自信得近乎傲慢。◇ *Our task borders on the impossible.* 我们的任务几乎不可能完成。 SYN **verge on sth**
◆ v + prep

bore /bɔː(r)/

ˌ**bore ˈinto sb/sth** (*literary*) if sb's eyes **bore** into sb/sth, they stare in a way that makes sb feel uncomfortable 盯住看; 瞪着眼看; 目不转睛地看: *His blue eyes seemed to bore into her.* 他的一双蓝眼睛似乎要看穿她。
◆ v + prep

boss /bɒs; *AmE* bɔːs/

ˌ**boss sb aˈround** (*also* ˌ**boss sb aˈbout** *especially BrE*) (*informal*) to tell sb what to do in a determined or unpleasant way 对…发号施令; 对…颐指气使; 对…呼来唤去: *He's always bossing his wife around.* 他总是对妻子指手画脚。
SYN **order sb around**
◆ v + n/pron + adv

botch /bɒtʃ; *AmE* bɑːtʃ/

ˌ**botch sth ˈup** (*informal*) to spoil sth by doing it badly; to do sth badly 把…弄坏; 把…搞糟: *Instead of fixing my computer, he's botched it up completely.* 他没有修好我的计算机，反倒把它彻底弄坏了。
SYN **mess sth up**
NOTE **Botch sth** is used more frequently on its own * botch sth 单独使用更常见: *botched attempts at DIY* 尝试自己动手做的几次失败经历
◆ v + n/pron + adv ◆ v + adv + n
▶ ˈ**botch-up** (*also* **botch**) *n* (*informal, especially BrE*) a piece of work that is badly done 拙劣的工作; 粗制滥造的活儿; 办砸了的事

bottle /ˈbɒtl; *AmE* ˈbɑːtl/

ˌ**bottle ˈout**; ˌ**bottle ˈout of sth**; ˌ**bottle ˈout of doing sth** (*BrE, informal*) to suddenly decide not to do sth because you are too frightened （因恐惧）突然放弃，临阵退缩: *I bottled out of phoning him at the last minute.* 最后关头，我丧失了打电话给他的勇气。
SYN **chicken out, etc.**
◆ v + adv ◆ v + adv + prep

ˌ**bottle sth ˈup** to keep your feelings, especially sadness or anger, hidden and not tell other people how you are feeling 掩饰，隐藏（感情）: *Tell someone how you're feeling, instead of bottling it all up.* 找人说说你的感受，不要一味闷在心里。
OBJ **emotions, feelings**
◆ v + n/pron + adv ◆ v + adv + n

bottom /ˈbɒtəm; *AmE* ˈbɑːtəm/

ˌ**bottom ˈout** if markets, prices or bad situations **bottom out**, they reach their lowest point and then stop getting worse （市场、价格或恶劣局势）达最低点，停止恶化，探底: *The recession has finally bottomed out.* 经济萧条局面终于开始好转。
◆ v + adv

bounce /baʊns/

ˌ**bounce aˈround** (*AmE, informal*) to live or work in many different places without developing a routine 居无定所; 无固定工作: *He bounced around for a few years, living in friends' basements.* 他很多年居无定所，常住在朋友家的地下室里。
◆ v + adv

ˌ**bounce sth aˈround** (*informal, especially AmE*) to discuss sth with other people （与人）探讨，商议: *We're bouncing some new ideas around.* 我们正在讨论一些新想法。
OBJ **ideas**
◆ v + n/pron + adv ◆ v + adv + n

ˌ**bounce ˈback (from sth)** (*AmE also* ˌ**snap ˈback (into sth)**) (*informal*) to recover well after you have been ill/sick or had a difficult time 恢复健康; 重整旗鼓: *No matter what happens, she always bounces back very quickly.* 无论发生什么事，她总能很快振作起来。
SYN **recover (from sth)** (*more formal*)
◆ v + adv

ˌ**bounce ˈback**; ˌ**bounce sth ˈback** if an email **bounces back**, or the system **bounces it back**, it returns to the person who sent it because the system cannot deliver it （电子邮件）退回; 将（电子邮件）退回
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌ**bounce sb ˈinto sth**; ˌ**bounce sb ˈinto doing sth** (*especially BrE*) to make or force sb to do sth quickly without giving them time to think about it 催迫（某人）做（某事）: *I felt I'd been bounced into supporting a proposal I didn't really agree with.* 我感到在催促之下我才支持了一项自己其实并不真正赞同的提案。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

ˌ**bounce sth ˈoff sb** (*informal*) to tell sb else your ideas to find out what they think about them 向（某人）试探性地透露（想法）: *We were able to share problems and bounce ideas off each other.* 我们共同探讨了问题并相互交流了想法。
OBJ **ideas**
◆ v + n/pron + prep

bow /baʊ/

ˌ**bow ˈdown** **1 (to/before sb/sth)** to move your head or the top part of your body forwards or downwards as a sign of respect 点头，欠身（以示敬意）; 鞠躬: *He refused to bow down before the king.* 他拒绝向国王鞠躬。 **2 (to sb/sth)** to do what sb tells you to do without trying to resist 听命于人; 听任摆布: *We refuse to just bow down and let the government do whatever it wants.* 我们拒绝任人摆布，让政府为所欲为。
◆ v + adv

ˌbow ˈout; ˌbow ˈout of sth to stop doing an activity or a job that you have been doing successfully, often for a long time 退出，告别（成功的事业等）: *After thirty years in politics, he feels it is time to bow out.* 由于已从政三十年，他觉得是引退的时候了。◇ *Smith will bow out of professional football at the end of the season.* 本赛季末史密斯将告别职业足球。

◆ v + adv ◆ v + adv + prep

ˈbow to sth to agree unwillingly to do sth or to accept sth that sb else wants you to 勉强同意做（或接受）；屈从于: *The government eventually bowed to public pressure.* 政府最终向公众压力低头了。

OBJ **pressure, the inevitable** SYN **give in (to sb/sth)**

◆ v + prep

bowl /bəʊl; *AmE* boʊl/

ˌbowl sb ˈout (in cricket 板球) to make the person who is hitting the ball (the **batsman**) or his/her team have to leave the field by throwing a ball that hits the three sticks behind the batsman (the **wicket**) （击中三柱门）迫使（击球员或其球队）出局: *He bowled Fleming out with the first ball.* 他第一球就把弗莱明杀出了局。

◆ v + n/pron + adv ◆ v + adv + n

ˌbowl sb ˈover 1 to run into sb and knock them down 撞倒；撞翻: *The explosion bowled us all over.* 爆炸把我们全都震倒在地。 SYN **knock sb down; knock sb over 2** to surprise or impress sb a lot; to affect sb deeply 使大吃一惊；使印象深刻；深深影响: *We were bowled over by the news.* 这条消息让我们目瞪口呆。◇ *Philip bowled us all over by deciding to go into advertising.* 菲利普决定投身广告业，我们对此都大为吃惊。 SYN **blow sb away** (*informal*); **knock sb out** (*informal*) NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

box /bɒks; *AmE* bɑːks/

ˌbox sb ˈin to prevent sb from doing what they want, especially by creating rules or other difficulties （尤指设置条条框框或其他障碍）束缚…的手脚，阻碍: *The President was unable to act because the Democrats were boxing him in.* 总统受到民主党人的掣肘，无法采取行动。◇ *She was boxed in by rules and regulations.* 她被规章制度束缚了手脚。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv

ˌbox sb/sth ˈin to prevent a person or a vehicle from moving by surrounding them/it with other people or vehicles 围困；封堵: *You can't park here—you're boxing that car in!* 这里不能停车 —— 你挡了那辆车的路！◇ *He couldn't overtake the leader because he was boxed in by the other runners.* 他无法超越领跑者，因为其他运动员把他的路堵住了。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

ˌbox ˈout; ˌbox sb ˈout (*AmE*) (in basketball 篮球) to put yourself between the basket and an opposing player in order to catch a ball which has hit the basket but not gone in 卡位；挡住…抢篮板球: *If we don't start boxing out, we'll lose every game!* 如果我们不开始挡人抢篮板球，我们会输掉每场比赛！ ◇ *We tried to box him out every time he went up for a shot.* 每当他跳起投篮，我们都全力挡人抢他的篮板球。

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

▶ **ˈboxout** *n* (*AmE*): *She wasn't shooting well, and she was missing boxouts.* 她投篮不准，并且疏于拦截对手抢篮板球。

ˌbox sb ˈout (of sth) (*AmE*) to force sb into a situation in which they can no longer take part in an activity, business, etc. 使不能参加（活动、业务等）: *The Senator accused them of trying to box him out of the Republican convention.* 那名参议员指责他们试图将他排除在共和党大会之外。

◆ v + n/pron + adv ◆ v + adv + n

ˌbox sth ˈup to put sth in a box or boxes 把…装箱；把…装盒: *She boxed up all the old baby clothes to send to her niece.* 她把所有的旧婴儿服都装箱寄给侄女。

◆ v + n/pron + adv ◆ v + adv + n

branch /brɑːntʃ; *AmE* bræntʃ/

ˌbranch ˈoff 1 if a road or path **branches off**, it leaves a larger one and goes in a different direction （道路）分岔，岔开: *She followed the path until it branched off.* 她沿着小路一直走到岔道口。◇ *Over the bridge a road branches off to the right.* 过了桥有一条往右去的岔道。 **2** if a person **branches off**, they leave a road or path and travel in a different direction （人）改道，变道: *Go past the farm and branch off towards the trees.* 过了农场后就转道朝树林走。

◆ v + adv

ˌbranch ˈout (into sth) to begin to do a new job or an activity that you do not usually do 涉足新领域；开拓新业务: *The company is branching out into Europe.* 公司正在拓展欧洲业务。◇ *She's leaving the company to* ***branch out on her own.*** 她要离开公司独自创业。

◆ v + adv

brazen /ˈbreɪzn/

ˌbrazen ˈout sth; ˌbrazen it ˈout to behave in a confident way as if you are not ashamed or embarrassed about sth you have done, even though you should be 厚颜无耻地硬撑下去；厚着脸皮蒙混过去: *The senator* ***brazened it out*** *as the list of scandals grew.* 丑闻接二连三曝光，那位参议员依然恬不知耻，若无其事。

NOTE When the object of **brazen out** is a noun, it comes after **out**, but when the object is the pronoun **it**, it comes between **brazen** and

out. * brazen out 的宾语如果是名词，应置于 out 之后；但如果是代词 it，应置于 brazen 和 out 之间。
• v + it + adv • v + adv + n

break /breɪk/ (**broke** /brəʊk; *AmE* broʊk/, **broken** /ˈbrəʊkən; *AmE* ˈbroʊkən/)

,break aˈway 1 (from sth) if an object **breaks away** from sth that is holding it in place, it becomes separated from it 脱离；脱开：*The boat had broken away from its moorings.* 船起锚了。 **2 (from sb)** to escape suddenly from sb who is holding you or keeping you prisoner 脱逃；挣脱：*The prisoner broke away from the guards.* 犯人挣脱了看守。 **3 (from sb/sth)** to leave a group or an organization, such as a political party or a state, because of a disagreement, usually in order to form a new one 脱离，退出（集团或组织，通常指另立门户）：*Several MPs broke away to form a new party.* 几名下院议员分离出去，组建了一个新的政党。◇ *Two states broke away from the federation.* 两个州脱离了联邦。 **4 (from sb/sth)** to move away from a group of people or a crowd （从一组人、人群中）离开，脱开：*She managed to break away from the pack* (= in a race) *and establish a lead.* 她总算甩开了其他赛跑选手，确立了领先优势。◇ *He broke away from the group and came over to talk to us.* 他离开那帮人，过来和我们说话。 **5 (from sb/sth)** to reject a tradition or the usual way of doing things and do sth new and different 抛弃（习惯）；破除（传统）；破旧立新：*The company is trying to break away from its traditional image.* 公司正试图摆脱其传统形象。
• v + adv
▸ **ˈbreakaway** *adj* [only before noun] a **breakaway** group, political party or part of a country is one that leaves a larger group （从集团、政党或国家中）分离出来的：*a breakaway faction/movement/republic* 分离出来的派系 / 独立运动 / 独立出来的共和国
▸ **ˈbreakaway** *n* [sing.] an act of separating from a larger group/state, etc. 脱离；分裂

⚷,break ˈdown 1 if a vehicle, etc. **breaks down**, it stops working because of a fault （车辆等）出故障，出毛病：*The washing machine has broken down again.* 洗衣机又坏了。◇ *We* (= our car) *broke down twice on the way home.* 在回家的路上我们的车抛锚了两次。 **2** if talks, a marriage, etc. **break down**, they fail （谈判、婚姻等）失败，破裂：*Negotiations between the two sides have broken down.* 双方的谈判破裂了。◇ *Their marriage broke down after three years.* 结婚三年后，他们分手了。 **3** to lose control of your feelings and start crying 情不自禁地哭起来：*As she drove away, I just broke down and wept.* 她开车远去时，我不

SYNONYMS 同义词辨析

break down

break down • crash • go down • go wrong

These are all verbs that can be used when a machine stops working because of a fault. 这些动词都表示机器出故障、出毛病、失灵。

break down (of a machine or vehicle) to stop working because of a fault （机器或交通工具）出故障，出毛病：*The washing machine has broken down again.* 洗衣机又坏了。◇ *We* (= our car) broke down on the motorway. 我们在高速公路上抛锚了。 **NOTE** **Break** can be used on its own, but is not used to talk about vehicles * break 可单独使用，但不用于指交通工具：*My watch has broken.* 我的手表坏了。 ▸ **breakdown** *n* : *a breakdown on the motorway* 在高速公路上抛锚

crash (of a computer or computer system) to stop working suddenly （计算机或计算机系统）突然崩溃，死机：*Files can be lost if the system suddenly crashes.* 如果系统突然崩溃，文件可能会丢失。

go down (of a computer system) to stop working temporarily （计算机系统）暂停工作，暂停运行：*The system is going down in ten minutes.* 十分钟后系统将暂停运行。

go wrong to stop working correctly 出毛病；出故障：*The new television set will contain fewer components to go wrong.* 新电视机的元件中会出故障的将更少。

WHICH WORD?

Machines, devices and parts inside machines and vehicles can **go wrong**; whole vehicles cannot. If sth **goes wrong**, it may not stop working completely, as it does if it **breaks** or **breaks down**. When computers or computer systems **crash**, this is always sudden and unexpected; when a system **goes down**, it may have been turned off deliberately while work is carried out on it. * go wrong 用于指机器、装置以及机器和车辆的零件出故障，而不用于指整辆车。go wrong 并不表示完全停止工作； break 和 break down 则有此义。crash 通常指计算机或计算机系统突然、意外地停止运行； go down 可能指在系统工作时有意关闭系统。

PATTERNS AND COLLOCATIONS

- **the TV/the DVD player/my watch** has broken/gone wrong
- **the washing machine** has broken down/gone wrong
- **my car** has broken down
- **my computer** has gone wrong/crashed
- **the computer system** has crashed/gone down

禁失声痛哭。 **4** if your health **breaks down**, it becomes very bad （健康）恶化，崩溃: *Her health broke down as a result of the strain.* 她因过度劳累，身体垮了。 **5 (into sth)** to be divided into parts so that it is easier to discuss, to analyse or to deal with 分成（若干部分）: *My weekly budget breaks down as follows: 50% for rent, 20% for food, 10% for travel, and 20% for everything else.* 我每周的预算分项列明如下：租金 50%，食物 20%，交通 10%，其他 20%。◇ *The job breaks down into seven parts.* 这项工作分为七部分。 → see also BREAK STH DOWN 3 **6 (into sth)** if a substance **breaks down**, it separates into different parts or changes into sth else in a chemical process （化学变化中物质）分解，转化: *Some pesticides break down safely in water.* 有些杀虫剂可在水中安全分解。 → see also BREAK STH DOWN 4
◆ v + adv

▶ ˈ**breakdown** *n* **1** [C] an occasion when a vehicle or a machine stops working （车辆或机器的）故障，损坏: *We had a breakdown on the way home.* 在回家的路上我们的车抛锚了。◇ *a breakdown truck* 抢修车；救险车 **2** [C, U] a failure of talks, a marriage, law and order, etc. （谈判、婚姻的）失败，终止；（治安的）瘫痪: *a breakdown in communication* 通讯中断◇ *They were both responsible for the breakdown of their marriage.* 对婚姻的破裂他们双方均有责任。 **3** [C] a period of mental illness when sb becomes tired, depressed and unable to lead a normal life 神经衰弱；精神崩溃: *He had a **nervous breakdown** last year.* 他去年患了神经衰弱。 **4** [C, usually sing.] detailed information or figures that are the results of dividing sth into its parts to explain it more clearly 细目；细分: *Get me a breakdown of how the money was spent.* 给我一份这笔钱的支出分类细账。 **5** [U] the act of dividing a substance into its parts in a chemical process （化学变化中的）分解

▶ ˌ**broken-ˈdown** *adj* [only before noun] **1** (of a vehicle or a machine 车辆或机器) not working 出故障的；坏了的: *a broken-down car* 抛锚的汽车 **2** in a poor condition 状况差的；破败的: *a broken-down wall* 剥落的墙壁

ˌ**break sth ˈdown 1** to make sth fall down or open by hitting it hard 打倒；砸破: *They had to get the police to break the door down.* 他们不得不请警察来撞开门。 OBJ **door** SYN **knock sth down 2** to destroy or remove sth, especially a problem or an attitude or opinion that sb has 破除，消解（问题、态度或看法）: *Our aim is to **break down barriers** that exist between teachers and parents.* 我们的目标是消除教师和家长之间的隔阂。 OBJ **barriers 3 (into sth)** to separate sth into smaller parts in order to analyse it or deal with it more easily 对…进行分类；细分: *I've broken down the costs by country.* 我把费用按国别进行了划分。◇ *The company was broken down into smaller units.* 公司拆分成了较小的单位。◇ *The question can be broken down into two parts.* 这个问题可以分为两部分。 → see also BREAK DOWN 5 **4 (into sth)** to make a substance separate into its parts or change in a chemical process 使分解；使转化: *Enzymes in the mouth and stomach break the food down.* 口腔和胃里的酶将食物分解。 → see also BREAK DOWN 6
◆ v + n/pron + adv ◆ v + adv + n

🔑ˌ**break ˈin 1** to enter a building illegally or by force 非法闯入；强行进入: *Somebody broke in last night and stole the PC and video.* 昨天夜里有人闯进屋里，偷走了电脑和录像机。◇ *The firefighters had to break in to rescue them.* 消防队员不得不破门而入营救他们。 → see also BREAK INTO STH 1 **2 (on sth)** to interrupt sb when they are speaking or doing sth 打断；打搅: *He apologized for breaking in on their conversation.* 他为打断了他们的谈话而道歉。◇ *Mary broke in: 'It's not her fault!'* 玛丽插嘴说："这不是她的错！"
◆ **1** v + adv
◆ **2** v + adv ◆ v + adv + speech

▶ ˈ**break-in** *n* an entry into a building using force, usually illegally 非法闯入；强行进入: *There has been a series of break-ins in the area.* 这个地区接二连三发生了数起破门入户案件。

ˌ**break sb/sth ˈin** to train a person so that they get used to a new job or situation; to train a horse so that you can ride it 让（新来者）适应新工作（或新环境）；训练（马匹）: *We try to break newcomers in gently.* 我们努力让新手逐渐适应环境。◇ *The horses hadn't been broken in.* 那些马还没经过训练。
◆ v + n/pron + adv ◆ v + adv + n

ˌ**break sth ˈin 1** if you **break in** new shoes or boots, you wear them until they become comfortable 把（新鞋）逐渐穿得合脚: *It took me weeks to break in these new boots.* 我穿了几个星期后，这双新靴子才渐渐合脚。 OBJ **boots, shoes** SYN **wear sth in 2** (*AmE*) (in the past) to prepare the engine of a new car for normal use by driving it slowly and carefully （旧时）磨合，试用（新车） OBJ **car** SYN **run sth in** (*BrE*)
◆ v + adv + n ◆ v + n/pron + adv

🔑ˌ**break ˈinto sth 1** to enter a building, open a car, etc. illegally and by force 非法强行闯入（建筑）；撬开（汽车）: *A thief can break into a car in under ten seconds.* 窃贼十秒钟之内就能把车撬开。◇ *Three houses in our street have been broken into this week.* 我们这条街本星期有三户人家被盗。 OBJ **house, car 2** to suddenly begin to do sth such as laugh, shout, run, etc. 突然开始（大笑、欢呼、奔跑等）: *He broke into a run when he saw the police.* 他看见了警察，撒腿就跑。◇ *Her face broke into a huge smile.* 她立刻笑容满面。◇ *The audience broke into applause.* 观众爆发出热烈的掌声。 OBJ **a smile/grin, a run/trot, song, laughter 3** (*BrE*) to use a note/bill of high value to buy sth costing less 找开，兑开（大面值钞票以支付小额费用）: *I didn't want to break into a twenty-pound note.* 我并不想破开一张 20 英镑的钞票。 **4** to interrupt sb's thoughts 干扰，扰乱（思路）: *Her mother's voice broke into her thoughts.* 她母亲的说话声打断了她的思绪。 OBJ

thoughts SYN disturb sth **5** to start to get involved in an activity and be successful at it, especially when this is difficult 成功参与; 顺利打入: *The company is having difficulty breaking into new markets.* 公司在打入新市场时遇到了困难。◇ *She is trying to break into journalism.* 她正努力跻身新闻界。 OBJ **market** **6** to open and use sth that you have been saving for an emergency or a special occasion 启用（应急备用品）: *I had to break into my savings to pay for the trip.* 我不得不动用积蓄来支付旅行费用。
◆ v + prep

ˌbreak ˈoff; ˌbreak sth ˈoff **1** (*also* **ˌbreak sth ˈoff sth**) to separate sth from sth else, using force; to become separated from sth in this way （用力）把…折断; 断开: *The leg of the table just broke off.* 桌子腿断掉了。◇ *A corner of her tooth had broken off.* 她的一颗牙掉了一个角。◇ *He broke off a piece of chocolate and gave it to me.* 他掰下一块巧克力给我。 **2** to stop speaking or stop doing sth suddenly before you have finished （突然）停顿, 暂停: *He broke off abruptly in the middle of a sentence.* 他一句话刚说了半截忽然停住不说了。◇ *We had to break off our holiday and return home immediately.* 我们不得不中止休假立刻回家。◇ *They broke off their conversation as I approached.* 我一走近, 他们就中断了交谈。
◆ **1** v + adv ◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep
◆ **2** v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌbreak sth ˈoff to end sth such as a relationship 结束, 终止（关系等）: *They've broken off their engagement.* 他们解除了婚约。◇ *Britain threatened to break off diplomatic relations.* 英国威胁要断绝外交关系。◇ *They were having an affair but she **broke it off**.* 他们原本有私情, 但是她甩了他。 OBJ **diplomatic relations, engagement, talks/negotiations, affair** SYN **terminate** (*formal*)
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌbreak ˈout **1** if sth unpleasant such as a fire, a war, etc. **breaks out**, it starts suddenly （火灾、战争等）突然发生, 爆发: *They would have got married in 1939 if war had not broken out.* 要不是爆发战争, 他们在 1939 年就结婚了。◇ *A fire broke out on a ferry yesterday.* 昨天一艘渡轮突然失火。 SUBJ **war, fire, fighting, row, violence** **2** (*also* **ˌbreak ˈout of sth**) to escape from a place or from a situation 逃离; 脱身: *Two terrorists have broken out of Blackwall Prison.* 两名恐怖分子从布莱克沃尔监狱脱逃。◇ *She longed to break out of the daily routine.* 她渴望摆脱单调无趣的日常生活。 **3** if sth **breaks out** on your skin, your skin becomes covered in sth （皮肤）布满: *Sweat broke out all over his body.* 他浑身冒汗。◇ (*AmE*) *I keep breaking out* (= I keep getting lots of spots). 我脸上老是长粉刺。
◆ v + adv **2** also v + adv + prep

▶ ˈ**breakout** *n* **1** an escape from prison 越狱 **2** (*especially AmE*) an occasion when you get spots on the face, etc. 长粉刺: *I'm prone to breakouts on my forehead.* 我额头容易长粉刺。
▶ ˈ**outbreak** *n* the start of sth or the sudden appearance of sth unpleasant or violent 突然发生; 突发: *the outbreak of war* 战争的爆发◇ *an outbreak of food poisoning* 食物中毒事件◇ *outbreaks of rain* 骤雨

ˌbreak sth ˈout **1** to get sth ready to be used, eaten, drunk, etc. 预备好, 备妥（用品、食物、饮料等）: *That's wonderful news! Let's break out the champagne!* 真是个大好消息！咱们把香槟酒拿出来庆祝吧！ OBJ **champagne** **2** (**by sth**) (*AmE*) to separate information into categories in order to study it more closely 把（信息）分门别类; 对…条分缕析: *The survey does not break data out by race.* 这一调查并没有将数据按不同种族进行归类。◇ *It is useful to break out results by state.* 把结果按州分类大有益处。 OBJ **data**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv

SYNONYMS 同义词辨析

break (sth) off

break (sth) off ◆ chip (sth) off ◆ snap (sth) off

These verbs all refer to a piece of sth becoming separated from the rest as a result of force or damage. 这些动词都表示折断、断开。

break (sth) off to become separated from sth as a result of force; to separate a piece of sth in this way 折断; 断开: *The back section of the plane had broken off.* 飞机尾部已经折断。◇ *She broke off a piece of chocolate and gave it to me.* 她掰下一块巧克力给了我。

chip (sth) off to damage sth by breaking a small piece off it; to become damaged in this way 碰下（碎片等）; 剥落: *The plaster had chipped off and no repairs had been done.* 灰泥已出现剥落, 却没人修缮过。

snap (sth) off to break off suddenly with a sharp noise; to break sth off in this way 啪的一声突然折断: *The branch she was standing on must have snapped off.* 她站在上面的那根树枝肯定是咔嚓一下折断了。◇ *He snapped a twig off a bush.* 他啪的一声从灌木上折下细枝。

WHICH WORD?

Chip off is used for materials like glass, paint or bone; **snap off** is used for objects which tend to break easily under pressure. **Break off** is the most general of these verbs. * chip off 用于指玻璃、油漆、骨头等材料; snap off 用于指受力易折断的物体。这些动词中, break off 含义最宽泛。

▶ '**breakout** *n* the separation of information into categories in order to study it more closely （信息的）分类，归类: *Breakouts were organized into ten regions.* 信息按十个地区分类。

ˌ**break 'out in/into sth** to suddenly become covered in sth such as sweat 突然布满（汗水等）: *He broke out in a cold sweat at the thought of the trial.* 一想到审判，他冒出一身冷汗。◇ *My skin has broken out in an itchy rash.* 我的皮肤上突然起了一片令人发痒的皮疹。

OBJ **sweat, rash**

◆ v + adv + prep

ˌ**break 'through** (*especially AmE*) to achieve your first important success in sth; to make an important or new discovery 获得初次重要成功；取得重大新发现；突破: *Scarlett Johansson broke through as a star with 'Lost in Translation'.* 斯嘉丽・约翰逊因影片《迷失东京》而崭露头角，成为一颗新星。◇ *Scientists believe they have broken through in their fight against the disease.* 科学家认为他们在防治这一疾病方面已经取得突破。

NOTE The phrase **to make a breakthrough** is used more often than **to break through** * to make a breakthrough 比 to break through 更常用: *Scientists have made a major breakthrough in their fight against AIDS.* 科学家在防治艾滋病方面已获重大突破。

◆ v + adv

▶ '**breakthrough** *n* an important discovery or development; sb's first important success in sth 重大发现（或进展）；初次重要成功；突破: *an important breakthrough in the negotiations* 谈判中的重大突破 ◇ *Jo was only 19 when he got his breakthrough as a DJ.* 乔作为流行音乐节目主持人崭露头角之时年仅 19 岁。

ˌ**break 'through**; ˌ**break 'through sth** **1** to make a way through a barrier using force 冲破，突破（障碍）: *He ran towards the barrier in an attempt to break through.* 他向路障冲去，想硬闯过去。◇ *Demonstrators tried to break through the police cordon.* 示威人群试图冲破警方的警戒线。 OBJ **barrier** **2** (of the sun or moon 太阳或月亮) to appear from behind sth 从…后面露出: *The sun finally broke through in the afternoon.* 下午阳光终于破云而出。◇ *It stopped raining and the sun broke through the clouds.* 雨停了，太阳从云层后钻了出来。

→ see also BREAK THROUGH STH

◆ v + adv ◆ v + prep

ˌ**break 'through sth** **1** to become greater in size or quantity than a particular level 超过，超越（某一水平）: *Unemployment figures have broken through the three million barrier.* 失业人数突破了三百万大关。 **2** to succeed in dealing with a problem, such as an attitude that sb has 突破（僵局）；解决（问题等）: *I tried hard to break through his silent mood.* 我努力尝试打破他的沉默。◇ *Women are starting to break through the barriers that keep them out of top management.* 女性开始冲破阻碍，走上顶级管理岗位。 SYN **overcome sth** (*more formal*)

→ see also BREAK THROUGH, BREAK THROUGH STH

◆ v + prep

ˌ**break 'up** **1** (*especially BrE*) if a school or the children in it **break up**, school closes for the holidays at the end of a period of the school year (a **term**) （学校或学生）期末放假: *We break up for Christmas next week.* 我们下个星期放假过圣诞节。◇ *Have the schools broken up yet?* 学校放假了吗？ **2** (of a relationship, a band, etc. 关系、乐队等) to come to an end; to stop working together 结束；解散: *Their marriage broke up after ten years.* 他们的婚姻在十年后破裂了。◇ *There are rumours that the band is breaking up.* 据传那支乐队要散伙了。 SUBJ **marriage** **3** (*usually used in the progressive tenses* 通常用于进行时) if the connection between two telephones, or two radios that are used for sending and receiving messages, is **breaking up**, the people speaking can no longer hear each other clearly （通话声音或无线信号）变弱，变模糊: *The signal was breaking up.* 信号变得模糊了。◇ *I'm sorry—what did you say? You're breaking up.* 对不起——你刚才说了些什么？声音听不清。

▶ '**break-up** *n* [C, U] the ending of a marriage or a relationship （婚姻或关系的）破裂，结束: *He moved away after the break-up of his marriage.* 他离异之后就搬走了。◇ *marriage break-up* 婚姻破裂

◆ v + adv

ˌ**break 'up (with sb)**, ˌ**break sb 'up** to end a relationship with sb （与…）解除关系；（使）断绝关系: *Rob and I broke up last week.* 上个星期我和罗布吹了。◇ *She's just broken up with her boyfriend.* 她刚和男朋友分手。◇ *I can't believe my best friend is really trying to break us up!* 我简直不能相信我最好的朋友正在想方设法拆散我们！

SYN **split up (with/from sb), split sb up**

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌ**break 'up**; ˌ**break sb/sth 'up** **1** (**into sth**) if a group of people or a family **breaks up**, or sb **breaks it up**, the members separate and do not stay together （使）（集团或家庭）分解，分裂: *The conference broke up into discussion groups.* 会议进行分组讨论。◇ *She had never intended to break up his family.* 她从未想过要拆散他的家庭。◇ *The Soviet Union began to break up in 1991.* 苏联于 1991 年开始解体。 SYN **split up (into sth), split sb/sth up (into sth)** **2** if a group of people who are gathered together **break up**, or sb **breaks them up**, they go away in different directions （使）（聚集的人）散开，解散: *The meeting broke up after two hours.* 会议开了两个小时后散会了。◇ *Police broke up the demonstration.* 警察驱散了示威人群。◇ *I don't want to **break up the party*** (= I don't want to make everyone else leave), *but I have to go.* 我不想搅散聚会，可我得走了。

◆ v + adv ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

SYNONYMS 同义词辨析

break (sth) up

break (sth) up • **shatter (sth)** • **smash sth up** • **splinter (sth)**

These verbs all refer to sth breaking into lots of small pieces. 这些动词都表示分裂、碎裂、破裂。

break (sth) up to separate, or make sth separate, into smaller pieces, either carefully or violently （使）分裂，破裂: *Break up the chocolate and place it in a bowl.* 把巧克力掰成小块，放在碗里。◇ *The ship broke up on the rocks.* 船触礁撞散了架。

shatter (sth) to suddenly break into small pieces; to make sth do this 碎裂；打碎: *The explosion shattered all the windows in the building.* 爆炸震碎了大楼里的所有窗户。

smash sth up to destroy sth deliberately （蓄意）毁坏，摧毁，捣毁: *Youths had broken in and smashed the place up.* 一群年轻人闯了进来，把这个地方砸得一片狼藉。 NOTE **Smash** can be used on its own, but is not used to talk about buildings, etc. * smash 可单独使用，但不用于指建筑物等: *She flew into one of her rages and started smashing crockery.* 她又一次大发雷霆，开始摔碗砸盆。

splinter (sth) (of wood, glass, stone or bone) to break into long, thin, sharp pieces; to make sth break in this way （使）（木头、玻璃、石块或骨头）裂成碎片: *The mirror cracked but did not splinter.* 这面镜子开裂了，但是没碎。

WHICH WORD?

People **smash** things deliberately; things **shatter** or get **shattered** as a result of explosions, flying bullets, stones, etc. * smash 是指蓄意弄碎；shatter 则是指因爆炸震碎或因射出的子弹、投掷的石块等击中而碎裂: *The thief smashed a window to get into her car.* 窃贼砸碎了车窗，钻进了她的车子。◇ *Windows were shattered in the blast.* 爆炸把窗户震碎了。

PATTERNS AND COLLOCATIONS

- the **glass/mirror** smashed/shattered/splintered
- to smash/shatter a **glass/mirror/window/windscreen**
- his smashed/shattered/splintered **bones/skull/wrist**
- to smash/smash sth up/shatter/break (sth) up **into small/a thousand pieces**

▸ **'break-up** *n* [C, U] the division of a company, a country, an organization or a group of people into smaller parts （公司、国家、组织或群体的）解体，瓦解: *the break-up of the Soviet Union* 苏联的解体◇ *family break-up* 家庭分裂

ˌbreak 'up (into sth), ˌbreak sth 'up (into sth) if sth **breaks up**, or sb/sth **breaks it up**, it becomes separated into smaller pieces （把整体）拆开，拆散: *The ship broke up on the rocks.* 船触礁撞散了架。◇ *Break the chocolate up into small pieces.* 把巧克力掰成小块。◇ *Sentences can be broken up into clauses.* 句子可以分解成子句。
• v + adv • v + n/pron + adv • v + adv + n

ˌbreak sb 'up (*old-fashioned, AmE*) to make sb laugh a lot 使纵声大笑: *Watching my grandson blow bubbles just broke me up.* 看着孙子吹泡泡，让我乐不可支。
SYN **crack sb up** (*informal*)
• v + n/pron + adv • v + adv + n

ˌbreak sth 'up to make sth that is rather boring, such as a period of time or a pattern, more interesting by adding sth different to it 给（乏味的事物）增添趣味；调剂（生活等）: *I break up my day by going for a walk in the afternoon.* 我下午会散散步，调节一天的生活。◇ *Drawings were used to break up the page.* 插图使页面生动不少。
OBJ **day, monotony**
• v + adv + n • v + pron + adv • v + n + adv

(*less frequent*)

'break with sb/sth (*formal*) to end your connection or relationship with sb/sth because you no longer agree with them （因分歧）与…绝交，与…决裂: *Nick broke with his father to set up his own firm.* 尼克与父亲分道扬镳，创办了自己的公司。
• v + prep

'break with sth (*formal*) to reject sth such as a tradition or the past and decide to do sth different 摈弃，破除（传统、成例等）；破旧立新: *The prince broke with tradition by going to study abroad.* 王子打破了传统，去国外读书了。◇ *The new directors are eager to break with the past.* 新一届董事急于与过去决裂。
OBJ **tradition, the past**
• v + prep

breathe /bri:ð/

ˌbreathe 'in to take air into your lungs through your nose or mouth 吸气: *Breathe in through your nose as you stretch up.* 伸展手臂，用鼻子吸气。◇ *He breathed in deeply and then spoke.* 他深吸了一口气，开始讲话。
SYN **inhale** (*more formal*) OPP **breathe out**
• v + adv

ˌbreathe sth 'in to take air, smoke, a smell, etc. in through your nose or mouth 吸入（气体、烟雾、气味等）: *We walked along the beach, breathing in the sea air.* 我们沿着海滩漫

步，呼吸着海边的空气。
OBJ **air, smoke** SYN **inhale sth** (*more formal*)
OPP **breathe sth out**
◆ v + adv + n ◆ v + n/pron + adv

ˌbreathe sth ˈinto sth to fill sth with life, energy or enthusiasm 为…注入（生机、活力或热情）: *She has **breathed fresh life into** the movie industry.* 她给电影业注入了新的活力。
OBJ **life**
◆ v + n/pron + prep

ˌbreathe ˈout to send air out of your lungs through your nose or mouth 呼气: *Breathe out slowly through your mouth as you stand up.* 站起来时，用嘴巴缓缓呼气。
SYN **exhale** (*more formal*) OPP **breathe in**
◆ v + adv

ˌbreathe sth ˈout to send air, smoke, etc. out through your nose or mouth 呼出（气体、烟雾等）: *Breathe the air out slowly and steadily.* 平稳地徐徐呼气。
OBJ **air, smoke** SYN **exhale sth** (*more formal*)
OPP **breathe sth in**
◆ v + adv + n ◆ v + n/pron + adv

breeze /briːz/

ˌbreeze ˈin; ˌbreeze ˈinto sth (*informal*) to arrive somewhere or enter a place in a relaxed, cheerful and confident way 轻盈而自信地走入；信步走入；飘然而至: *She breezed in and greeted everyone with a smile.* 她一阵风似的飘进来，向大家微笑致意。◇ *He breezed into the office and announced he was leaving.* 他潇洒地走进办公室，宣布他要走了。
◆ v + adv ◆ v + prep

ˌbreeze ˈthrough sth (*informal*) to succeed in doing sth very easily 轻易通过；轻松完成: *She breezed through the first exam.* 她毫不费力地通过了第一次考试。
◆ v + prep

brew /bruː/

ˌbrew ˈup; ˌbrew sth ˈup (*BrE, informal*) to prepare a hot drink of tea or coffee 沏（茶）；煮（咖啡）: *Come into the kitchen while I brew up.* 我在煮咖啡，你就到厨房来吧。◇ *I'll brew up a fresh pot of tea when they arrive.* 等他们来了，我就泡壶新茶。
OBJ **tea**
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
▸ **ˈbrew-up** *n* (*BrE, informal*) an act of making a drink of tea; the drink that you make 沏茶；沏好的茶；调制好的饮品

brick /brɪk/

ˌbrick sth ˈin/ˈup to fill in or block an opening with bricks 用砖填补（洞）；用砖堵住（洞）: *The fireplace had been bricked in some years before.* 壁炉几年前用砖封上了。◇ *Somebody had bricked up all the doors and windows.* 有人用砖封堵了所有的门窗。
OBJ **window, fireplace, door**

NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

brief /briːf/

ˌbrief aˈgainst sb to give information about sb, especially a politician, that is intended to damage their reputation 提供有损（某政客）名誉的信息: *The minister accused her office of briefing against her.* 部长指责部下泄露旨在诋毁她名誉的信息。
◆ v + prep

brighten /ˈbraɪtn/

ˌbrighten ˈup 1 if the weather **brightens up**, it becomes clearer and brighter （天气）好转，放晴: *After a dull start, it should brighten up later.* 刚开始是阴天，过会儿就会晴朗起来的。 SYN **clear up 2** if a person **brightens up**, they become happier and more cheerful 快活起来；开心起来: *He brightened up when they said he could go with them.* 他们说他可以同去，他就兴高采烈起来了。 SYN **cheer up** ➲ note at CHEER UP
◆ v + adv

ˌbrighten sth ˈup to make sth more interesting, exciting or attractive 使更有趣；使更活跃；增添…的吸引力: *I've brought some flowers to brighten the place up a bit.* 我带了一些花儿，把这里装点一下。◇ *Brighten up your bedroom with a few posters.* 挂几张海报，让你的寝室亮丽起来。
OBJ **place, room** SYN **cheer sth up**
◆ v + n/pron + adv ◆ v + adv + n

brim /brɪm/ (-mm-)

ˌbrim ˈover (with sth) (*usually used in the progressive tenses* 通常用于进行时) if a cup or a container is **brimming over** with a liquid, it is so full that the liquid flows over the edge （容器等）满溢，漫出: *He filled my glass so full it was brimming over!* 他把我的杯子斟得太满了！都溢出来了！◇ *Her eyes were brimming over with tears.* 她热泪盈眶。
SYN **overflow (with sth)** (*more formal*)
◆ v + adv

ˌbrim ˈover with sth (*usually used in the progressive tenses* 通常用于进行时) if sb is **brimming over with** sth, they show a lot of a particular quality 彰显，充分表现出（某一特质）: *She's brimming over with confidence and enthusiasm.* 她显得信心十足，热情洋溢。
OBJ **confidence, excitement**
◆ v + adv + prep

bring /brɪŋ/ (brought, brought /brɔːt/)

ˌbring sth aˈbout to make sth happen 导致；引起: *What has brought about this change?* 这一变化是如何造成的？◇ *His nervous breakdown was brought about by stress.* 他神经崩溃是压力所致。
OBJ **change, the end/collapse of sth** SYN **cause sth**

◆ v + adv + n ◆ v + n/pron + adv

ˌ**bring sb aˈlong** (*AmE*) → BRING SB ON

ˌ**bring sb/sth aˈlong** to bring sb/sth somewhere with you 带上…（去某处）；把…带来: *Can I bring my sister along to the party?* 我能带妹妹来参加聚会吗？◇ *She brought some CDs along.* 她带了些CD来。

◆ v + n/pron + adv ◆ v + adv + n

ˌ**bring sb aˈround, etc.** (*AmE*) → BRING SB ROUND, ETC.

ˌ**bring sb ˈback (to sth) 1** to return sb to a place; to take sb home 把…送回（某处）；送…回家: *I'll bring you back again after the party.* 聚会结束后我再把你送回来。◇ *She tried to bring him back* (= to make him return) *to the matter in hand.* 她试图让他回过头来处理手头上的事情。◇ *Putting the driver of the car in prison won't bring my sister back* (= return her to life). 把汽车司机关进监狱也不会让我姐姐复活。 **2** to put sb back in their old job or position 恢复…的工作（或职位）；使复原: *United have brought back their old manager.* 联队重新起用从前的主教练。

◆ v + n/pron + adv ◆ v + adv + n

ˌ**bring sth ˈback 1 (to sth)** to return sth to the place it came from 把…送回；归还: *If the dress doesn't fit, bring it back to the shop and we'll change it for you.* 衣服如不合身，可拿回店里换一件。 **2** to make you remember sth or think about it again 回忆起；使记起: *Talking about his death* ***brought it all back*** *to me.* 说起他的死，就让我想起过去的一切。◇ *The photos brought back happy memories.* 这些照片唤起了美好的回忆。 OBJ **memories 3** to make sth that existed or was done before be used or done again 重新启用；重新引入；恢复: *Are you in favour of bringing back the death penalty?* 你赞成恢复死刑吗？ SYN **restore sth; reintroduce sth** (*more formal*) **4** to return with sth for sb 给…带回: *What shall I bring back for the children from Paris?* 我从巴黎给孩子们带些什么好呢？ NOTE In informal language **bring sb back sth** and, less often, **bring sb sth back** are also used 非正式语言中也说 bring sb back sth 和 bring sb sth back，后者不太常用: *I brought the kids back some books.* 我给孩子们带回来几本书。◇ *Can you bring me something back?* 替我带点东西回来好吗？

◆ v + adv + n ◆ v + n/pron + adv

SYNONYMS 同义词辨析

bring sth down

bring sth down ◆ decrease sth ◆ lower sth ◆ minimize sth ◆ reduce sth

These verbs all mean to make sth smaller or less in size, amount or degree. 这些动词都表示减小、减少、降低。 *See also* **go down**, **cut sth back**.

bring sth down to reduce the price, number or level of sth 降低（价格、水平）；缩减（数目）: *We aim to bring down prices on all our computers.* 我们计划将我们所有的计算机削价出售。◇ *The economic recovery will bring down unemployment.* 经济复苏将降低失业率。

decrease sth (*formal*) to reduce the amount or level of sth 减少（数量）；降低（水平）: *People should decrease the amount of fat they eat.* 人们应减少脂肪的摄入量。

lower sth to reduce the level of sth 减低；降低: *The company may be forced to lower prices in order to stay competitive.* 公司可能被迫降价以保持竞争力。

minimize sth (*BrE also* **minimise**) to reduce sth, especially sth bad, to the lowest possible level 把…减少到最低程度，将…压缩到最低限度（尤指坏事）: *Good hygiene helps to minimize the risk of infection.* 良好的卫生习惯有助于将感染的风险降到最低。◇ *They worked at night in order to minimize the disruption.* 他们夜间工作，以便将对周边的干扰降到最低限度。

reduce sth to make sth less or smaller in size, amount, number or level 缩小，减少（规模、数量、数目）；降低（水平）: *The number of employees was reduced from 40 to 25.* 员工人数从 40 人裁减到 25 人。◇ *Giving up smoking reduces the risk of heart disease.* 戒烟能降低患心脏病的风险。

WHICH WORD?

Decrease is more formal and less frequent than **increase**; it is used especially in the contexts of health and medicine. The more usual opposite of **increase** is **reduce**. **Lower** is used especially in the contexts of health and finance

* decrease 比 increase 更正式，较不常用，尤用于医疗保健的语境。increase 更常用的反义词是 reduce。lower 尤用于卫生保健和金融语境: *to lower blood pressure/cholesterol levels* 降低血压 / 胆固醇含量. **Reduce** can also be used in these cases. * reduce 也可用于上述语境。

PATTERNS AND COLLOCATIONS

- to reduce sth/lower sth/bring sth down **from … /to … /by …**
- to reduce/lower/minimize/decrease/bring down the **number/amount/level/cost** of sth
- to reduce/lower/minimize/decrease the **risk/chance/rate** of sth
- to reduce/lower/decrease/bring down the **price** of sth

'bring sb/sth before sb/sth (*law*) to present sb for judgement; to present sth to sb/sth for discussion or a decision 把…提交庭审；将…提交讨论：*Children should not be brought before a court.* 儿童不应在法庭上受审。◇ *The case was brought before the judge.* 这件案子已提交法官审理。
OBJ **case** SYN **haul sb before sb/sth, etc.** (*informal*)
NOTE Usually used in the passive. 通常用于被动语态。
• v + n/pron + prep

,bring sb 'down (*informal*) to depress sb; to make sb unhappy 使沮丧；使不悦：*Spending New Year alone brought me right down.* 独自一人过新年让我闷闷不乐。
SYN **get sb down; depress sb** (*more formal*)
• v + n/pron + adv

,bring sb/sth 'down 1 to take sb/sth from a higher to a lower level 拿下来；使降低：*They brought all the boxes down from the attic.* 他们把所有箱子从阁楼上搬了下来。 **2** to make sb/sth fall to the ground 使倒地；使坠落；使跌倒：*He was brought down in the penalty area.* 他在禁区内被撞倒。◇ *Their plane was brought down by a violent storm.* 他们的飞机遇强烈风暴坠毁了。◇ *When she fell, she brought him down with her.* 她倒下的时候把他也带倒了。◇ *He brought down the bird with a single shot.* 他一枪就射落了那只鸟。 **3** to make a government, a leader, etc. lose power or be defeated 使（政府、领导人等）倒台；打倒；击败：*The scandal brought the government down.* 这件丑闻导致政府垮台。 OBJ **government**
• v + n/pron + adv • v + adv + n
IDM **bring down the 'curtain on sth; bring the 'curtain down on sth** to finish or mark the end of sth 使落下帷幕；结束；标志着…的终结：*Her decision to retire brought down the curtain on a glittering 30-year career.* 她退休的决定给她 30 年辉煌的职业生涯画上了句号。

,bring sth 'down 1 to make sth smaller in size or amount 降低；减低：*We are determined to bring down inflation.* 我们决心降低通货膨胀。◇ *The price war is bringing the cost of flights down.* 价格战降低了乘飞机出行的费用。 OBJ **inflation, price** SYN **lower sth** (*more formal*) **2** to make an aircraft land 使（飞机）降落：*The pilot brought the plane down safely.* 飞行员驾机安全着陆。 OBJ **plane** SYN **land sth**
• v + n/pron + adv • v + adv + n
IDM **bring the 'house down** to make an audience laugh or clap in an enthusiastic way 令观众捧腹大笑；使观众热情鼓掌：*Her performance brought the house down.* 她的表演博得了满堂喝彩。

,bring sth 'down on/upon sb (*formal*) to make sth unpleasant happen to sb as a result of your actions 给…带来（令人不快的事）；连累：*He had brought nothing but trouble down on the family.* 他尽给家里添乱。
• v + n/pron + adv + prep • v + adv + n + prep

,bring sb 'forth (*old-fashioned, formal, rare*) to give birth to sb 生（孩子）：*She brought forth a son.* 她生了个儿子。
OBJ **child**
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

,bring sth 'forth (*formal*) to produce sth; to make sth happen 产生；导致：*Her remarks brought forth a harsh response.* 她的话招致严厉的回应。
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

,bring sth 'forward 1 to move sth to an earlier date or time 将（日期或时间）提前：*We'll have to bring the date of the final game forward.* 我们得把决赛日期提前。 OBJ **meeting, date** SYN **put sth forward** OPP **put sth back 2** to suggest a subject, an idea, etc. for discussion 提议；提出讨论：*She brought forward proposals for a new school building.* 她提议建新校舍。 OBJ **proposal** SYN **put sth forward 3** (*finance*) to move a total from the bottom of one page or column of numbers to the top of the next page （从页底或栏底）把（账目数字）转入次页页首 OBJ **balance** SYN **carry sth forward** NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + adv • v + adv + n

,bring 'in sth; ,bring sb 'in sth to make or earn money for sb 挣得；为…赚得：*How much is she bringing in every month?* 她每月挣多少钱？◇ *His job only brought him in a small income.* 他的工作收入微薄。
• v + adv + n • v + n/pron + adv + n

,bring sb 'in 1 (on sth) to get sb involved in sth, especially to advise or help, etc. 让…参与（尤指提供意见、帮助等）：*Can we deal with this without bringing the police in?* 我们不报警私下处理这件事行不行？◇ *I'd like to bring Inspector Lacey in on this investigation.* 我想请莱西督察参与这项调查。◇ *Experts were brought in to advise the government.* 政府请来专家出谋划策。 OBJ **experts, police, troops 2** if the police **bring sb in**, they take them to a police station to question them or arrest them 将…带到警察局讯问；逮捕：*Two men have been brought in for questioning.* 两名男子被带到警察局接受讯问。 OBJ **suspect**
• v + adv + n • v + n/pron + adv

,bring sb/sth 'in 1 to take sb/sth into a room, a house, an office, etc. 把…带进（房屋、办公室等）：*Could you bring in another chair?* 请再搬张椅子进来好吗？◇ *Bring him in!* 把他带进来！ NOTE In informal language **bring sb in sth** and, less often, **bring sb sth in** are also used 非正式语言中也说 bring sb in sth 和 bring sb sth in，后者不太常用：*Could you bring me in another chair?* 请给我再搬张椅子进来好吗？◇ *Could you bring us some tea in?* 请给我们端些茶来好吗？ **2** to attract sb/sth to a place or a business 吸引（访客或顾客）：*The visitor centre is bringing in more and more people.* 游客中心吸引了越来越多的访客。 OBJ **business,**

customers, tourism
→ see also BRING SB/STH INTO STH
◆ v + adv + n ◆ v + n/pron + adv

ˌbring sth ˈin 1 to introduce a new law 采用，施行（新法规）: *A new law was brought in to improve road safety.* 实施了新法以加强道路安全。◇ *New controls were brought in to limit spending and borrowing.* 实行了新的管制措施以限制开支和借款。 OBJ **legislation, law** SYN **introduce sth** (*more formal*) NOTE Often used in the passive. 常用于被动语态。 **2** (*law*) to give a decision in a court 作出（判决）: *The jury brought in a verdict of guilty.* 陪审团作出了有罪裁决。 OBJ only **verdict, decision 3** to mention or include sth 提及；包括: *She brought in other evidence to support her argument.* 她援引其他证据来支持她的论点。 **4** to pick or cut and collect crops to be stored 采，收（作物）: *Farmers haven't been able to bring the harvest in because of the weather.* 天气不好，农民未能收割庄稼。
◆ v + adv + n ◆ v + n/pron + adv

ˌbring sb/sth ˈinto sth 1 to take sb/sth into a place 把…带到（某处）: *Bring that chair into the dining room.* 把那张椅子搬到餐厅来吧。 **2** to include or mention sb/sth in a discussion, conversation, etc. （在讨论、谈话等中）包括，提及: *Why do you always have to bring Pete into it* (= mention Pete when we are discussing sth)? 你怎么张口闭口就是皮特？ ◇ *I knew you'd manage to bring football into the conversation!* 我就知道你会把话题转到足球上！ **3** to attract sb/sth to a place or business 吸引（访客或顾客）到某处: *The advertising campaign should bring more people into the bookshops.* 这次广告活动应该能吸引更多的人走进书店。 → see also BRING SB/STH IN
◆ v + n/pron + prep

ˌbring sth ˈoff (*informal*) to manage to do sth difficult successfully 完成，做成（困难的事）: *England were close to victory, but they couldn't quite* ***bring it off.*** 英格兰队离胜利仅一步之遥，但是最终仍功败垂成。◇ *Thompson, the new goalkeeper, brought off a superb save.* 新守门员汤普森完成了一个精彩扑救。
SYN **pull sth off**
◆ v + pron + adv ◆ v + adv + n ◆ v + n + adv

ˌbring sb ˈon (*BrE*) (*AmE* **ˌbring sb aˈlong**) to help sb to develop or improve when they are learning to do sth 帮助（学习者）进步；提高（学习者）的水平: *We need to bring on the young players quickly.* 我们需要帮助年轻选手尽快提高水平。◇ *There's no time to bring employees along gradually.* 没有时间按部就班地培训雇员了。
◆ v + adv + n ◆ v + n/pron + adv

ˌbring sth ˈon to make sth unpleasant happen 招致，导致（令人不快的事）: *The heart attack was brought on by stress.* 心脏病发作是由压力所致。◇ *It's not like you to get so upset. What's brought this on* (= has made you so upset)? 你很少这么心神不宁，怎么回事？
OBJ **heart attack, depression** SYN **cause sth** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n
IDM **bring it ˈon!** (*informal*) used to say that you are happy that a difficult or challenging situation is coming because you are sure that you can overcome it （接受挑战时表示信心十足）好啊，来吧；放马过来！

ˈbring sth on sb/yourself (*also* **ˌbring sth uˈpon sb/yourself** *more formal*) to be responsible for sth unpleasant that happens to sb/yourself 使遭受；使蒙受: *You've brought shame on the whole family!* 你使全家人蒙羞！ ◇ *Don't blame me! You've brought this on yourself.* 别怪我！你是咎由自取。
OBJ **shame, disgrace**
◆ v + n/pron + prep

ˌbring sb ˈout to help sb to be more confident and less shy 使更加自信；使不再羞怯: *He's good at bringing out nervous interviewees.* 他善于帮助紧张的面试者放松下来。◇ *A year at college has really* ***brought her out of herself.*** 一年的大学生活确实让她开朗了不少。◇ *I hoped that university would* ***bring him out of his shell.*** 我希望上大学会让他活泼开朗起来。
◆ v + adv + n ◆ v + n/pron + adv

ˌbring sth ˈout 1 (*also* **ˌbring sth ˈout of sth**) to take sth out of sth; to remove sth from sth （从…之中）掏出，拿出: *He brought a card out of his wallet and gave it to her.* 他从皮夹里取出一张名片给她。 SYN **take sth out, take sth out of sth 2** to produce or publish sth 生产；出版: *They're bringing out a new sports car this year.* 今年他们将推出一款新跑车。◇ *How many albums have the band brought out?* 这支乐队出了多少张专辑？ ◇ *The publishers are bringing out a new edition of the dictionary next spring.* 明年春季，出版社要推出这部词典的新版本。 **3** to make a particular quality easier to see, taste, or notice 使（某一特质）突显；使突出: *That dress brings out the colour of your eyes.* 那件衣服能衬托出你眼睛的颜色。 OBJ **colour, flavour** SYN **emphasize sth** (*more formal*) **4** to make sth appear that is usually hidden 使（潜藏的东西）显现: *She always brings out the worst in me!* 她总是招我表现出最恶劣的一面！ ◇ *The situation brought out the viciousness in him.* 这种处境暴露了他恶毒的一面。 OBJ **the best, the worst**
◆ v + n/pron + adv ◆ v + adv + n **1** also v + n/pron + adv + prep

ˌbring sb ˈout in sth (*BrE*) to make sb's skin be covered in sth such as sweat or spots 使（皮肤）冒出（汗水等）；使（皮肤）布满（斑点等）: *Tomatoes bring me out in a rash.* 我吃西红柿会出皮疹。
◆ v + n/pron + adv + prep

ˌbring sb/sth ˈover to take or bring sb/sth to a particular place, especially sb's home 把…带到（尤指家里）: *When your sister gets back from New York, bring her over to see us.* 你妹妹从纽约回来，就带她来看看我们吧。◇ *Bring your chair over and sit with us!* 把椅子搬过

来，和我们坐一块儿！
◆ v + n/pron + adv ◆ v + adv + n

,bring sb 'round (*BrE*) (*AmE* **,bring sb a'round**) **1** (*also* **,bring sb 'to**) to make sb conscious again 使恢复知觉；使苏醒：*She gently slapped his face to bring him round.* 她轻轻拍了拍他的脸，让他苏醒过来。 **2 (to sth)** to persuade sb to agree with you, or to do what you want 说服；劝使：*I brought him round to my way of thinking in the end.* 最后我终于使他转而赞同我的看法。 SYN **win sb over (to sth)**
◆ v + n/pron + adv

,bring sb/sth 'round (*especially BrE*) (*AmE usually* **,bring sb/sth a'round**) to bring sb/sth to sb's home 把…带到（家里）：*I'll bring the papers round to your house this evening.* 我今晚把文件送到你家。
◆ v + n/pron + adv ◆ v + adv + n

,bring sth 'round to sth (*BrE*) (*also* **,bring sth a'round to sth** *AmE, BrE*) to direct a conversation, a discussion, etc. so that you are talking about the subject you want to talk about 将（话题）导向：*He always brings the conversation round to football.* 他总是把话题转到足球上来。
OBJ **conversation, discussion**
◆ v + n/pron + adv + prep

,bring sb 'through; ,bring sb 'through sth (*AmE*) to help sb to survive a difficult or unpleasant experience or period in their life 帮助…渡过（难关）：*My aunt helped to bring me through the period after my parents died.* 我的姨妈帮助我挺过了我父母去世后的那段日子。
SYN **get sb through, get sb through sth**
◆ v + n/pron + adv ◆ v + n/pron + prep

,bring sb 'to → BRING SB ROUND 1

,bring A and B to'gether 1 to help two people or groups to end an argument; to unite two people or groups 使（双方）握手言和；使和好如初；团结；联合：*The crisis brought the family closer together.* 这场危机使一家人关系更融洽。 **2** to introduce two people who have never met; to help two people come together socially 介绍两人相识；帮助两人交往：*It was me who brought them together.* 是我给他俩牵线搭桥的。 SYN **get A and B together**
◆ v + n/pron + adv ◆ v + adv + n

,bring sb/sth to'gether to collect a group of people or objects together in one place 使聚集；使集合：*This exhibition brings together many artists' work.* 展览汇集了众多艺术家的作品。
◆ v + n/pron + adv ◆ v + adv + n

,bring sb 'up 1 to care for a child until he/she is grown up; to teach a child a particular way to behave, etc. 抚养；养育；教养：*She was brought up by her aunt.* 她是由姨妈带大的。◇ *I was brought up* (= I grew up) *on a farm.* 我是在农场长大的。◇ *They brought their children up very strictly.* 他们对孩子管教很严。◇ *We were brought up to be polite and do what we were told.* 从小家里就培养我们懂礼貌和听话。◇ *a well-brought-up child* 有教养的孩

SYNONYMS 同义词辨析

bring sb up

bring sb up ◆ educate sb ◆ raise sb ◆ rear sb

These verbs all refer to how a child grows up and is cared for. 这些动词都表示抚养、养育、教养。

bring sb up (*often passive*) to care for a child, teaching him/her how to behave, until he/she is grown up 抚养；养育；教养：*She brought up five children.* 她养大了五个孩子。◇ *He was brought up by his aunt.* 他是由姨妈带大的。

educate sb (*often passive*) to teach sb over a period of time at a school or university （在学校）教育，培育，培养：*She was educated in the US.* 她在美国接受的教育。

raise sb (*often passive*) (*especially AmE*) to care for a child or young animal until it is grown up 抚养，养育（小孩）；饲养（幼兽）：*They were both raised in the South.* 他们俩都是在南方长大的。

rear sb (*often passive*) to care for young animals or children until they are grown up 饲养（幼兽）；抚养，养育（小孩）：*She reared a family of five on her own.* 她独自养活了一家五口。◇ *Lions usually manage to rear about half the number of cubs born to them.* 狮子一般能养活所产幼仔的大约半数。

WHICH WORD?

Raise is more often used to talk about children; **rear** is more often used to talk about animals. When **raise** is used in British English to talk about caring for a child, it is slightly more formal than **bring up**. * raise 多用于指抚养孩子；rear 多用于指饲养动物。在英国英语中，抚养孩子用 raise比用 bring up 略显正式。

PATTERNS AND COLLOCATIONS

- to bring up/raise/rear/educate a **child**
- to bring up/raise/rear a **family/daughter/son**
- to raise/rear **young animals/sheep/chickens**
- to be brought up/raised/reared **in** Scotland, Oxford, etc.
- to be brought up/raised/reared **on** Indian food, Hollywood movies, etc.

子 OBJ **children, family, daughter, son** SYN **raise sb** (*especially AmE*) NOTE **Bring up** a child does not mean the same as **look after** a child. * bring up a child 和 look after a child 含义不同。 **2** (*law*) to make sb appear for trial in court 使出庭受审；传讯

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

▶ **'upbringing** *n* [sing., U] the way in which a child is cared for and taught, especially by parents, while he/she is growing up 抚养；培养；教养

ˌbring sb/sth 'up (to sth) to move sb/sth to a higher place, especially up the stairs 将…运到（较高的位置，尤指楼上）；举起；抬起: *Breakfast was brought up to our room.* 早餐送到了我们的房间。◇ *Callum is downstairs. Shall I bring him up?* 卡勒姆在楼下。要不要我把他带上来？◇ *She brought her hand up and slapped him.* 她举起手扇了他一耳光。◇ *I brought the cup up to my lips and took a sip of coffee.* 我把杯子送到唇边，抿了一口咖啡。

◆ v + n/pron + adv ◆ v + adv + n

ˌbring sth 'up 1 to move sth from a lower to a higher position 举起；抬高: *She brought up her hand to protect her face.* 她抬起手护住脸部。 **2** to mention a subject and start to talk about it 提出（话题）供讨论: *Every time I bring the matter up, he changes the subject.* 每当我提起这件事，他就会转移话题。 OBJ **subject, matter** SYN **raise sth** (*more formal*) **3 (to sth)** to increase a total, a price, a number, etc. to a higher level or amount 提高，增加（总数、价格、数目等）: *This donation brings the total up to $6 000.* 这笔捐款把总额提高到6 000元。◇ *Owen got another goal, bringing the score up to 4-0.* 欧文又进一球，把比分扩大为 4:0。 OBJ **total** SYN **raise sth** (*more formal*) **4** to bring food from the stomach back out through the mouth 呕吐: *The baby's just brought up her breakfast.* 小孩刚把早饭吐出来了。 SYN **throw sth up** (*informal*); **vomit sth up** (*more formal*) **5** to make sth appear on a computer screen 使显示（在计算机屏幕上）；调出，打开（文件）: *Can you bring that file up on screen?* 在电脑上把那个文件打开好吗？

◆ v + n/pron + adv ◆ v + adv + n

ˌbring sb 'up against sth to make sb realize sth or face sth and deal with it （使）意识到，面临，面对: *This case brings us up against the problem of punishment in schools.* 这件事使我们直面学校体罚的问题。

◆ v + n/pron + adv + prep

ˌbring sb/sth 'up to sth to help sb/sth to reach an acceptable level or standard 帮助…达到标准；使达标: *They have now brought the football ground up to the required safety standards.* 他们现在把足球场改建得符合规定的安全标准了。

◆ v + n/pron + adv + prep

ˌbring sth u'pon sb/yourself → BRING STH ON SB/YOURSELF

bristle /ˈbrɪsl/

'bristle with sth to be covered in sth; to have or contain a large number or amount of sth 满布；充满: *a roof bristling with TV aerials* 布满电视天线的楼顶◇ *The staff bristle with efficiency.* 全体员工工作效率很高。

◆ v + prep

broaden /ˈbrɔːdn/

ˌbroaden 'out if a river, a road, etc. **broadens out**, it becomes wider （河、路等）变宽，变阔

NOTE **Broaden** is also used on its own, but less often. * broaden 也单独使用，但不太常见。

◆ v + adv

ˌbroaden 'out; ˌbroaden sth 'out (*especially BrE*) if sth **broadens out**, or you **broaden it out**, it becomes more general or includes a larger number of people or things 拓展；扩大: *Let's broaden out the discussion to talk about education as a whole.* 我们来扩大一下讨论范围，全面谈谈教育问题。

NOTE **Broaden** is also used on its own. * broaden 也单独使用。

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

brown /braʊn/

ˌbrown sth 'out (*especially AmE*) to reduce the amount of electrical power, water, etc. that is supplied to a particular machine, area, etc. 对（特定机器、地域等）减少供电（或供水）；对…实行供电（或供水）管制: *Servers were browned out by the increase in Internet traffic.* 互联网流量增大，造成服务器几乎瘫痪。

◆ v + adv ◆ v + adv + n ◆ v + pron + adv (*rare*)

▶ **'brown-out** *n* (*especially AmE*): *Recurrent brown-outs brought the city to a standstill.* 接二连三的电力不足令城市运转陷入停顿。

browse /braʊz/

ˌbrowse 'through sth to look through a book, a magazine, etc. without paying close attention or reading everything 浏览；随意翻阅: *She browsed through the newspaper while she waited.* 她边等边浏览报纸。

OBJ **book, newspaper**

◆ v + prep

brush /brʌʃ/

ˌbrush a'gainst/'by/'past sb/sth to touch sb/sth lightly when you move close to them/it 轻触；掠过: *The cat brushed against Alison's leg.* 那只猫蹭了蹭艾莉森的腿。◇ *He brushed by/past me and ran out.* 他和我擦肩而过，跑了出去。

◆ v + prep

ˌbrush sb/sth a'side 1 to push sb/sth to one side 把…推到一边: *She brushed a strand of hair aside.* 她把一绺头发捋开。 **2** to refuse to listen to sb/sth or treat them/it as important 不听；漠视；对…不以为然: *He brushed my protests aside and paid the bill.* 他不顾我的反对，把账

单付了。◇ *Every time I try to explain, you brush me aside.* 每次我要解释，你都不理睬我。 SYN **wave sth aside/away; dismiss sb/sth** → see also BRUSH SB OFF 1, BRUSH STH OFF 2
◆ v + n/pron + adv ◆ v + adv + n

ˌbrush sth aˈway (from sth) **1** to remove sth from a surface with a brush, your hand, etc. 掸去；擦掉: *She brushed a stray hair away from her face.* 她拂开脸上的一缕散发。 OBJ **tears, hair, dust** **2** to ignore an idea, a thought, etc. because you do not want to think about it or you think it is not important 忽视；对…置之不理: *She quickly brushed the idea away.* 她立刻把这个想法抛到脑后。 SYN **dismiss sth**
◆ v + n/pron + adv ◆ v + adv + n

ˌbrush ˈby sb/sth → BRUSH AGAINST/BY/PAST SB/STH

ˌbrush sb/yourself ˈdown (*especially BrE*) to clean sb/yourself by brushing their/your clothes with your hand, especially after they/you have fallen （尤指跌倒后）拂去…衣服上的尘土；掸干净: *She stood up and brushed herself down.* 她站起来，拍去身上的灰尘。
→ see also BRUSH SB/YOURSELF OFF
◆ v + n/pron + adv

ˌbrush sth ˈdown (*especially BrE*) to clean sth by brushing it thoroughly 刷干净: *Brush your coat down to get the mud off.* 把你外套上的泥巴刷刷干净。◇ *The children were taught how to brush down their ponies.* 大人教孩子们如何把他们的小马刷干净。
OBJ **coat, skirt, etc.**
→ see also BRUSH STH OFF 1
◆ v + n/pron + adv ◆ v + adv + n

ˌbrush ˈoff; ˌbrush sth ˈoff if mud, dust, etc. **brushes off**, or you **brush it off**, it is removed by brushing （被）刷去，拂去: *Don't worry about the mud—it'll brush off easily when it's dry.* 那些泥巴不用操心 —— 干了一刷就会掉的。◇ *We were able to brush the dirt off quite easily.* 我们很容易就把灰尘掸掉了。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌbrush sb ˈoff (*informal*) **1** to refuse to listen to sb; to ignore sb in a rude or unkind way 不理睬；（毫不客气地）漠视: *He tried to explain to her, but she brushed him off impatiently.* 他要向她解释，可她很不耐烦，对他爱搭不理。 SYN **rebuff sb** (*formal*) → see also BRUSH SB/STH ASIDE 2 **2** to get rid of sb 打发走: *She couldn't brush Roger off after the party.* 聚会之后她没法把罗杰打发走。
◆ v + n/pron + adv ◆ v + adv + n
▸ **ˈbrush-off** *n* [sing.] (*informal*) rude or unkind behaviour that shows you do not want to be friendly 不理睬；不友好: *They're just trying to **give me the brush-off**.* 他们就是想要冷落我。

ˌbrush sb/yourself ˈoff to clean sb/yourself by brushing their/your clothes quickly with your hand 拂去…衣服上的灰尘；掸干净
→ see also BRUSH SB/YOURSELF DOWN
◆ v + n/pron + adv ◆ v + adv + n

ˌbrush sth ˈoff **1** to clean sth quickly by brushing it 刷净；拂净: *He picked up his hat and brushed it off quickly.* 他捡起帽子，马上把它掸干净。 → see also BRUSH STH DOWN **2** to refuse to listen to, discuss or accept sth 不理睬；拒绝接受；对…置之不理: *Roberts brushed off allegations of corruption.* 罗伯茨不理会对他贪污的指控。◇ *She brushed off offers of help from her friends.* 朋友们主动提出帮忙，她拒绝了。 → see also BRUSH SB/STH ASIDE 2
◆ v + n/pron + adv ◆ v + adv + n

ˌbrush sth ˈout **1** to brush sth, especially hair, thoroughly to remove knots or to make it straighter 梳理（头发等）: *She brushed out her hair, washed her face and got into bed.* 她梳好头，洗好脸，就上床了。 OBJ **hair** **2** (*also* **ˌbrush sth ˈout of sth**) to remove knots, etc. from your hair by brushing 梳开（头发的缠结等）: *It took half an hour to brush out all the tangles in his hair.* 用了半个小时才梳开他的一头乱发。 OBJ **tangles, knots**
◆ v + adv + n ◆ v + n/pron + adv **2** also v + n/pron + adv + prep

ˌbrush ˈpast sb/sth → BRUSH AGAINST/BY/PAST SB/STH

ˌbrush sth ˈup; ˌbrush ˈup on sth (*especially BrE*) to study or practise sth in order to get back the skill or knowledge that you had in the past but have not used for some time 重温，复习（生疏了的技能或知识）: *I need to brush up my computer skills.* 我需要重新捡起我的计算机技能。◇ *You should brush up on your French before you go to France.* 去法国之前，你得温习一下法语。
OBJ **skills, French/English, etc.** SYN **polish sth up; review sth** (*especially AmE*), **revise sth** (*BrE*)
NOTE Not used in the passive. 不用于被动语态。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*) ◆ v + adv + prep

bubble /ˈbʌbl/

ˌbubble ˈover (with sth) to be full of excitement, enthusiasm, ideas, etc. 充满，充溢着（兴奋、热情、想法等）: *They were bubbling over with excitement.* 他们兴奋不已。
◆ v + adv

ˌbubble ˈunder; ˌbubble ˈunder sth if sth is **bubbling under**, it is already fairly successful but is not yet as successful as other things of the same kind, although it is likely to be so soon 有望走红；有望大获成功；可能大红大紫: *This is our list of songs bubbling under.* 这是我们认为可能会窜红的歌曲名单。
◆ v + adv ◆ v + prep

ˌbubble ˈup **1** if a liquid **bubbles up** from the ground, etc., it rises up in the form of bubbles or making the sound of bubbles （液体）沸腾，冒泡，发出冒泡声: *Water bubbled up from the pool.* 池塘里咕嘟咕嘟地冒水。◇ (*figurative*) *Clouds will bubble up (= start to form) later this afternoon.* 今天傍晚将转多云。 **2** if an emotion, etc. **bubbles up**, it becomes stronger

and starts to be heard or seen （感情等）变得强烈，开始流露: *I could feel the anger bubbling up inside me.* 我怒火中烧。◇ *Laughter came bubbling up.* 笑声传了过来。
◆ v + adv

buck /bʌk/

'buck for sth (*AmE*) to try in a determined way to win or gain sth you want very much, especially an important position 极力谋求，拼命争取（尤指要职）: *He was bucking for a Cabinet post in the Nixon administration.* 当时他千方百计想在尼克松政府谋得一个内阁职务。
◆ v + prep

ˌbuck 'up (*old-fashioned, BrE, informal*) used to tell sb to hurry up （表示催促）快点，抓紧: *Buck up! We'll be late.* 别磨蹭！我们要迟到了。
SYN **hurry up**
◆ v + adv

ˌbuck 'up; **ˌbuck sb 'up** (*old-fashioned, BrE, informal*) to become, or to make sb, more cheerful （使）振作，振奋: *Buck up! There's no school tomorrow!* 打起精神来！明天不用上学了！◇ *He bucked up when I said he could go.* 我说他可以走了，他便来了精神。◇ *A day out will buck you up.* 到外面转一天，你就会有精神头了。
SYN **cheer up, cheer sb/yourself up**
◆ v + adv ◆ v + n/pron + adv
IDM **buck your i'deas up** (*BrE, informal*) to start behaving in a more acceptable way, so that work gets done better, etc. 振作起来

bucket /'bʌkɪt/

'bucket down (*BrE, informal*) to rain heavily 下暴雨: *It bucketed down all day.* 整整下了一天倾盆大雨。
◆ v + adv

buckle /'bʌkl/

ˌbuckle 'down (to sth) (*informal*) to start working or doing sth in a serious or determined way 开始认真做；努力干: *He tried to buckle down to some study.* 他想静下心来学点东西。
SYN **knuckle down (to sth)**
◆ v + adv

ˌbuckle 'up (*especially AmE*) to fasten the belt that you wear in a car, etc. to keep you in your seat if there is an accident (a **seat belt**) 系上安全带: *Buckle up, kids.* 孩子们，系好安全带。
SYN **belt up** (*BrE*)
◆ v + adv

buddy /'bʌdi/ (buddies, buddying, buddied)

ˌbuddy 'up to/with sb/sth; **be/get ˌbuddied 'up to/with sb/sth** (*AmE, informal*) to become friendly with sb or work closely with another person （与…）亲近，携手工作: *She buddied up to Julie, hoping to get to know her brother.* 她和茱莉套近乎，希望结识她的哥哥。◇ *I asked to get buddied up with an experienced diver.* 我要求和经验丰富的潜水员搭档。
◆ v + adv + prep ◆ be/get + v + adv + prep

budge /bʌdʒ/

ˌbudge 'up (*BrE, informal*) to move up; to make more room for sb else 让开；挪开: *Budge up a bit! I'd like to sit down too.* 挤一挤！我也想坐下。
SYN **move up**
◆ v + adv

budget /'bʌdʒɪt/

'budget for sth to plan to save or provide an amount of money for a particular purpose 预留…的费用；编制…的预算: *Don't forget to budget for the cost of textbooks.* 别忘了预留书本费。◇ *These extra costs have not been budgeted for.* 这些额外开销没有编入预算。
◆ v + prep

buff /bʌf/

ˌbuff 'up (*informal*) to make yourself look fit and attractive 显得健美: *You'll need to spend some time in the gym if you want to buff up for your summer holiday.* 要想在暑期度假时展现健美身材，你就得花点时间在健身房锻炼。
◆ v + adv

ˌbuff sth 'up 1 to polish sth with a soft cloth （用软布）擦亮，擦净: *Wax isn't as durable as a varnish and it needs buffing up occasionally.* 蜡不如清漆耐用，还需要不时用软布擦拭。 **2** to improve sth 改进；改善: *They're trying to buff up the company's image.* 他们正努力改善公司形象。
◆ v + n + adv ◆ v + pron + adv ◆ v + adv + n

bug /bʌg/ (-gg-)

ˌbug 'off (*AmE, informal*) used to tell sb to stop bothering you （告诫对方）别烦人，滚开: *Should I tell him to bug off, or try to help?* 我是该叫他滚蛋呢，还是该帮一帮他呢?
◆ v + adv

ˌbug 'out (*AmE, informal*) **1** if your eyes **bug out**, they suddenly open fully because you are surprised or excited （眼睛）圆睁，瞪大: *They just sat there with their eyes bugging out as if they'd never seen a woman yell at a man before.* 他们坐在那里，目瞪口呆，仿佛以前从未见过一个女人冲着男人大喊大叫。 **2** (especially of a group of soldiers, etc. 尤指若干士兵) to leave a place quickly, especially to avoid duty or injury （为逃避职责或避免受伤）撤退，逃离: *When the radio went down, a couple of units bugged out.* 无线联络中断后，几个小队逃跑了。◇ *I picked up my pay and then bugged out.* 我领了工资就开溜了。 **3 (about/over sth)** to become very upset or angry 心烦意乱；怒气冲冲: *He came over to my house, bugging out about something.* 他来到我家，人显得很烦躁。
SYN **freak out** (*informal*)
◆ v + adv

bugger /ˈbʌɡə(r)/

ˌ**bugger aˈbout/aˈround** (**with sth**) (*BrE*, ⚠, *slang*) to waste time doing stupid or unimportant things; to behave in a silly way 鬼混；胡闹: *Stop buggering about and let's get on with it.* 别晃荡了，我们继续干正事吧。

NOTE **Mess around** or, in British English, **mess about** is a more polite informal way to say this. 较礼貌的非正式表达方式是 mess around 或英国英语中的 mess about。

◆ v + adv

ˌ**bugger sb aˈbout/aˈround** (*BrE*, ⚠, *slang*) to treat sb badly or in a way that wastes their time 难为；给…添麻烦: *I'm sick of being buggered about by my boss.* 老板总跟我过不去，真是烦死人。

NOTE **Mess sb around** or, in British English, **mess sb about** is a more polite informal way to say this. 较礼貌的非正式表达方式是 mess sb around 或英国英语中的 mess sb about。

◆ v + n/pron + adv

ˌ**bugger ˈoff** (*BrE*, ⚠, *slang*) to go away 走开；离开: *Bugger off and leave me alone.* 滚开，别烦我。◇ *Clive's buggered off to the pub with Julie.* 克莱夫和茱莉去酒馆了。

NOTE **Clear off** is a more polite informal way to say this. 较礼貌的非正式表达方式是 clear off。

◆ v + adv

ˌ**bugger sth ˈup** (*BrE*, ⚠, *slang*) to spoil sth; to do sth badly 弄糟；搞坏: *I'm not going to let her bugger things up for me.* 我不会让她把我的事情搞砸。

NOTE **Mess sth up** is a more polite informal way to say this. 较礼貌的非正式表达方式是 mess sth up。

◆ v + n/pron + adv ◆ v + adv + n

build /bɪld/ (**built**, **built** /bɪlt/)

ˌ**build sth aˈround sth** (*BrE also* ˌ**build sth ˈround sth**) to create sth, basing it on a particular thing, person, idea, etc. 在…基础上创作: *The story is built around the adventures of twelve knights.* 故事围绕十二位骑士的历险展开。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

ˌ**build sth ˈin**; ˌ**build sth ˈinto sth** **1** to make sth a fixed and permanent part of a system, a plan, etc. 使成为（体系、计划等的）组成部分: *Safeguards against fraud are built into the system.* 该系统植入了防欺诈的设置。 **2** to make sth a fixed and permanent part of sth larger 把…建造在…里；使固定于（较大的物件）: *The flash is built into the camera.* 闪光灯设在照相机内。◇ *This dishwasher can be built in.* 这款洗碗机可以嵌入安装。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

▸ ˌ**built-ˈin** (*also* ˌ**in-ˈbuilt** *less frequent*) *adj* [only before noun] forming a fixed part of a larger structure 内置的；内装的；嵌入的: *a built-in cupboard* 嵌入式壁橱◇ *The camera has a built-in flash.* 这架照相机有内置闪光灯。

▸ ˈ**inbuilt** *adj* [only before noun] existing as an essential part of sth/sb 内在的；固有的；天生的: *the inbuilt survival instinct of animals* 动物与生俱来的生存本能

ˈ**build on sth** (*also* ˈ**build upon sth** *more formal*) to develop further from sth that you have already achieved 在…的基础上发展: *We need to build on last year's success.* 我们要在去年取得成功的基础上再接再厉。◇ *This course builds on existing skills.* 这门课程是对现有技能的提高。

OBJ **success, skills, strengths, achievements**

◆ v + prep

ˌ**build sth ˈon**; ˌ**build sth ˈonto sth** to add sth such as an extra room to an existing building（在建筑物上）增建，添造: (*BrE*) *They had built on a large extension at the back of the house.* 他们在屋后进行了大规模扩建。◇ (*AmE*) *It is often better to build on an addition rather than removing walls.* 增建往往优于把现有的墙体拆除。

OBJ **addition, extension**

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

ˈ**build sth on sth** (*also* ˈ**build sth upon sth** *more formal*) to base sth on sth; to use sth as the basis or foundation for sth 把…作为…的基础；把…建立在…的基础上: *Our company has built its reputation on the quality of its products.* 我们公司的信誉建立在过硬的产品质量上。

◆ v + n/pron + prep

ˌ**build sth ˈout** (*especially AmE*) **1** to finish a building, house, room, etc. which already exists in a basic form, to suit the needs of the people who will be using it 改造，装修（建筑、房屋、房间等）: *Building several offices at a time costs 10% to 20% less than building out a single suite.* 一次性建造几间办公室，比改装一个套间要便宜 10% 到 20%。 **2** to develop or expand a new system, business or computer network 扩展，扩建（新系统、企业或计算机网络）: *Our strategy is to build out the network in over 200 cities statewide.* 我们的战略是将这一网络延伸至全国 200 多座城市。

◆ v + n/pron + adv ◆ v + adv + n

▸ ˈ**buildout** *n* [U, C] (*especially AmE*) **1** the act of building out a house, etc.（房屋等的）改建，装修: *The buildout will take about two weeks.* 改造需要两周左右。 **2** the act of building out a new system, business or computer network（新系统、企业或计算机网络的）扩展，扩建: *the Internet buildout* 互联网的扩展

ˌ**build sth ˈround sth** (*BrE*) → BUILD STH AROUND STH

🔑 ˌ**build ˈup** to become greater, stronger or larger in number 增大；增强；增多: *Queues of traffic are building up after the accident.* 车祸

之后，车辆排起了长龙。◇ *I could feel the anger building up inside me.* 我感觉到心中怒火越烧越旺。

SYN **accumulate** (*more formal*)

◆ v + adv

▶ **'build-up** *n* [sing., U] an increase in the amount, strength or number of sth 增长；增强；增多: *a build-up of carbon dioxide in the atmosphere* 大气中二氧化碳的增加

,build 'up (to sth), ,build yourself 'up (to sth) to gradually prepare yourself for sth such as a race or competition 逐步准备（比赛等）: *Start gently and build up to the more strenuous exercises.* 开始时轻松点，逐渐过渡到高强度的训练。◇ *Build up slowly until you can jog for 30 minutes.* 逐步增加时间，直到能慢跑 30 分钟。◇ *Build yourself up to the day of the performance.* 好好为演出那天作准备。

◆ v + adv ◆ v + pron + adv

▶ **'build-up (to sth)** *n* [C, usually sing.] the time before an important event when people are gradually preparing for it （重大活动的）前期，准备过程: *the build-up to the Olympics* 奥运备战

,build sb/yourself 'up to make sb healthier or stronger 增进（健康）；增强（体质）: *She gave me lots of vitamins and minerals to build me up.* 她让我服用很多维生素和矿物质，以增强体质。

NOTE Not used in the passive. 不用于被动语态。

◆ v + n/pron + adv

,build sb/sth 'up to speak about sb/sth with great enthusiasm, often praising them more than they deserve 吹捧；大肆宣扬；为…大造舆论: *He has been* ***built up to be*** *the answer to the nation's problems.* 他被鼓吹成了能解决国家问题的人物。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

▶ **'build-up** *n* [C, usually sing.] a very enthusiastic description, especially of a performance, that is intended to make people excited about it and want to see it 极力捧场；大肆宣传；大造舆论: *The reviewers gave the play a big build-up.* 评论家对这部戏剧不吝赞词。

🔑**,build sth 'up 1** to collect or create sth, often gradually over a period of time （逐步）积累，建立: *She has built up an impressive collection of paintings.* 她收集了数量可观的油画。 OBJ **collection, library 2** to develop sth 建立；发展: *The manager had built up a good relationship with his staff.* 经理与员工建立了良好的关系。◇ *My father built the business up from scratch.* 我父亲白手起家，创办了这家企业。◇ *Harriet has built up quite a reputation for herself as a reporter.* 作为记者哈丽雅特赢得了相当高的声誉。◇ *We are gradually* ***building up a picture*** *of what happened.* 我们对发生的事情逐步有了了解。 OBJ **business, reputation, picture 3** to increase sth or make sth stronger 增加；加强: *After an accident, most drivers need to build up their confidence again.* 发生事故之后，大多数司机都需要逐步重拾信心。 OBJ **confidence, trust, strength 4** to cover sth so that it is higher or stronger than before 增高；加强

◆ v + adv + n ◆ v + n/pron + adv

▶ **,built-'up** *adj* [usually before noun] **1** covered with many houses or buildings 建筑物多的；建筑物密集的；布满建筑物的: *The speed limit is lower in built-up areas.* 在房屋密集的地区车辆限速要低一些。 **2 built-up** shoes, boots, or heels have extra height added （鞋子、靴子或鞋跟）增高的，垫高的

,build yourself 'up → BUILD SB/YOURSELF UP

'build upon sth, 'build sth upon sth, etc. → BUILD ON STH, 'BUILD STH ON STH, ETC.

bulk /bʌlk/

,bulk 'out/'up; ,bulk sb/sth 'out/'up (*especially AmE*) to increase in size or weight; to make sb/sth increase in size or weight （使）（规模或重量）扩大，增大: *Van Gisbergen had bulked up for this match.* 范・吉斯伯根为参加这次比赛增加了体重。◇ *Local businesses are helping to bulk up school computer labs* (= provide more computers). 当地企业纷纷帮助学校扩充计算机室。

◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

bully /'bʊli/ (bullies, bullying, bullied)

,bully sb 'into sth; ,bully sb 'into doing sth to force sb to do sth by frightening them or threatening them 胁迫某人做某事: *You can't bully me into saying anything!* 你休想逼我说出一个字！

◆ v + n/pron + prep

bum /bʌm/ (-mm-)

,bum a'round (*informal*) to travel around or to spend your time doing nothing in particular 四处游荡；无所事事；游手好闲

◆ v + adv

,bum a'round sth (*informal*) to travel somewhere with no particular plans （在…）闲逛，瞎混: *After I left school, I bummed around the world for a year.* 毕业后我在世界各地游荡了一年。

OBJ **the world, Europe, Asia, etc.**

◆ v + prep

,bum sb 'out (*AmE, informal*) to annoy sb 使恼怒；使心烦: *I was really bummed out that there were no tickets left.* 票卖光了，我火冒三丈。

◆ v + n/pron + adv

,bum 'round, etc. (*BrE*) → BUM AROUND, ETC.

bumble /'bʌmbl/

,bumble a'round; ,bumble a'round sth (*BrE also* **,bumble a'bout, ,bumble a'bout sth**) to move around in an awkward and noisy way （在…）笨手笨脚地走动，踉踉跄跄: *I could hear my father bumbling about downstairs.* 我

能听见父亲在楼下来回走动时那笨重的脚步声。
◆ v + adv ◆ v + prep

bump /bʌmp/

ˌ**bump aˈlong** to continue in the same way as before, without making any progress or improvement 依然如故；毫无起色；徘徊不前：*United are still bumping along in the Third Division.* 联队仍在丙级队里晃荡。
◆ v + adv

ˌ**bump ˈinto sb** (*informal*) to meet sb by chance 碰见；偶遇：*I bumped into an old friend in town today.* 今天在城里我与一位老友不期而遇。
SYN **run into sb**
◆ v + prep

ˌ**bump ˈinto sb/sth** to hit sb/sth by accident （不小心）碰上，冲撞：*In the dark I bumped into a chair.* 在黑暗中我撞到了一把椅子。
SYN **collide with sb/sth**
◆ v + prep

ˌ**bump sb ˈoff** (*informal*) to murder sb 谋杀；杀害：*He admitted bumping off Baines.* 他承认杀了贝恩斯。
◆ v + n/pron + adv ◆ v + adv + n

ˌ**bump sb ˈoff**; ˌ**bump sb ˈoff sth 1** to not allow sb to have the seat on a plane that they have booked, because too many tickets have been sold （因机票超售）取消…的订座：*With more people flying these days, there is a greater chance of **getting bumped off your flight**.* 如今搭乘飞机的人多了，因机票超售被拒载的机率也大了。◇ *bumped-off travellers* 因机票超售被拒载的旅客 **NOTE** **Bump sb** can also be used on its own * bump sb 也可单独使用：*We were late arriving at the airport and the airline bumped us.* 我们赶到机场时晚了，因航空公司机票超售我们无法登机。 **2** (*especially AmE, computing*) to break a connection with the Internet, so that it can no longer be used 终止（联网）；使断网：*Some users couldn't log in, others kept **getting bumped off**.* 有些用户无法登录，其他用户的联网则时断时续。◇ *to be bumped off the Internet* 被断网 **OBJ** **the Internet, server, website** **SYN** **kick sb off, kick sb off sth; disconnect sb (from sth)** (*more formal*)
NOTE Usually used in the passive 通常用于被动语态：*I was worried about being bumped off the flight.* 我担心因机票超售而无法登机。
◆ v + n/pron + adv ◆ v + n/pron + prep

ˌ**bump sb ˈup (to sth)** (*informal*) to move sb to a more expensive seat in a plane without charging them extra, because there are not enough seats at the price they have paid （因所属机舱座位不足而）免费提高…的座舱等级：*I got bumped up to business class.* 我被免费调整到了商务舱。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv

ˌ**bump sth ˈup** (*informal*) to increase or raise sth 增加；提升：*The company bumped their prices up by 10%.* 公司提价 10%。
OBJ **prices**
◆ v + n/pron + adv ◆ v + adv + n

bunch /bʌntʃ/

ˌ**bunch ˈup**; ˌ**bunch sth ˈup** if material **bunches up**, or you **bunch it up**, it forms tight folds （使）（布料）起皱；把…揉皱：*The sheets bunched up under him every time he moved.* 他每次挪动一下身体，身下的床单就弄得皱皱巴巴。◇ *She bunched her skirt up and jumped.* 她揪住裙子跳了起来。
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌ**bunch ˈup/toˈgether**; ˌ**bunch sb/sth ˈup/toˈgether** to move closer together to make a tight group; to make sb/sth do this （使）集中，聚拢：*The children bunched together in little groups in the playground.* 孩子们在操场上三五成群。◇ *All the runners were bunched up behind the leader.* 其他赛跑选手跟在领跑者后面挤作一团。
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

bundle /ˈbʌndl/

ˌ**bundle sb ˈoff (to sth ...)** to send sb somewhere in a hurry or when they do not want to go 把…匆匆送走；强行把…打发（到某处）：*She bundled her son off to school.* 她急匆匆地把儿子送到学校。
SYN **pack sb off (to ...)**
◆ v + n/pron + adv ◆ v + adv + n

ˌ**bundle ˈup (in sth)** (*AmE*) to dress in warm clothes 穿得暖和：*Bundle up! It's freezing outside!* 多穿点！外面很冷！
SYN **wrap up (in sth), etc.**
◆ v + adv

ˌ**bundle sb ˈup (in sth)** to make sb feel warmer by putting warm clothes on them or covering them with blankets 使穿得暖和；使保暖：*I bundled Lucy up in a blanket and made her a cup of tea.* 我给露西裹了条毯子，又给她泡了杯茶。
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv ◆ v + n/pron + adv

ˌ**bundle sth ˈup/toˈgether** to put or tie things together in a pile 捆扎；打包：*She bundled up her clothes and pushed them into a cupboard.* 她把衣服包起来，塞进衣橱。◇ *The papers were all bundled together, ready to be thrown away.* 报纸全部捆好了，准备扔掉。
◆ v + n/pron + adv ◆ v + adv + n

bung /bʌŋ/

ˌ**bung sth ˈup (with sth)** (*BrE, informal*) to stop sth from moving or flowing through sth by putting sth in or across it （用某物）堵塞，阻塞：*She's bunged the sink up with tea leaves.* 她倒的茶叶把水槽堵住了。

SYN **block sth up** (*more formal*)
♦ v + n/pron + adv ♦ v + adv + n
▶ **ˌbunged ˈup** *adj* blocked; not clear 堵塞的；阻塞的: *My nose is all bunged up this morning.* 今天早晨我的鼻子全堵了。◇ *I'm* (= my nose is) *all bunged up.* 我的鼻子全堵了。

bunk /bʌŋk/

ˌbunk ˈdown (*especially AmE*) to lie down to sleep somewhere, especially somewhere uncomfortable or for only one night（尤指在不舒适的地方）将就过夜，勉强投宿，暂时睡下: *We bunked down in an old barn for the night.* 那晚我们凑合睡在一个旧谷仓里。
SYN **doss down** (*BrE, informal*)
♦ v + adv

ˌbunk ˈoff; **ˌbunk ˈoff sth** (*BrE, informal*) to stay away from school or work when you ought to be there; to leave school or work early, especially without permission 逃学；旷工；早退: *Let's bunk off this afternoon and go shopping.* 今天下午咱们别上班了，去购物吧。
OBJ **school, work** SYN **skive off, etc.** (*BrE*)
♦ v + adv ♦ v + prep

ˌbunk ˈup (with sb) (*BrE, informal*) to share a bed with sb; to have sex with sb（与…）同床，发生性关系: *I'm afraid you two will have to bunk up together tonight.* 恐怕今晚你们俩得睡一张床了。
♦ v + adv
▶ **ˈbunk-up** *n* (*BrE, informal*) an act of having sex with sb; a person to have sex with 与人发生性关系；发生性关系的对象: *lads out looking for a bunk-up* 出门寻找一夜情的小青年

buoy /bɔɪ; *AmE also* ˈbuːi/

ˌbuoy sb/sth ˈup **1** to make or keep sb cheerful and confident 鼓励；鼓劲: *Winning the match buoyed the team up.* 比赛获胜使该队欢欣鼓舞。◇ *The party did little to buoy up her spirits.* 这次聚会并没有让她精神振作多少。◇ *She was buoyed up by her father's praise.* 父亲的赞扬给她增添了信心。 **2** to keep sb/sth floating; to stop sb/sth from sinking 使漂浮；使上浮: *I relaxed, letting the salt water buoy me up.* 我放松下来，任凭海水托浮着。
NOTE Often used in the passive. 常用于被动语态。 **Buoy sb/sth** can also be used on its own * buoy sb / sth 也可单独使用: *Buoyed by their recent victory, the team are convinced they can win the final.* 在最近的胜利鼓舞下，该队有信心赢得决赛。
♦ v + n/pron + adv ♦ v + adv + n

ˌbuoy sth ˈup (*finance*) to make or keep prices at a high or acceptable level 保持（价格）处于高位；维持（价格）在可接受的水平: *Share prices were buoyed up by the news.* 这个消息使股价冲上高位。◇ *to buoy up the economy* 刺激经济
OBJ **prices**
NOTE Often used in the passive. 常用于被动语态。 **Buoy sth** is also used on its own. * buoy sth 也单独使用。
♦ v + n/pron + adv ♦ v + adv + n

burn /bɜːn; *AmE* bɜːrn/ (**burnt, burnt** /bɜːnt; *AmE* bɜːrnt/ or **burned, burned** /bɜːnd; *AmE* bɜːrnd/)

ˌburn aˈway; **ˌburn sth aˈway** to disappear as a result of burning; to make sth do this（使）烧毁，烧光: *Half the candle had burnt away.* 这支蜡烛燃烧掉了一半。◇ *The fire had burned away part of the roof.* 火灾使一部分屋顶被焚毁。
♦ v + adv ♦ v + adv + n ♦ v + pron + adv ♦ v + n + adv (*less frequent*)

ˌburn ˈdown if a fire **burns down**, it becomes less strong and burns with smaller flames（火势）减弱，变小: *They sat by the fire, watching it slowly burn down.* 他们坐在火边，看着火头逐渐变小。
OPP **burn up**
♦ v + adv

🔑 **ˌburn ˈdown**; **ˌburn sth ˈdown** if a building **burns down**, or sb **burns it down**, it is destroyed by fire（把…）焚毁，烧毁: *The palace burnt down in the 19th century.* 这座宫殿在 19 世纪毁于大火。◇ *She threatened to burn the house down.* 她威胁要把房子烧掉。
NOTE Often used in the passive. 常用于被动语态。
♦ v + adv ♦ v + n/pron + adv ♦ v + adv + n

ˌburn sth ˈoff **1** to remove sth by burning 烧掉；烧除: *Burn the old paint off before repainting the door.* 先把门上的旧漆烧掉，再刷新油漆。 **2** (*also* **ˌburn sth ˈup**) to use energy by exercising（通过锻炼）消耗（能量）: *Walking briskly can burn off a lot of calories.* 快步走能消耗很多卡路里。 OBJ **calories, fat**
♦ v + adv + n ♦ v + n/pron + adv

ˌburn ˈout; **ˌburn sth ˈout** if a machine or part of a machine **burns out** or sb/sth **burns it out**, it stops working because it has been used too much or has got too hot（因机器使用过度或过热）出故障，损坏: *The clutch has burnt out.* 离合器因过热而失灵了。◇ *I burnt out the motor in the first car I had.* 我把我第一辆车的马达烧坏了。
♦ v + adv ♦ v + n/pron + adv ♦ v + adv + n

ˌburn ˈout; **ˌburn itself ˈout** to stop burning because there is no more fuel（因燃料耗尽）熄灭: *Blow out the candles before they burn out.* 把蜡烛吹灭，免得烧完。◇ *By the time the fire brigade arrived the fire had burnt (itself) out.* 消防队赶到时，火已经（自己）熄灭了。 ➲ note at GO OUT; → see also BURN STH OUT
♦ v + adv ♦ v + pron + adv
▶ **ˈburnout** *n* [C, U] the point at which a spacecraft has used all of its fuel and has no more power（航天器的）燃料耗尽

ˌburn ˈout; **ˌburn yourself ˈout** to become very tired or sick and unable to continue your work because you have worked too hard over a period of time 过劳；积劳成疾: *It's a high-pressure job and many people burn*

out at a young age. 这份工作压力很大，很多人年纪轻轻就积劳成疾。◇ *If he carries on working so hard, he'll burn himself out.* 他要是继续这样拼命工作，会把自己累垮的。
→ see also BURN SB OUT, BURN SB OUT OF STH
• v + adv • v + pron + adv
▸ **'burnout** *n* **1** [C, U] the state of being very tired or sick because you have worked too hard 过劳；积劳成疾：*Burnout is common among teachers.* 积劳成疾在教师中很常见。 **2** [C] a person who is very tired or sick because they have worked too hard 劳累过度的人；积劳成疾的人
▸ **,burnt-'out** (*especially BrE*) (*AmE usually* **,burned-'out**) *adj* very tired or sick because you have worked too hard 筋疲力尽的；积劳成疾的：*burnt-out rock singers* 声嘶力竭的摇滚歌手

,burn sb 'out; ,burn sb 'out of sth to force sb to leave a building by setting fire to it 放火迫使…离开（建筑物）：*A gang has tried to burn a woman out of her home.* 一伙歹徒试图纵火把一名女子逼出家门。
→ see also BURN OUT, BURN YOURSELF OUT
• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

,burn sth 'out to destroy sth completely by fire, so that only the outside or the frame is left 把…烧成空架子：*Two cars were burnt out in the crash.* 撞车事故中有两辆汽车被烧毁。
NOTE Usually used in the passive. 通常用于被动语态。
→ see also BURN OUT, BURN ITSELF OUT
• v + n/pron + adv • v + adv + n
▸ **,burnt-'out** (*especially BrE*) (*AmE usually* **,burned-'out**) *adj* [only before noun] completely destroyed or badly damaged by fire 烧毁的；烧坏的：*burnt-out buses* 烧成空壳的公共汽车◇ *burned-out houses* 焚毁的房屋

,burn 'up 1 to be destroyed by heat 被焚毁；被烧掉：*The spacecraft burned up as it entered the earth's atmosphere.* 宇宙飞船进入地球大气层时被烧毁。 **2** (*usually used in the progressive tenses* 通常用于进行时) to have a fever or a high temperature 发热；体温高：*She's burning up—she needs a doctor.* 她发烧了 —— 需要看医生。 **3** if a fire **burns up**, it gets stronger and has larger flames （火势）燃旺，增强 OPP **burn down**
• v + adv

,burn sb 'up (*AmE, informal*) to make sb very angry 激怒；使大怒：*The way he treats me really burns me up.* 他那么对待我，实在把我气疯了。
• v + n/pron + adv

,burn sth 'up 1 to get rid of sth completely by burning 焚毁；烧毁：*I'm going to burn up all the rubbish/trash.* 我要把所有垃圾都烧掉。 **2** → BURN STH OFF 2
• v + adv + n • v + n/pron + adv

burrow /'bʌrəʊ; *AmE* 'bɜːroʊ/

'burrow in sth to search for sth among things in a container （在容器中）搜寻，摸索：*She burrowed in her pocket and eventually found a few coins.* 她在口袋里摸来摸去，终于找到了几枚硬币。
• v + prep

burst /bɜːst; *AmE* bɜːrst/ (burst, burst)

,burst 'in (on sb/sth), ,burst 'into sth to enter a room, a building, etc. suddenly and noisily, interrupting the people who are in it 闯入；闯进房间打断：*He apologized for bursting in on our meeting.* 对闯进来打断了我们的会议，他表示歉意。◇ *The door suddenly flew open and Mia burst in.* 门突然开了，米娅猛地闯了进来。◇ *She ran down the stairs and burst into the kitchen.* 她跑下楼梯，一头扎进了厨房。
→ see also BURST INTO STH
• v + adv • v + prep

'burst into sth to start producing or doing sth suddenly and with great force 突然爆发；突然…起来：*The aircraft* ***burst into flames*** (= suddenly started to burn). 飞机一下子燃烧了起来。◇ *I was so relieved I* ***burst into tears*** (= suddenly started to cry). 我如释重负，不禁痛哭失声。◇ *The cab's engine* ***burst into life*** (= suddenly started to work). 出租车的引擎猛地发动起来。◇ *As the curtain fell, the audience burst into applause* (= suddenly started to clap). 帷幕降下时，观众中突然响起热烈的掌声。
OBJ **tears, flames, laughter, life**
→ see also BURST IN (ON SB/STH), BURST INTO STH
• v + prep

'burst on/onto sth (*also* **'burst upon sth** *more formal*) to appear somewhere suddenly in a dramatic or unusual way 突然显现；突然在…出现：*A major new talent has burst on/onto the tennis scene.* 一名能力出众的新秀在网球界突然崭露头角。
OBJ **scene**
• v + prep

,burst 'out to say sth suddenly, loudly and with strong feeling 突然激动地喊叫：*'I hate you!' she burst out.* "我恨你！" 她大声喊道。
SYN **exclaim** (*formal*)
→ see also BURST OUT DOING STH
• v + adv + speech
▸ **'outburst** *n* a sudden strong expression of an emotion; a sudden increase in an attitude or an activity （感情的）迸发；（态度的）激化；（活动的）激增：*an outburst of anger/laughter* 勃然大怒 / 哄然大笑 ◇ *sporadic outbursts of violence* 零星的暴力事件 ◇ *She apologized for her outburst.* 她为自己情绪失控道歉。

,burst 'out; ,burst 'out of sth to leave a room, a building, etc. suddenly and noisily 闯出；突然跑出：*The door opened suddenly and a man burst out of the house.* 门突然打开，一名

男子从屋里冲了出去。
◆ v + adv ◆ v + adv + prep

ˌ**burst ˈout doing sth** to begin doing sth suddenly 突然开始做某事: *We looked at one another and burst out laughing.* 我们相互瞧着对方，突然大笑起来。
OBJ **laughing, crying**
◆ v + adv + -ing

ˌ**burst ˈthrough; ˌburst ˈthrough sth** to move suddenly through a door, a barrier, etc. with great force 闯过；突破: *The car drove fast up to the road block and burst through.* 汽车快速开到路障前，一下子冲了过去。◇ *She burst through the door pursued by two men.* 她突然冲出门去，后面两名男子紧追不舍。◇ *The sun burst through the clouds.* 太阳破云而出。
◆ v + adv ◆ v + prep

ˈ**burst upon sth** → BURST ON/ONTO STH

bury /ˈberi/ (**buries, burying, buried**)

ˈ**bury yourself in sth** **1** to go to or be in a place where you will not meet many people 去（人迹罕至的地方）；退隐于: *He buried himself in the country to write a book.* 他隐居乡间写书。 **2** to involve yourself in sth completely; to spend all your time thinking about or doing sth and ignore everything else 投身于；潜心于: *She buried herself in her work in an attempt to forget.* 她一心工作，试图忘掉往事。 OBJ **work, book**
◆ v + pron + prep

bust /bʌst/ (**bust, bust** or **busted, busted**)

NOTE **Bust** is an informal way of saying **break**.
* bust 是 break 的非正式说法。

ˌ**bust ˈout; ˌbust ˈout of sth; ˌbust sb ˈout; ˌbust sb ˈout of sth** (*informal*) to escape from somewhere, usually prison; to help sb do this （帮助某人）逃跑，越狱: *His last movie was about a guy busting out of Alcatraz.* 他的上一部电影讲述一名男子从阿尔卡特拉斯岛越狱的故事。◇ *His friends busted him out of jail.* 朋友们帮他逃出了监狱。
SYN **break out, break out of sth** (*more formal*)
◆ v + adv ◆ v + adv + prep ◆ v + n/pron + adv ◆ v + n/pron + adv + prep
▸ ˈ**bust-out** *n* (*informal*): *a prison bust-out* 越狱

ˌ**bust ˈup (with sb)** (*BrE, informal*) if a couple or two friends **bust up**, they have an argument and separate （夫妻、朋友）分手，散伙: *They bust up after five years together.* 他们在一起五年后分道扬镳了。◇ *I bust up with Tim a while ago.* 不久前我和蒂姆分手了。
SYN **break up (with sb); split up (with/from sb)**
◆ v + adv
▸ ˈ**bust-up** *n* (*BrE, informal*) **1** (**with sb**) an argument 争吵；吵架: *We had a huge bust-up and now we're not talking.* 我们大吵了一顿，现在不说话了。 **2** the end of a relationship （关系的）结束，破裂

ˌ**bust sth ˈup** (*informal*) **1** to end sth such as a meeting or a relationship by disturbing or ruining it 破坏（集会、关系等）: *The police busted up the meeting.* 警察驱散了集会。 SYN **break sth up** (*more formal*) **2** (*AmE*) to injure, damage or break sth 伤害；损坏；拆散: *He busted up his knee in the accident.* 他在事故中伤了膝盖。 **3** (*AmE*) to break a company or a larger organization into smaller parts 拆分（公司或机构） OBJ **company** SYN **break sth up** (*more formal*)
◆ v + adv + n ◆ v + n/pron + adv

bustle /ˈbʌsl/

ˌ**bustle aˈbout/aˈround; ˌbustle aˈbout/aˈround sth** (*especially BrE*) to move about somewhere in a busy or hurried way （在…或为…）忙得团团转，东奔西跑: *She was already bustling about, getting dinner ready for the family.* 她已经在忙着为家人准备晚饭。
◆ v + adv ◆ v + prep

butt /bʌt/

ˌ**butt ˈin** (*informal*) **1** (**on sb/sth**) to rudely interrupt sb when they are speaking 插嘴；打断: *He apologized for butting in on our conversation.* 他为打断了我们的谈话道歉。◇ *'His name's Terry, actually,' she butted in.* "其实他叫特里。" 她插话道。 SYN **interrupt (sb/sth)** (*more formal*) **2** to become involved in a situation that does not concern you 插手；干涉: *Stop butting in. It's nothing to do with you.* 你甭管。这事与你无关。 SYN **interfere (with sth)** (*more formal*)
◆ v + adv **1** also v + adv + speech

ˌ**butt ˈout** (*informal, especially AmE*) used to tell sb rudely to go away or not try to influence matters which do not concern them （粗鲁的说法）滚开，别管闲事: *Butt out! It's none of your business.* 别多嘴多舌！这不关你的事。
◆ v + adv

butter /ˈbʌtə(r)/

ˌ**butter sb ˈup** (*informal*) to say nice things about sb because you want them to do sth for you or give you sth （以甜言蜜语）拍…的马屁，讨好，巴结: *We'd better butter him up a bit before we ask for his help.* 我们最好先给他戴个高帽，再求他帮忙。
SYN **soften sb up**
◆ v + n/pron + adv ◆ v + adv + n

button /ˈbʌtn/

ˌ**button ˈup** (*AmE, informal*) to stop talking suddenly, often because you have said too much already （常指因为讲话过多）突然住口，闭上嘴: *She was giggling with her friends, when the teacher told them to button up.* 她正与朋友们咯咯说笑，老师要他们闭嘴。
◆ v + adv

ˌbutton ˈup; ˌbutton sb/sth ˈup to be fastened with buttons; to fasten sth with buttons 扣上纽扣；给…系上纽扣: *He buttoned up his coat.* 他扣好了外衣的纽扣。
OBJ **coat, jacket, etc.** SYN **do up, do sth up**
OPP **unbutton, unbutton sth**
NOTE **Button** and **button sth** are also used on their own. * button 和 button sth 也单独使用。
• v + n/pron + adv • v + adv + n
▸ ˈ**button-up** *n* (*AmE, informal*) a shirt that closes using buttons 带纽扣的衬衫
▸ ˌ**buttoned-ˈup** *adj* **1** [usually before noun] not showing or expressing your feelings openly; not very friendly 不露声色的；沉默寡言的；冷淡的: *his buttoned-up calmness* 他的镇静从容 **2** (*AmE*) very formal in appearance; traditional rather than new or exciting 一本正经的；正襟危坐的；古板无趣的

ˌbutton sth ˈup (*AmE, informal*) to finish dealing with the final parts or details of sth complicated 处理…的遗留问题；了结: *She went home for the funeral and to button up her father's financial affairs.* 她回家参加葬礼，并计划了结父亲的财务事宜。
• v + n/pron + adv • v + adv + n

buy /baɪ/ (**bought, bought** /bɔːt/)

ˌbuy sth ˈback if sb **buys sth back**, they buy again sth that they have sold earlier to sb else 买回，购回（售出物品）: *The bank will supply and buy back foreign currency.* 银行将提供并回购外汇。◇ *He sold the car in 1949 for £400. To buy it back last year cost £31 000.* * 1949年他以400英镑卖掉这辆汽车，去年回购时花了31 000英镑。
• v + adv + n • v + n/pron + adv
▸ ˈ**buy-back** *n* **1** the action of buying again sth that you have sold earlier 买回；购回: *a book/an equipment buy-back* (= when a shop/store or company buys back sth you have finished using) 书籍 / 设备的回购 **2** (*business*) a form of borrowing money in which a company sells its shares with an agreement that it will buy them again at a later date 股份回购（公司在约定日后购回的前提下出售股份的筹资方式）: *a share buy-back* 股份回购 ◇ *a share buy-back programme* 股份回购计划

ˌbuy ˈin (in poker 扑克牌) to pay money for pieces of plastic which represent a particular value (called **chips**) in order to enter a game 购买筹码: *Is anyone else buying in?* 有其他人要购买筹码吗?
• v + adv
▸ ˈ**buy-in** *n* **1** (in poker 扑克牌) the amount paid to buy in 购买筹码的金额: *a $50 buy-in* 购买50元的筹码 **2** the fact of accepting an idea or product after being convinced by others that it is good（对某想法或产品的）接受，相信: *It is important to get total Congressional buy-in from the beginning.* 在开始阶段就获得国会的完全赞同十分重要。→ see also BUY INTO STH **3** (*business*) a situation where a group of people from outside a company buy more than 50% of its shares because they want to take over the management of the company（公司外部人士为取得公司管理权而购买50%以上股份的）收购，管理权收购 → see also BUY INTO STH **4** (*business*) a situation where a company buys its shares back from the people who own them 股份回购: *The buy-in was part of the company's strategy to protect itself against a hostile takeover.* 股份回购是公司防止恶意收购的战略措施之一。→ see also BUY INTO STH

ˌbuy sth ˈin (*BrE*) to buy sth or a large amount of sth for a special occasion or in order to have a supply for the future（为某场合或保证未来供应）大量买进，囤积: *I'll have to buy in extra food if they're coming to stay for a while.* 如果他们要来住上一段时间，我得额外多买些食品。
OBJ **food**
• v + adv + n • v + n/pron + adv

ˌbuy ˈinto sth 1 (*business*) to buy shares in a company, especially to gain control over it（尤指为取得控股权）购买…的公司股份: *They are looking to buy into another insurance company.* 他们正寻机购买另一家保险公司的股份以取得控股权。OBJ **company, business** → see also BUY-IN at BUY IN **2** (*business*) to invest in sth 投资于: *The broker advised its clients to buy into the stock.* 经纪人建议客户购入股票。**3** to accept sth that many other people believe 从众；随大溜: *We don't buy into the myth that money is the answer to everything.* 我们不会人云亦云地相信金钱万能的神话。→ see also BUY-IN at BUY IN
• v + prep

ˌbuy sb ˈoff to pay sb to stop them acting against you, causing trouble for you, etc. 收买，贿赂（某人不做某事）: *They had to buy Brennan off to stop him from talking.* 他们不得不花钱封住布伦南的口。
• v + n/pron + adv • v + adv + n

ˌbuy sb/yourself ˈout; ˌbuy sb/yourself ˈout of sth (*BrE*) to pay money so that sb/you can leave an organization, especially the armed forces, before the time agreed（为提前退役、离职等）支付补偿金: *After four years in the navy I bought myself out.* 在海军服役四年后，我付了补偿金提前退伍了。
• v + n/pron + adv • v + n/pron + adv + prep

ˌbuy sb/sth ˈout to buy part of a company, business, etc. from sb else so that you own all of it and control it（为获得全部股份）购买…的股份: *I want to buy her out and have the house to myself.* 我想买下她名下的那部分产权，独自拥有这幢房子。◇ *The company was bought out by two German businessmen.* 公司的全部股份都被两个德国商人买下了。
OBJ **partner, company**
• v + n/pron + adv • v + adv + n
▸ ˈ**buyout** *n* (*finance*) a situation when sb buys enough shares in a company to gain control of it（购买足够股份以获得控股权的）公司收购，控股收购

ˌbuy ˈround (*informal, business*) to buy goods directly from the manufacturer （从制造商处）直接购买
◆ v + adv

ˌbuy sth ˈup to buy quickly all of sth or as much as you can 全部买下；尽量买进：*They've bought up all the land in the area.* 他们收购了这个地区的全部土地。
OBJ **company, land, property**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

buzz /bʌz/

ˌbuzz aˈround; ˌbuzz aˈround sth (*also* **ˌbuzz aˈbout/ˈround, ˌbuzz aˈbout/ˈround sth** *especially BrE*) to move around quickly and actively （在…或为…）忙得团团转，跑东跑西：*She buzzed round (the kitchen).* 她（在厨房）忙得团团转。◇ *The photographer buzzed around, checking the light.* 摄影师奔来跑去，忙着检查灯光。◇ *Questions buzzed round inside my head.* 诸多疑问萦绕在我的心头。
◆ v + adv ◆ v + prep

ˌbuzz sb ˈdown (*informal*) to cut sb's hair very short using an electric tool (**clippers**)（用电动理发推子）剪短…的头发：*I asked the barber to buzz me down to zero.* 我要求理发师把我的头发剃光。
◆ v + adv + n ◆ v + n/pron + adv

ˌbuzz sb ˈin, ˈup, etc. (*informal*) to let sb enter a building by opening the door using an electronic device （打开门禁）让…进来：*It's Craig—can you buzz me in?* 我是克雷格——可以打开门让我进来吗？
◆ v + adv + n ◆ v + n/pron + adv

ˌbuzz ˈoff (*informal*) used to tell sb, not very politely, to go away （不太礼貌的说法）滚开，走开：*Buzz off, I'm trying to work!* 滚远点，我正干活呢！◇ *I wish he'd buzz off!* 我希望他走开！
SYN **clear off; go away** (*more formal*)
◆ v + adv

ˌbuzz ˈround, etc. (*especially BrE*) → BUZZ AROUND, ETC.

Cc

calculate /ˈkælkjuleɪt/

ˈ**calculate on sth**; ˈ**calculate on doing sth** (*especially AmE*) to depend or rely on sth happening or being true, especially as part of a plan （尤指作为计划的一部分）指望，依赖，期待: *The developers are calculating on consumers' desire for better and better technology.* 开发人员寄希望于消费者会需要越来越好的技术。

SYN **bank on sb/sth, etc.; count on sb/sth, etc.; reckon on sb/sth, etc.** ⊃ note at DEPEND ON SB/STH

◆ v + prep

call /kɔːl/

NOTE **To call** is the most common way to say 'to telephone' in American English. It is also used in British English, but **to phone** and **to ring** are more common. * to call 是美国英语表示打电话的最常见说法。它也用于英国英语，但 to phone 和 to ring 更常见。

ˌ**call aˈround**; ˌ**call aˈround sb/sth** (*AmE*) to telephone a number of different people, usually to try to get information 四处（给…）打电话: *He's been calling around trying to get the best price on a computer.* 他正四下打电话，想找到买计算机的最优价格。◇ *I called around the neighbourhood to get support for my campaign.* 我给左邻右舍打电话，请他们支持我发起的活动。

◆ v + adv ◆ v + prep

ˌ**call sb aˈway** to ask sb to stop doing what they are doing and go somewhere else to deal with sth 把（某人）叫到别处去；叫走（某人）: *He was called away to the phone.* 有人叫他去接电话。◇ *She was called away from the meeting to deal with an emergency.* 她被叫出会场去处理一件急事。

NOTE Almost always used in the passive. 几乎总是用于被动语态。

◆ v + n/pron + adv

ˌ**call ˈback** (*BrE*) to visit sb again 再度拜访；回访: *I'll call back later when your wife's at home.* 回头等您夫人在家，我再登门拜访。

◆ v + adv

ˌ**call ˈback**; ˌ**call sb ˈback** to telephone sb again or to telephone sb who telephoned you earlier （给…）再打电话，回电话: *Call back in an hour—he'll be here then.* 一个小时后再打电话过来 —— 那时他就回来了。◇ *Kate phoned. Can you call her back?* 凯特来电话了。你给她回个电话好吗？◇ *I'll call you back with the details later.* 待会儿我再给你打电话，告诉你详细情况。

◆ v + adv ◆ v + n/pron + adv

▸ ˈ**callback** *n* **1** a device in a telephone that automatically calls again a number that was busy when you first called it （电话）自动重拨装置: *a callback facility* 自动重拨功能 **2** a telephone call that you make to sb who has called you earlier 回电话

ˌ**call sb ˈback 1** to shout to sb to turn around and come back to a place they have just left 把…喊回来；叫…回来: *I ran off, but he called me back.* 我撒腿就跑，可他把我叫了回去。◇ *We started to walk off but were called back by the police officer.* 我们拔腿要走开，但是被警察喊了回来。 **2** to ask sb who is applying for a job, etc. to return so that you can talk to them again 通知（求职者等）回来（再谈）: *Three people were called back for a second interview.* 通知了三个人来参加第二轮面试。

◆ v + n/pron + adv

ˌ**call ˈby** (*informal, especially BrE*) to visit a place or a person for a short time, usually when you are going somewhere else （顺道）拜访，来访: *Could you call by on your way home?* 你回家途中顺便来小坐一会儿吧？◇ *Jan called by to bring your gift.* 简顺路把你的礼物送来了。

SYN **drop by** ⊃ note at VISIT WITH SB

◆ v + adv

ˌ**call sb ˈdown** to shout to sb to ask them to come down from a place which is higher than you 把…喊下来；叫…下来: *I've called him down (= to come downstairs) to breakfast already.* 我已经喊过他下楼吃早餐了。

◆ v + n/pron + adv

ˌ**call sth ˈdown (on/upon sb)** (*literary*) to ask God, etc. to make sth unpleasant happen to sb because of sth bad they have done to you; to make sth bad happen to sb 祈求（某人受到）某惩罚；使（某人）遭受…灾祸: *He called down curses on them.* 他诅咒他们。

OBJ **curses, wrath**

◆ v + adv + n ◆ v + n/pron + adv

ˈ**call for sb** (*BrE*) to go to sb's home, for example, and take them or go with them somewhere （去某人家）接（某人）: *Shall I call for you at eight?* 我八点钟过来接你好吗？

◆ v + prep

ˈ**call for sth 1** if a situation **calls for** a particular action or quality, it needs or requires it 需要，要求有（行动或品质）: *This calls for a celebration!* 这得庆贺一下！◇ *What she's doing calls for great skill and courage.* 她的工作需要很高的技能和勇气。 ◇ *Tougher action by the government is called for.* 政府应该采取更加严厉的行动。 **2** (*AmE*) (of a weather forecast) to predict a particular type of weather （气象预报）预报（会有某种天气）: *The forecast today calls for mostly sunny conditions with a light wind.* 天气预报说今天以晴天为主，有微风。

♦ v + prep

▶ **un'called for** *adj* (of remarks or behaviour 言辞或行为) not fair or necessary in the circumstances 不公正的；多此一举的：*I shall ignore that uncalled-for remark.* 我不会理睬那句不负责任的话。

'call for sth; 'call for sb/sth to do sth to demand publicly that sth should be done （公开）要求；向…呼吁：*The group has called for a boycott of the elections.* 该团体号召抵制选举。◇ *The other directors have called for him to resign.* 其他董事已要求他辞职。◇ *A total ban on nuclear weapons has been called for.* 人们呼吁全面禁止核武器。 ⊃ note at ASK FOR STH

♦ v + prep ♦ v + prep + n/pron + **to** +inf

,call sth 'forth (*formal*) to produce a particular reaction 激起，导致（反应）：*Her remarks have called forth harsh criticism in the media.* 她的话招致媒体的严厉批评。

♦ v + adv + n ♦ v + pron + adv ♦ v + n + adv (*rare*)

,call 'in 1 [+ adv/prep] (*especially BrE*) to visit a place or a person for a short time, usually when you are going somewhere else （顺道短暂）拜访，来访：*He called in at the office before he left for London.* 他去伦敦前来了趟办公室。◇ *She often calls in for a chat.* 她经常顺路进来聊会儿天。 SYN **drop in (on sb/at ...)** (*informal*) **2** to telephone the place where you work 打电话到（工作单位）：*She* ***called in*** *sick this morning* (= telephoned to say that she was ill/sick and would not be coming to work). 她今天早晨打电话请了病假。 **3** to make a telephone call to a radio or television programme 打电话到（广播或电视节目）：*Many listeners called in to complain.* 很多听众打电话来投诉。

♦ v + adv

▶ **'call-in** *n* (*AmE*) a television or radio show in which people can phone to talk to people on the show, ask questions, give their opinions, etc. （电视或广播的）电话接入节目：*a call-in show* 观众（或听众）热线节目

,call sb 'in to ask sb to come and help, give advice, repair sth, etc. 召来，请来（某人来提供建议、帮助维修等）：*He's threatened to call in the police.* 他威胁要叫警察。◇ *You'll have to call a plumber in to look at this.* 你得请水暖工过来瞧瞧。◇ *Bomb disposal experts were called in to get rid of the device.* 请来了拆弹专家拆除这个装置。

OBJ **police, expert** SYN **send for sb**

♦ v + adv + n ♦ v + n/pron + adv

,call sth 'in (*BrE*) **1** to order or request the return of a product that has a fault 召回（有问题的产品）：*The manufacturers have called in the faulty goods.* 制造商已召回次品。 SYN **recall sth** (*more formal*) **2** to request the return of sth that you have given or lent to sb 要求归还；要求付清：*The bank called in the loan* (= asked for the money to be paid back immediately). 银行要求立即还清贷款。◇ *It was the first time Brad had called in a favour* (= asked sb for a favour whom he had previously helped). 向自己曾经帮助过的人开口求助，这在布拉德还是第一次。 OBJ **loan, favour**

♦ v + adv + n ♦ v + n/pron + adv

,call sb/sth 'off to order soldiers, dogs, etc. to stop attacking sb, searching for sb/sth, etc. 喊走（攻击人的狗等）；撤走（搜查的士兵等）：*Please call your dog off.* 请把你的狗叫走。

OBJ **dog**

♦ v + n/pron + adv ♦ v + adv + n

🔑 **,call sth 'off** to cancel or abandon sth that has been planned or that has already started 取消；放弃：*The meeting was called off at the last minute.* 会议临到最后取消了。◇ *They've called off their engagement* (= they have decided not to get married). 他们已经解除婚约。◇ *Police called off the search for the climbers at dusk.* 黄昏时分，警方停止了对登山者的搜救。

OBJ **match/game, engagement/wedding, deal, search, strike**

♦ v + adv + n ♦ v + n/pron + adv

'call on sb 1 (*especially BrE*) to visit sb for a short time （短暂）拜访，探望：*On our way back, we called on grandma.* 在回去的路上，我们去看望了奶奶。 SYN **drop in (on sb/at ...)** **2** (*AmE*) to ask sb in a class, etc. to answer a question or give their opinion 请（上课的学生等）回答提问（或发表意见）：*The math teacher always calls on the boys.* 数学老师总是要男生发言。

♦ v + prep

'call on/upon sth (*formal*) to use your strength, courage, etc. in order to achieve sth or deal with a problem 用（力气）；鼓起（勇气）：*She had to call on all her reserves of courage to face the ordeal.* 她不得不鼓足全部勇气，直面这一严峻考验。

OBJ **strength, courage**

♦ v + prep

'call on/upon sb to do sth (*formal*) **1** to make a serious or urgent request to sb to do sth 恳请；请求；呼吁：*I'm available in case I'm called on to help.* 如需帮忙，我随叫随到。◇ *We call upon all parties to respect the results of the election.* 我们呼吁所有党派尊重选举结果。 **2** to formally invite or request sb to speak, etc. 恭请，邀请（某人发言等）：*I now call upon Mr Spring to give the vote of thanks.* 现在请斯普林先生致答谢辞。

NOTE **Call on/upon sb to do sth** can be used in the passive * call on / upon sb to do sth 可用于被动语态：*I was called on to make a speech.* 我应邀发表了讲话。

♦ v + prep + n/pron + **to** +inf

,call 'out (*AmE*) to telephone to say that you are ill/sick and will not be coming to work 打电话请病假：*If you always call out on Mondays it looks suspicious.* 如果你老是星期一打电话请病假，会显得很可疑。

♦ v + adv

,call 'out (to sb), ,call sth 'out (to sb) to shout or say sth loudly in order to get

sb's attention or help （对某人）呼喊，喊: *He called out to her, but she carried on walking.* 他大声叫她，但她还是继续走。◇ *He woke in the night, calling out her name.* 他夜里醒来，呼唤着她的名字。◇ *They called out the numbers of the winning tickets.* 他们高声宣读中奖的券号。

OBJ **name** SYN **shout out (to sb), shout sth out (to sb)**

NOTE **Call** and **call sth** can be used on their own with a similar meaning, but **call out/call sth out** suggests sth louder or more urgent. * call 和 call sth 可单独使用，也作相近含义，但 call out 和 call sth out 含大声和迫切之意。

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n ◆ v + adv + speech

ˌcall sb ˈout 1 to ask sb to come to help you, when there is an emergency （紧急时）召唤某人（帮助）: *I've never had to call the doctor out at night before.* 我以前从来没有在夜里请过医生。◇ *We had to call out an electrician.* 我们不得不叫电工过来。◇ *Troops were called out to deal with the riot.* 已调集部队前往平息骚乱。

OBJ **doctor, fire brigade, electrician 2** to order or ask workers to stop work as a protest 命令罢工；通知罢工: *Miners were called out on strike by union leaders.* 工会领导人号召矿工罢工。**3 (for sth)** (*AmE*) to criticize sb's actions 批评；指责: *Critics are calling the company out for releasing such shabby software.* 评论家抨击该公司发布了如此蹩脚的软件。

◆ v + n/pron + adv ◆ v + adv + n

▶ **ˈcall-out** *n* (*BrE*) an occasion when you ask sb to come to help you in an emergency （紧急）求助: *ambulance call-outs* 叫救护车◇ *How much is the plumber's call-out charge?* 请水暖工上门需要多少钱?

NOTE The noun **call** is also used. 也可使用名词 call。

ˌcall ˈout for sth (*AmE*) to telephone a shop/store, restaurant, etc. to ask them to

SYNONYMS 同义词辨析

call sb up

call (sb) up ◆ give sb a call ◆ give sb a ring ◆ phone (sb) up ◆ ring (sb) up ◆ telephone (sb)

These verbs all mean to make a telephone call to sb. 这些动词都表示给人打电话。

call (sb) up (*especially AmE*) to make a telephone call to sb （给某人）打电话: *I called him up and asked him how he was doing.* 我给他打了电话，问他近况如何。NOTE **Call** can be used on its own * call 可单独使用: *My brother called me from Germany last night.* 我哥哥昨晚从德国给我打来了电话。

give sb a call (*not formal*) to make a telephone call to sb 打电话给某人: *If you need any help, please give me a call.* 如需帮助，请给我打电话。

give sb a ring (*BrE, informal*) to make a telephone call to sb 打电话给某人: *I'll give you a ring tomorrow.* 我明天给你打电话。

phone (sb) up (*BrE, not formal*) to make a telephone call to sb （给某人）打电话: *I was just phoning up for a chat.* 我只是打个电话聊聊天。NOTE **Phone** can be used on its own * phone 可单独使用: *My brother phoned me from Germany last night.* 我哥哥昨晚从德国给我打来了电话。

ring (sb) up (*BrE, not formal*) to make a telephone call to sb （给某人）打电话: *She rang me up to say she'd be late.* 她给我打来电话说她会晚点儿到。NOTE **Ring** can be used on its own * ring 可单独使用: *I'll ring you later.* 我过会儿给你打电话。

telephone (sb) (*especially BrE, formal*) to make a telephone call to sb （给某人）打电话: *Please write or telephone for details.* 请来函来电了解详情。◇ *I was about to telephone the police.* 我正要打电话报警。

WHICH WORD?

Ring and **phone** are the most frequent verbs in this group in spoken British English, but they are not used in American English. **Call** is usually preferred when asking sb/sth to come to a place 在英国英语口语中，ring 和 phone 在这组动词中最常见，但美国英语中不用于此义。call 通常用于表示要某人或某物来某处: *to call the police/fire brigade* 打电话报警 / 报火警. You can **call, ring** or **phone** a person, place or institution, but you must **call** or **ring/phone** *for* a cab/a taxi/an ambulance. **Give sb a call/ring** is used most frequently when you are telling people to telephone you, or saying that you will telephone them. **Call up, ring up**, etc. are never used with this meaning. 打电话给某人、到某处或某机构，可用 call、ring 或 phone，但打电话叫出租车或救护车，须用 call for 或 ring / phone for。让别人打电话来，或告诉别人会打电话去时，give sb a call / ring 最常见，call up、ring up 等从不用作此义。

PATTERNS AND COLLOCATIONS

- to call sb (up)/ring sb (up)/phone sb (up)/telephone sb **about** sth
- to call/ring/phone/telephone **for** a taxi/an ambulance/a doctor
- to call/ring/phone/telephone the **doctor/fire brigade/police**
- to call (up)/ring (up)/phone (up)/telephone for **details/information**

deliver food to you at home or at work（打电话）叫…外卖: *Let's call out for pizza.* 我们打电话要外卖比萨吧。
SYN **send out for sth**
◆ v + adv + prep

ˌ**call sb ˈover** to call sb to come over to where you are, because you want to speak to them, give or show them sth, etc. 叫…过来；让…过来: *Call the waiter over.* 把服务员叫过来。
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

ˌ**call ˈround** (*BrE*) to visit sb at their home for a short time （到别人家里短暂地）拜访，探访: *I just called round to say hello.* 我只是过来打个招呼。
SYN **drop round**
◆ v + adv

ˌ**call ˈup**; ˌ**call sb/sth ˈup** (*especially AmE*) to make a phone call to a person or a place 打电话（给某人或到某处）: *Call up and make a reservation for eight o'clock.* 打电话去预订八点钟的位子。◇ *She called him up from the bus station.* 她从公共汽车站给他打了电话。◇ *Call up the office and ask for Mr Morgan.* 打电话到办公室，找摩根先生。
NOTE **Call** and **call sb** are also frequently used on their own with this meaning. **Call up** and **call sb up** are very common in spoken English. * call 和 call sb 常单独使用也作此义。call up 和 call sb up 常见于英语口语。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌ**call sb ˈup 1** to officially ask sb to go to do training in the army, navy or air force or to fight in a war 征召（服役或参战）: *When the war began, he was too old to be called up.* 战争爆发时，他已超过应征入伍的年龄。 SYN **conscript sb** (*especially BrE*), **draft sb** (*AmE*) **2** (*especially BrE*) to ask sb to join sth or take part in sth; to choose sb to play in a team 选入，征调（运动员等）: *He's been called up for next week's match.* 他已入选参加下周的比赛。 **3** (*AmE*) (in baseball 棒球) to bring a player from a minor league team onto a major league team 将（小联盟球队队员）选入大联盟球队: *They called him up last Tuesday, and he'll be on the mound tonight.* 上周二他们将他召入大联盟球队，今晚他将作为投手上场。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n
▶ ˈ**call-up** *n* **1** an official order to join the army, navy or air force 征召令；征兵令: *call-up papers/camps* 征召令 / 征兵营 **2** (*especially BrE, sport*) an official invitation to play in a team or in a particular game （运动员）征调函，选调函

ˌ**call sth ˈup 1** (*computing*) to obtain information that is stored on a computer （从计算机中）调出，调用: *She called up all the files he had worked on.* 她调出他处理过的所有文件。
OBJ **file, information 2** to bring sth back to your mind; to make you remember and think about sth 使忆起；使想起: *The sound of their laughter called up memories of his own childhood.* 他们的欢笑声唤起了他的童年记忆。
OBJ **memory** SYN **recall sth** (*formal*) **3** to use a quality that you have 利用，发挥（品质）: *He called up all his reserves of courage.* 他鼓足了勇气。 OBJ **reserves**
◆ v + adv + n ◆ v + n/pron + adv

ˈ**call upon sth, etc.** → CALL ON/UPON STH, ETC.

calm /kɑːm/

ˌ**calm ˈdown**; ˌ**calm sb/yourself ˈdown** if sb **calms down**, or you **calm them down**, they stop being angry or excited and become calm （使）镇静下来，安静下来: *Calm down! I've said I'm sorry.* 别生气了！我说过对不起了。◇ *There was nothing we could do to calm her down.* 我们无法让她平静下来。◇ *He went for a walk to calm himself down.* 他出去散步，好让自己的情绪平复下来。◇ *Jack was so shocked that he had to be calmed down by his wife and son.* 杰克惊呆了，他的妻儿不得不过来安抚他。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌ**calm ˈdown**; ˌ**calm sth ˈdown** to become calmer; to make a situation calmer 平静下来；使（局势）趋于平静: *The whole fuss will have calmed down by tomorrow.* 这一切忙乱到明天就会平息下来。◇ *I've spoken to them to try to calm things down a bit.* 我告诉过他们要想办法缓和一下事态。
NOTE Not used in the passive. 不用于被动语态。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

camp /kæmp/

ˌ**camp ˈout** (*informal*) to sleep outside, usually in a tent; to sleep on the floor somewhere for a short time 露宿；宿营；（暂时）睡地板: *If there is nowhere to stay, we'll have to camp out.* 如果无处过夜，我们只能露宿。◇ *People camped out in the school hall to escape the floodwater.* 人们暂时在学校礼堂睡地铺，以躲避洪水。
◆ v + adv
▶ ˈ**campout** *n* (*AmE*) a time when people sleep outside in a tent 露营；宿营；野营

ˌ**camp it ˈup** (*BrE, informal*) to behave in a very exaggerated manner, especially to attract attention to yourself or to make people laugh 过分做作，装模作样（尤指以引人注目或逗人发笑为目的）: *He enjoys camping it up.* 他喜欢哗众取宠。◇ *I really camped it up in the final scene.* 在最后一幕我的表演确实有些过火。
◆ v + it + adv

cancel /ˈkænsl/ (**-ll-**, *AmE* **-l-**)

ˌ**cancel ˈout**; ˌ**cancel sth ˈout** if two or more things **cancel out** or one **cancels out** the other, they are equally important, but have an opposite effect on a situation so that the situation does not change 抵消；对消: *The gains and losses are expected to cancel out.* 预计得失参半。◇ *Our expenditure and profits*

cancel each other out. 我们的开支和盈利相互抵消。◇ *The job is hard work, but this is cancelled out by the fact that the people are so nice.* 虽然工作很辛苦，因为大家都很友善，这也就算不了什么了。 ➲ note at MAKE UP FOR STH
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

cannon /ˈkænən/

ˌcannon ˈinto sb/sth (of a moving person, vehicle, etc. 移动中的人、车辆等) to hit sb/sth by accident and with great force 猛撞；狠撞：*She stopped suddenly and I almost cannoned into her.* 她突然停下来，我差点撞上她。
◆ v + prep

ˌcannon ˈoff sb/sth if sth moving **cannons off** sb/sth, it hits them/it by accident and with great force and then goes off in a different direction （移动中的物体）撞上…后弹开：*The ball cannoned off his leg into the goal.* 球碰到他的腿，弹入球门。
◆ v + prep

capitalize (*BrE also* capitalise) /ˈkæpɪtəlaɪz/

ˈcapitalize on sth (*also* **ˈcapitalize upon sth** *less frequent, more formal*) to use sth to gain further advantage for yourself 利用；凭借：*They capitalized on their success by raising prices.* 他们借着成功的势头提了价。 ◇ *The opposition tried to capitalize on popular discontent over the new law.* 反对党试图利用公众对新法律的不满情绪。
OBJ **success, opportunity, potential** SYN **take advantage of sth**
◆ v + prep

care /keə(r); *AmE* ker/

ˈcare for sb to like or love sb 喜欢；爱：*I care deeply for you.* 我深深地爱着你。◇ *I just want to be loved and cared for by somebody.* 我只是想有人爱我，在乎我。
◆ v + prep
IDM **would you care for ...** (*formal*) used to ask sb if they would like sth to eat or drink 您想来点（食品或饮料）吗：*Would you care for a*

SYNONYMS 同义词辨析

care for sb

attend to sb/sth ◆ care for sb ◆ look after sb/yourself ◆ take care of sb ◆ tend to sb

These verbs all mean to be responsible for sb's health or safety, especially by giving them everything they need. 这些动词都表示照顾、照料、看护。

attend to sb/sth (*formal*) to look after sb/sth and make sure they have everything they need 照顾；护理：*A nurse attended to his needs constantly.* 一位护士随时照看他的需要。

care for sb to look after sb because they are seriously ill, injured or very old, and to make sure they have what they need 照顾，照料（重病人、伤员或老人）：*He gave up work to care for his wife.* 为照顾妻子他辞去了工作。

look after sb/yourself (*especially BrE*) to be responsible for sb's general health and happiness, especially because they are ill, injured, very young or old 照顾，照料（尤指病人、伤员、幼童或老人）：*Who's going to look after the children while you're away?* 你不在时谁来照看小孩？◇ *Don't worry about me—I can look after myself.* 别担心我——我能照料我自己。

take care of sb to look after sb 照顾；照料；关心：*Who's taking care of the children while you're away?* 你不在时谁来照看小孩？

tend to sb to look after ill or injured people 照管，照料，护理（病人或伤员）：*Ambulance crews were tending to the injured.* 救护车上的医护人员正在照料伤者。 NOTE **Tend** can be used on its own, and is also used for animals and plants * tend 可单独使用，也用于动植物：*Doctors and nurses tended the injured.* 医生和护士照料伤者。◇ *They helped the farmers tend their cattle.* 他们帮农民照看牛。

WHICH WORD?

People often **look after sb** for a short time, while they are ill, or while the person who usually takes care of them is away. **Take care of sb** can be used in the same way, and in American English it is more frequent than **look after sb** . Both of these, but especially **take care of sb**, can suggest a feeling of love and care for the person, not just a position of responsibility. **Caring for sb** is more often a long-term, full-time occupation. * look after sb 常指短期照料病人或代人照看。take care of sb 用法相同，在美国英语中比 look after sb 更常见。这两个动词短语，特别是 take care of sb，含有对人的关爱和关心之意，而不仅仅指负有责任。caring for sb 多指长期、全职的工作。

PATTERNS AND COLLOCATIONS

- to look after/take care of/care for/tend (to) **the sick**
- to look after/take care of/care for **the children/the elderly/an elderly relative**
- to look after/take care of **yourself**
- to tend/attend to **a wound**

cup of tea? 您想喝杯茶吗？

🔑 **'care for sb/sth 1** to take care of and be responsible for sb who is very young, old or sick, etc. or for sth that is in danger or could be damaged 照顾；照护；照管: *The nurses give advice to the patients and those who care for them.* 护士给病人和陪护人员提供建议。◇ *She cares for several children with special needs.* 她照看几个需要特别护理的孩子。◇ *The company is committed to caring for the environment.* 公司致力保护环境。◇ *The children were all clean and well cared for.* 孩子们都干干净净，受到了精心照料。 OBJ **children, the sick, the elderly** → see also LOOK AFTER SB/STH/YOURSELF; LOOK AFTER STH **2** not care for sb/sth (*formal*) to not like sb/sth very much 不太喜欢: *I don't care for opera.* 我不大喜欢歌剧。
• v + prep
▶ **un'cared for** *adj* not looked after 无人照看的；被忽视的: *The children looked dirty and uncared for.* 孩子们看上去脏兮兮的，没人照料。◇ *uncared-for gardens* 疏于管理的园子

carry /'kæri/ (carries, carrying, carried)

,carry sth a'round (*also* **,carry sth a'bout/'round** *especially BrE*) **(with you)** to take sth from one place to another; to take sth everywhere with you 将…带在身边；随身携带: *I don't want to carry this bag about with me all day.* 我不想成天提着这只包到处走。◇ *The MP3 player is light enough to carry around in your pocket.* * MP3 播放器很轻，可以放在口袋里随身携带。
• v + n/pron + adv • v + adv + n

,carry sb/sth a'long to take or move sb/sth forward 把…往前带；把…往前推: *His body had been carried along by the river.* 他的尸身随河水漂流。◇ *The crowd was so thick that she was carried along with it.* 人群挤得水泄不通，她只能随着人流往前移动。◇ (*figurative*) *His immense enthusiasm carried us all along.* 他表现出的极大热情深深感染了我们。
• v + n/pron + adv

,carry sb/sth a'way/'off to support the weight of sb/sth and take them/it away 把…抬走；把…冲走: *A strong current carried the dinghy away.* 一阵激流卷走了小艇。
• v + n/pron + adv • v + adv + n

be/get ,carried a'way to be so excited and enthusiastic about sth that you lose control of your feelings and may behave in a silly way or without thinking （因激动或兴奋）失去自制，忘乎所以: *I got so carried away with shopping that I completely forgot the time.* 我疯狂购物，完全忘记了时间。◇ *Don't get carried away—it's not that exciting.* 别兴奋得失态了 —— 没那么令人激动。
• be/get + v + adv

,carry sb 'back (to sth) to remind sb of sth that happened in the past 使回想起来；使陷入回忆: *The song carried her back to her childhood.* 这首歌令她回想起自己的童年。
SYN **take sb back (to sth)**
• v + n/pron + adv

,carry sth 'forward 1 (*also* **,carry sth 'over**) (*finance*) to move a total sum of money, or a total amount, from one page or column to the next, or from one week or year to the next 将（金额或总量）转入（次页或次栏）；结转到（下期）: *The figures were carried forward from the previous page.* 这些数字是从前页结转而来的。 SYN **bring sth forward** NOTE Often used in the passive. 常用于被动语态。 **2** to help sth to make progress or succeed 推进；促成: *She will carry the project forward after I leave.* 我离开后，她将接手这个项目。
• v + n/pron + adv • v + adv + n

,carry sb 'off 1 if a disease **carries sb off**, they die as a result of it （疾病）致…死亡，夺去…的生命: *She was carried off by the epidemic.* 她死于那场流行病。 **2** to capture sb 抓获；俘获: *The enemy carried off many prisoners.* 敌人抓了很多俘虏。
• v + n/pron + adv • v + adv + n

,carry sb/sth 'off → CARRY SB/STH AWAY/OFF

,carry sth 'off 1 to win sth 赢得；获得: *She carried off most of the prizes.* 她赢得了大多数奖项。 **2** to succeed in doing sth difficult; to deal with a difficult situation successfully 成功地应对；轻而易举地处理: *She's the only person I know who can wear a dress like that and **carry it off**!* 穿着那样的裙子又若无其事的，我认识的人中只有她一个！
• **1** v + adv + n • v + pron + adv • v + n + adv (*less frequent*)
• **2** v + n/pron + adv • v + adv + n

🔑 **,carry 'on 1 (with sth)** (*also* **,carry 'on doing sth**) (*especially BrE*) to continue doing sth or moving in a particular direction, without stopping 继续做；继续（向…）移动: *Carry on working/with your work while I'm away.* 我不在的时候，你们接着干吧。◇ *If she carries on shoplifting, she'll end up in jail.* 她如果继续在商店偷窃，免不了坐牢的下场。◇ *She ignored me and carried on writing.* 她没理我，继续写东西。◇ *I called out to him, but he carried on down the road.* 我大声喊他，可他继续沿着路往前走。 SYN **go on, go on doing sth** → see also CARRY STH ON 1 **2** to manage to continue living or working in your usual way in spite of difficult or unpleasant circumstances 坚持如常地生活（或工作）: *Life carried on as usual after the fire.* 火灾过后，生活依旧。◇ *We're all going to carry on as if nothing has happened.* 我们大家要像什么事也没发生一样生活下去。 SYN **go on; continue 3 (with sth)** to continue speaking or doing sth after a short pause （停顿之后）继续讲话（或做某事）: *'Well', she carried on, 'then I realized where I'd met him before!'* "噢，"她接着说，"于是我想起以前在哪儿见过他了！" ◇ *Ted looked up briefly, then carried on with what he was doing.* 特德抬头看了一下，然后继续干他的活儿。 SYN **go on (with sth) 4** to last for a particular time 延续，持续（一段时间）: *How long can this situation carry*

on? 这种状况能持续多久？ SYN go on; last **5** (at sb) (about sth) (*informal*) to argue or complain noisily （向某人）（就某事）吵闹，大声抱怨: *Stop carrying on about how hard your life is.* 别再唠唠叨叨讲你的生活有多苦了。◇ *How long are they going to be shouting and carrying on like that?* 他们这么大吵大闹的还要多长时间？ SYN **go on (at sb) (about sth)** **6** (with sb) (*old-fashioned, informal*) to have a sexual relationship with sb （与…）有性关系: *She's carrying on with her boss.* 她和她的老板有私情。

• v + adv **1** also v + adv + -ing
• **3** also v + adv + speech

▶ **'carry-on** *n* **1** [usually sing.] (*BrE, informal*) excited or noisy behaviour over sth that is not important 忙乱；吵吵闹闹；大惊小怪 **2** (*AmE*) a small bag or case that you carry onto a plane with you （乘飞机的）随身行李: *I'm travelling light—I just have a carry-on.* 我轻装旅行 —— 只有一件随身行李。◇ *Do you have any carry-on luggage?* 你有随身行李吗？

,carry sth 'on 1 to continue sth, especially sth that sb else has begun 继续，承接，传承（他人开始的事）: *Our children will carry this tradition on after us.* 我们的子孙会将我们的这一传统传承下去。→ see also CARRY ON 1 **2** ,carry 'on sth to do the activity mentioned 从事，开展（活动）: *We're trying to carry on a very important conversation!* 我们正要进行一次很重要的谈话呢！◇ *They carried on a correspondence for over forty years.* 他们之间的通信延续了四十多年。◇ *to carry on a business/trade* 经营业务 / 生意 OBJ **conversation, correspondence, business** SYN **conduct sth**

NOTE When the object of **carry on** is a noun, it comes after **on**, but when the object is a pronoun, it comes between **carry** and **on** * carry on 的宾语如果是名词，应置于 on 之后；但如果是代词，应置于 carry 和 on 之间: *It's hard to carry it on when your heart's no longer in it.* 如果心思不在上面，要进行下去是很困难的。

• **1** v + adv + n • v + n/pron + adv
• **2** v + adv + n • v + pron + adv

,carry sth 'out 1 to do sth that you said you would do or that you have been asked to do 实施；履行；落实: *to carry out a plan/a promise/an order* 实施计划 / 兑现承诺 / 执行命令 ◇ *He had no intention of carrying out his threats.* 他无意将他的威胁付诸行动。◇ *She had carried out all his instructions.* 她执行了他的所有指示。 OBJ **threat, promise, order 2** to do and complete a task 完成，实现（任务）: *to carry out a survey/an investigation* 进行民意测验 / 调查 ◇ *to carry out repairs/checks/tests* 进行维修 / 检查 / 测试 ◇ *to carry out research* 开展研究 ◇ *It is not yet clear who carried out the attack.* 目前尚不清楚是谁发动的袭击。

• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

▶ **'carry-out** *n* **1** (*AmE, ScotE*) a meal that you buy cooked from a restaurant and take away to eat somewhere else （饭店的）外卖，外带食物: *Let's get a carry-out.* 我们来份外卖吧。 **2** (*ScotE*) alcohol that you buy at a pub and take away to drink somewhere else （酒吧的）外带酒

,carry sth 'over 1 to delay sth until a later time 延期；延迟: *The game had to be carried over until Wednesday.* 比赛不得不推迟至星期三。◇ *You can carry over 4 days' leave to next year.* 你可以把4天的假挪到下一年休。SYN **postpone sth 2** to keep sth from one situation and use or deal with it in a new situation 运用；应用: *You should carry over what you learn in school into your everyday life.* 你应该把学校学到的知识运用到日常生活中。 **3** → CARRY STH FORWARD 1

• v + adv + n • v + n/pron + adv

▶ **'carry-over** *n* **1** (*finance*) a total sum of money or an amount that is moved to the next column/page/year, etc. 结转金额；结转数额 **2** sth that is kept from one situation or time and used in another 留存物

,carry sth 'round (with you) (*especially BrE*) → CARRY STH AROUND (WITH YOU)

,carry 'through (on/with sth) (*AmE*) to do and finish what you have promised, agreed or arranged to do 履行，实现（承诺、约定或安排）: *He convinced us that he would carry through with/on his promise.* 他使我们相信他会兑现自己的诺言。

• v + adv

,carry sb 'through; ,carry sb 'through sth to help sb to deal with a difficult period 帮助…渡过（难关）: *Her determination carried her through.* 她靠毅力挺了过来。◇ *His courage helped to carry them through the difficult times.* 他的勇气鼓舞他们挺过了那段艰难的日子。

• v + n/pron + adv • v + n/pron + prep

,carry sth 'through to finish a task, a plan, etc. successfully 成功完成；顺利实现: *She was determined to carry through her plans.* 她决心完成计划。◇ *Once Helen has started a task, she'll carry it through to the end.* 海伦一旦开始一项工作，就会把它做完。

OBJ **plan, proposal, decision, reforms**

• v + adv + n • v + n/pron + adv

cart /kɑːt; *AmE* kɑːrt/

,cart sth a'round (*also* **,cart sth a'bout/'round** *especially BrE*) **(with you)** (*informal*) used to talk about carrying sth large, awkward or unimportant from one place to another or everywhere you go 带着（笨重、不便或无关紧要的东西）到处走: *I had to cart my shopping around with me all day.* 我一整天到哪儿都得提着买来的东西。◇ *He carts all sorts of useless stuff about.* 他带着各式各样没用的东西四处奔走。

SYN **carry sth around (with you)** (*more formal*); **lug sth around (with you)**

• v + n/pron + adv • v + adv + n

,cart sb/sth a'way/'off (*informal*) to take sb/sth away with some difficulty 强行带走；费劲地送走: *Two players were carted off to hospital.* 好不容易才把两名运动员送到医院。◇

The police arrived and carted 40 rioters off to jail. 警察赶到，把40名聚众闹事者扭送到监狱。
SYN **take sb/sth away** (*more formal*)
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

carve /kɑːv; *AmE* kɑːrv/

ˌ**carve sth ˈout 1** (*also* ˌ**carve sth ˈout of sth**) (*geology*) to make a physical feature in the earth's surface over a long period of time through the action of water, ice, weather, etc. 形成（地貌）: *The valley was carved out by glaciers.* 这片峡谷是冰川冲刷而成的。 NOTE Often used in the passive. 常用于被动语态。 **2** (**for yourself**) to build a successful career, a good reputation, etc., often with difficulty or hard work 开辟，闯出（自己的路）；成就（职业生涯、声誉等）: *She carved out a unique niche for herself in the music business.* 她成就了自己在音乐界的独特地位。◇ *He's carved out a successful career in the building industry.* 他在建筑业事业有成。 OBJ **career, name, niche**
◆ v + adv + n ◆ v + n/pron + adv **1** also v + n/pron + adv + prep

ˌ**carve sb/sth ˈup** (*BrE, informal*) **1** to wound sb or their face badly with a knife 用刀伤害（人）；用刀划伤（脸）: *He got carved up outside the pub last night.* 昨天夜里他在酒吧外面被人用刀刺伤。 **2** to go past a moving vehicle ahead of you and then suddenly move in front of it in a dangerous way 超车抢道；变道超车: *I was carved up by a lunatic in a Porsche.* 一个开保时捷的疯子强行超车抢了我的车道。◇ *We saw the van carve up several cars, before turning left.* 我们看见小货车变道超了几辆车后向左拐弯了。 OBJ **person, car** SYN **cut sb/sth up** (*BrE*)
◆ v + n/pron + adv ◆ v + adv + n

ˌ**carve sth ˈup** to divide a company, an area of land, etc. into parts and share them out 划分；分割；分享: *They carved the territory up into three provinces.* 他们把那片领土划为三个省。◇ *The thieves hurriedly carved up the loot.* 窃贼匆忙瓜分了赃物。
◆ v + adv + n ◆ v + n/pron + adv
▸ ˈ**carve-up** *n* [sing.] (*BrE, informal*) the act of dividing sth up into parts and sharing them out 划分；瓜分；分享

cash /kæʃ/

ˌ**cash ˈin (on sth)** (*informal*) to gain an advantage from a situation in a way that people think is wrong or dishonest 从中牟利；捞取好处: *Many businesses cashed in on the massive public interest in her death.* 很多公司利用公众对她去世的广泛关注来牟利。◇ *The new law means video pirates can no longer cash in by selling illegal copies.* 新法律意味着录像盗版者不能再靠销售非法拷贝赚钱。
◆ v + adv

ˌ**cash sth ˈin** to exchange sth for money 把…兑成现金；将…兑现: *Cash in any remaining travellers' cheques when you return.* 回来后把旅行支票余额兑现吧。◇ *You will lose money if you cash your policy in early.* 提前兑现保险单会亏钱的。
OBJ **shares, policy**
◆ v + adv + n ◆ v + n/pron + adv

ˌ**cash ˈout** (*AmE*) **1** to exchange sth such as an insurance policy, property or shares for money, often before you are supposed to do this （常指提前）把（保险单、不动产或股票）兑成现金（或套现）: *With house prices still rising, many people are tempted to cash out while they can.* 房价还在上涨，很多人想趁此时机把房子售出变现。 **2** (in poker, roulette, etc. 纸牌、轮盘赌等) to stop taking part in a game and exchange pieces of plastic which represent a particular value (called **chips**) for money 把筹码兑成现金: *I actually won at the roulette table, so I cashed out and went home.* 实际上我赌轮盘赢了，所以我把筹码兑换成现金，打道回府。 **3** → CASH UP
◆ v + adv
▸ ˈ**cash-out** *n* (*AmE*) the act of cashing out an insurance policy, property, etc. 兑成现金；套现: *cash-out refinancing mortgages* 套现再融资按揭

ˌ**cash ˈup** (*BrE*) (*AmE* ˌ**cash ˈout**) to count the money that has been taken in a shop/store, restaurant, etc. at the end of the day （商店、饭店等每天营业结束时）计算当天营业额: *We cash up at five o'clock.* 我们五点钟清点当天的收款额。
◆ v + adv

cast /kɑːst; *AmE* kæst/ (cast, cast)

ˌ**cast aˈround** (*BrE also* ˌ**cast aˈbout**) (**for sth**) (*formal*) to look around you to try to find sth; to try very hard to think of sth 四处寻觅；冥思苦想: *He cast about for an escape route.* 他到处寻找逃跑路线。◇ *He was desperately casting around for an excuse.* 他绞尽脑汁找借口。◇ *The company is having to cast around feverishly for ways to cut its costs.* 公司迫切需要找到一些降低成本的途径。
◆ v + adv

ˌ**cast sb/sth aˈside** (*formal*) to get rid of or give no attention to sb/sth that you no longer want or need 抛弃；漠视: *She just cast him aside when she got bored.* 她觉得厌烦时就对他不理不睬。◇ *She has been able to cast aside* (= stop using) *her wheelchair.* 她能丢开轮椅了。
SYN **discard sb/sth**
◆ v + adv + n ◆ v + n/pron + adv

ˌ**cast sth aˈside** (*formal*) **1** to throw sth to one side 把…丢在一边: *He cast aside the newspaper impatiently.* 他不耐烦地把报纸扔到一边。 **2** to get rid of feelings, attitudes, etc. that are bad or negative, or that stop you achieving sth 摒弃，消除（负面的感觉、态度等）: *He cast aside all his inhibitions.* 他抛开了一切禁忌。◇ *The speakers cast modesty aside and talked about their success.* 演讲者大言不惭地谈起他们的成就。

SYN throw sth aside; toss sth aside (*less formal*)
• v + adv + n • v + n/pron + adv

be ˌcast aˈway (on sth) to be left somewhere after your ship has been destroyed at sea（船只失事后）流落（至某处）: *What would you do if you were cast away on a desert island?* 如果失事后漂流到荒岛上，你会怎么办？
• be + v + adv

▸ **ˈcastaway** *n* a person whose ship has been destroyed and who has managed to swim to an island, etc.（船只失事后）流落到海岛等处的人

ˌcast sth ˈback (to sb/sth) to make yourself think about a particular time, a situation in the past, etc. 回忆；回顾: *I cast my mind back to our first meeting all those years ago.* 我想起多年前我们的初次见面。
OBJ only **your mind**
• v + n + adv

ˌcast sth ˈdown (*literary*) if you **cast** your eyes **down**, you look down 使（眼睛）向下看: *She cast her eyes down modestly while Jack was talking about her.* 杰克说到她的时候，她谦恭地垂下目光。
OBJ only **eyes** SYN **lower sth** (*less formal*)
• v + n/pron + adv • v + adv + n

▸ **ˈdowncast** (*also* **ˌcast ˈdown** *less frequent*) *adj* (*literary*) **downcast** eyes are looking down（眼睛）向下看的

be ˌcast ˈdown (by sth) (*formal*) to be sad or unhappy about sth（因…）沮丧，不愉快: *He is not easily cast down.* 让他垂头丧气可不容易。
• be + v + adv

▸ **ˈdowncast** (*also* **ˌcast ˈdown** *less frequent*) *adj* (*literary*) sad or unhappy 沮丧的；不愉快的: *a downcast expression* 垂头丧气的表情 ◇ *He looked so downcast I took pity on him.* 他失魂落魄的样子让我很同情。

ˌcast ˈoff; ˌcast sth ˈoff 1 to undo the ropes that are holding a boat in position so that it can start to move 解缆放船；解缆开航 **2** (in knitting 编织) to remove a row from the needle in a way that will make a finished edge 收针: *When the scarf is the right length, cast off.* 围巾织得长度合适就收针吧。 OBJ **stitches** OPP **cast on, cast sth on**
• v + adv • v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˌcast sth ˈoff (*formal*) **1** to take off a piece of clothing and throw it to one side 脱下（衣服）扔到一边: *They cast off their clothes and jumped in the pool.* 他们脱掉衣服，跳进游泳池。 OBJ **jacket, shoes, clothes** SYN **take sth off** (*less formal*) **2** to get rid of sth bad or sth that you do not like 摒弃；消除: *She tried to cast off her upbringing.* 她努力摆脱童年所受教育的影响。 ◇ *It's time to cast off those winter blues and burst into spring!* 该丢掉那些冬天的忧郁投入春天的怀抱了！
• v + adv + n • v + pron + adv • v + n + adv (*rare*)

▸ **ˈcast-off** (*especially BrE*) (*AmE usually* **ˈhand-me-down**) *n* [usually pl.] a piece of clothing that the original owner no longer wants to wear 丢弃的衣物；不再穿的衣物: *She's fed up with wearing her sister's cast-offs.* 老穿姐姐的旧衣服让她厌烦。

▸ **ˈcast-off** *adj* [only before noun] that the original owner no longer wants to wear or use（衣物）丢弃的，不再穿的: *cast-off clothing* 丢弃的衣物；不再穿的衣服◇ *cast-off plastic bags* 丢弃的塑料袋

ˌcast ˈon; ˌcast sth ˈon (in knitting 编织) to make the first row on a needle 起针；放针: *Cast on and knit 10 rows.* 起针，然后织 10 行。
SUBJ **stitches** OPP **cast off, cast sth off**
• v + adv • v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˌcast sb/sth ˈout; ˌcast sb/sth ˈout of sth (*formal*) to drive sb away; to get rid of sb/sth, especially by using force 驱逐；逐出: *She was cast out by society.* 她被社会抛弃了。◇ *He claimed to be able to cast out demons.* 他自称能驱魔。◇ *The villagers had been cast out of their homes.* 村民被赶出了家园。
NOTE Often used in the passive. 常用于被动语态。
• v + adv + n • v + n/pron + adv • v + n/pron + adv + prep

▸ **ˈoutcast** *n* a person who is not accepted by other people and who sometimes has to leave their home and friends 被冷落的人；被排斥的人: *She felt like a social outcast.* 她感觉像是被社会抛弃了。◇ *He was treated like an outcast by the other children.* 他受到其他孩子的排斥。

▸ **ˈoutcast** *adj* [only before noun] ignored or not accepted by other people 被冷落的；被遗弃的；被排斥的: *outcast members of society* 社会弃儿

ˌcast sb/sth ˈup (on sth) (*literary*) **1** if the sea **casts sb/sth up** on the land, it carries them/it in and leaves them/it there（海水）把…冲上岸: *A whale bone was cast up on the beach.* 一块鲸骨被冲到海滩上。 SYN **wash up, wash sth up** (*less formal*) NOTE Often used in the passive. 常用于被动语态。 **2** if you **cast** your eyes **up**, you look up 使（眼睛）向上看: *She cast her eyes up to the ceiling and sighed.* 她抬头望着天花板，叹了口气。 OBJ only **eyes**
• v + n/pron + adv • v + adv + n

catch /kætʃ/ (caught, caught /kɔːt/)

ˈcatch at sth/sb to try to get hold of sth quickly 试图抓住: *She tried to catch at a branch but couldn't reach.* 她想抓住树枝，但是够不着。
OBJ **sb's hand/arm/sleeve** SYN **clutch at sb/sth; grasp at sth/sb**
• v + prep

ˌcatch ˈon (*informal*) **1 (to sth)** to understand sth; to realize the truth of sth 理解；领会；认识到: *He's very quick to catch on.* 他领悟能力很强。◇ *The students soon caught on to the idea that phrasal verbs are not really difficult.* 学生

们很快就明白了短语动词其实并不难。◇ *People are catching on to the fact that he's a fraud.* 人们逐渐意识到他是个骗子。 SYN **cotton on (to sth)** **2 (with sb)** to become popular or fashionable 受到欢迎；变得时髦；流行起来：*It's a good idea, but it'll never catch on.* 这是个好主意，但是永远也不会受人欢迎。◇ *Paying by credit card has only caught on recently here.* 用信用卡付账只是最近才在这里流行起来的。◇ *3-D films never caught on with a mass audience.* 立体电影从未真正卖座。
◆ v + adv

ˌcatch sb ˈout 1 to trick sb into making a mistake or doing sth wrong; to discover that sb does not know much or is doing sth wrong 引诱…犯错误；发觉…干错事；发现…所知甚少：*The test isn't designed to catch you out. It's to see how much you've learnt.* 这个测验目的不是要故意刁难你们，而是想了解你们学到了多少东西。◇ *The interviewer may try to catch you out with trick questions.* 面试官可能试图用刁钻的问题来难倒你。◇ *She reacted like a child caught out in a lie.* 她的反应就像一个说谎被揪住的小孩。 **2** (*especially BrE*) if a situation, bad weather, etc. **catches sb out**, it surprises them and puts them into a difficult situation 使突陷困境：*The snow catches us out every year* (= we are not prepared for it). 大雪每年都让我们猝不及防。◇ *Many investors were caught out by the collapse of the company.* 众多投资者由于该公司倒闭而突然陷入困境。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

ˌcatch ˈup (with sb/sth) (*BrE also* **ˌcatch sb/sth ˈup**) **1** to reach sb/sth ahead of you by going faster than them/it 赶上，追上（前面的人或物）：*She was walking so fast I had to run to catch up (with her).* 她走得很快，我必须跑着才能跟得上她。◇ *The police car finally caught up with the van at the junction.* 警车最后在交叉路口撵上了那辆小货车。 **2** to reach the same level or standard as sb/sth else that was better or more advanced 赶上，达到（水平或标准）：*We need to catch up with our competitors in Europe.* 我们得追上欧洲的竞争对手。◇ *You'll have to work hard to catch up with the rest of the class.* 你必须努力学习才能赶上班里其他同学。◇ *When I went back to school I found I* ***had a lot of catching up to do.*** 回到学校后，我发现有很多课需要补。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n (*rare*)
▶ **ˈcatch-up** *n* [U] the act of trying to reach the same level or standard as sb who is ahead of you 追赶；赶上：*catch-up history classes* 历史补习课 ◇ *After our bad start to the season we were always* ***playing catch-up*** (= trying to reach the same level as the others). 在本赛季糟糕的开局之后，我们一直在努力追赶。

ˌcatch ˈup (with sth) 1 to spend extra time doing all the work, tasks, etc. that you should have done earlier 补做，赶做（早该做的事）：*I'm so behind with my paperwork, it's going to take me a week to catch up.* 我落下了很多案头工作，要花一周时间才能补完。 **2** to find out about things that have happened 了解（发生的事情）：*Come and stay for a few days, so that we have a chance to catch up.* 来住几天吧，这样我们就有机会聊一聊最近的事情。◇ *I want to catch up with all your news.* 我想知道你的全部近况。◇ *We've* ***got a lot of catching up to do*** *after all this time.* 这么长时间过后，我们有很多情况要去了解。 → see also CATCH UP ON STH
◆ v + adv

ˌcatch sb ˈup (on sth) (*AmE*) to tell sb about things that have happened 告诉某人（发生的事情）：*You can catch me up on the news later.* 过会儿你再告诉我新消息吧。
◆ v + n/pron + adv

ˌcatch sb/sth ˈup (*BrE*) **1** → CATCH UP (WITH SB/STH) 1: *You go ahead. I'll catch you up.* 你先走，我随后赶上。◇ *She caught the leader up and then overtook her.* 她追上了领先的选手并超过了她。 **2** → CATCH UP (WITH SB/STH) 2: *This company is the most likely to catch up the*

SYNONYMS 同义词辨析

catch up (with sb/sth)

catch up (with sb/sth) ◆ **draw level (with sb/sth)** ◆ **get to sth** ◆ **reach sb/sth**

These verbs all mean to arrive at a particular place or point. 这些动词都表示赶上、追上、到达。

catch up (with sb/sth) to reach sb/sth that is ahead of you by going faster 赶上；追上：*You go on ahead. I'll catch up with you.* 你先走，我会赶上你。◇ *The car behind us was catching up.* 我们后面的车快跟上来了。 NOTE **Catch sb up** can also be used in British English 英国英语中也说 catch sb up: *I eventually caught her up and managed to talk to her.* 我最后追上了她，总算和她说上了话。

draw level (with sb/sth) to reach the same level as sb and move forward at the same speed 并排同速前行：*She drew level with the police car.* 她与警车并排行驶。

get to sth to arrive at a particular place or point after travelling there 到达；抵达：*We got to San Diego at 7 o'clock.* 我们 7 点到达圣迭戈。

reach sb/sth to arrive at a place after travelling to it 到达；抵达：*We didn't reach the border until after dark.* 天黑之后我们才到达边境。◇ *I hope this letter reaches you.* 我希望你能收到这封信。

PATTERNS AND COLLOCATIONS

- to **eventually/finally** get to/reach/catch up with/draw level with sb/sth
- to **soon/quickly** get to/reach/catch up with (sth)
- to get to/reach your **destination**

market leader. 这家公司最有可能赶上市场的主导者。◇ *She's training hard to catch her sister up.* 她在刻苦训练，好赶上她的姐姐。

be/get ˌcaught ˈup in sth 1 to become involved in an unpleasant event or situation that you cannot escape from 被卷入；陷入：*A number of tourists got caught up in the riots.* 一些游客卷入了那场暴乱。◇ *children caught up in crime* 牵涉到犯罪活动里的儿童◇ *Sorry I'm late—I got caught up in a traffic jam.* 抱歉我来晚了 —— 我遇到了塞车。OBJ **violence, war, events, traffic 2** to be completely absorbed in an activity, your own feelings, etc. 陷入（活动、感情等）；被迷住：*She got caught up in the excitement and drama of the auction.* 她完全沉浸在拍卖的兴奋和刺激中。◇ *I didn't hear you come in; I was so caught up in this book.* 我没听见你进来；我光顾着看这本书了。 OBJ **excitement, book**

◆ be/get + v + adv + prep

ˌcatch ˈup on sb → CATCH UP WITH SB 2: *Old age is catching up on me.* 岁月不饶人啊。

ˌcatch ˈup on sth 1 to spend extra time doing all the work, tasks, etc. that you should have done earlier 补做，赶做（未做的事）：*I've got a lot of work to catch up on.* 我有许多工作要补做。◇ *I spent the weekend catching up on lost sleep.* 我利用周末补上了觉。 OBJ **work, sleep 2** to find out about things that have happened 了解（发生的事情）：*It was good to see Patsy and catch up on all the gossip.* 见到帕齐并聊聊近况真不错。

→ see also CATCH UP (WITH STH)

◆ v + adv + prep

ˌcatch ˈup with sb 1 if the police or people in authority **catch up with** sb, they finally find out that he/she has done sth wrong and punish him/her 终于查到（某人）；终于把（某人）绳之以法：*They were involved in burglary for years before the police caught up with them.* 警察最终抓住他们时，他们已入室盗窃好多年了。 **2** (*also* **ˌcatch ˈup on sb** *less frequent*) if sth you have done or sth that has been happening to you **catches up with** you, it starts to cause you problems that you have so far managed to avoid 产生（曾经设法回避的）问题：*His past is finally catching up with him.* 他的过去终于让他吃到了苦头。◇ *The late nights were beginning to catch up with her.* 熬夜的习惯开始让她品尝恶果了。 **3** (*informal*) to meet sb you have not seen for a while and hear their news （小别之后）了解（某人）的近况：*He just wants to rest and catch up with old friends.* 他只想休息一下，找老朋友叙叙旧。◇ *Catch up with you later!* 回头找你聊聊！◇ *We've got a lot of catching up to do after all this time!* 过了这么久，我们有很多话要说！ OBJ **friends**

◆ v + adv + prep

cater /ˈkeɪtə(r)/

ˈcater for sb/sth to provide everything that sb, a group of people or a situation needs or wants 提供…所需；专为…而设：*The careers service caters for the needs of young people and adults.* 就业服务特别为青少年和成年人而设。◇ *The resort also caters for winter sports.* 这个度假胜地也适合进行冬季运动。◇ *All age groups are well catered for.* 所有年龄段的人都得到了悉心照料。

OBJ **needs, children, interests**

◆ v + prep

ˈcater to sb/sth to provide sth that satisfies what a particular type of person wants 迎合（某种）需要；满足（某类人）的所想：*Endless media coverage catered to the public's interest in the scandal.* 没完没了的媒体报道投合了公众对这一丑闻的好奇心。◇ *Their every need was catered to.* 对待他们是有求必应。

◆ v + prep

cave /keɪv/

ˌcave ˈin 1 (on sb/sth) if a roof, wall, etc. **caves in**, it falls down and towards the centre （房顶、墙壁等）塌落，塌陷，坍塌：*The roof of the tunnel caved in on the workmen.* 隧道顶部塌方，压住了作业人员。 SUBJ **roof, wall** ⊃ note at FALL DOWN **2 (to sth)** to finally do what sb wants you to do after you have resisted for a long time 让步；屈服；屈从：*The management refused to cave in to their demands.* 资方拒绝接受他们的要求。◇ *Under his fierce questioning she caved in and told him the truth.* 在他严厉质问下，她招架不住，告诉了他真相。 OBJ **demands, pressure**

◆ v + adv

▶ **ˈcave-in** *n* **1** the fact of a roof, wall, etc. caving in （房顶、墙壁等）塌落，塌陷，坍塌：*For the people inside the tunnel there was a serious risk of flooding or a cave-in.* 隧道里的人面临透水或塌方的巨大危险。 **2** an instance of agreeing under pressure to do sth you do not want to do 让步；屈服；屈从

centre (*BrE*) (*AmE* **center**) /ˈsentə(r)/

ˈcentre around sb/sth; ˈcentre sth around sb/sth (*BrE also* **ˈcentre round sb/sth, ˈcentre sth round sb/sth**) to be, or make sb/sth, the most important person or thing around which most activity takes place 围绕；环绕；以…为中心；把…作为…的中心：*The debate centres around the question of power.* 争论的核心是权力问题。◇ *The case centred around the couple's adopted children.* 案件的焦点是这对夫妇的养子女。◇ *Her life was centred entirely around her family.* 她的生活完全以家庭为中心。◇ *The nightlife of the town is largely centred around the hotels.* 这个城镇的夜生活大多集中在旅馆。

NOTE Often used in the passive. 常用于被动语态。

◆ v + prep ◆ v + n/pron + prep

ˈcentre on sb/sth; ˈcentre sth on sb/sth (*also* **ˈcentre upon sb/sth, ˈcentre sth upon sb/sth** *more formal*) to give a lot of attention or thought to one particular activity,

idea or person, etc. （注意力或思想）集中于，倾注于；把（注意力或思想）集中于：*The discussions centred on the hostage issue.* 讨论围绕人质问题展开。◇ *Public interest centred largely on the team's stars.* 公众关注的焦点主要是该队的明星。◇ *The group has centred its attention on the need for reform.* 该小组将其注意力集中在改革的必要性上。◇ *His research is centred on the effects of unemployment.* 他的研究以失业的影响为主要课题。

NOTE Often used in the passive. 常用于被动语态。

◆ v + prep ◆ v + n/pron + prep

chain /tʃeɪn/

ˌchain sb/sth ˈup (to sth) to fasten sb/sth to sth else with chains to stop them escaping or being stolen 用链条把…拴住；用链条把…拴在…上：*I'd chain your bike up to the fence just in case.* 为以防万一，我把你的自行车用链条锁在栅栏上。◇ *The prisoners were chained up in a dark cell.* 囚犯都用链条锁在阴暗的牢房里。

NOTE **Chain sb/sth (to sth)** can also be used with this meaning. * chain sb / sth (to sth) 也可作此义。

◆ v + n/pron + adv ◆ v + adv + n

chalk /tʃɔːk/

ˌchalk ˈup sth (*informal*) to achieve a success, a victory, a score in a game, etc. 获得，赢得（成功、胜利、比赛等）；写下，记录（成就、分数等）：*The team has chalked up its fifth win in a row.* 该队已连赢五场比赛。◇ *This week Dee Brothers chalked up 100 years of business in this town.* 本周迪伊兄弟公司在本城开业已经100年了。

OBJ **success, victory, win**

NOTE When the object of **chalk up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **chalk** and **up** * chalk up 的宾语如果是名词，应置于 up 之后；但如果是代词，应置于 chalk 和 up 之间：*She keeps on chalking them up.* 她不断取得成功。

◆ v + adv + n ◆ v + pron + adv

IDM **chalk one ˈup for sb** (*AmE*) used to show admiration or praise because sb has won sth （表示钦佩或赞扬）为…记上一功：*Chalk one up for the little guy. The city agreed today to pay 25 homeless people $80 000 to settle a lawsuit alleging police harassment.* 这多亏了那个小家伙。今天市里同意向 25 名无家可归的人支付 8 万元，以了结一桩指控警察骚扰的诉讼。

ˌchalk sth ˈup to sth (*informal*) to think that sth happens as a result of sth else 把…归因于：*We can chalk our recent victories up to a lot of luck.* 我们可以把近期的胜利归功于运气好。◇ *When the goal was disallowed they **chalked it up to** a bad referee decision.* 进球被判无效，他们认为这纯属裁判错判。

SYN **attribute sth to sth** (*formal*); **put sth down to sth**

◆ v + n/pron + adv + prep

IDM **chalk it up to exˈperience** (*informal, especially AmE*) used to say that you can learn from sth bad that has happened to you 引以为戒；吃一堑，长一智

chance /tʃɑːns; *AmE* tʃæns/

ˈchance on/upon sb/sth (*formal*) to meet sb or find sth when you do not expect to 不期而遇；偶然发现：*I chanced on an old school friend in town.* 我在城里邂逅一位旧日同窗。◇ *He chanced upon a volume of Japanese poetry in a bookshop.* 他在书店不经意间发现了一部日语诗集。

◆ v + prep

change /tʃeɪndʒ/

ˌchange sb/sth aˈround (*especially AmE*) → CHANGE SB/STH ROUND

ˌchange ˈback 1 (into sth) to take off your clothes and put on what you were wearing earlier 换上（原来穿的衣服）：*I'll just change back into my tracksuit.* 我这就换上先前穿的运动服。 **2 (into/to sb/sth)** to return to an earlier state or form 恢复原状；还原；复原：*When you double click on SELECT, the screen changes back to the main design screen.* 双击"选项"，屏幕就返回设计主界面。◇ *Slowly the angry animal changed back into its normal calm self.* 那只发怒的畜生慢慢恢复了正常的温顺本性。

◆ v + adv

ˌchange sth ˈback (into/to sth) to exchange an amount of money into the system of money (**currency**) that it was in before 把（钱）换成（原货币）：*Can I change these dollars back into sterling?* 我可以把这些美元兑换回英镑吗？

◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

ˌchange ˈdown (into/to sth) (*BrE*) to control the speed of a vehicle by changing to a lower gear （开车减速）换低一挡，挂低速挡：*Change down into second as you approach the corner.* 靠近拐角时，减至二挡。

OPP **change up (into/to sth)**

◆ v + adv

ˌchange ˈinto sth to put on different clothes 换（衣服）：*We quickly changed into our swimsuits.* 我们迅速换上了游泳衣。◇ *I didn't bring anything to change into.* 我没带替换的衣服。

◆ v + prep

ˌchange ˈinto sth; ˌchange sb/sth ˈinto sth to change, or to make sb/sth change, into sth different （使）变成，变为：*The castle has changed into a hotel.* 城堡改成了旅馆。◇ *The handsome prince was changed into a frog.* 英俊的王子被变成了青蛙。

SYN **turn into sth, turn sb/sth into sth**

◆ v + prep ◆ v + n/pron + prep

ˌchange ˈout of sth to take off the clothes you are wearing and put on different ones 更换，换掉（衣服）；更衣：*I must change out of these wet clothes before I get a chill.* 我得换掉这身湿衣服，免得着凉。◇ *She changed out of her suit as soon as she came home.* 她一回到家就换下了套装。

◆ v + adv + prep

ˌchange ˈover 1 (from sth) (to sth) to stop using one system or thing and start using another 改用；换用：*The magazine changed over from pink paper to white in 1917.* 该杂志1917年把粉色纸张改换成了白色。◇ *We're changing over to a new computer system.* 我们正要改用新的计算机系统。 SYN **switch over (from sth) (to sth) 2 (to sth)** (*BrE*) to change from watching one television channel to watching another 变换（电视频道）；换（台）：*I changed over to BBC1 to see the football.* 我把电视频道调到英国广播公司电视一台收看足球赛。◇ *Can we change over?* 我们换个台吧？ SYN **switch over (from sth) (to sth); turn over (to sth)**
• v + adv
▸ **ˈchangeover** *n* a change from one system or thing to another （体制等的）改变，转变，变更：*The changeover to the new system will take place gradually.* 向新制度的过渡将循序渐进。◇ *a changeover period* 转型期

ˌchange ˈover/ˈround (*BrE*) if two people **change over/round**, they move to where the other person was before or do what the other person was doing 对调，交换，调换（位置或工作）：*Can you and Phil change round? You're too tall to stand in the front row.* 你和菲尔互换一下位置好吗？你个子太高，不宜站在前排。◇ *When you get tired of driving we can change over.* 要是你开车累了，我们可以轮着开。
SYN **swap around/over/round** (*informal, especially BrE*)
• v + adv

🔑 **ˌchange sb/sth ˈround** (*especially BrE*) (*AmE usually* **ˌchange sb/sth aˈround**) to move objects, such as furniture, or people into different positions 变换（家具、人员等）的位置：*Who's changed the desks around?* 谁挪动桌子了？◇ *You're always changing this room round!* (= making it look different by moving the furniture, etc.) 你总是把房间里的家具移来移去！◇ *The Yankees keep changing their players around.* 扬基队一直在调整队员的位置。
OBJ **room, furniture** SYN **swap sb/sth around/over/round** (*especially BrE*)
• v + n/pron + adv • v + adv + n (*less frequent*)

ˌchange ˈup (into/to sth) (*BrE*) to control the speed of a vehicle by changing to a higher gear （开车）换高一挡，换挂高速挡：*Change up into fourth gear now.* 现在加速到第四挡。
OPP **change down (into/to sth)**
• v + adv

charge /tʃɑːdʒ; *AmE* tʃɑːrdʒ/

ˌcharge sth ˈup; ˌcharge ˈup to pass electricity through sth so that it is stored there; to take in electricity and store it （给…）充电：*This charger will charge up most makes of phone.* 这个充电器可以给大部分品牌的手机充电。◇ *It takes about two hours for the phone to charge up completely.* 这个手机充满电需要大约两个小时。
• v + n/pron + adv • v + adv + n • v + adv

ˈcharge sb with sth; ˈcharge sb with doing sth (*formal*) to give sb a duty, responsibility or task 使承担（职责、责任或任务）：*A solicitor was charged with administering the estate.* 一名律师受委托管理这份财产。
NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + prep

charm /tʃɑːm; *AmE* tʃɑːrm/

ˌcharm sth ˈout of sb if you **charm** money or information **out of** sb, you obtain it by using your power to please or attract people 利用魅力从…处获取：*She managed to charm £20 out of him.* 她施展魅力从他那里弄到了20英镑。
• v + n/pron + adv + prep

chase /tʃeɪs/

ˌchase ˈafter sb (*informal*) to try to persuade sb to have a romantic or sexual relationship with you 追求；向…求爱：*He's always chasing after younger women.* 他总是在追逐年轻的女性。
• v + prep

ˌchase ˈafter sb/sth to run, drive, etc. to try to catch sb/sth 追逐；追赶：*They chased after the thief but he got away.* 他们追赶那个小偷，但他还是逃掉了。
• v + prep

ˌchase aˈround (*BrE also* **ˌchase aˈbout/ˈround**) to be very busy, rushing from one place to another 四下忙碌；到处奔波：*I've been chasing around all morning trying to find a gift for my sister.* 我东奔西跑了一上午，想为妹妹买件礼物。
• v + adv

ˌchase sb/sth aˈway/ˈoff/ˈout to force sb/sth to run away by running after them or threatening them 赶走；驱逐：*He chased the attackers away by firing shots into the air.* 他朝空中开了几枪，吓跑了袭击者。
• v + n/pron + adv • v + adv + n

ˌchase sb/sth ˈdown (*AmE, informal*) to try hard to get sth or find sb/sth that you need or want 设法得到；努力寻觅：*I've been trying to chase Sam down all day!* 我一整天都在苦苦寻找萨姆！
SYN **seek sb/sth out** (*more formal*); **track sb/sth down**
• v + n/pron + adv • v + adv + n

ˌchase sb/sth ˈoff, ˈout, etc. → CHASE SB/STH AWAY/OFF/OUT, ETC.

ˌchase ˈround (*BrE*) → CHASE AROUND

ˌchase sb/sth ˈup (*informal*) **1** to contact sb and remind them to do sth they have said they would do or that they ought to do 催促；催办；敦促：*I'll chase him up and find out what's going on.* 我来催催他，看看情况怎么样了。◇ *It is his job to chase up clients with outstanding debts.* 他的工作是向客户追债。◇ *Could you chase up those late replies* (= remind

people to reply). 你催催大家尽早答复好吗？ **2** to try to find sb/sth that you need; to try to get more information about sb/sth 寻找；设法获取: *We're chasing up two other people who were at the party.* 我们正在寻找当时出席晚会的另外两个人。◇ *I'll chase up references to the battle in the library.* 我要去图书馆查找关于这次战斗的资料。
◆ v + n/pron + adv ◆ v + adv + n

chat /tʃæt/ (-tt-)

ˌchat sb ˈup (*informal*) **1** (*BrE*) to talk in a friendly way to sb because you are sexually attracted to them 向…搭讪；与…调情: *Who was that girl you were chatting up last night?* 昨晚你搭讪的那个女孩是谁？ **2** (*especially AmE*) to talk to sb in a friendly way because you want them to do sth for you or to give you sth （别有目的地）与…攀谈，与…套近乎: *You'll have to chat the boss up if you want some days off.* 如果想请几天假，你就得和老板拉拉关系。
◆ v + n/pron + adv ◆ v + adv + n
▸ **ˈchat-up** *n* (*BrE, informal*) an attempt to talk in a friendly way to sb you are sexually attracted to 搭讪；调情: *He was trying some old chat-up lines.* 他试图用些老套的话来搭讪。

cheat /tʃiːt/

ˈcheat sb of sth (*also* **ˌcheat sb ˈout of sth**) to prevent sb from having sth, especially in an unfair or dishonest way （尤指以不正当或不诚实的手段）阻止…得到；骗出: *He had cheated the taxman of £60 000.* 他骗税务员少收了 6 万英镑。◇ *He was cheated out of his rightful inheritance.* 有人骗走了他本应获取的遗产。
◆ v + n/pron + prep ◆ v + n/pron + adv + prep

ˈcheat on sb to secretly have sex with sb who is not your regular partner 对（伴侣）不忠；背着（配偶）偷情: *He was the last to know that she had been cheating on him.* 她早已红杏出墙，而他却是最后一个才知道。
OBJ **wife, partner, etc.**
◆ v + prep

ˌcheat sb ˈout of sth → CHEAT SB OF STH

check /tʃek/

ˌcheck ˈin 1 (at sth) to go to an official desk at a hotel, an airport, etc. and tell sb that you have arrived （在旅馆、机场等）登记，报到: *After checking in, we went out for a meal.* 登记之后，我们就出去吃饭了。◇ *Check in at desk 25 an hour before take-off.* 请在飞机起飞前一小时到 25 号台办理登机手续。 → see also CHECK INTO STH 1 **2 (with sb)** (*especially AmE*) to contact sb to let them know where you are or what you are doing （向某人）汇报，报告（自

SYNONYMS 同义词辨析

cheat on sb

betray sb ◆ be unfaithful to sb ◆ cheat on sb ◆ commit adultery ◆ play around

These verbs all mean to have a sexual relationship with sb who is not your usual partner. 这些动词都表示对伴侣不忠。

betray sb (*literary, disapproving*) (of sb who is married or who has a regular sexual partner) to have a secret relationship with sb else （对性伴侣）不忠，出轨，偷情: *She could not believe that Sergio had betrayed her.* 她无法相信塞尔吉奥对她不忠。

be unfaithful to sb (of sb who is married or who has a regular sexual partner) to have a secret relationship with sb else （对性伴侣）不忠，出轨，偷情: *Have you ever been unfaithful to him?* 你有过外遇吗？

cheat on sb (*not formal, disapproving*) (of sb who is married or who has a regular sexual partner) to have a secret relationship with sb else （对性伴侣）不忠，出轨，偷情: *He's cheating on his wife.* 他背着妻子偷情。

commit adultery (*formal*) to have sex with sb who is not your husband or wife 通奸: *She was accused of committing adultery.* 她被控通奸。

play around (*informal*) to have a sexual relationship with sb who is not your usual partner 偷情；乱搞男女关系: *Her husband is always playing around with other women.* 她丈夫总是拈花惹草。

WHICH WORD?

Cheat on sb is slightly less formal than **be unfaithful to sb** . If you use **be unfaithful to sb,** you are not making any obvious moral judgement about a person's actions; using **cheat on sb** suggests that you find such an action dishonest and unacceptable. **Play around** is more often used to talk about men than women; it is often used about a man who has sexual relationships with more than one other woman. * cheat on sb 比 be unfaithful to sb 略显不正式。用 be unfaithful to sb 时，对此种行为并无明显的道德判断；用 cheat on sb 时，则表示此种行为不诚实、不可接受。play around 多用于指男性，并且常用于指与多名女性有染的男性。

PATTERNS AND COLLOCATIONS

- to cheat on/be unfaithful to your **girlfriend/boyfriend/partner**
- to cheat on/be unfaithful to/betray your **husband/wife/lover**

己的方位或工作）: *I have to check in with my boss every three hours.* 我必须每三小时向老板汇报一次。 SYN **report in (to sb/sth)**
◆ v + adv
▶ **'check-in** *n* **1** [U] the act of telling an official at an airport that you have arrived, showing them your ticket, etc. 办理登机手续: *the check-in desk* 登机手续办理柜台 **2** [C, U] the place at an airport where you go to say you have arrived, show your ticket, etc. 登机手续办理处: *There were long queues at the check-in.* 办理登机手续的地方排起长龙。

,check sb 'in to take sb's name when they arrive at a hotel or an airport, look at their ticket, etc. （在旅馆、机场等）为…登记；给…办理入住（或登机）手续: *Write all the names of the guests in this book as they are checked in.* 为客人办理入住手续时，把他们的名字都记在这个本子上。◇ *All the passengers have been checked in.* 已为所有乘客办妥登机手续。
OBJ **guests, passengers**
◆ v + n/pron + adv ◆ v + adv + n

,check sth 'in to leave or accept bags, cases, etc. to be put on a plane or a train 托运，接受托运（行李）: *When we arrived at the airport we checked our bags in straight away.* 到达机场后，我们立刻把包托运了。
OBJ **luggage, bags**
◆ v + n/pron + adv ◆ v + adv + n

,check 'into sth **1** to arrive at a hotel, private hospital, etc. to begin your stay there 登记入住（旅馆、私人医院等）: *I arrived in Boston and checked into my hotel.* 我到了波士顿后住进了预订的旅馆。◇ *She's checked into a private clinic for drug rehabilitation.* 她住进了一家私人诊所戒毒。 OBJ **hotel, motel, clinic** SYN **book into sth** OPP **check out of sth** → see also CHECK IN 1 **2** to try to find out more about sth or discover the true facts about sth 调查；核查: *The police are checking into the cause of the crash.* 警方正在调查飞机坠毁的原因。 SYN **look into sth**
◆ v + prep

,check sth 'off **1** to put a mark beside items on a list to show that they are correct, present or have been dealt with （经查对无误在清单项目旁）做记号，打钩: *I've checked off all the furniture on the list.* 我核对了清单上的所有家具。◇ *He checked everyone's name off as they arrived.* 他在每位来宾姓名旁都打了个钩。 SYN **tick sth off** **2** (*especially AmE*) to put a mark in a box on a document to give an answer to a question, choose sb/sth, etc. （在表格备选方框中）做记号（表示回答、选择等）；勾选: *Some voters wrote in names instead of checking off the candidates listed.* 有些选民填入了姓名，而不是勾出所列的候选人。 NOTE **Check sth** on its own is more usual. * check sth 单独使用更常见。
◆ v + adv + n ◆ v + n/pron + adv

'check on sb/sth **1** to make sure that sb is safe, happy, etc. or that sth is progressing as it should be 检查，核实，确认（是否正常等）: *I'll just check on dinner.* 我看看晚饭好了没有。◇ *The doctor visited every day to check on my progress.* 医生每天来检查我的康复情况。 OBJ **progress, children, patient** **2** to find out if sth is true or correct, especially sth that sb has said about themselves 调查，核实，确认（尤指个人提供的资料）: *Do you always check on future employees?* 你总是调查将要雇用的人员吗？◇ *Will you check on his address?* 你核实一下他的住址好吗？ → see also CHECK UP
NOTE **Check on sb/sth** can be used in the passive * check on sb / sth 可用于被动语态: *The children were put to bed and then not checked on again.* 安顿孩子们睡下之后，就再没有查看了。 **Check sth** can also be used on its own with these meanings. * check sth 单独使用也可作这些含义。
◆ v + prep

,check 'out if facts, etc. **check out**, they can be shown to be correct or true （事实等）查对无误，言之成理: *His story doesn't check out.* 他的说法站不住脚。 SUBJ **story, reference**
◆ v + adv

,check 'out; ,check 'out of sth **1** to leave a hotel, a hospital, etc. where you have been staying 结账离开，办清手续后离开（旅馆、医院等）: *She checked out this morning.* 她今天上午退房了。◇ *He decided to check out of the hospital and go home.* 他决定出院回家。 OBJ **hotel, motel, hospital** OPP **check in; check into sth** **2** (*AmE, informal*) to leave a place or finish an activity 离开（某地）；结束（活动）: *The climb was too difficult so I checked out early.* 这次登山太困难了，所以我早早地打了退堂鼓。◇ *He can't just **check out on us** like that!* 他不能就这样离开我们！ ◇ *Let's check out of here.* 咱们离开这儿吧。
◆ v + adv ◆ v + adv + prep
▶ **'checkout** *n* [U] (*AmE*) the act or time of leaving a hotel at the end of your stay 结账离开旅馆；退房时间: *Checkout is 10 a.m.* 退房时间为上午 10 点。◇ *checkout time* 退房时间

,check 'out; ,check sb 'out (*AmE*) if you **check out** in a shop/store, or sb **checks you out**, you find out how much you have to pay and give sb the money （在商店）结账，为…结账: *You can check out at aisle eight.* 您可以在第八通道付款。◇ *The girl who checked me out looked at me strangely.* 给我结账的姑娘奇怪地打量了我一下。
◆ v + adv ◆ v + n/pron + adv
▶ **'checkout** *n* the place where you pay for the goods you are buying in a supermarket （超市的）收银台，付款处: *There were huge queues at the checkout.* 付款处排起了长队。◇ *a supermarket checkout* 超市收银台

,check sb/sth 'out **1** (*especially AmE*) to find out if sth is true or correct or if sb is honest, works hard, etc. 调查；证实；核对: *Check him out before you give him the job.* 调查一下再雇用他。◇ *Police have checked out his story.* 警方已核实了他的陈述。◇ *We need to check out whether the company is reliable.* 我们需要查证一下这家公司是否可靠。 OBJ **story, claim, company** **2** (*informal*) to look at sb/sth

because they/it seem interesting or attractive 察看，观察（有趣或有吸引力的事物）： *Check out our new fashion range!* 看一看我们的新款时装吧！◇ *It's worth checking out that new restaurant.* 那家新餐厅值得试一下。◇ *Check out that gorgeous guy over there!* 快看那边的帅哥！
➲ note at LOOK AT SB/STH
• v + adv + n • v + n/pron + adv

ˌcheck sth ˈout (*AmE*) to borrow sth such as a book or a video from a library （从图书馆）借出: *I checked out three books from the library.* 我从图书馆借了三本书。
OBJ **book, video**
• v + n/pron + adv • v + adv + n

ˌcheck sb/sth ˈover to examine a person or an animal to make sure that they are healthy; to examine a machine, etc. to make sure it is working correctly 为（人或动物）做体检；检查（机器运行等）： *The doctor would like to check you over.* 医生想给你做个体检。◇ *I got the car checked over before the trip.* 启程前，我让人检查了一下汽车。
SYN **look sb/sth over; examine sb/sth** (*more formal*)
• v + n/pron + adv • v + adv + n

ˌcheck sth ˈover (*also* **ˌcheck ˈthrough sth**) to examine sth written or printed carefully to make sure that it is correct 细心检查，核对，校对（文字）： *I've got to check over my work for spelling before I hand it in.* 交作业前，我得仔细检查一下拼写。◇ *You should get someone to check the letter over for you.* 你应该找人帮你把信件校对一下。
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

SYNONYMS 同义词辨析

check sb/sth over

check sb/sth over • check through sth • examine sb/sth • go over sth • look sb/sth over

These verbs all mean to look at sb/sth closely to make sure that everything is correct, in good condition, or acceptable. 这些动词都表示细查、细察、核查。

check sb/sth over to check sb/sth carefully to make sure that everything is correct, in good condition, or satisfactory 细心检查，细查（以确保无误、状况完好或令人满意）: *We checked over the house, looking for damp or rot.* 我们仔细检查了房屋，查看是否有受潮或破朽之处。◇ *The doctor checked him over and said he was fit and healthy.* 医生为他做了检查后，说他十分健康。 NOTE **Check** can be used on its own, but cannot be used for people * check 可单独使用，但不能用于指人: *Check the container for cracks or leaks.* 仔细检查一下容器，看看有没有裂缝。

check through sth to examine all parts of sth closely to make sure that everything is correct or satisfactory, or in order to find sth 仔细检查，细查（以确保无误、令人满意或查找某物）: *The hospital have checked through their records but can find no reference to it.* 医院仔细检查了病历，但是没有找到有关记录。

examine sb/sth to look at sb/sth closely to see if there is anything wrong or to find the cause of a problem 仔细检查，细查（以确定是否有误或查找问题根源）: *The goods were examined for damage on arrival.* 到货后仔细检查了是否有破损。◇ *The doctor examined her but could find nothing wrong.* 医生为她做了诊察，但是找不出毛病。

go over sth to check sth carefully for mistakes, damage or anything dangerous 仔细检查，细查（是否有错误、损坏或危险）: *Go over your work for spelling mistakes before you hand it in.* 交作业之前仔细检查一下是否有拼写错误。◇ *The Health and Safety Officer went over the whole school, checking every fire door.* 卫生与安全官员仔细巡查了整个学校，查看了每扇防火门。

look sb/sth over to look at sb/sth closely to see if they are/it is satisfactory 细心检查，细查（是否满意）: *We looked over the house again before we decided to rent it.* 在决定租房之前我们再次仔细察看了房子。◇ *The sergeant looked him over and told him to polish his shoes.* 中士仔细打量了他一番，告诉他把鞋子擦擦。

WHICH WORD?

All of these verbs can be used when you are looking for possible problems, but only **check (over/through)** is used for possible mistakes 这些动词都可用于表示查找可能存在的问题，但仅有 check (over / through) 用于指查找可能存在的错误: *Check your work (over) before handing it in.* 交作业之前先仔细检查一下。 **Examine** is used more often to describe what a professional person does * examine 多用于描述专业人士的行为: *The surveyor examined the walls for signs of damp.* 勘测员仔细检查墙壁，寻找发潮的痕迹。

PATTERNS AND COLLOCATIONS

- to check (over/through)/examine sth **to see if/whether ...**
- to check (over/through)/examine/go over/look over sth **carefully**
- to check (over/through)/examine/go over sth **thoroughly**
- to check (over)/examine **closely/regularly/daily**

,**check 'through sth** (*also* ,**check it, them, etc. 'through** *less frequent*) → CHECK STH OVER: *Check through your notes carefully.* 仔细检查你的笔记。◇ *There were 23 files to look at, and Tim spent half his day checking through them all.* 有23份文件需要看，蒂姆花了半天时间才全部检查完。

NOTE When the object of **check through** is a noun, it comes after **through**, but when the object is a pronoun, it can come before or after **through** * check through 的宾语如果是名词，应置于 through 之后；但如果是代词，可置于 through 之前或之后: *Check it through before you hand it in.* 交上去之前先查看一下。◇ *Check through it before you hand it in.* 交上去之前先查看一下。 ➲ note at CHECK SB/STH OVER; → CHECK STH OVER

◆ v + prep ◆ v + pron + adv (*less frequent*) ◆ v + prep

,**check 'up** (*especially BrE*) **1** **(on sb)** to make sure that sb is doing what they should be doing, or that what they have said about themselves is true 监督；督促；调查，核实（某人的话）: *They always check up on prospective employees.* 对可能雇用的人员他们总要作调查。◇ *I won't have you checking up on me like that!* 我不允许你那样监督我！◇ *I'd better check up to see the kids are OK.* 我最好去看看孩子们是否还好。 **2** **(on sth)** to find out if sth is true or correct; to find out what is happening 核对，查证（某事）: *I think the train's at ten o'clock, but I'll phone the station to check up.* 我想火车是十点到站，但我还是得打电话给车站核实一下。◇ *I went to the library to check up on a few things.* 我去图书馆查证了几个问题。

NOTE **Check** and **check sth** can also be used on their own with these meanings. * check 和 check sth 单独使用也可作这些含义。

→ see also CHECK ON SB/STH

◆ v + adv

▶ **'check-up** *n* an examination by your doctor to see how healthy you are 健康检查；体检: *to go for a check-up* 去做体检◇ *a routine check-up* 常规体检

cheer /tʃɪə(r); *AmE* tʃɪr/

,**cheer sb 'on** to encourage sb, especially sb in a race or competition, by shouting （比赛中）为…呐喊助威，为…欢呼打气: *The crowd cheered the runners on.* 观众为赛跑运动员加油鼓劲。

◆ v + n/pron + adv ◆ v + adv + n

,**cheer 'up**; ,**cheer sb/yourself 'up** to become, or to make sb/yourself, happier or more cheerful （使）振作精神，振奋起来: *She seems to have cheered up since Saturday.* 星期六以来，她似乎情绪好了一些。◇ *Cheer up!* 振作点！◇ *Nothing could cheer him up.* 没什么事情能让他高兴起来。◇ *She bought some chocolates to cheer herself up.* 她买了些巧克力来鼓励一下自己。

SYN **brighten up; liven up, liven sb/sth up**

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

,**cheer sth 'up** to make a room, etc. brighter and more cheerful 使（房间等）明亮；使宜人: *Flowers always cheer up a room.* 房间一有花就明快不少。

OBJ **room** SYN **brighten sth up; liven sth up**

◆ v + adv + n ◆ v + n/pron + adv

SYNONYMS 同义词辨析

cheer sb on

cheer sb on ◆ root for sb ◆ urge sb on

These verbs all mean to give sb encouragement or support. 这些动词都表示鼓励、加油、声援。

cheer sb on to give sb shouts of encouragement in a race or competition （比赛中）为…呐喊助威，为…加油: *The spectators cheered the runners on.* 观众为赛跑选手加油鼓劲。 NOTE **Cheer** can be used on its own * cheer 可单独使用: *We all cheered the team as they came onto the field.* 队伍入场时，我们都为他们欢呼喝彩。 **Cheering sb on** implies giving encouragement to achieve sth in particular. * cheering sb on 含有鼓励完成特定任务之意。

root for sb (*informal*) if you are **rooting for sb/sth**, you support or encourage them in a sports competition or when they are in a difficult situation 为（运动员或困境中的人）鼓气；为…加油: *We're rooting for the Bulls.* 我们正为公牛队助威。

urge sb on to encourage sb to do sth or support them so that they do it better, by shouting or just speaking words of encouragement （用呐喊或言语）激励，为…加油，给…打气: *She could hear him urging her on as she ran past.* 她跑过的时候，听到了他在为她加油鼓劲。

WHICH WORD?

Cheering sb on always means shouting and is nearly always done at a sports competition; **urging sb on** need not involve shouting and can be done in other situations. **Rooting for sb** may include shouting, but it mainly involves mental support. You can be **rooting for sb** even if you are not there * cheering sb on 几乎总是指呐喊，并且几乎总是用于体育比赛； urging sb on 不一定需要呐喊，可用于其他场合。rooting for sb 可包括呐喊，但主要指精神支持，也可用于加油鼓劲者不在现场时: *Good luck with your audition tomorrow—I'll be rooting for you.* 祝你明天试演好运 —— 我会为你加油的。

SYNONYMS 同义词辨析

cheer (sb) up

brighten up • **cheer (sb) up** • **lift** • **perk up** • **take heart**

These verbs all mean to become more cheerful or make sb feel more cheerful. 这些动词都表示（使）振作起来、（使）振奋起来或（使）快活起来。

brighten up (of people, their eyes, faces or feelings) to look or feel happier （人、眼睛、脸色或心情）快活起来: *She brightened up visibly at their words of encouragement.* 听到他们鼓励的话语，她喜笑颜开。 NOTE **Brighten** can be used on its own * brighten 可单独使用: *My spirits brightened at the thought of Chris coming to stay.* 一想到克里斯要来住，我的情绪就好了起来。

cheer (sb) up (often used in orders) (of a person) to become more cheerful; to make sb feel more cheerful （常用于祈使句）（使）振作精神，高兴起来: *Cheer up—things aren't that bad.* 打起精神 —— 事情没那么糟糕。◇ *I tried to cheer her up.* 我想方设法使她高兴起来。

lift (of sb's heart, spirits or mood) to become more cheerful （心境、精神或情绪）快活起来，高兴起来: *His heart lifted at the sight of her.* 一见到她，他的心情便轻松起来。◇ *As the sky began to brighten, my mood lifted.* 随着天气放晴，我的情绪也高涨起来。

perk up (*informal*) (of people, their situation or feelings) to become more cheerful or lively, especially after you have been ill/sick or sad （尤指疾病或消沉之后）快活起来，振奋起来: *She's been depressed but she seemed to perk up last week.* 她一直情绪低落，但是上周精神似乎好了起来。

take heart (*used especially in newspapers*) to feel more positive about sth, especially when you thought you had no chance of achieving it （尤用于报章）树立信心，受到鼓舞，振奋起来: *The government can take heart from the latest opinion polls.* 最近的民意调查可以让政府重拾信心。

WHICH WORD?

Cheer up, **lift** and **perk up** are used to talk about how you feel; **brighten up** is more about how you look. It is not used in orders. If you **take heart**, you feel encouraged as well as happier. * cheer up、lift 和 perk up 用于指心情； brighten up 多用于指精神面貌，并且不用于祈使句。take heart 指受到鼓励并感到快慰。

PATTERNS AND COLLOCATIONS

- to brighten (up)/cheer up/take heart/lift/perk up at sth
- to take heart **from** sth
- his **spirits/mood** brightened/lifted

cheese /tʃiːz/

ˌcheese sb ˈoff (*BrE, informal*) to make sb annoyed or bored 使烦恼；使厌烦: *Mike's car got vandalized, which cheesed him off no end.* 迈克的车遭人故意毁坏，这让他沮丧透顶。
NOTE **Cheesed off** (*BrE*) is often used as an adjective * cheesed off 常用作形容词: *I was really cheesed off with him.* 我实在被他弄得烦死了。◇ *We were feeling a bit cheesed off and didn't know what to do with ourselves.* 我们感到有点苦恼，不知如何是好。
• v + n/pron + adv • v + adv + n

chew /tʃuː/

ˈchew on sth **1** (*also* **ˈchew at sth**) to bite sth continuously, especially because you are nervous or to test your teeth （因紧张等）不断地咬，不停地啃: *He chewed on his bottom lip as he considered the question.* 他一边思索问题，一边时不时咬咬嘴唇。 **2** → CHEW STH OVER: *Why don't we chew on it for a while?* 我们为什么不仔细考虑一段时间呢?
• v + prep

ˌchew sb ˈout (*AmE, informal*) to tell sb angrily that they have done sth wrong 怒斥；训斥: *He got chewed out by his teacher for being late.* 他因为迟到挨老师骂了。
SYN **tell sb off (for sth/for doing sth)**; **reprimand sb** (*formal*)
• v + n/pron + adv • v + adv + n

ˌchew sth ˈover (*also* **ˈchew on sth**) to think about or discuss sth carefully and in detail 仔细考虑；详细讨论: *He spent the weekend chewing over the problem.* 他利用周末细致斟酌了这个问题。
OBJ **problem, idea** ➲ note at THINK STH OVER
• v + adv + n • v + n/pron + adv

ˌchew sb ˈup to make sb less confident, happy or successful; to end sb's career 使不自信；使不愉快；使不成功；终结…的职业生涯: *The company has chewed up numerous chief executives over the years.* 这些年来，该公司断送了众多首席执行官的前程。◇ *The media just **chews** celebrities **up and spits them out**.* 媒体对名人总是横加贬责。
• v + n/pron + adv • v + adv + n

ˌchew sth ˈup **1** to bite sth until it is completely soft or destroyed 细嚼；嚼碎: *The baby chewed the cookie up and swallowed it.* 小孩把饼干嚼碎，咽了下去。 **2** if a machine **chews sth up**, it damages or destroys it （机器）使损坏，毁坏: *The cassette player's chewed the tape*

up again. 放音机又卡带了。
◆ v + n/pron + adv ◆ v + adv + n

chicken /ˈtʃɪkɪn/

ˌ**chicken ˈout**; ˌ**chicken ˈout of sth**; ˌ**chicken ˈout of doing sth** (*informal*) to decide not to do sth because you are afraid （因胆怯而）放弃；畏缩: *If I don't fight him, everyone will say that I chickened out.* 如果不和他打一架，大家都会说我胆小怕事了。 ◇ *She chickened out of telling him the truth.* 她不敢告诉他真相。
SYN **bottle out, bottle out of sth, bottle out of doing sth**
◆ v + adv ◆ v + adv + prep

chill /tʃɪl/

ˌ**chill ˈout** (*informal*) to relax completely and not get upset or excited about anything 放松；冷静；镇静: *Chill out! We'll get there on time!* 别担心！我们会按时赶到的！
NOTE **Chill** is also used on its own * chill 也单独使用: *We went home and chilled in front of the TV.* 回到家后，我们看电视放松心情。
◆ v + adv
▶ ˈ**chillout** *adj* [only before noun] that helps you to relax or makes you feel relaxed 助人放松的；使人轻松的: *chillout music* 令人轻松的音乐◇ *a chillout room* (= a place at a club, etc. where you can relax when you do not want to dance) （俱乐部等的）休息室

chime /tʃaɪm/

ˌ**chime ˈin (with sth)** to join in a conversation suddenly or interrupt sb 插话；（以…）打断谈话: *'Absolutely!' she chimed in eagerly.* "当然！" 她急忙插嘴道。◇ *He kept chiming in with his own opinions.* 他不断插话，发表自己的见解。
◆ v + adv ◆ v + adv + speech

ˌ**chime ˈin with sth**; ˈ**chime with sth** to agree with sth; to be similar to sth 与…一致；与…相似: *His policies chimed in with the national mood at the time.* 他的政策与当时的国民心态相吻合。
SYN **fit in with sth**
◆ v + adv + prep ◆ v + prep

chip /tʃɪp/ (-pp-)

ˌ**chip aˈway at sth** (*used especially in the progressive tenses* 尤用于进行时) to make sth smaller or weaker by continuously breaking small pieces off it 不断地削（或凿、砍、劈）；不断削弱: *He was chipping away at the rocks, looking for fossils.* 他在不停凿岩石寻找化石。◇ (*figurative*) *The government seems to be chipping away at people's rights.* 政府似乎在不断削弱人民的权利。
◆ v + adv + prep

ˌ**chip sth aˈway/ˈoff**; ˌ**chip sth ˈoff sth** to remove sth by continuously breaking off small pieces 不停地（从…）削掉: *She used a hammer to chip away the stone.* 她用锤子一点一点地敲掉那块石头。◇ *I chipped the rust off the box with a knife.* 我用刀刮箱子上的锈。 ➲ note at BREAK OFF, BREAK STH OFF
◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

ˌ**chip ˈin (with sth)** (*informal*) **1** to join in or interrupt a conversation; to add sth to a conversation （以…）插话，补充: *Feel free to chip in if I've forgotten to mention anything.* 如果我有任何遗漏，请尽管补充。◇ *She chipped in with some interesting remarks.* 她插嘴说了几句有趣的话。 **2** (*also* ˌ**chip ˈin sth**) to give some money so that a group of people can buy sth together 凑份子；凑钱: *Has everyone chipped in for the present?* 购买礼物的份子钱，大家都交了吗？◇ *The company has chipped in with a $200 donation.* 公司凑了 200 元捐款。◇ *Let's all chip in five dollars.* 咱们每人都凑五元钱吧。 SYN **club together (to do sth)**
◆ v + adv **2** also v + adv + n

ˌ**chip ˈoff**; ˌ**chip ˈoff sth** if paint or a surface **chips off**, it comes off in small pieces （从…）剥落: *The varnish is chipping off.* 清漆开始剥落了。◇ *Most of the paint had chipped off the gate.* 门上的油漆大部分都掉光了。
◆ v + adv ◆ v + prep

ˌ**chip sth ˈoff, etc.** → CHIP STH AWAY/OFF, ETC.

chivvy /ˈtʃɪvi/ (chivvies, chivvying, chivvied)

ˌ**chivvy sb aˈlong** (*BrE, informal*) to try to make sb move faster or do sth more quickly 催促: *The teacher chivvied the children along.* 老师催孩子们加快速度。
SYN **hurry sb/sth along**
◆ v + n/pron + adv ◆ v + adv + n

choke /tʃəʊk; *AmE* tʃoʊk/

ˌ**choke sth ˈback** to try to stop yourself from showing a strong emotion, or saying sth that might upset sb 克制，抑制（强烈的感情或逆耳的言语）: *He choked back his tears.* 他强忍住眼泪。◇ *A protest rose to her lips, but she choked it back.* 抗议的话到了嘴边，却又被她咽了回去。
OBJ **tears, sob(s)**
NOTE Not used in the passive. 不用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

ˌ**choke sth ˈoff 1** to prevent or stop sth 妨碍；阻止: *High interest rates have choked off investment.* 高利率阻碍了投资。 OBJ **demand, investment 2** to stop or interrupt sth 终止；使中断: *His words were choked off by the sudden screams.* 突如其来的尖叫打断了他的话。
◆ v + adv + n ◆ v + n/pron + adv

ˌ**choke ˈup**; ˌ**choke sb ˈup** (*informal*) to become, or to make sb, so upset that you/they are unable to speak （使）哽咽，说不出话来: *That song really chokes me up.* 那首歌简直让我泣不成声。◇ *He gets choked up just remembering the day she left.* 一想起她离开的那天，他就

哽咽着说不出话来。

NOTE Usually used in the passive. 常用于被动语态。

• v + adv • v + n/pron + adv

chop /tʃɒp; *AmE* tʃɑːp/ (**-pp-**)

ˈchop at sth; **ˌchop aˈway at sth** to aim blows at sth with a sharp heavy tool 瞄准…砍去；对准…劈去：*They chopped at the undergrowth with their machetes.* 他们抡着大刀砍灌木丛。

• v + prep • v + adv + prep

ˌchop sth ˈdown to make sth such as a tree fall down by cutting it at the base with a sharp tool 砍倒，砍下（树木等）：*They're chopping down thousands of trees every year.* 他们每年砍伐几千棵树。

OBJ **tree** SYN **cut sth down**

• v + adv + n • v + n/pron + adv

ˌchop sth ˈoff; **ˌchop sth ˈoff sth** to remove sth by cutting it with a sharp heavy tool （从…上）砍掉，斩下：*The king had his head chopped off.* 国王下令砍了他的头。◇ *She chopped a branch off the tree.* 她从树上砍下一根树枝。

SYN **cut sth off, cut sth off sth**

• v + n/pron + adv • v + adv + n • v + n/pron + prep

ˌchop sth ˈup to cut sth into small pieces with a knife or a sharp tool 切细；剁碎：*Shall we chop these logs up for firewood?* 我们要把这些木头劈成柴吗？◇ *I have to chop her food up small for her.* 给她吃的食物我必须切得很碎。◇ *Chop up the onion into small pieces.* 把洋葱切碎。

SYN **cut sth up**

→ see also HACK STH UP

• v + n/pron + adv • v + adv + n

chow /tʃaʊ/

ˌchow ˈdown (on sth) (*AmE, informal*) to eat a lot of food 大吃：*We chowed down on fried chicken and salad.* 我们大吃炸鸡和色拉。

• v + adv

chuck /tʃʌk/

NOTE **Chuck** is an informal way of saying **throw**. * chuck 是 throw 的非正式说法。

ˌchuck sth aˈway (*BrE, informal*) **1** to not make good use of sth; to waste sth 不充分利用；浪费：*She's chucking all her money away on presents for him.* 她把钱都乱花在给他买礼物上了。◇ *It's too good an opportunity to chuck away.* 这是个大好机会，不能错过。 **2** (*also* **ˌchuck sth ˈout**) to throw sth away because you no longer want or need it 丢弃；抛弃：*We chucked the old sofa away.* 我们扔掉了旧沙发。◇ *Don't chuck yesterday's paper out. I still haven't done the crossword.* 昨天的报纸可别扔了。我还没有做填字游戏呢。

SYN **throw sth away**

• v + n/pron + adv • v + adv + n

ˈchuck it down (*also* **ˈchuck down, ˈchuck down sth** *less frequent*) (*BrE, informal*) to rain very heavily 下暴雨：*It was chucking it down outside.* 外面大雨倾盆。

SYN **pour down** (*BrE*)

NOTE **Chuck it down** and **chuck down** are always used with the subject *it*. * chuck it down 和 chuck down 总是与主语 it 连用。

• v + it + adv • v + adv • v + adv + n

ˌchuck sth ˈin (*BrE, informal*) to include sth extra with what you are selling or offering without increasing the price 附送：*If you buy the freezer and the fridge we'll chuck in a toaster.* 购买冰柜和冰箱附送一台烤面包机。

SYN **throw sth in**

• v + adv + n • v + n/pron + adv

ˌchuck sth ˈin/ˈup (*BrE, informal*) to decide to stop doing sth such as a job or a course of study 放弃，中断（工作、课程等）：*What made you decide to chuck in your course?* 你为什么决定中断这门课程？◇ *I feel like* ***chucking it all in*** *and going back to Africa.* 我想放弃一切回非洲去。

OBJ **job, course** SYN **jack sth in** (*BrE*), **pack sth in** (*BrE*), **give sth up**

NOTE Not used in the passive. 不用于被动语态。

• v + adv + n • v + n/pron + adv

ˌchuck sb ˈout; **ˌchuck sb ˈout of sth** (*informal*) to force sb to leave a place, a job, etc. 强迫…离开（处所、工作等）；撵走；辞退：*Her parents chucked her out when she got pregnant.* 她怀孕后，父母把她赶出了家门。◇ *She failed her exams and was chucked out of college.* 她几门考试不及格，被大学开除了。◇ (*BrE*) *There's always trouble at* ***chucking-out time*** (= the time when pubs, etc. close). 到了酒吧关门的时间，麻烦总免不了。

SYN **throw sb out, etc.; turn sb out, etc.**

• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

ˌchuck sth ˈout (*informal*) **1** to reject a plan, a proposal, etc. 否决，拒绝接受（计划、提议等）：*The committee chucked my proposal out.* 委员会否决了我的提议。 **2** → CHUCK STH AWAY 2

SYN **throw sth out**

• v + n/pron + adv • v + adv + n

ˌchuck ˈup; **ˌchuck sth ˈup** (*BrE, informal*) to bring food you have eaten back out of your mouth 呕吐；吐出：*The smell made me want to chuck up.* 这气味令我作呕。

SYN **bring sth up; throw up; vomit, vomit sth (up)**

• v + adv • v + adv + n • v + n/pron + adv

▸ **ˈupchuck** *vt, vi* (*informal*) to bring food you have eaten back out of your mouth 呕吐；吐出：*I almost upchucked my dinner.* 我差点把晚饭吐了出来。

ˌchuck sth ˈup (*BrE*) → CHUCK STH IN/UP

chug /tʃʌg/ (-gg-)

ˌchug aˈlong (*informal*) to make steady but slow progress 稳定缓慢进展: *'Hi! How are things?' 'Oh, fine, just chugging along.'* "嗨！一切都好吧？""喔，马马虎虎，基本上老样子。"
◆ v + adv

churn /tʃɜːn; *AmE* tʃɜːrn/

ˌchurn sth ˈout (*informal*) to produce sth quickly in large amounts 批量生产；大量炮制: *She churns out trashy romantic novels.* 她大量炮制毫无价值的言情小说。◇ *They churn out 3 000 identical toy trains every day.* 他们每天生产3 000辆同样的玩具火车。
◆ v + adv + n ◆ v + n/pron + adv

ˌchurn sb ˈup (*informal*) to make sb feel very upset, worried, frightened or angry 使不安；使担忧；使害怕；使生气: *When I drove away from the house for the last time, I was churned up inside.* 我最后一次驾车离开那所房子时，心中十分郁闷。
◆ v + n/pron + adv ◆ v + adv + n

ˌchurn sth ˈup to move sth such as mud or water around and damage or disturb the surface 掀起，搅动（泥或水）；使翻腾: *Cars and motorbikes had churned up the field.* 汽车和摩托车在地上留下一道道车辙。◇ *seas churned up by the storm* 暴风中波涛汹涌的大海 ◇ (*figurative*) *His visit churned up bitter memories.* 他的到访勾起了苦涩的回忆。
OBJ **earth/ground, mud, water**
◆ v + adv + n ◆ v + n/pron + adv

claim /kleɪm/

ˌclaim sth ˈback to ask for sth to be returned to you 要回；索回: *Claim your expenses back from the company.* 费用请向公司报销。
OBJ **tax, money**
◆ v + n/pron + adv ◆ v + adv + n

clam /klæm/ (-mm-)

ˌclam ˈup (on sb) (*informal*) to refuse to speak about sth because you are afraid, or want to keep it secret 不敢作声；绝口不谈；拒不开口；守口如瓶: *He always clams up when we ask about his family.* 我们问起他的家庭，他总是沉默不语。
◆ v + adv

clamp /klæmp/

ˌclamp ˈdown; ˌclamp ˈdown on sb/sth (*informal*) to become strict about sth in order to prevent sth happening, especially a crime, a protest, etc. （严厉）弹压，镇压（犯罪活动、抗议示威等）: *The government intends to clamp down on drug smuggling.* 政府拟严厉打击贩毒活动。
SYN **crack down, crack down on sb/sth**
◆ v + adv ◆ v + adv + prep
▶ **ˈclampdown (on sb/sth)** *n* sudden action that is taken by a government or other authority to stop a crime, a protest, etc. （对犯罪活动、抗议示威等的）弹压，镇压，取缔

ˌclamp sth ˈon; ˈclamp sth on sb/sth (*especially AmE*) to force sb to accept sth unpleasant 强令（…）接受；强制执行: *The army clamped on a curfew after the riots.* 骚乱过后军队实行了宵禁。◇ *The army clamped a curfew on the refugee camps.* 军队对难民营实施宵禁。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

class /klɑːs; *AmE* klæs/

ˌclass sb/sth ˈup (*informal, especially AmE*) to make sb/sth better in quality, or look more expensive or more fashionable 提高…的品质；提高…的格调；使更时尚: *They've classed up the magazine, using better paper and a cleaner design.* 他们使用更优质的纸张和更简洁的设计，提升了杂志的档次。
◆ v + n/pron + adv ◆ v + adv + n

claw /klɔː/

NOTE **Claws** are sharp curved nails on the end of an animal's foot. * claw 指动物的脚爪。

ˈclaw at sb/sth to try to catch sb/sth or scratch or tear sb/sth with claws or with your nails （用爪子或指甲）抓，撕: *The cat was clawing at the door.* 猫在挠门。◇ *She tried to claw at his face.* 她试图抓他的脸。
◆ v + prep

ˌclaw sth ˈback (*especially BrE*) **1** to work hard to get sth back that you have lost 设法捞回；努力挽回: *They're trying to claw back their share of the market.* 他们正在想方设法夺回市场份额。 **2** if a government **claws back** money it has paid to people, it gets it back, usually by taxing them （通常指通过税收）收回（已支付给民众的钱款）: *The government are clawing back age allowances in tax.* 政府正在通过税收收回老年补助金。
◆ v + adv + n ◆ v + n/pron + adv
▶ **ˈclawback** *n* (*BrE, business*) the act of a government getting back in tax the money it has paid to people; the money that is paid back 通过税收收回钱款；通过税收收回的钱款

clean /kliːn/

ˌclean sth ˈdown (*BrE*) to clean sth thoroughly by rubbing it with a cloth, etc. or brushing it 把…彻底擦（或刷）干净: *Clean down all the walls before repainting them.* 重新粉刷之前把墙壁都擦干净。
◆ v + adv + n ◆ v + n/pron + adv

ˌclean sth ˈoff; ˌclean sth ˈoff sth to remove sth from the surface of sth by brushing, rubbing, etc. （从…上）把…刷掉，把…抹去，把（污垢）除掉: *She couldn't be bothered to clean her make-up off.* 她懒得卸妆。◇ *How can I clean red wine off the carpet?* 怎样清除地毯上的红酒污渍？
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌclean sb/sth ˈout; ˌclean sb/sth ˈout of sth (*informal*) to use up or take all sb's money; to take or buy the whole supply of sth that sb has 花掉（钱财）；买光（存货）：*Buying drinks for everyone cleaned me out.* 为大家购买饮料把我的钱花得一干二净。◇ *It's been a great year for sales. We're completely cleaned out* (= we've sold all our supply). 今年销售情况很好。我们的库存全部卖光了。◇ *The stall was cleaned out of newspapers by 8.00 a.m.* 上午八点报摊的报纸就卖光了。◇ *Burglars had cleaned the place out* (= had stolen everything). 窃贼把那里偷光了。
◆ v + n/pron + adv ◆ v + n/pron + adv + prep

ˌclean sth ˈout to clean the inside of sth thoroughly 彻底清洁…的内部: *We clean the stables out every day.* 我们每天彻底清扫马厩。
◆ v + n/pron + adv ◆ v + adv + n
▸ **ˈclean-out** *n* [usually sing.] (*especially BrE*) an occasion when you clean a room, house, cupboard, etc. thoroughly; the activity of cleaning a room, house, cupboard, etc. thoroughly 彻底清洁；大扫除

ˌclean ˈup (*informal*) to be very successful; to win a lot of money or prizes 大获成功；狠赚一笔；赢得很多奖项: *The movie cleaned up at the awards ceremony.* 在颁奖典礼上，这部电影赢得了很多奖项。
◆ v + adv

ˌclean ˈup; ˌclean yourself ˈup to wash yourself or make yourself clean （把自己）洗干净，弄干净: *I'll just clean up before dinner.* 我晚饭前要洗漱一下。◇ *They cleaned themselves up and put on their best clothes.* 他们梳洗干净，换上最漂亮的衣服。◇ *It's time you got cleaned up and ready for the evening.* 你该梳洗停当，准备好参加晚会。
◆ v + adv ◆ v + pron + adv

🔑 **ˌclean ˈup; ˌclean sth ˈup** to remove dirt, etc. from a place and make it clean （把…）打扫干净: *I've got to clean up before my parents get home.* 在父母回家之前，我得把家里拾掇干净。◇ *Who's going to* ***clean up after*** *you* (= clean the mess that you made)? 谁会跟在后面替你收拾？◇ *How often is the trash and litter cleaned up?* 垃圾多长时间清理一次？
OBJ **mess, house, environment**
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv
▸ **ˈclean-up** *n* [usually sing.] the act of removing dirt, etc. from a place to clean it 清洁；打扫

ˌclean sb ˈup to clean sb thoroughly 把（某人）弄干净: *Dad cleaned me up after I fell over in the mud.* 我跌进泥水里，爸爸把我收拾干净了。
◆ v + n/pron + adv ◆ v + adv + n

ˌclean sth ˈup to remove criminals, crime or immoral behaviour from a place or an organization 消除（犯罪或不道德行为）；清理；整顿: *The mayor is determined to clean up the city and make it a safer place to live.* 市长决心整治好这座城市，使人们安居乐业。◇ *The company is trying to clean up its image.* 公司正努力改善形象。
OBJ **city, image**
◆ v + adv + n ◆ v + n/pron + adv
IDM **clean up your ˈact** to start behaving in a responsible way 重新做人；改过自新；洗心革面
▸ **ˈclean-up** *n* [usually sing.] the act of removing crime or immoral behaviour from a place or an organization （对犯罪或不道德行为的）清理，整治

clear /klɪə(r); *AmE* klɪr/

ˌclear aˈway; ˌclear sth aˈway (*especially BrE*) to remove things that you have been using and no longer need in order to leave a clear space 把…清除掉（以留出空间）: *I'll help you to clear away after tea.* 喝完茶后我帮你收拾。◇ *to clear away the dishes* 收拾盘子 ◇ *Can you clear your books away?* 把你的书收起来好吗？
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌclear sb aˈway (*AmE*) to make sb leave a place 赶走；撵走: *The police cleared the demonstrators away.* 警察驱散了示威者。
◆ v + n/pron + adv ◆ v + adv + n

ˌclear ˈoff (*informal, especially BrE*) to go or run away 离开；溜掉；逃走: *You've no right to be here. Clear off!* 你无权呆在这里。走开！◇ *He cleared off as soon as he heard the police car.* 一听到警车声他便马上溜走了。◇ *I asked if I could play with them, but they told me to clear off home.* 我问能不能和他们一起玩，他们却叫我滚回家去。 ➲ note at GO AWAY
◆ v + adv

ˌclear ˈout; ˌclear ˈout of sth (*informal*) to leave a place quickly 迅速离开: *Would it be better for you if I just cleared out and went back to London?* 我马上离开这里回伦敦，是否对你更好一些？◇ *I told him to clear out of the house by Monday.* 我叫他星期一前搬出这所房子。
SYN **get out; get out of sth** ➲ note at GO AWAY
◆ v + adv ◆ v + adv + prep

ˌclear sth ˈout to make sth empty and clean by removing what you do not want 腾空；清理干净: *I cleared out all the cupboards.* 我把所有橱柜全部腾空了。
SYN **tidy sth out** (*BrE*)
◆ v + adv + n ◆ v + n/pron + adv
▸ **ˈclear-out** *n* [usually sing.] (*informal, especially BrE*) the act of throwing away all the things you no longer want or need or of getting rid of people you no longer want 清理；清除；裁减: *a clear-out of staff to reduce the wages bill* 为减少工资支出而进行的裁员

ˌclear ˈup if the weather **clears up**, it becomes brighter and rain, etc. moves away （天气）转晴，放晴: *For a week, it rained all day and cleared up in the evening.* 一个星期以来都是白天下雨、晚上放晴。
SYN **brighten up**
◆ v + adv

🔑 **ˌclear ˈup; ˌclear sth ˈup 1** to make sth clean and neat 打扫；清理: *I'll help you clear*

up. 我来帮你收拾。◇ *Clear up the mess in here before you go.* 把这里乱糟糟的东西拾掇整齐再走。 OBJ **mess** SYN **tidy up, tidy sth up** (*especially BrE*) ➲ note at TIDY UP **2** if an illness, infection, etc. **clears up** or sth **clears it up**, it disappears （疾病、感染等）痊愈，治愈: *The rash cleared up very quickly.* 皮疹很快消失了。◇ *The antibiotics should clear up the infection.* 抗生素应该能治好这种感染。 OBJ **rash, infection**

• v + adv • v + n/pron + adv • v + adv + n

ˌ**clear sth ˈup** to solve a problem; to find an explanation for sth 解决；解答: *to clear up a mystery* 揭开谜团◇ *I'm glad we've cleared that misunderstanding up.* 我很高兴我们消除了误会。

OBJ **confusion, matter, problem, mystery** ➲ note at WORK STH OUT

• v + adv + n • v + n/pron + adv

click /klɪk/

ˌ**click ˈthrough** (**to sth**) to visit a website by clicking on a link or advertisement on another web page 点击进入（链接或广告以访问另一网页）: *You can only get that information by clicking through from the home page.* 只能通过点击进入主页获得该类信息。

• v + adv

▶ ˈ**click-through** *n* [C, U] the number of people who follow a link on the Internet to a particular web page 点击量: *Our banner ads have a 2% click-through.* 我们的条幅广告点击率是 2%。◇ *poor click-through rates* 很低的点击率

climb /klaɪm/

ˌ**climb ˈdown** (**over sth**) (*informal*) to admit that you are wrong or have made a mistake; to change your position in an argument 承认错误；作出让步: *The president was forced to climb down and issue an apology.* 总统被迫妥协并致歉。

SYN **back down (on/from sth); give in (to sb/sth)**

• v + adv

▶ ˈ**climbdown** (**over sth**) *n* an act of admitting that you are wrong or have made a mistake; an act of changing your position in an argument 认错；退让；屈服

cling /klɪŋ/ (**clung, clung** /klʌŋ/)

ˌ**cling ˈon** (**to sth/sb**), ˈ**cling to sth** to hold sth/sb tightly; to not let go of sth/sb 紧紧抓住；不愿放开: *She **clung on for dear life**.* 她拼命抓着不放。◇ *I clung to the side so as not to fall.* 我死死抓住侧边，以免摔下去。

SYN **hang on** ➲ note at HOLD ON

• v + adv • v + prep • v + adv + prep

ˈ**cling to sth**; ˌ**cling ˈon to sth** to be unwilling to stop doing, believing or thinking about sth; to be unwilling to get rid of sth 不愿放弃；坚持: *I still cling to the hope that he's alive.* 我始终抱着希望，他仍然活着。◇ *She's clinging on to the past.* 她对过去依然难以释怀。

OBJ **past, power, tradition**

• v + prep • v + adv + prep

clock /klɒk; *AmE* klɑːk/

ˌ**clock ˈin/ˈon**; ˌ**clock sb ˈin/ˈon** (*BrE*) to record the time that you arrive at work, especially by putting a card into a machine; to do this for sb or check the time they arrive at work （尤指用打卡机）记录（某人）上班到达时间；上班打卡: *We arrived and clocked on for the night shift.* 我们到了单位，就打卡上夜班。

SYN **punch in, punch sb in** (*AmE*) OPP **clock off/out, clock sb off/out**

• v + adv • v + n/pron + adv

ˌ**clock ˈin at sth** to last or take a particular amount of time; to cost a particular amount of money 持续，花费（时间）；花掉，耗费（金钱）: *The fastest runner clocked in at 3 minutes 40 seconds.* 最快的赛跑选手用了 3 分 40 秒。

• v + adv + prep

ˌ**clock ˈoff/ˈout**; ˌ**clock sb ˈoff/ˈout** (*BrE*) to record the time that you leave work, especially by putting a card into a machine; to do this for sb （尤指用打卡机）记录（某人）下班离开时间；下班打卡: *Don't forget to clock off when you leave.* 下班离开时别忘了打卡。

SYN **punch out, punch sb out** (*AmE*) OPP **clock in/on, clock sb in/on**

• v + adv • v + n/pron + adv

ˌ**clock ˈon, etc.** (*BrE*) → CLOCK IN/ON, ETC.

ˌ**clock ˈout, etc.** (*BrE*) → CLOCK OFF/OUT, ETC.

ˌ**clock sth ˈup** (*informal*) to win or achieve a particular number or amount 达到（某一数字或数量）: *We've clocked up 500 miles* (= we've travelled 500 miles) *today.* 我们今天的行程达到500英里。◇ *The company has clocked up record exports this year.* 公司今年出口创了纪录。

OBJ **miles, years** SYN **notch sth up**

• v + adv + n • v + n/pron + adv (*rare*)

clog /klɒg; *AmE* klɑːg/ (-gg-)

ˌ**clog ˈup** (**with sth**), ˌ**clog sth ˈup** (**with sth**) to become, or to make sth, blocked so that nothing can move （用…）塞满，把…阻塞: *The pipe had clogged up (with mud).* 管道被（泥）堵住了。◇ *The roads were clogged up with traffic.* 道路交通堵塞。

OBJ **roads, pipes** SYN **block up, block sth up**

NOTE **Clog** and **clog sth** are used on their own with a similar meaning. * clog 和 clog sth 单独使用也作相近含义。

• v + adv • v + adv + n • v + n/pron + adv

close /kləʊz; *AmE* kloʊz/

🔑ˌ**close ˈdown**; ˌ**close sth ˈdown** if a shop/store, business, etc. **closes down**, or sb **closes it down**, it stops operating as a business, usually permanently （使商店、企业等）停业，倒闭: *Many businesses have closed down because of the recession.* 由于经济衰退，

很多企业纷纷倒闭。◇ *The government has closed down most of the mines.* 政府关闭了大多数矿场。◇ *The hospital closed down last year.* 医院去年关闭了。
SYN **shut down, shut sth down**
OPP **open up, open sth up**
NOTE **Close** and **close sth** are also used on their own * close 和 close sth 也单独使用: *The factory was closed last year.* 工厂去年关闭了。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv
▶ **'close-down** *n* [U, sing.] the stopping of work, especially permanently, in an office, factory, etc. （尤指永久的）停工，停业，倒闭

,close 'in 1 (on sb/sth) to come nearer to and surround sb/sth in a frightening way or in order to attack them 逼近；包围: *The enemy is closing in.* 敌人渐渐逼近了。◇ *The fog was closing in on us.* 我们逐渐被大雾笼罩。 **2** (*especially BrE*) when the days **close in**, they gradually become shorter （白昼）逐渐变短，渐短: *The days/nights are closing in now that autumn/fall is here.* 秋天来临，白天越来越短 / 天黑得越来越早。◇ *The evenings are closing in fast.* 天黑得越来越早。 SYN **draw in** (*BrE*)
◆ v + adv

,close sth 'off (to sb/sth) to put sth across the entrance to a road, a room, etc. so that people cannot go in 隔离；封堵: *Police have closed the area off to traffic.* 警方封锁了这一地区的交通。◇ (*figurative*) *We don't want to close off any options.* 我们并不想排除任何一个选项。
◆ v + n/pron + adv ◆ v + adv + n

'close on sb/sth (*BrE*) to make the distance between you and sb/sth else smaller, for example in a race （赛跑等中）缩短同…的距离，逼近: *I was slowly closing on the runner ahead of me.* 我慢慢追上了跑在我前面的人。
◆ v + prep

'close on/over sth to surround sth, covering it or holding it tightly 遮盖；握紧；箍紧: *His fingers closed over the money.* 他的手紧紧地攥着那些钱。
◆ v + prep

,close 'out (*AmE*) if a shop/store **closes out**, it sells everything very cheaply before it stops operating as a business （商店）停业甩卖，歇业抛售: *The store is closing out on Monday with discounts of up to 75%.* 这家商店星期一要停业，商品折价甩卖，最大折扣达到 75%。
◆ v + adv
▶ **'closeout** *n* (*AmE*) an occasion when a shop/store sells all remaining goods very cheaply before it stops operating 停业甩卖；歇业抛售: *a closeout sale* 停业大减价
NOTE In British English, this is called a **closing-down sale**. 英国英语的说法是 closing-down sale。

,close sth 'out 1 to prevent light, sound, etc. from entering a place 遮蔽，屏蔽（光线、声音等）: *We need a curtain up there to close out the light.* 我们得在那儿挂幅帘子遮挡光线。 OBJ **light, noise** SYN **shut sth out 2** (*AmE, informal*) to bring sth to an end 结束；终止: *The vote closed out the three-day debate.* 投票为三天的辩论画上了句号。 **3** (*AmE*) if you **close out** a bank account, you stop keeping money in it 注销，结清（银行账户）: *I'd like to close out my savings account.* 我想注销我的储蓄账户。 OBJ only **account** NOTE **Close sth** is also used on its own * close sth 也单独使用: *I'd like to close my savings account.* 我想注销我的储蓄账户。
◆ v + adv + n ◆ v + n/pron + adv

,close 'over sth → CLOSE ON/OVER STH

,close 'up 1 to close completely 关闭；闭合: *His eye had swollen and closed up.* 他的眼睛肿得睁不开了。◇ *The cut took a long time to close up* (= to heal). 伤口过了很长时间才愈合。 OPP **open up 2** to hide your thoughts and feelings 隐瞒，掩饰（思想感情）: *She closed up when I mentioned her father.* 我提起她的父亲时，她避而不谈。 OPP **open up 3** if people or vehicles **close up**, they move nearer to each other 靠拢；靠近: *Traffic was heavy and cars were closing up behind each other.* 交通拥挤不堪，一辆一辆的汽车越挨越近。
◆ v + adv

,close 'up; ,close sth ,up to shut and lock a building completely for a period of time （暂时）关门，锁门: *You go on home. I'll close up* (= shut the shop/store). 你尽管回家吧。我来关店门。◇ *He closes the shop up at 5.30.* 他 5 点 30 分关店门。◇ *They closed the house up and rented an apartment in the city.* 他们把那所房子锁上，在城里租了套公寓。
OPP **open up, open sth up**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
IDM **close up 'shop** (*AmE*) (of a business) to stop operating 歇业；关闭: *After only six months in business we were forced to close up shop.* 营业仅仅六个月，我们就被迫停业了。

cloud /klaʊd/

,cloud 'over 1 (*AmE also* **,cloud 'up**) if the sky or the weather **clouds over**, clouds cover the sky and the sun disappears （天色）阴暗下来；阴云蔽日: *It's starting to cloud over.* 天阴了起来。 SUBJ **it, the sky 2** if your face, expression, etc. **clouds over**, you start to look sad, worried or angry （脸色）阴沉下来；满脸哀伤；愁容满面；面有怒色: *His face clouded over when she walked into the room.* 她一走进屋，他的脸色立时阴沉下来。 SUBJ **face, expression, eyes**
◆ v + adv

,cloud 'up (*AmE*) **1** → CLOUD OVER 1: *After lunch the sky clouded up, and we went home.* 午饭过后天空乌云密布，我们就回家去了。 **2** if your glasses **cloud up**, they become covered with very small drops of water so that you cannot see through them （眼镜）布满水汽，模糊不清: *It was cold out and my glasses clouded up when I came inside.* 外面很冷，我一进屋，镜片就蒙上了水雾。
◆ v + adv

clown /klaʊn/

,clown a'round (*BrE also* **,clown a'bout**) to behave in a silly way to make other people laugh 扮小丑；装疯卖傻；滑稽逗乐
SYN **mess around** (*informal*)
◆ v + adv

club /klʌb/ (-bb-)

,club to'gether (to do sth) if people **club together**, they each give an amount of money so that the total can be used for a particular purpose 凑份子；凑钱: *They clubbed together to buy their teacher a present.* 他们凑钱给老师买了个礼物。
SYN **chip in (with sth)**
◆ v + adv

clue /kluː/

,clue sb 'in (on/about sth) (*AmE, informal*) to give sb information about sth （就某事）为（某人）提供消息: *Can you clue me in on the facts of the case?* 你能告诉我这件案子的实情吗？
◆ v + n/pron + adv
▶ **,clued-'in (on/about sth)** *adj* having a lot of information about sth 掌握大量（有关…的）信息的；消息灵通的
NOTE **Clued-up** is used in British English with this meaning. 英国英语用 clued-up 作此义。

cluster /ˈklʌstə(r)/

,cluster a'round sb/sth (*BrE also* **,cluster a'bout/'round sb/sth**) to form a group around sb/sth 聚集在…周围；围聚着: *People clustered around the market stalls.* 人们围拢在市场货摊周围。
◆ v + prep

,cluster to'gether to come together in a small group 聚集；群聚；群集: *The children clustered together in a corner of the room.* 孩子们聚集在房间的一角。
◆ v + adv

clutch /klʌtʃ/

'clutch at sth/sb to try to get hold of sb/sth suddenly 抓住；握住: *She clutched at her stomach, obviously in pain.* 她一下子捂住肚子，显然很痛苦。
SYN **catch at sth/sb; grasp at sth**
◆ v + prep
IDM **clutch at 'straws** to try every possible way to escape from a difficult situation, even though there seems to be little hope of doing so 捞救命稻草；绝望地挣扎

clutter /ˈklʌtə(r)/

,clutter sth 'up (with sth) to fill or cover sth with lots of things so that it looks very untidy （用…）凌乱地塞满，堆满: *I'm sick of all these books cluttering up my office.* 这么多书乱七八糟地堆在办公室里让我很厌恶。
NOTE **Clutter sth** is used on its own with a similar meaning. * clutter sth 单独使用也作相近含义。 ⊃ note at MESS STH UP
◆ v + adv + n ◆ v + n/pron + adv

coax /kəʊks; *AmE* koʊks/

,coax sb 'into sth; 'coax sb into doing sth to persuade sb to do sth by talking to them gently 哄劝某人做某事: *Can we coax you into singing for us?* 我们能请您为我们唱歌吗？
◆ v + n/pron + prep

,coax sb 'out of sth; ,coax sb 'out of doing sth to persuade sb not to do sth by talking to them gently 哄劝某人不做某事: *Try to coax him out of resigning.* 尽量好言好语地说服他不要辞职。
◆ v + n/pron + adv + prep

'coax sth out of sb; 'coax sth from sb to persuade sb to do sth or to give you sth by talking gently 哄劝某人做某事；从某人处哄得某物: *She coaxed a smile from the baby.* 她把婴儿哄笑了。
◆ v + n/pron + adv + prep ◆ v + n/pron + prep

cobble /ˈkɒbl; *AmE* ˈkɑːbl/

,cobble sth to'gether (*informal*) to put sth together or to make sth quickly or carelessly, with whatever time and materials you have available 胡乱拼凑；草率制成；粗制滥造: (*figurative*) *The government seems to have cobbled together these proposals.* 政府的这些提案看来搞得很草率。
◆ v + adv + n ◆ v + n/pron + adv

cock /kɒk; *AmE* kɑːk/

,cock 'up; ,cock sth 'up (*slang, especially BrE*) to spoil or ruin sth by doing it badly or by making a mistake 把…搞糟；把…弄得一塌糊涂: *You've really cocked up this time.* 你这次确实弄得糟糕透顶。◇ *The travel agency completely cocked up the arrangements.* 旅行社把行程安排搞得乱七八糟。◇ *Don't cock things up again!* 别把事情再搞砸了！
SYN **mess up, etc.; bungle sth** (*informal*)
◆ v + adv ◆ v + n/pron + adv
▶ **'cock-up** *n* (*slang, especially BrE*) a mistake that spoils or ruins plans or arrangements; sth that has been spoilt because it has been badly done 错误；混乱；一团糟: *She's made a complete cock-up of the arrangements.* 她把计划全搅乱了。

coil /kɔɪl/

NOTE A **coil** is a series of circles formed by winding rope, etc. * coil 指绳圈、线圈等。

,coil 'up; ,coil sth 'up to wind into coils; to make sth do this （将…）卷起，盘起: *The snake coiled up in the sunshine.* 蛇在阳光下盘了起来。◇ *He coiled the rope up neatly.* 他把绳子整齐地卷起来。
OBJ **rope, string**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

collect /kə'lekt/

col,lect sth 'up to bring together things that are no longer being used 把（不再使用的物品）收起来: *Would somebody collect up all the dirty glasses?* 请问，这些脏杯子有人来收拾吗？
◆ v + n/pron + adv ◆ v + adv + n

colour (*BrE*) (*AmE* color) /'kʌlə(r)/

,colour sth 'in to fill a shape, an area, etc. with colour, using pencils or pens （用笔）给…着色，为…上色: *Why don't you colour the pictures in?* 你为什么不给这些画涂色呢？
OBJ **picture, drawing**
◆ v + n/pron + adv ◆ v + adv + n

comb /kəʊm; *AmE* koʊm/

NOTE A **comb** is a flat piece of plastic, etc. with a row of thin teeth along one side, used for making your hair neat. * comb 指梳子。

,comb sth 'out 1 to use a comb to remove knots from your hair or to make it neat 梳理（头发）: *My hair's so long that it takes me ages to comb it out.* 我的头发太长，梳好要花很长时间。 OBJ **hair 2** (*also* **,comb sth 'out of sth**) to remove dirt, knots, etc. from hair or fur with a comb 梳去（污垢、发结等）: *She brushed her hair and then combed out the tangles.* 她刷了刷头发，然后把打结的地方梳开。 OBJ **knots, tangles**
◆ v + n/pron + adv ◆ v + adv + n **2** also v + n/pron + adv + prep

,comb sth 'over to arrange your hair to hide a place on your head where there is no hair （用头发）遮盖（脱发处）
OBJ **hair**
◆ v + n/pron + adv ◆ v + adv + n
▶ **'comb-over** *n*: *He sported a terrible comb-over worthy of a football manager.* 他刻意用侧边头发遮掩秃顶，典型的足球教练式丑发型。

come /kʌm/ (came /keɪm/, come)

,come a'bout to happen 发生: *It's hard to understand how the accident came about.* 很难理解事故是怎么发生的。◇ *Can you tell us how* ***it came about that*** *you decided to strike?* 你能告诉我你们为什么决定罢工吗？
SYN **happen**
◆ v + adv

,come a'cross (*also* **,come 'over**) **1** (*also* **,come 'through**) **[+adv/prep]** (of an idea, an opinion or a feeling 想法、意见或感情) to be expressed clearly and understood easily 传达；被理解: *Do you think the film's message comes across clearly?* 你认为这部影片的寓意传达得很清楚吗？◇ *These themes come across very strongly in the novel.* 这些主题在小说中表现得淋漓尽致。◇ *I could tell she was frightened. It came over in her voice.* 我看得出她很害怕。这从她的声音中很容易听出来。◇ *The feeling of solidarity among the people really came through.* 人们充分表达出万众一心的气概。 **2** (*AmE also* **,come 'off** *informal*) **[+ adv/prep]** (**as sth**) to make a particular impression on people 给人以…印象；使产生…印象: *She comes across well in interviews.* 她在面试中常给人留下很好的印象。◇ *At the press conference, he came over as cool and confident.* 他在记者招待会上给人的印象是冷静自信。
◆ v + adv

,come a'cross (with sth) (*informal*) to provide or supply sth that sb asks for, especially money 提供，给予（所求索的金钱等）: *They eventually came across with another $250 000.* 他们最后又给了 25 万元。◇ *We still hope the company will come across for us.* 我们依然希望公司给予我们所需。
◆ v + adv

,come a'cross; 'come across sth to cross a room, a road, a river, etc. towards the place where the speaker is （走过房间、道路、河流等而）来到，过来: *When you've done your homework, come across to my house and we'll listen to some music.* 你完成作业后就来我家，我们听听音乐。◇ *She waved and came across the room to talk to me.* 她向我招招手，然后从房间那头走过来和我说话。
◆ v + adv ◆ v + prep

'come across sb/sth to meet or find sb/sth by chance, without having planned or thought about it （偶然）遇见，发现: *He's the most unpleasant man I've ever come across.* 他是我见过的最令人厌恶的男人。◇ *She came across a pile of old photographs while she was clearing the attic.* 她清理阁楼时偶然发现了一沓旧照片。
SYN **encounter sb/sth** (*formal*)
◆ v + prep

,come 'after sb/sth to chase or follow a person or an animal to try to catch them 追赶；追逐: *The farmer came after them, threatening to call the police.* 农夫一边追赶他们一边威胁说要报警。
◆ v + prep

,come a'long 1 to arrive or appear somewhere; to start to exist, happen or be available 到达；出现: *It's lucky you came along when you did or I'd have been stranded at the bus stop for an hour!* 还好那时你到了，否则我就得在公共汽车站耗上一小时！◇ *When the right opportunity comes along, he'll take it.* 只要有合适的机会，他会抓住的。◇ *There are new designs coming along.* 新款即将面世。 SYN **turn up 2** (*AmE also* **,come 'with** *informal*) to go somewhere with sb 跟随；同去: *We're going to the pub. Do you want to come along?* 我们要去酒吧。想一起去吗？◇ *You'd better come along with me to the police station.* 你最好跟我去趟警察局。 **3** → COME ON 4 **4** (*especially BrE*) → COME ON 1
◆ v + adv

,come a'long; ,come a'long sth to move forward or from one end of sth to the other, towards the speaker （沿…）过来: *I waited for ages for a bus, then three came along together!* 我等公共汽车好半天，后来一下子来了三辆！◇ *The lorry was coming along the road at great speed.* 货车一路飞驰而来。

OBJ **road**
◆ v + adv ◆ v + prep

ˌcome aˈpart to break or fall into pieces 破裂；破碎：*The teapot just came apart in my hands.* 茶壶就在我手中裂开了。◇ (*figurative*) *After the first act, the play begins to **come apart at the seams*** (= have a lot of problems). 第一幕过后，这出戏就开始破绽百出。
SYN **fall apart**
◆ v + adv

ˌcome aˈround, etc. (*especially AmE*) → COME ROUND, ETC.

ˌcome aˈround sth (*BrE also* **ˌcome ˈround sth**) to move or travel around a corner 绕过（拐角）；走弯道：*The bus came round the bend too fast.* 公共汽车在弯道处开得太快。
OBJ only **corner, bend**
◆ v + prep

ˈcome at sb to move towards sb as if you are going to attack them 逼近，迫近（以袭击某人）：*She came at me with a knife.* 她拿着刀子向我扑来。◇ (*figurative*) *The questions came at me so fast that I didn't have time to think about them.* 问题像连珠炮一般向我袭来，我无暇思考。

◆ v + prep

ˈcome at sth to approach, think about or try to deal with a question, problem, etc. in a particular way 处理，应付（问题、困难等）：*We're getting nowhere. Let's try coming at the problem from a different angle.* 我们这样会毫无进展，还是换个角度考虑这个难题吧。
OBJ **problem**
◆ v + prep

ˌcome aˈway; ˌcome aˈway from sth 1 to leave a place or a person 离开；离去：*Come away, now. There's nothing to see.* 走吧。没什么可看的。◇ *Jane came away from the meeting feeling angry and upset.* 简又气又急地离开了会场。 **2** to become separated from sth 脱离；脱落：*He pulled at the door handle until it came away in his hands.* 他一直拽着门把手，最后把它拽了下来。◇ *The plaster had started to come away from the wall.* 灰泥已开始从墙上脱落。
◆ v + adv ◆ v + adv + prep

ˌcome aˈway with sth to leave a place with a particular feeling, impression or result 带着（某种感觉、印象或结果）离开：*She came away from the championship with three medals.* 她在锦标赛上获得了三枚奖牌。◇ *We came away*

SYNONYMS 同义词辨析

come back

come back ◆ get back ◆ go back ◆ return ◆ turn back

These verbs all mean to come or go back from one place to another. 这些动词都表示返回。

come back to return 回来；返回：*He came back home years later, a changed man.* 几年后他回到家，完全变了个人。

get back to arrive back somewhere, especially at your home or the place where you are staying 回到，返回（尤指家里或停留之处）：*What time did you get back last night?* 你昨晚几点回来的？◇ *When I finally get back home, I'm going to have a big party!* 最终回家之后，我要办个盛大的聚会！

go back to return to the place you recently or originally came from or that you have been to before 回去；返回：*She went back into the kitchen.* 她回到了厨房。

return to come or go back from one place to another 回；返回：*She's returning to Australia tomorrow after a year in Europe.* 她在欧洲已呆了一年，明天就要回澳大利亚。◇ *I returned from work to find the house was empty.* 我下班回来，发现屋子空无一人。◇ *The Prime Minister recently returned from a summit at Camp David.* 首相参加完戴维营峰会刚回国。

turn back to return the way that you came, especially because sth stops you from continuing（尤指无法前行）折回，原路返回：*The weather got so bad that we had to turn back.* 天气糟透了，我们只得返回。◇ *I think we're lost—we'll have to turn back.* 我觉得我们迷路了 —— 我们得往回走。

WHICH WORD?

Return is slightly more formal than the other verbs in this group, and is used more often in writing or formal speech. **Come back** is usually used from the point of view of the person or place that sb returns to; **go back** is usually used from the point of view of the person who is returning * return 比这一组其他动词略显正式，多用于书面语或正式谈话。come back 通常是对返回的人或地点而言； go back 通常是对返回的人而言：*Come back and visit again soon!* 欢迎早日再次光临！◇ *Do you ever want to go back to China?* 你曾想过回中国去吗？

PATTERNS AND COLLOCATIONS

- to return/come back/go back/get back **to/from/with sth**
- to come back/go back/get back **outside/upstairs/down**, etc.
- to return/come back/go back/get back/turn back **again**
- to return/come back/go back/get back **home/to work**
- to return/come back/get back **safely**

with the impression that something was wrong. 我们离去时觉得有些不对劲。
◆ v + adv + prep

⚷ **,come 'back 1** to return to the place where the speaker is 回来；返回：*Come back here at once!* 马上回到这儿！◇ *Did she say when she was coming back?* 她说过何时回来吗？◇ *Why don't you come back to my place for a coffee?* 为什么不来我这里喝杯咖啡呢？◇ *They came back from the trip relaxed and happy.* 他们旅行归来，轻松愉快。◇ *She went into the kitchen and came back with two glasses of milk.* 她走进厨房，拿来两杯牛奶。◇ *We'll come back for the car tomorrow.* 我们明天回来取汽车。◇ (*figurative*) *Liverpool came back from being 2-0 down to win the game.* 利物浦队在 0:2 落后的情况下反败为胜。 SYN **return** (*more formal*) **2** to begin to exist or happen again 再次出现；再度发生：*My headache has come back again.* 我的头疼病又犯了。◇ *Her confidence is starting to come back slowly.* 她正慢慢恢复自信。 SYN **return** OPP **go away 3** to return to school or work after a break （休假后）返校，回去工作：*Do you know when Bill is coming back to work?* 你知道比尔何时回来上班吗？ **4** to become popular, successful or fashionable again 再受欢迎；再次成功；再度盛行：*80s hairstyles are **coming back into fashion**.* * 80 年代的发型又流行起来了。◇ *80s hairstyles are **coming back in**.* * 80 年代的发型又流行起来了。◇ *Do you think trams will come back?* 你看有轨电车会重获新生吗？ **5** (of a message or a reply 信息或答复) to be given in answer to a message, letter, etc. that you have sent or a question that you have asked 答复；回复：*I sent her an email and a message came back that she was away.* 我给她发了封电子邮件，收到回复信息说她外出了。 **6 (to sb)** to return to your memory, often suddenly （突然）回忆起，回想起：*It's all coming back to me now.* 现在我全都回想起来了。 **7 (at sb) (with sth)** to reply to sb quickly, strongly or angrily 回击；驳斥：*She came back at the speaker with some questions.* 她用提问来反驳发言人。◇ *He came back straight away, telling me what he thought of me.* 他立刻还击，说出了他对我的看法。
◆ v + adv

▶ **'comeback** *n* **1** [usually sing.] if a person **makes a comeback**, they return to performing or to public life after a long time, or they become popular again （长期沉寂之后的）复出，东山再起，再度走红：*The band's trying to make/stage a comeback.* 这支乐队正准备复出。 **2** if sth **makes a comeback**, it becomes popular or fashionable again 再度风行；再次盛行：*Cartoons seem to be making a comeback.* 漫画似乎又重新流行起来了。 **3** a way of getting payment or a reward for sth unfair or wrong that has been done to you 获得补偿的方式：*Will I have no comeback if the contract falls through?* 如果合同落空，我得不到赔偿吗？ **4** a quick reply that is often angry, insulting, clever or humorous （气愤、带有侮辱性、机智或幽默的）迅速回答，当场反驳：*For once in her life, she had no sharp comeback.* 她平生第一次没有立刻反唇相讥。

,come 'back to sth to return to a particular subject, an idea, etc. and start to talk about it or think about it 回到（主题、想法等）上来：*I'll come back to that point in a moment.* 我稍后还会讲到这一点。◇ *It always seems to come back to the question of money.* 话题似乎总是回到钱的问题上来。
SYN **return to sth** (*more formal*)
◆ v + adv + prep

,come be'fore sb/sth (*formal*) (of a legal case, a proposal or an issue 法律案件、提议或议题) to be presented to sb/sth so that they can discuss it or make a decision or a judgement about it 提交…供讨论（或作决定、判决）：*The case comes before the court next week.* 这桩案件下周提交法院审理。◇ *The bill came before parliament last month.* 议案上月呈交议会。
OBJ **court, committee, judge, parliament**
◆ v + prep

,come be'tween sb and sb; ,come be'tween sb and sth to harm or disturb a relationship between two people; to prevent sb from doing, enjoying or having sth 损害（或离间）…之间的关系；阻碍某人做某事：*Nobody will ever come between them.* 没人能拆散他们。◇ *I don't want to come between her and her work.* 我不想妨碍她工作。
◆ v + prep

,come 'by; ,come 'by sth 1 to pass sb/sth without stopping （从…旁）经过，走过：*Some kids on bikes came by, but they didn't notice me.* 一些孩子骑着自行车从旁边过去了，可他们没注意到我。 **2** (*especially AmE*) to come to visit sb for a short time in a relaxed or informal way 短暂看望；来串门：*Thanks for coming by yesterday.* 谢谢你昨天来看我。◇ *Come by on your way home from work.* 你下班回家的路上过来坐坐吧。◇ *If you come by the office tomorrow, I'll have it ready for you.* 如果你明天能来办公室一趟，我会给你准备好。 SYN **drop by; stop by, stop by sth**
◆ v + adv ◆ v + prep

'come by sth to manage to get sth; to receive sth by chance 设法得到；偶然得到：*Jobs are hard to come by these days.* 如今找工作很难。◇ *Information about the company was not easy to come by.* 这家公司的相关资料不容易弄到手。◇ *How did you come by that cut on your hand?* 你手上的伤口是怎么弄的？ ◇ *Old postcards are fairly easily come by.* 老明信片现在很容易弄到。
SYN **get sth; obtain sth** (*more formal*)
◆ v + prep

⚷ **,come 'down 1 (from ...) (to ...)** to travel from one place to another, especially from the north of a country to the south （从…）过来（到…）（尤指从一国北部到南部）：*When are you going to come down and see us?* 你何时过来看我们？ **2** if a price, a level or an amount **comes down**, it becomes lower or less than

SYNONYMS 同义词辨析

come down

alight • come down • land • settle • touch down

All these words mean to come down through the air and onto the ground or another surface. 这些动词都表示降落。

alight (*formal*) (of a bird or insect) to land on or in sth after flying to it （鸟或昆虫）飞落，停落: *A butterfly fluttered by and alighted on a rose.* 一只蝴蝶振翅飞过，落在玫瑰花上。

come down (of an aircraft) to land or fall from the sky （飞机）着陆，降落，坠落: *The passenger plane came down somewhere east of Moscow.* 客机坠落在莫斯科以东某地。

land to come down through the air onto the ground or another surface 着陆；降落；落: *The space shuttle landed safely at 12.45 p.m.* 航天飞机下午 12:45 安全降落。◇ *A fly landed on the dog's nose.* 一只苍蝇落在狗的鼻子上。

settle to come down from the air, land on sth and stay there for some time 停留；停歇: *Dust had settled on everything.* 到处落满灰尘。◇ *Two birds settled on the fence.* 两只鸟落在篱笆上。

touch down (of a plane or spacecraft) to land （飞机或航天器）着陆，降落: *The shuttle will touch down at 6 a.m. GMT.* 航天飞机将于格林尼治时间上午 6 点着陆。

PATTERNS AND COLLOCATIONS

- to land/settle/come down/touch down/alight **safely**
- to be **due/scheduled** to land/come down/touch down
- to be **forced** to land/come down

before （价格、水平或数量）下滑，降低: *Oil is coming down in price.* 石油价格在下跌。◇ *Inflation has come down twice in the last month.* 通货膨胀率上月两度回落。 SYN **decrease** (*more formal*); **drop**; **fall** OPP **go up** **3** to break and fall to the ground 崩塌；坍塌；倒塌: *Part of the ceiling had come down.* 天花板有一处塌了下来。 SYN **collapse** **4** (of a plane, etc. 飞机等) to fall from the sky; to be brought down to the ground 坠落；降落: *The pilot was forced to come down in a field.* 飞行员迫降在田野。 **5** (of rain, snow, etc. 雨、雪等) to fall 落下；降落: *The rain was coming down harder now.* 雨下大了。
SUBJ only **the rain, the snow** SYN **fall** **6** **[+ adv/prep]** to decide that you support or oppose sb/sth and say so publicly 决定并宣布（支持或反对）: *I knew my parents would come down on my sister's side.* 我知道父母会站在妹妹一边。◇ *The committee came down against the proposal.* 委员会表态反对这项提议。◇ *Voters came down firmly in favour of reform.* 选民表示坚决支持改革。 **7** when the curtain in a theatre **comes down**, it is the end of the performance （剧院帷幕）落下（表示演出结束）: *When the curtain came down, we all rushed for the exits.* 演出一结束，我们纷纷冲向各个出口。 OPP **go up** **8** **[+adv/prep]** to reach down to a particular point 下垂，向下延伸（到某一点）: *My mother's hair comes down to her waist.* 我母亲的头发垂至腰部。 **9** **(from sth)** (*informal*) to stop having the pleasant feelings and excitement that sth such as an enjoyable experience or a drug produces （愉快或兴奋过后）平静下来: *The party was so good I haven't really come down yet.* 晚会太棒了，我现在还沉浸其中不能平静。◇ *He still hasn't come down from the caffeine.* 他仍未从咖啡因带来的兴奋中平静下来。 **10** **(from sth) (to sth)** (of a person selling sth 卖方) to suggest or agree to a lower price 降价出售；降低售价: *I wasn't prepared to pay £1 500, but they eventually came down to £1 350.* 我不愿出 1 500 英镑，可他们最后降到了1 350英镑。◇ *Can you come down another $30?* 你能再便宜 30 元吗？ **11** **(from sth)** (*BrE, formal*) to leave a university (especially Oxford or Cambridge) after finishing your studies （尤指从牛津或剑桥）大学毕业: *When did you come down (from Oxford)?* 你何时（从牛津）毕业的？ OPP **come up (to sth)**
• v + adv **10** also v + adv + n
IDM **come (back) down to 'earth (with a 'bang/'bump)** to return to the reality of normal life after a period of great excitement or a time when you have been living in a way that is not very practical 回到现实中；停止做白日梦: *He came (back) down to earth with a bang when he discovered that all his money had run out.* 他发现自己的钱全用光了，才猛醒过来。
▸ **'comedown** *n* [usually sing.] (*informal*) **1** a situation which is not as good, important or interesting as one you have experienced previously 倒退；退步: *It's a bit of a comedown after her previous job.* 这比她的上一份工作稍差了点。 **2** a bad feeling which you get after the pleasant effects of a drug have disappeared （毒品带来的快感消失后的）难受，不舒服

,come 'down; ,come 'down sth to move from a higher place or position to a lower one, or from a place that is far away towards the speaker （从…）下来，过来: *Come down from that tree!* 从树上下来！◇ *The car was coming down the road towards us.* 汽车沿着马路朝我们开来。◇ *Jack came down the stairs two at a time.* 杰克一步两级台阶走下楼来。
OPP **come up, come up sth**
• v + adv • v + prep

,come 'down on sb (*informal*) to punish sb or criticize sb severely 惩罚；训斥: *The courts are coming down heavily on drug dealers.* 法庭要严惩毒品贩子。◇ *Don't come down too hard on him—he's young.* 不要对他这么凶 —— 他还小呢。

NOTE **Come down on sb** is always used with an adverb such as *hard* or a phrase with a similar meaning * come down on sb 总是与 hard 等副词或含义相近的短语连用: *If it happens again, we'll come down on you so hard that you'll wish you'd never been born.* 如果再有这种事，我们会叫你吃不了兜着走。◇ *He came down on me like a ton of bricks.* 他劈头盖脸地教训了我一顿。
◆ v + adv + prep

,come 'down to sb (from sb/sth) to be passed to sb from sb who lived in the past （从…）流传下来: *The family estate came down to her from her grandfather.* 家产是祖父留给她的。 SUBJ **story, name, tradition**
◆ v + adv + prep

,come 'down to sth to be able to be explained as one simple, important question or point 可归结为；可归纳为: ***It all comes down to*** *a matter of priorities in the end.* 归根到底，这都是孰先孰后的问题。◇ ***When it comes down to it*** (= the most important fact is)*, we can't afford to go.* 关键是我们去不起。◇ ***What it comes down to*** *is a choice between money or happiness.* 这可以归结为一个问题，就是要金钱还是要幸福。
◆ v + adv + prep

,come 'down with sth to get an illness, often not a very serious one 患，染上（小病）: *I came down with a bad cold.* 我得了重感冒。◇ *I think I'm coming down with something.* 我猜我是得了什么小病了。
OBJ **flu, a cold** SYN **go down with sth; catch sth; get sth** ⊃ note at SUFFER FROM STH
◆ v + adv + prep

'come for sb/sth 1 to come to sb's home, or to the place where sb/sth is in order to take them/it somewhere 来接某人，来取某物（以带到另一处）: *The police came for him this morning.* 警察今天上午把他带走了。◇ *Have you come for the parcel?* 你是来取包裹的吗？ **2** to attack sb/sth 进攻；攻击: *Sam came for me with his fists.* 萨姆挥舞着拳头朝我打来。
◆ v + prep

,come 'forth (*literary*) to appear or be produced 出现；产生: *He struck the rock and water came forth.* 他敲打岩石，水就涌出来了。
◆ v + adv

▶ **,forth'coming** *adj* **1** [only before noun] about to happen or appear very soon 即将发生的；即将出现的: *Who is in charge of promoting the band's forthcoming album?* 谁负责推广乐队即将推出的唱片？ **2** [not before noun] ready or made available when you need it 现成；随要随有: *Unfortunately money for the project has not been forthcoming.* 可惜这个项目的资金还未到位。 **3** [not before noun] (of a person 人) ready to give information when they are asked 愿提供信息；配合: *He's not very forthcoming about his love life.* 他不大愿意谈及他的爱情生活。

,come 'forward (with sth) to offer to give help, information, etc. 主动提供（帮助、信息等）: *Police have asked witnesses to come forward.* 警方呼吁目击者出来作证。◇ *We're hoping that a sponsor will come forward with the extra money.* 我们希望有赞助者捐助额外资金。◇ *No one came forward to claim the reward.* 无人前来领奖。
◆ v + adv

🔑**'come from ...** (*not used in the progressive tenses* 不用于进行时) to be born in or live in a particular place 出生于；来自: *Where do you come from?* 你是什么地方的人？◇ *She comes from London.* 她是伦敦人。
◆ v + prep

'come from sth to start in a particular place or be made from a particular thing 来自；产自: *Most of the wines that we sell come from France.* 我们出售的葡萄酒大多产自法国。◇ *Does your information come from a reliable source?* 你的消息来源可靠吗？◇ *I'm lazy? That's rich, coming from you!* (= you are lazy too) 我懒惰？真好笑，你不懒呀？◇ *He comes from a wealthy family.* 他出身于富裕家庭。◇ *Where's that terrible noise coming from?* 那讨厌的噪音是从哪里来的？◇ *93% of our energy comes from fossil fuels.* 我们 93% 的能源来自矿物燃料。
◆ v + prep

IDM **where sb is 'coming from** (*informal*) a person's situation, attitude, ideas, etc. that make them say what they have said （决定某人言论的）某人的全部背景，某人的动机: *I know exactly where you're coming from.* 我完全了解你的立场。

'come from sth; 'come from doing sth
→ COME OF STH, COME OF DOING STH

,come 'in 1 when the sea **comes in**, it moves towards the land （海水）涌向陆地，涨潮: *The tide was coming in fast.* 潮水迅速上涨。 OPP **go out 2** to finish a race in a particular position （赛跑等比赛中）取得（名次）: *Which horse came in first?* 哪匹马得了第一名？ **3** to arrive; to be received 到达；传来: *News is coming in of a train crash in Scotland.* 刚收到的消息说，苏格兰发生了火车撞车事故。◇ *We've got more work coming in than we can handle.* 工作不断增加，让我们应接不暇。◇ *I met all the trains that came in from London.* 从伦敦来的所有列车都是我接的。◇ *We've got just enough money coming in each month to pay the bills.* 我们每月的收入刚好够支付账单。 **4** to become available 可提供；可利用: *English strawberries usually come in in June.* 英格兰的草莓通常在六月上市。◇ *New jobs are coming in all the time.* 新的职位不断涌现。 **5** if a law or a rule **comes in**, it is introduced and begins to take effect （法律或规则）开始生效: *New legislation coming in next month will tackle low pay.* 下月实施的新法规将着手解决低工资的问题。 **6** to take part in a discussion or agreement 参加讨论；加入协议: *I'd like to come in here.* 我现在想说几句。◇ *I wish he wouldn't keep coming in with his stupid suggestions.* 我希望他不要没完没了地提出愚蠢的建议。◇ *If you want to come in on the deal, you need to decide now.* 如果你想加入这项交易，现在就得决定。

◆ v + adv

IDM ˌcome in ˈhandy/ˈuseful to be useful 有用处；用得上：*These boxes will come in handy when we move house.* 我们搬家时这些箱子会派上用场。

▶ ˈincome *n* money that you receive regularly, especially as payment for work 收入

▶ ˈincoming *adj* [only before noun] **1** travelling towards a place and arriving there 到来的：*incoming flights/passengers* 进港航班 / 旅客 **2** (of the sea 海水) coming towards the land 涌向陆地的；上涨的 **3** (of a phone call, letter or message 电话、信件或消息) sent to you or received by you 发来的；收到的：*This phone only takes incoming calls.* 这部电话只能接听来电。 **4** recently appointed or elected 新任的；新当选的：*the incoming Socialist government* 新当选的社会党政府

ˌcome ˈin; ˌcome ˈin sth; ˌcome ˈinto sth to enter a room or a building; to pass through sth such as a hole, a window, etc. 进入（房间或建筑物）；通过（洞口、窗户等）：*I knocked and heard her say 'Come in'.* 我敲了敲门，听见她说"进来"。◇ *The rain's coming in through that hole.* 雨水从那个洞漏进来。◇ *I'll ask him to call you as soon as he comes in* (= arrives home or at work). 他一来我就让他给你打电话。◇ *The sun was coming in at the windows.* 阳光从窗户射进来。◇ *When you come in the door, you'll find Reception on your left.* 你一进门就能看到左边的接待处。◇ *She came into the room crying.* 她哭着进了房间。 ➲ note at GO IN, GO IN STH

◆ v + adv ◆ v + prep

ˌcome ˈin; ˌcome ˈinto sth 1 to go to an office or the place where you work, in order to do some work （到办公室或工作地点）去工作：*Are you coming into the office tomorrow?* 你明天去办公室吗？ OBJ **the office, work 2** to have a part to play in sth; to play a useful role 有份儿；起作用：*I like the plan, but where do I come in* (= what is my role)? 我赞成这个计划，可我该做什么呢？ **3** to become fashionable; to start to be worn or used 时兴；流行起来：*When did platform heels come in?* 厚底高跟鞋是何时流行的？◇ *Trolleybuses first came in in 1923.* 无轨电车最早出现于 1923 年。◇ *Punk clothes seem to be* ***coming into fashion*** *again.* 朋克服装似乎又流行起来了。 OPP **go out 4** to go to a hospital to receive treatment, tests, etc. 到医院（接受治疗、检查等）：*Can you come in for the X-rays on Friday?* 你星期五来照 X 光好吗？

◆ v + adv ◆ v + prep

ˌcome ˈin for sth to receive sth, especially sth unpleasant 遭受；招致：*The government has come in for severe criticism from all sides.* 政府遭到各方的严厉批评。◇ *The company came in for a lot of stick* (= a lot of criticism) *with their advertising campaign.* 公司的广告宣传活动备受指摘。

OBJ **(severe) criticism**

◆ v + adv + prep

ˌcome ˈin with sb (on sth), **ˌcome ˈin (with sb) on sth** if sb **comes in with** you, they join you in a particular project, activity, business, etc. 加入；入伙：*Do you want to come in with me on Joe's present?* 你愿意和我凑份子给乔买礼物吗？◇ *My brother hoped I would come in with him when he started his own business.* 哥哥希望我和他一起创业。◇ *Do you want to come in on the deal?* 你想参与这笔交易吗？

◆ v + adv + prep

ˌcome ˈinto sth 1 to begin to exist, happen, etc. 开始存在（或发生等）：*The cherry trees are* ***coming into blossom.*** 樱桃树开花了。◇ *The band only* ***came into being*** *in 2005.* 这支乐队 2005 年才成立。◇ *When do the new regulations* ***come into force/effect?*** 新规章制度何时生效？◇ *When did the Labour party come into office?* 工党何时开始执政的？◇ *A variety of factors* ***come into play*** *when choosing an employee.* 挑选雇员要考虑各种各样的因素。 **2** to receive a large sum of money when sb dies 获得，继承（遗产）：*She came into a fortune when her cousin died.* 表兄去世后她继承了一大笔财产。 OBJ **a fortune, money 3** to be important in a particular situation （在特定情形下）起重要作用：*I got the job because I was the best. My looks didn't* ***come into it.*** 我得到这份工作是因为我最优秀，无关我的外表。◇ *He took the job because he liked the work. Money didn't come into the equation.* 他选择这份工作是出于兴趣。钱不是主要因素。 OBJ **it, the equation**

◆ v + prep

IDM **come into ˈline (with sb/sth)** to behave in the way other people behave, or in the way you should behave （与…）一致；随大溜；按规范 **come into your/its ˈown** to have the opportunity to show your/its qualities or abilities 有机会表现（品质）；充分施展（才能）：*After two poor games, he finally came into his own in the game against Germany.* 经过两场表现糟糕的比赛之后，他终于在和德国队的比赛中发挥出了自己的水平。◇ *This bike comes into its own on rough ground.* 这辆自行车在颠簸的地面上才能显示出它的优势。

ˈcome of sth; ˈcome of doing sth (*also* **ˈcome from sth, ˈcome from doing sth**) to happen as a result of sth 由…引起；是…的结果：*I told him no good would* ***come of it.*** 我告诉过他不会有任何好的结果。◇ *He promised to help, but I don't think anything will* ***come of it.*** 他答应帮忙，但我想他只是说说而已。◇ *That's what comes of not listening to my advice!* 那就是不听我劝的下场！◇ *I had the feeling of satisfaction that comes from doing a difficult job well.* 我有那种圆满完成一项棘手工作的满足感。

◆ v + prep

ˌcome ˈoff 1 to be able to be removed 可拆除；可拆卸：*Does this knob come off?* 这个旋钮能卸下来吗？ **2** (*informal*) to take place; to happen 举行；发生：*Did your trip to New York ever come off?* 你去纽约的事最后成了吗？ **3** (*informal*) if a plan, etc. **comes off**, it is successful or it has the result that you intend

（计划等）成功，达到预期效果: *Her attempt to break the world record nearly came off.* 她打破世界纪录的尝试差点成功。 **4** **[+ adv]** (*informal*) if sb **comes off** well or badly in a fight, a contest, etc., they finish the fight in a good or a bad condition （搏斗、比赛等）大胜，大败: *He always comes off worst in fights.* 他打架总是输得很惨。 **5** (*AmE, informal*) → COME ACROSS 2
◆ v + adv

,come 'off; ,come 'off sth **1** to become separated from sth （从…）掉下，脱落: *The handle came off in my hand.* 把手掉在我手里了。◇ *A button has come off my coat.* 我的外套掉了一颗纽扣。 **2** to fall from sth （从…）掉下，落下: *My glasses came off when I tripped.* 我绊了一跤，把眼镜摔掉了。◇ *She braked sharply and came off her bike.* 她猛一刹闸，从自行车上摔了下来。 OBJ **bicycle, horse** **3** to move away from sth large or important and go in a different direction （从大的或重要的事物中）分离，脱离，岔开: *A narrow road comes off on the left.* 左侧岔出去一条窄路。 **4** to leave the stage, the sports field, etc. during a play or a game （演出或比赛时）离开舞台（或赛场等）；下台；退场: *Two players came off just before half time.* 在上半场即将结束之前，有两名队员下场了。 **5** to leave sth such as a vehicle or a road （从交通工具上）下来；离开（道路）: *She looked tired as she came off the plane.* 她下飞机时显得很疲惫。◇ *Come off (the motorway) at junction five.* 在五号交叉路口驶离（高速公路）。 **6** if an amount of money **comes off** a price, the price becomes lower by that amount （从价格中）削减: *Two pence a litre is coming off the price of petrol.* 汽油价格每升将要下调两便士。
◆ v + adv ◆ v + prep

,come 'off sth **1** to stop using sth; to stop taking a drug, medicine, alcohol, etc. 停止（服药、吸毒、饮酒等）: *It's time she tried to come off sleeping pills.* 她该设法戒掉安眠药了。 **2** (of heat, a smell, the wind, etc. 热量、气味、风等) to start from a particular place or thing （从某处或某物）开始，窜出，升起: *There was a mist coming off the sea.* 海上起雾了。 **3** (*AmE, informal*) to have just completed a very successful period of time or returned to normal after a bad period 圆满渡过（一段成功时期）；（一段糟糕时期之后）恢复正常: *Farmers are coming off another tough year.* 农民又熬过了困难的一年。
◆ v + prep

IDM **,come 'off it!** used to tell sb that you think or know that what they have said is not true or that you disagree with it （表示不相信或不同意）别胡扯，别胡诌，住口: *Come off it! England will never win!* 别胡说八道！英格兰队肯定赢不了！

,come 'on **1** (*also* **,come a'long** *especially BrE, less frequent*) used to encourage sb to do sth, for example, to hurry （用于鼓励）快，加油，加把劲: *Come on, we'll be late.* 走吧，我们要迟到了。◇ *Come on, things can't be that bad!* 加把劲，情况不会那么糟的！ **2** used to show that you do not believe what sb has said or that you disagree with them （表示不相信或不同意）得了吧: *Come on! You don't really expect me to believe that, do you?* 得啦！你不会真的以为我会相信那个吧。 **3** (of a light, the electricity, etc. 电灯、电力等) to begin working; to be switched on 开始运作；打开: *Does the heating come on automatically?* 暖气自动开始供暖吗？◇ *I've set the oven to come on at five.* 我把烤箱设定为在五点钟开始烘烤。 SUBJ **lights** OPP **go off 4** (*also* **,come a'long**) to make progress; to improve or develop in the way that you want 进展；改进；发展: *Your French is really coming on.* 你的法语确实有进步。◇ *Tim's come on well with the guitar.* 蒂姆的吉他弹得大有起色。◇ *How's dinner coming along?* 晚饭做好了吗？ **5** (of an actor or a performer 表演者) to walk onto the stage and start to perform 登台；上场: *When are McFly coming on?* 小飞侠乐队何时出场？ **6** (*sport*) (of a player 运动员) to join a team instead of another player during a game （比赛中替换别人）上场: *Robson came on in place of Wilkins.* 罗布森替换威尔金斯上场。 **7** (of a television programme, etc. 电视节目等) to start to be shown 开始播映: *What time does the news come on?* 新闻报道什么时候开始？ **8** (*especially BrE*) (of a season, a period of time, an illness, etc. 季节、时段、疾病等) to begin 开始: *It's getting colder. Winter's coming on.* 天气开始变冷了，冬天到了。◇ *I think I've got a cold coming on.* 我觉得我有点感冒了。◇ *It came on to rain.* 天下起雨来了。 NOTE Usually used in the progressive tenses. 通常用于进行时。 **9** **[+ adv]** to go to a place 去某处: *Come on in and make yourself at home.* 进来随便坐坐吧。◇ *My wife's coming on later.* 我妻子过会儿来。 **10** (*BrE, informal*) (of a woman) to start your period （女性）来月经
◆ v + adv

IDM **,come on 'strong** to speak or behave in a very determined way, especially in a way that shows sb you want to have a sexual relationship with them （尤指）露骨地求爱，求欢
▸ **'oncoming** *adj* [only before noun] advancing towards you; approaching you 迎面而来的；接近的

,come 'on; ,come 'on sth to begin speaking to sb on the telephone 开始（与某人）通电话: *I had a long talk with my mother, then my dad came on.* 我和妈妈谈了好长时间，然后爸爸又来和我通话。◇ *Sue came on the line for a chat.* 休打电话来聊天。
◆ v + adv ◆ v + prep

'come on/upon sb/sth (*formal*) to meet or find sb/sth by chance 偶然遇见；偶然发现: *I came upon this beautiful vase in the attic.* 我在阁楼偶然看见了这只漂亮的花瓶。
◆ v + prep

,come 'on to sb (*informal*) to behave in a way that clearly shows sb that you want to have a sexual relationship with them 勾引；向…求欢
◆ v + adv + prep

▸ 'come-on *n* [usually sing.] (*informal*) a remark or action that is intended to attract sb 试图吸引人的言行；噱头；引诱

,come 'on to sth to start talking about or discussing a topic 开始讨论（某一话题）：*I'll come on to the subject of exams in a minute.* 我马上就会谈到考试这个话题。
OBJ **question, topic, subject**
◆ v + adv + prep

,come 'out 1 when the sun, moon or stars **come out**, they appear in the sky （太阳、月亮或星辰）出现，出来：*The sun came out in the afternoon.* 下午出太阳了。 SYN **appear 2** when flowers **come out**, they open （植物）开花：*The daffodils came out late this year.* 水仙花今年开得晚。 **3** to be published or produced 出版；发行；发表：*Her new novel's just come out.* 她的新小说刚出版。◇ *When do the exam results come out?* 考试成绩什么时候出来？ SYN **appear 4** (of news, the truth, etc. 消息、真相等) to become known after a time when it has been secret 显露出来；为人所知：*The truth finally came out.* 终于真相大白了。◇ ***It came out that** she'd made the whole thing up.* 结果发觉这全都是她捏造出来的。 **5** to be shown clearly 显示；显现：*His arrogance comes out in every speech he makes.* 每次讲话时他的傲慢都溢于言表。 **6 (with sb)** to go somewhere with sb for a social event （和某人）外出社交：*Will you come out to dinner with me tonight?* 你今晚和我出去吃饭好吗？ **7** if a photograph **comes out**, the picture can be seen clearly （照片）洗出来，显影：*My photos didn't come out very well because there wasn't enough light.* 由于光线不足，我的照片洗出来效果不好。 **8** when words **come out**, they are spoken 说出；讲出：*I opened my mouth to apologize, but the words wouldn't come out.* 我张嘴想道歉，但这话怎么也说不出口。◇ *He tried to pay her a compliment but it came out all wrong.* 他本想称赞她，可是话一出口却全变味了。 **9 [+ prep]** to state publicly that you do or do not support sth 宣布（支持或反对某事）：*Members of the committee have come out in opposition to the proposal.* 委员会成员公开表示反对这个提议。 **10** come out and do sth to be brave enough to say or do sth that other people might find it hard to say or do 勇敢站出来；挺身而出：*Has she actually come out and admitted it yet?* 她是否真的站出来承认了？◇ *Only one member of staff came out and said that the working conditions were unsatisfactory.* 只有一名职员挺身而出，指出工作条件不能令人满意。 **11** (*BrE*) to stop work and go on strike 罢工：*The miners have **come out on strike**.* 矿工罢工了。 **12** to say openly that you are a homosexual (= a person who is sexually attracted to people of the same sex) 公开自己的同性恋者身份；出柜 **13** when a young girl **came out** in the past, she was formally introduced into society （旧时的少女经正式介绍）初入社交界
◆ v + adv

,come 'out; ,come 'out of sth 1 to leave a place or appear from inside a place 离开；从…出来：*Come out! I know you're in there!* 出来吧！我知道你在里面！◇ *I'll speak to her as soon as she comes out of the meeting.* 她一开完会，我就跟她说。 **2** if an object **comes out** of sth, it is removed from the place where it is fixed or becomes separated from sth （从…）掉下，脱落：*Her tooth came out when she bit into the apple.* 她咬苹果时崩掉了牙齿。◇ *All the pages have come out of this book.* 这本书散架了。◇ *This screw won't come out of the wall.* 墙上这颗螺丝钉拔不出来。 **3** if a mark or some dirt **comes out**, it is removed from sth by washing or cleaning （污渍或污垢）被洗掉，被清除：*The bloodstains won't come out of my shirt.* 我衬衫上的血迹洗不掉。◇ *It was a very expensive skirt, but most of the colour came out when I washed it.* 这条裙子很贵，可一洗颜色就快褪光了。 **4 [+ adv/prep/adj]** to finish sth in a particular state; to have a particular result （以某状态）完成（某事）；有…结果：*She came out on top in the exams.* 她考试成绩名列前茅。◇ *His reputation came out undamaged.* 结果他的声誉并未受损。◇ *The family didn't come out of the affair very well.* 到头来这件事对这家人结果不是很好。 NOTE In this meaning, **come out** and **come out of sth** are always used either with an adverb, an adjective or a phrase beginning with a preposition. * come out 和 come out of sth 作此义时，总是与副词、形容词或介词短语连用。
◆ v + adv ◆ v + adv + prep
IDM **,come 'out of yourself** to relax and become more confident and friendly with other people 更加放松自信地与他人友好交往；变得外向

,come 'out at sth to add up to a particular cost or sum 共计；合计：*The total bill comes out at over a thousand pounds.* 账单金额总计超过一千英镑。
◆ v + adv + prep

,come 'out in sth if a person **comes out in** sth such as spots, their skin becomes covered in them （皮肤上）布满（疹子、粉刺等）：*The cream made her face come out in a rash.* 用了这种乳霜后，她脸上起了皮疹。
OBJ **spots, rash, lumps** SYN **break out in sth**
◆ v + adv + prep

,come 'out of sth 1 to return to normal after a difficult time （艰难时期之后）恢复正常：*The country is slowly coming out of recession.* 该国正慢慢走出经济衰退。 **2** to result or develop from a process or an event 由…产生；由…形成：*At least some good came out of all our hard work.* 我们的辛勤劳动至少带来一些好处。◇ *The book came out of her travels in Japan.* 这本书取材于她在日本的游历经历。 **3** to be taken away from a total amount （从总数中）扣减，减掉：*The money will have to come out of your wages.* 这笔钱只能从你的工资中扣除。
◆ v + adv + prep

,come 'out with sth (*informal*) to say sth, especially sth surprising or not polite 说出

(尤指令人吃惊或无礼的话)：*I can't believe the things he comes out with!* 我难以相信他居然说出这种话！◇ *When I asked her why she was late, she just came out with a load of nonsense.* 我问她为何迟到，她的回答不着边际。
◆ v + adv + prep

ˌcome ˈover 1 (to sb/sth) to move across a room, a road, an ocean, etc. towards where the speaker is (从…)过来: *Come over and meet my husband.* 过来见见我丈夫吧。◇ *When are you coming over to England again?* 你何时再次来英国呢？◇ *Lots of people are coming over from America for the wedding.* 很多人要从美国来参加婚礼。 **2 (to sth)** to visit sb for a short time, usually at their home (通常指到家中)短暂造访，顺便来访: *Her son only comes over to see her occasionally.* 她的儿子只是偶尔来看看她。◇ *Our new neighbours came over to our house last night.* 昨天晚上新邻居到我们家来了。 **3 [+ adj]** (*BrE, informal*) to suddenly start feeling sth 突然感到: *to come over funny/dizzy/faint* 突然觉得好笑 / 晕眩 / 头昏 ◇ *I come over all shy whenever I see her.* 每次见到她，我就突然感到很腼腆。 **4** → COME ACROSS
◆ v + adv

ˌcome ˈover sb/sth (of a feeling, a mood, etc. 感觉、情绪等) to affect sb/sth 影响: *I'm sorry—I don't know what came over me* (= I don't know what made me behave in that way). 对不起 —— 我不知道我是怎么了。◇ *A remarkable change has come over the group since he left.* 他离开后，那个组变化很大。
◆ v + prep

ˌcome ˈover to sb/sth to leave one group of people in order to join a competing group; to change from one opinion to another 转到…方面来；改变立场(或看法等)：*Some of their members have come over to our side.* 他们的一些成员转变立场，站到了我们这边。
◆ v + adv + prep

ˌcome ˈpast; ˌcome ˈpast sb/sth to pass in front of the speaker or the place where the speaker is (从说话者前)经过: *Charlie came past on his bike.* 查利骑自行车从我身边经过。◇ *I'll bring the book round on my way to school—I've got to come past your house.* 我去学校时把书带过来 —— 我反正得路过你家。
◆ v + adv ◆ v + prep

🔑**ˌcome ˈround** (*BrE*) (*also* **ˌcome aˈround** *AmE, BrE*) **1 (to sth)** to visit sb or a place; to come to sb's home to see them for a short time 访问；短暂拜访: *Come round and see us sometime.* 抽空来看看我们吧。◇ *Do you want to come round for lunch?* 你来家里吃午饭好吗？ → see also COME OVER 2 **2** (of a regular event 常规事件) to arrive; to happen at the usual time 到来；按时举行: *I can't believe Christmas has come round again!* 难以置信又到圣诞节了！ **3** to move among a group of people in order to give them sth 在人群中穿梭(服务)：*The waiters came round with drinks.* 服务员端着饮料在人群中穿梭。 **4 (to sth)** (*informal*) to agree to sth that you were against before; to change your opinion about sth 改变立场；改变观点: *She'll never come round to our way of thinking.* 她决不会改变观点转而同意我们的想法。◇ *Don't push him; he'll come round in time.* 别催他，他

SYNONYMS 同义词辨析

come round

come round ◆ come to ◆ regain consciousness ◆ wake up

These verbs all mean to become conscious again. 这些动词都表示恢复知觉、苏醒过来。

come round (*BrE*) to become conscious after being unconscious 恢复知觉；苏醒: *She hasn't come round from the anaesthetic yet.* 她尚未从麻醉中苏醒过来。 **NOTE** **Come around** is used in American English. * come around 用于美国英语。

come to to become conscious after being unconscious 恢复知觉；苏醒: *When she came to, the room was in darkness.* 她苏醒过来时，房间漆黑一片。

regain consciousness (*formal*) to become conscious after being unconscious 恢复知觉；苏醒: *She never regained consciousness and died three days later.* 她再未恢复神智，三日后与世长辞。

wake up to become conscious after being unconscious, especially after an operation (尤指手术后)恢复知觉，苏醒: *I felt really terrible when I woke up after the operation.* 手术后我苏醒过来，感觉很糟。

WHICH WORD?

With **come to** the emphasis is more on the moment of becoming conscious, less on the process. With **come round/around** the emphasis is more on the process of becoming conscious, less on the moment. All of these expressions can be used for becoming conscious after an operation. * come to 更强调苏醒的时刻，而非过程； come round / around 更强调苏醒的过程，而非时刻。这些表达方式都可用于指手术后恢复知觉。

PATTERNS AND COLLOCATIONS

- to wake up/come to/come round/come around **from** sth
- to wake up/come to **suddenly**
- to come to/come round/come around **slowly**

迟早会回心转意的。
◆ v + adv

🔑 **,come 'round** (*BrE*) (*AmE* **,come a'round**) (*also* **,come 'to** *BrE*, *AmE*) to become conscious again 恢复知觉；苏醒：*When she came round, her sister was sitting beside her bed.* 她苏醒过来时，姐姐正坐在床边。◇ *He hasn't yet come round after the anaesthetic.* 他麻醉后还没有苏醒过来。
→ see also PASS OUT
◆ v + adv

,come 'round; ,come 'round sth (*BrE*) (*also* **,come a'round, ,come a'round sth** *AmE*, *BrE*) **1** (of a letter or a document 信件或文件) to be passed from one person to another 传递；传阅：*The card came round for everyone to sign.* 贺卡传给每个人签名。 **2** to travel to where the speaker is by a longer route than usual, especially around the outside of sth 绕道而来：*The road was blocked so we had to come round by the fields.* 公路堵住了，我们只得从田地里绕道过来。
◆ v + adv ◆ v + prep

,come 'round sth (*BrE*) → COME AROUND STH

,come 'through 1 (to sth) (*informal*) used especially to ask sb to enter a room or a building, or move from one room to another 进入（房间或建筑物）；（从一房间）进入（另一房间）；（尤指请某人）进来：*Come through to my office.* 到我办公室来吧。◇ *Mr Dole can see you now. Will you come through?* 多尔先生现在可以见你了。请过来好吗？ **2** (of news, a message, a document, etc. 消息、信息、文件等) to be received by telephone, radio, etc. or in an official way （通过电话、无线电等）传来，接收：*I've got an international call coming through for you.* 我接到一个找你的国际长途电话。◇ *We're going to buy a new car when the insurance money comes through.* 收到保险金之后，我们打算买辆新车。◇ *He's still waiting for his divorce to come through.* 他还在等候批准离婚。 **3 (with sth)** to provide or do sth that people expect or that you have promised 履行，兑现（诺言）：*The insurance company has finally come through with the money.* 保险公司终于赔付了那笔钱。 **4** → COME ACROSS 1
◆ v + adv

,come 'through; ,come 'through sth 1 to enter and cross a room, an area of land, a town, a country, etc.; to pass through sth 穿过；越过；通过：*Put sth over the hole to stop the rain coming through.* 把洞堵上，免得漏雨。 **2** to get better after a serious illness; to avoid serious injury or damage （重病后）康复；避免严重伤害；安然度过：*He's very ill but his doctors expect him to come through the operation.* 他病得很重，但医生估计手术后能挺过来。 **3** to start to appear from under or behind sth 露出；探出：*The baby's front teeth were coming through.* 婴儿的门牙露头了。 ◇ *The sun's coming through the clouds at last.* 太阳终于拨云而出。 SYN **emerge** (*more formal*) **4** to pass from one stage of a competition to the next; to be successful in a test or an exam 通过（选拔赛等）；通过（测试或考试）：*Chris did well to come through the qualifying rounds of the tournament* (= for example in tennis). 克里斯发挥出色，在锦标赛的资格赛中胜出。◇ *Most of the students* ***came through*** *(the exam)* ***with flying colours*** (= were very successful). 大多数学生考试成绩优秀。
◆ v + adv ◆ v + prep

,come 'to → COME ROUND; ➲ note at COME ROUND

'come to sb 1 if an idea **comes to** you, it suddenly enters your mind 闪现在脑海：*The idea came to me in the middle of the night.* 我在半夜时突然想到了这个主意。◇ *It suddenly came to her that she had been wrong.* 她突然发觉她错了。 **2** (*especially BrE*) (of money, property, etc. 钱、不动产等) to pass to sb else when sb dies 遗传给：*All my money will come to you when I die.* 我死后我的钱全归你。
◆ v + prep

,come to your'self (*old-fashioned*) to return to your normal state 恢复常态：*It took her a while to come to herself again.* 她过了一会儿才回过神来。
◆ v + prep + pron

'come to sth 1 to add up to sth; to be equal to sth 共计；达到；等于：*The bill came to $50.* 账单金额是50元。 **2** to reach a particular state or condition; to arrive at sth 达到（某一状况）；得出（结果）：*We both came to the same conclusion.* 我们均得出同样的结论。◇ *I don't know what the world's coming to* (= I think things are getting very bad and unpleasant). 我不明白这世道是怎么了。◇ *All her dreams had come to nothing.* 她所有的梦想都破灭了。 OBJ **this, that, nothing** NOTE In this meaning, **come to sth** is often used with *this* or *that* * come to sth 作此义时，常与 this 或 that 连用：*The doctors will operate if necessary, but it may not come to that.* 必要时医生会开刀手术，但也许还不致如此。
◆ v + prep

IDM **when it comes to sth/to doing sth** when it is a case, matter or question of sth/of doing sth 在…方面；涉及…时：*When it comes to cooking, he's better than I am!* 说到厨艺，他比我强多了！

,come to'gether if two or more people or things **come together**, they form one group or one piece 合成一体；结合；联合：*Several local groups came together to fight the proposed housing development.* 一些当地组织联合起来反对规划中的房产开发。◇ *During the last three days of rehearsals, everything came together.* 在最后三天的排练中，各部分都衔接起来了。
◆ v + adv

,come 'under sth 1 to be included within a particular group or collection of things 归入；归类：*Several different types of schools come under the heading of 'private schools'.* 一些学校可归到"私立学校"类。 OBJ **heading, banner, category 2** to be managed, controlled or

owned by a particular group or organization 归…管理；由…控制；隶属：*The prisons now come under central government control.* 监狱现在由中央政府监管。 OBJ **control, authority, wing 3** if you **come under** attack, criticism, etc., sb attacks, criticizes, etc. you 遭到，受到（攻击、批评等）：*The government has come under attack over the new bill.* 政府因为新法案而遭受抨击。◇ *She's come under intense pressure to change her mind.* 她承受着要她转变想法的巨大压力。 OBJ **attack, pressure, fire, scrutiny, criticism**

◆ v + prep

,come 'up 1 (to …) (from …) to travel from one place to another, usually from a smaller place to a larger one, or from the south of a country to the north （从…）来到（通常指从小地方到大地方，或从一国南部到北部）：*They've come up from Texas.* 他们来自得克萨斯。◇ *We thought we'd go up to London for a weekend in the big city.* 我们本想去伦敦，在大城市度个周末。 **2 (to sb/sth)** to go towards a person in order to talk to them （为了攀谈）走到…面前，走上前来，走近：*A guy came up to me in the street and asked me for money.* 街上有个男子走到我跟前来要钱。 ◇ *The group leader came up to the reception desk.* 组长走到接待处前。 **3** (of plants 植物) to appear above the ground 长出地面；破土而出：*The first snowdrops are just coming up.* 第一茬雪花莲刚破土发芽。 SYN **appear 4** when the sun or moon **comes up**, it rises in the sky （太阳或月亮）升起：*We sat and watched the sun coming up behind the hills.* 我们坐看红日从群山后面喷薄而出。SUBJ only **the sun, the moon** SYN **rise** OPP **go down 5** to rise to the surface of water or another liquid 升到（液体）表面；浮出：*I came up gasping for air.* 我浮出来大口呼吸。◇ *Bubbles were coming up to the surface.* 气泡不断冒出水面。 **6** to happen, especially when you do not expect it （尤指意外地）发生：*Something urgent has come up; I have to go.* 突然有了急事，我得走了。◇ *Opportunities like this don't come up every day.* 这种机遇不是每天都有的。 SYN **crop up 7 be coming up** (*always used in the progressive tenses* 总是用于进行时) (of an event or a time 事情或时间) to be going to happen very soon 即将发生（或出现、到来）：*Our exams are coming up soon.* 我们马上要考试了。◇ *Coming up next is the news.* 以下是新闻报道。 **8** to be talked about or discussed 被提及；被讨论：*The subject didn't come up in conversation last night.* 昨晚的谈话中没有提到这个话题。◇ *Mary's name keeps coming up.* 玛丽的名字一再被人提到。 SUBJ **name, question, subject 9** to be dealt with by a court （由法庭）审理：*Her case comes up next month.* 她的案子下月开审。 **10** if your name, number or ticket **comes up** in a betting game, it is chosen and you are one of the winners （在博彩中）被抽中，中奖：*My numbers came up and I won a million pounds!* 我的号码中奖了，赢了一百万英镑！ **11** (*informal*) (*usually used in the progressive tenses* 通常用于进行时) to be ready soon; to be coming soon 马上就好；立刻到来：*'A cup of tea please.' 'Coming up!'* “请来杯茶。” “马上就好！” **12** (of information 信息) to appear on a computer screen or a board, for example in an airport 出现，显示（在机场等的计算机屏幕或布告牌上）：*Her flight has just come up on the arrivals board.* 她乘坐的航班刚刚显示在进港布告牌上。**13 [+ adj/adv]** (*BrE*) (of an object or a substance 物体或物质) to appear in a particular way at the end of a period of time or when sth has been done to it （一段时间或经过处理后）以某方式出现，变得：*When the wool is washed, it comes up beautifully soft.* 毛线洗涤后变得很柔软。◇ *I've given it a good clean and it's **come up like new**.* 我把它彻底清洗了，使它焕然一新。 **14** (of lights in a cinema, a theatre, etc. 影院、剧院等的灯光) to become brighter after the film/movie, play, etc. has finished （放映或演出结束后）被打亮：*The lights came up to loud applause.* 伴随着雷鸣般的掌声，灯光打亮了。 **15 (to sth)** (*BrE, formal*) to begin your studies at a university (especially Oxford or Cambridge) 上大学（尤指牛津或剑桥）：*She came up (to Oxford) in 1982.* 她 1982 年上的（牛津）大学。 OPP **come down (from sth) 16 (to sth)** to reach as far as a particular point or level 达到（某点或某水平）：*The water came up to my chin.* 水淹到了我的下巴。◇ *My sister hardly comes up to my shoulder.* 妹妹还不到我的肩膀。◇ *His scarf came up over his eyes.* 他的围巾裹住了眼睛。 SYN **reach sth 17 (on sth)** to start to feel the effects of a drug 开始感觉到药效

◆ v + adv

IDM **be coming up 'roses** (*informal*) (of a situation 情况) to be developing in a successful way 进展顺利：*Everything's coming up roses!* 事事都一帆风顺！ **come up 'empty/empty-'handed** (*AmE*) to be unsuccessful in achieving a goal or finding sth you are looking for 空手而归；一无所获：*The women's volleyball team came up empty in all three matches Friday.* 女排周五的三场比赛均告失利。◇ *Police are still coming up empty-handed in the search for the missing girl.* 警方搜寻失踪女孩仍无进展。 **come 'up in the world** to become more important in society or more successful in your career 发迹；出人头地：*She's really come up in the world since she left school.* 她离开学校之后飞黄腾达。 **come up/turn up 'trumps** to do more than people expect and so make a situation very successful 超出预期；大获成功：*The team's new player came up trumps and scored three goals.* 该队的新队员发挥出色，进了三个球。◇ *That was a wonderful meal! You've come up trumps again.* 这顿饭好极了！你又露了一手。

▶ **,up-and-'coming** *adj* [only before noun] (*informal*) making good progress and likely to be successful in the future 初露头角的；具有潜力的：*an up-and-coming young actor* 一个崭露头角的青年演员

▶ 'upcoming *adj* [only before noun] (*especially AmE*) about to happen soon 即将发生的；就要出现的: *the upcoming presidential election* 即将举行的总统选举

,come 'up; ,come 'up sth to move from a lower place or position to a higher one, or upstairs in a building, especially with the speaker or towards the place where the speaker is 上来；上…来: *Who wants to come up to the top of the hill with me?* 谁想和我爬到山顶上去？◇ *My apartment is on the third floor. Are you coming up?* 我的公寓在三楼。你要上来吗？◇ *I can hear somebody coming up the stairs.* 我听到有人登楼梯上来。
OBJ **road, stairs** OPP **come down, come down sth**
◆ v + adv ◆ v + prep

,come 'up against sb/sth if you **come up against sb/sth**, you have to face sb/sth that is difficult 面对，碰到（难缠的人或麻烦事）: *We expect to come up against a lot of opposition to the scheme.* 我们预料这个计划会遭到很多人的反对。◇ *You'll come up against the reigning champion in the next round.* 你下一轮将与卫冕冠军交锋。
◆ v + adv + prep

,come 'up for sth 1 to come to the time when sth must be done 接近（期限）: *He's coming up for retirement soon.* 他很快就要退休了。◇ *She comes up for re-election next year.* 她明年将再度参加选举。◇ *When does your contract come up for renewal?* 你的合同何时到期续约？ OBJ **renewal 2** to become available for a particular purpose 能用于（某目的）: *That house you like has come up for sale.* 你中意的那所房子正在出售。 OBJ **sale, auction**
◆ v + adv + prep

,come 'up on sth (*AmE*) to be almost a particular time or age 接近（某时间或年龄）: *It's coming up on your bedtime.* 你该睡觉了。
◆ v + adv + prep

,come 'up to sth 1 to approach a particular place, an age or a period of time 接近（某地、年龄或时段）: *You're coming up to a busy road now.* 你正开上拥挤路段。◇ *It's just coming up to half past twelve.* 就快到十二点半了。 **2** to reach an acceptable level or standard 达到，符合（认可的水平或标准）: *The performance didn't come up to our expectations.* 演出没有我们预想的那么好。◇ *You may lose your job if you don't* ***come up to scratch***. 你若达不到要求就会丢掉工作。 OBJ **standard, expectations** NOTE In this meaning **come up to sth** is usually used in the negative. * come up to sth 作此义时通常用于否定句。 ➲ note at MEASURE UP
◆ v + adv + prep

,come 'up with sth 1 to think of an idea, an answer to a question or a solution to a problem 想到（主意）；找到（答案或解决方法）: *She came up with a great idea for increasing sales.* 她想出了增加销售量的绝妙主意。 OBJ **idea, answer, suggestion, explanation** ➲ note at THINK STH UP **2** to find or produce sth that sb needs 找到，拿出（某人所需）: *If you want to buy my car, you must come up with the money.* 要买我的车，你就得拿出这笔钱来。◇ *He always* ***comes up with the goods*** (= does what he is expected to do) *on the day.* 他总是能准时交差。
◆ v + adv + prep

'come upon sb/sth → COME ON/UPON SB/STH

,come 'with (*AmE*): (*informal*) *We're going to the bars. Want to come with?* 我们正要去酒吧。想一道去吗？ → COME ALONG

'come with sth to be included with or as part of sth 包括在…之中；是…的一部分: *A new car comes with the job.* 做这份工作配有一辆新车。
◆ v + prep

commune /kə'mjuːn; *AmE* 'kɑːm-/

com'mune with sth (*formal*) if you commune with sth such as nature, you spend time thinking deeply about it and so feel close to it 与…神交；与…作心灵沟通；与（大自然等）相互交融
OBJ **nature**
◆ v + prep

complain /kəm'pleɪn/

com'plain of sth to say that you feel ill/sick or are suffering from a pain 诉说（病情或疼痛）；主诉: *Several children complained of severe stomach pains.* 有几个孩子说肚子疼得厉害。
OBJ **pain, headache, symptoms**
◆ v + prep

conceive /kən'siːv/

con'ceive of sth to form an idea, a plan, etc. in your mind; to imagine sth 构思，想出（主意、计划等）；设想: *I cannot conceive of any situation in which your plan would work.* 我想象不出你的计划怎么可以成功。 ➲ note at THINK STH UP
◆ v + prep

concentrate /'kɒnsntreɪt; *AmE* 'kɑːn-/

'concentrate on sth to spend more time doing one particular thing than others 集中于；全神贯注于: *In this lecture I shall concentrate on the early years of Charles's reign.* 这节课我将着重讲查理的早期统治。
◆ v + prep

condemn /kən'dem/

con'demn sb to sth 1 to say what sb's punishment will be 宣判；判处某人某种刑罚: *to be condemned to death/hard labour* 被判处死刑 / 劳役 **2** to force sb to accept a difficult or unpleasant situation 迫使某人接受（困境或不快的局面）: *They were condemned to a life of hardship.* 他们被迫过着困苦的生活。 SYN **doom sb (to sth)**

NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + prep

cone /kəʊn; *AmE* koʊn/

NOTE A **cone** is a coloured plastic object that has a round base and a point at the top, used on roads to show where vehicles are not allowed to go. * cone 指表示道路禁行的锥形彩色路标。

ˌcone sth ˈoff to close a road or part of a road with cones 用锥形路标关闭（道路或道路的一部分）: *Part of the road was coned off while repairs were done.* 维修期间，用锥形路标封闭了一段公路。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

confess /kənˈfes/

conˈfess to sth; conˈfess to doing sth 1 to admit, especially formally or to the police, that you have done sth wrong or illegal（尤指正式地或向警方）供认，坦白，交代: *She confessed to the murder.* 她承认犯有谋杀。 ➲ note at ADMIT TO STH **2** to admit sth that you feel ashamed or embarrassed about 承认（令自己羞愧或难堪的事实）: *I must confess to knowing nothing about computers.* 我得承认我对计算机一窍不通。
◆ v + prep

confide /kənˈfaɪd/

conˈfide in sb to tell sb a secret or a piece of information that you would not tell other people 向…吐露，向…倾诉（秘密等）: *Can I confide in you?* 你能保证不说出去吗？◇ *Do you have a friend that you can confide in?* 你有可以说知心话的朋友吗？
OBJ **mother, friend**
◆ v + prep

confine /kənˈfaɪn/

conˈfine sb/sth to sth; conˈfine yourself to sth to keep sb/sth/yourself inside the limits of a particular activity, subject, area, etc. 把…限制在…以内；将…局限于（某一活动、主题、地域等）: *The work will not be confined to the Glasgow area.* 这一工作不会仅限于格拉斯哥地区。◇ *I will **confine myself** to looking at the period from 1900 to 1916.* 我只探讨 1900 年到 1916 年这段时期。
SYN **limit sth to sb/sth; restrict sb/sth/yourself (to sth)**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

be conˈfined to sth 1 if a person or an animal **is confined to** a place, they are kept in a small or closed space and not allowed to go out 被关在…里；被限制于（狭小或封闭的空间）: *The children were confined to their rooms for the evening.* 晚上孩子们不能出房门。◇ *The soldiers concerned were **confined to barracks*** (= had to stay in the barracks, as a punishment). 有关的士兵只能在营房内活动，不能外出。 **2** if a person **is confined to** bed, etc., they have to stay in bed, etc. because they are ill/sick or injured 离不开（病榻等）: *She was **confined to bed** with the flu.* 她因流感只得卧床。◇ *He was **confined to a wheelchair** after the car accident.* 自那场车祸之后，他只能坐轮椅代步。
◆ be + v + prep

confront /kənˈfrʌnt/

conˈfront sb with sth to make sb face or deal with an unpleasant or difficult person or situation 使面临，使遭遇，使对付（困难或令人不快的人、事物）: *He confronted her with a choice between her career or their relationship.* 他要她在事业和两人关系之间作出选择。
◆ v + n/pron + prep

be conˈfronted with sth to have sth in front of you that you have to deal with or react to 面对；正视；对付: *Most people when confronted with a horse will pat it.* 大多数人遇见马都会拍拍它。
◆ be + v + prep

conjure /ˈkʌndʒə(r)/

ˌconjure sb/sth ˈup to make sb/sth appear suddenly or unexpectedly, as if by magic（变魔术般地）使出现，变出: *She conjured up a three-course meal in half an hour!* 她变戏法似的半小时内做出了有三道菜的一顿饭！
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌconjure sth ˈup 1 to make a picture, a memory, etc. appear in your mind 使呈现于脑际；使想起: *The word 'birthday' conjures up images of presents and parties.* "生日"这个词使人联想到礼物和聚会的情景。◇ *The song conjured up memories of warm summer evenings.* 这首歌唤起了温馨夏夜的回忆。 OBJ **image, picture, visions, memories** SYN **evoke sth** (*more formal*) ➲ note at REMIND SB OF SB/STH **2** to ask the spirit of a dead person to appear, by using a magic ceremony 施魔法招（亡灵）；念咒招（魂）
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

conk /kɒŋk; *AmE* kɑːŋk, kɔːŋk/

ˌconk ˈout (*informal* or *humorous*) **1** if a vehicle or a machine **conks out**, it stops working（车辆或机器）停止运转，出故障，失灵: *Our car conked out 5 miles from home.* 我们的车在离家 5 英里的地方抛锚了。 **2** if a person **conks out**, they fall asleep because they are very tired（因极度疲劳）入睡，睡去: *She was so tired she came home and conked out at eight o'clock.* 她疲惫不堪，回到家后八点钟就倒头睡去。 **3** (*old-fashioned, BrE*) (of a person 人) to collapse or become unconscious 晕倒；昏厥 **4** (*AmE*) to die 死去；死掉: *The old guy*

looks as if he's going to conk out any minute. 那位老人看上去随时都会一命呜呼。
◆ v + adv

connect /kəˈnekt/

conˌnect sth ˈup (to sth), conˌnect ˈup (to sth) to join sth to a supply of electricity, gas, water, etc. or to another piece of equipment; to be joined to sth in this way 将…（与电源、煤气、水等）连接起来；接通: *Connect the computer up (to the power supply).* 给计算机接通电源。◇ *Many canals connected up to major ports.* 很多运河通往重要港口。
OPP **disconnect sth (from sth), disconnect (from sth)**
NOTE **Connect sth** and **connect** are often used on their own with the same meaning. * connect sth 和 connect 常单独使用也作此义。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + adv

connive /kəˈnaɪv/

conˈnive at/in sth (*formal*) to ignore or seem to allow sth that you know is wrong 对（自己明知错误的事）视而不见；纵容: *The general is accused of conniving in a plot to topple the government.* 将军被指控默许了一起颠覆政府的阴谋。◇ *Her brother is believed to have connived at her murder.* 据信她的哥哥没有制止她杀人。
◆ v + prep

consent /kənˈsent/

conˈsent to sth (*formal*) to agree to sth or give your permission for sth 赞成；准许: *He reluctantly consented to their marriage.* 他勉强同意了他们的婚事。 ➲ note at AGREE TO STH
◆ v + prep

consign /kənˈsaɪn/

conˈsign sb/sth to sth (*formal*) **1** to get rid of or put somewhere sb/sth that you do not want 丢弃；把…搁置一旁: *She consigned his letter to the waste basket.* 她把他的信丢进废纸篓。◇ (*figurative*) *They can't just consign me to the scrap heap because I'm over fifty!* 不能因为我年过半百，他们就将我弃如敝屣！ **2** to put sb/sth in an unpleasant situation 置于（令人不快的境地）；发落: *Orphaned children were*

SYNONYMS 同义词辨析

consist of sth/sb

be composed of sth/sb ◆ comprise sth ◆ consist of sth/sb ◆ constitute sth ◆ make up sth

These verbs all mean to be formed from the things or people mentioned, or to be the parts that form sth. 这些动词都表示（由…）组成或构成。

be composed of sth/sb to be formed from the things or people mentioned 由…组成；由…构成: *Our inspection teams are composed of the most qualified and experienced experts available.* 我们的各检查组由最有资历和经验的专家组成。◇ *Around 15% of our diet is composed of protein.* 我们饮食中蛋白质大约占 15%。

comprise sth to be formed from the things or people mentioned 由…组成；由…构成: *The collection comprises 327 paintings.* 收藏品包括 327 幅画。 NOTE The form **be comprised of** can often be heard 常能听到使用 be comprised of 的形式: *The committee is comprised of representatives from both the public and private sectors.* 委员会由来自公共部门和私营部门的代表联合组成。 Many people consider that this is not correct. 很多人认为这种形式不正确。

consist of sth/sb to be formed from the things, people or activities mentioned 由…组成；由…构成: *Their diet consists largely of vegetables.* 他们的饮食以蔬菜为主。◇ *Most of the fieldwork consisted of making tape recordings.* 实地调查的主要工作是用磁带录音。

constitute sth to be the parts or people that form sth 组成；构成: *People under the age of 40 constitute the majority of the labour force.* * 40 岁以下的人口占劳动力的大多数。

make up sth to be the parts or people that form sth 组成；构成: *Women make up 56% of the student numbers.* 女生占学生人数的56%。◇ *She wore a necklace made up of hundreds of coloured glass beads.* 她戴着一条由成百个彩色玻璃珠串成的项链。

WHICH WORD?

Consist of sb/sth is the most general of these verbs and the only one that can be used for activities with the *-ing* form of a verb 这些动词中，consist of sb / sth 含义最宽泛，并且是唯一可用于动名词指代的活动的动词: *My life consisted of feeding the baby and washing nappies.* 我的生活就是给婴儿喂奶和洗尿布。
Be composed of sth/sb, comprise sth and **constitute sth** are the most formal of these verbs. None of these verbs is used in the progressive tenses. 这些动词中，be composed of sth / sb、comprise sth 和 constitute sth 最正式。这些动词都不用于进行时。

PATTERNS AND COLLOCATIONS

- **The group** consists of/comprises/is made up of/is composed of **ten people**.
- **Ten people** make up/constitute/comprise/compose **the group**.

consigned to institutions. 孤儿都打发到了福利院。

NOTE Often used in the passive 常用于被动语态: *The report was consigned to the dustbin.* 报告被扔进了垃圾箱。

◆ v + n/pron + prep

consist /kən'sɪst/

con'sist in sth; con'sist in doing sth (*formal*) (*not used in the progressive tenses* 不用于进行时) to have sth as the main or only feature 在于; 以…为主要特征: *A home does not consist in its architecture and decoration.* 家之所以为家, 并不在于其建筑与装潢。

◆ v + prep

con'sist of sth/sb; con'sist of doing sth (*not used in the progressive tenses* 不用于进行时) to be formed from the things or people mentioned 由…组成; 由…构成: *The exam consists of two parts: a written test and an oral.* 考试分两部分: 笔试和口试。◇ *The group consists of senior people from education and business.* 该组由教育界和企业界的元老组成。◇ *His job consists of answering the phone and making coffee.* 他的工作是接电话和煮咖啡。

SYN **be made up of sth; comprise sth** (*formal*)

◆ v + prep

consort /kən'sɔːt; AmE kɑːn'sɔːrt/

con'sort with sb (*formal* or *humorous*) to spend time with sb, especially sb that other people do not approve of 与…来往; 结交 (尤指不合适的人): *The nurses are instructed not to consort with their patients.* 护士得到指示不得与病人交往。

◆ v + prep

contend /kən'tend/

con'tend with sb/sth to have to deal with a difficult person or situation 应对, 应付 (困境或不好打交道的人): *If we leave at eight, we'll have to contend with the rush-hour traffic.* 如果八点钟出发, 我们就会遇上交通高峰。◇ *Anyone who criticizes her will have me to contend with!* 无论谁要批评她, 都得过我这一关! ◇ *He's had a lot of serious problems to contend with.* 他有很多棘手的问题要解决。

OBJ **problems**

◆ v + prep

content /kən'tent/

con'tent yourself with sth to accept and be satisfied with sth and not try to have or do sth better 安于, 满足于 (现状); 对…不求更好: *Martina contented herself with a single glass of wine.* 马丁娜只喝了一杯葡萄酒就心满意足了。◇ *The crowd contented themselves with shouting insults.* 那群人只顾着破口大骂。

SYN **make do with sth**

◆ v + pron + prep

contract /kən'trækt/

con,tract 'in; con,tract 'into sth (*BrE*) to choose to become involved in and formally agree to a system, plan, etc. 订约参与: *Employees can contract into the company pension scheme.* 雇员可签订合同, 加入公司养老金计划。

OBJ **(pension) scheme** OPP **contract out, etc.**

◆ v + adv ◆ v + prep

con,tract 'out; con,tract 'out of sth (*BrE*) to choose and formally state that you do not want to be involved in a system, plan, etc. 宣布不参与: *Only a few employees have contracted out (of the pension scheme) so far.* 迄今只有少数几个雇员选择不参加 (养老金计划)。

OBJ **(pension) scheme** OPP **contract in, etc.**

◆ v + adv ◆ v + adv + prep

con,tract sth 'out (to sb) to arrange for work to be done by another company rather than your own 订约把…承包出去: *The company contracts the printing out to an outside firm.* 公司把印刷业务外包给了另外一家公司。

OBJ **work**

◆ v + n/pron + adv ◆ v + adv + n

contribute /kən'trɪbjuːt; BrE also 'kɒntrɪbjuːt/

con'tribute to sth to help to cause sth 助长; 促成; 加剧: *The stress of losing his job contributed to his death.* 失业的压力是导致他死亡的因素之一。 ◇ *The Prime Minister contributed to his own downfall by failing to control his government.* 首相未能管理好政府, 加速了他本人的下台。

OBJ **death, decline, downfall**

◆ v + prep

convert /kən'vɜːt; AmE -'vɜːrt/

con'vert into/to sth; con'vert sth into/to sth to be able to be changed from one form, purpose or system to another; to make sth do this 可转变成 (另一种形式等); 使成为另一种形式 (或目的、体系等): *a sofa that converts into a bed* 可改成床的沙发

SYN **turn into sth, turn sb/sth into sth**

◆ v + prep ◆ v + n/pron + prep

cook /kʊk/

,cook sth 'up 1 to cook sth, especially very quickly (尤指麻利地) 做饭, 烹饪: *In half an hour she had managed to cook up some delicious chilli.* 她半小时内做好了美味可口的辣椒。 OBJ **meal 2** (*informal*) to invent a story, an excuse or a plan, especially a very clever or dishonest one 捏造, 杜撰, 策划 (故事、借口或计划): *She cooked the plan up while he was away.* 趁他外出, 她拟出了这个计划。◇ *They cooked up the story between the two of them.* 他们俩共同编造了这套谎话。 OBJ **plan, story, scheme** SYN **concoct sth** (*more formal*)

◆ v + adv + n ◆ v + n/pron + adv

cool /ku:l/

,cool 'down; ,cool sb 'down 1 (*also* **,cool 'off, ,cool sb 'off**) to become, or to make sb become cool or cooler （使）变凉，降温: *I'm going for a swim to cool down.* 我要去游个泳，凉快一下。◇ *A shower will cool you down.* 冲个淋浴会让你感到凉爽些。 **2** to become, or to make sb become, less angry or excited （使）冷静，镇静: *She's very angry. Give her some time to cool down.* 她十分生气。给她点时间冷静一下。◇ *He tried to cool her down but she carried on shouting.* 他试图让她平静下来，可她继续大喊大叫。
• v + adv • v + n/pron + adv

,cool 'down; ,cool sth 'down to become, or to make sth become, cooler （使）变凉，冷却: *He waited for the soup to cool down a bit.* 他等着汤稍微凉一凉。◇ *Once it had cooled down outside, we went for a walk.* 外面一凉爽下来，我们就去散了会儿步。◇ *Cool the soup down by stirring it.* 把汤搅一下弄凉。◇ *The rain had cooled everything down.* 这场雨把一切都变得清爽了。
NOTE **Cool** and **cool sth** are also used on their own, but less often. * cool 和 cool sth 也单独使用，但不太常见。
• v + adv • v + n/pron + adv • v + adv + n (*rare*)

,cool 'off 1 to become less interested or enthusiastic 失去兴趣；失去热情: *Our relationship was going well, but then Laura seemed to cool off.* 正当我们的关系进展顺利时，劳拉却似乎冷淡下来了。 **2** to become less angry or excited 冷静下来；平静下来: *When I'm angry, I go for a walk to cool off.* 我生气时就去散步消消火。 **3** if sth hot **cools off**, it becomes cooler 变凉；冷却下来: *Leave the engine to cool off before you touch it.* 等发动机冷却了才能碰它。
• v + adv
▶ **,cooling-'off period** *n* **1** a period of time in which two sides in a disagreement try to come to an agreement before taking any further action （争执双方试图达成协议的）冷却期: *There is to be a six-month cooling-off period before divorce proceedings begin.* 离婚诉讼开始前有六个月的冷静期。◇ *The union and the employers failed to reach an agreement within the cooling-off period.* 工会和资方在冷却期内未能达成协议。 **2** a period of time when you can change your mind about buying sth, such as an insurance plan, that you have agreed to buy （在同意购买保险计划等后可改变主意的）冷静期，犹豫期: *Customers have a 14-day cooling-off period in which to cancel the agreement.* 客户在 14 天的犹豫期内可以取消协议。

,cool 'off; ,cool sb 'off → COOL DOWN, COOL SB DOWN 1

coop /ku:p/

be ,cooped 'up (in sth) if a person or an animal **is cooped up**, they/it are kept in a small place or inside a building 被关（在⋯里）；被禁闭: *We've been cooped up (indoors) for hours because of the rain.* 这场雨使我们（在屋里）被困了几个小时。
• be + v + adv

cop /kɒp; *AmE* kɑ:p/ (-pp-)

,cop 'off (with sb) (*BrE, slang*) to meet sb and start a sexual relationship with them （与某人）发生性关系
• v + adv

,cop 'out; ,cop 'out of sth (*informal*) to avoid or not do sth that you should be doing, because you are afraid, shy, lazy, etc. 逃避，放弃（应做的事）: *Lots of people said they'd help but they've all copped out.* 很多人许诺帮忙，可都退缩了。◇ *You can't just cop out of difficult decisions.* 你不能因为难以决定就回避。
• v + adv • v + adv + prep
▶ **'cop-out** *n* (*informal, disapproving*) a way of, or an excuse for, avoiding sth you should be doing 借口；托词: *You're not too busy to come! That's just a cop-out.* 你不是忙得来不了！那不过是个借口。

cope /kəʊp; *AmE* koʊp/

'cope with sth to deal successfully with sth difficult 妥善处理；成功应付: *He wasn't able to cope with the stresses and strains of the job.* 他不能妥善处理工作压力。◇ *Desert plants are adapted to cope with extreme heat.* 沙漠植物适应了酷热的环境。
SYN **deal with sth**
• v + prep

copy /'kɒpi; *AmE* 'kɑ:pi/ (copies, copying, copied)

,copy sth 'down to write sth exactly as it is written somewhere else 抄写下来: *If I don't copy the phone number down, I'll forget it!* 如果不记下电话号码，我会忘掉的！◇ *We copied down what the teacher had written on the blackboard.* 我们把老师写在黑板上的东西抄了下来。
SYN **write sth down**
• v + n/pron + adv • v + adv + n

,copy sb 'in (on sth) to make sure that sb receives a copy of a letter, an email, etc. that you are sending to sb else （将发送给其他人的信件、电邮等）抄送某人: *Please copy me in on all correspondence.* 请把所有来信都抄送给我。
• v + n/pron + adv • v + adv + n (*rare*)

,copy sth 'out to write sth out again; to make a copy of sth that is already written or printed 重新抄写；复写；复印: *She copied out a recipe she found in a library book.* 她把在图书馆的书上找到的食谱抄了下来。
SYN **write sth out**
• v + adv + n • v + n/pron + adv

cordon /'kɔ:dn; *AmE* 'kɔ:rdn/

,cordon sth 'off to stop people going into an area by forming a line or ring around it with police, soldiers, objects, etc. 封锁（某地区）；在⋯设警戒线: *Police cordoned off the area until the bomb was defused.* 警方封锁了这个地区，

直至炸弹被拆除。◇ *The roads were cordoned off.* 这些道路被封了。
OBJ **area, street** SYN **close sth off (to sb/sth)**
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

cost /kɒst; *AmE* kɔːst/

ˌcost sth ˈout to estimate how much money will be needed for sth 估算…的成本: *We'll have to cost the work out before we make a decision.* 在作决定之前，我们得估算一下这项工作的成本。◇ *Have you costed out how much it will be to hire another member of staff?* 你估算过再雇用一名职员的开销吗？
NOTE **Cost sth** on its own is more usual. * cost sth 单独使用更常见。
◆ v + n/pron + adv ◆ v + adv + n

cosy (*BrE*) (*AmE* **cozy**) /ˈkəʊzi; *AmE* ˈkoʊzi/ (**cosies, cosying, cosied**)

ˌcosy ˈup to sb (*informal, especially AmE*) to try to become friendly with sb, especially in order to gain an advantage for yourself 与…套近乎；和…攀交情；讨好: *She's only cosying up to him because she needs his help.* 她讨好他，只不过因为她需要他帮忙。
◆ v + adv + prep

cotton /ˈkɒtn; *AmE* ˈkɑːtn/

ˌcotton ˈon (to sth) (*informal*) to come to understand or realize sth without being told directly 理解；领会；意识到: *She cottons on very quickly.* 她领悟力强。◇ *It took him a while to cotton on to what I was trying to say.* 过了一会儿，他才明白我想说什么。
SYN **catch on (to sth)**
◆ v + adv

ˈcotton to sb/sth (*old-fashioned, AmE, informal*) to begin to like or approve of sb/sth 产生好感；开始赞成: *I didn't much cotton to the idea at first.* 我起初并不十分赞同这个想法。
NOTE **Cotton to sb** is often used in negative sentences. * cotton to sb 常用于否定句。
◆ v + prep

cough /kɒf; *AmE* kɔːf/

ˌcough ˈup; ˌcough sth ˈup (*informal*) **1** (*especially BrE*) to pay for sth or give sb money unwillingly （不情愿地）付账，给钱: *You owe me £20. Come on, cough up!* 你欠我 20 英镑。快点，掏钱吧！◇ *Don't cough up the money until the job's finished.* 活儿干完以前不要掏钱。
SYN **pay up** ➲ note at PAY OUT, PAY STH OUT **2** (*BrE*) to admit sth or give sb information unwillingly （不情愿地）承认，供出: *Come on, cough up: where have you been?* 得啦，老实交代：你去哪儿了？ SYN **own up (to sth/to doing sth); confess (to sth/to doing sth)** (*more formal*)
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌcough sth ˈup to force sth out of the throat or lungs by coughing 咳出: *He's been coughing up blood.* 他一直在咯血。
OBJ **blood**
◆ v + adv + n ◆ v + n/pron + adv

count /kaʊnt/

ˌcount aˈgainst sb to be a disadvantage to sb 对…不利: *I'm sure that being late for the interview counted against me.* 我肯定面试迟到对我不利。
SYN **weigh against sb** (*formal*)
◆ v + prep

ˌcount aˈmong sb/sth; ˌcount sb/sth aˈmong sth to be considered, or to consider sb/sth to be part of the group mentioned 被视为，把…看作（某集体的成员）: *She counts among the top ten marathon runners in the country.* 她跻身全国马拉松选手的前十名。◇ *The band count John Lennon among their influences.* 该乐队把约翰 • 列侬视为对他们有影响的人物之一。◇ *I no longer counted myself among his friends.* 我不再把自己当作他的朋友。
NOTE **Count sb/sth among sb/sth** is more frequent than **count among sb/sth** * count sb / sth among sb / sth 比 count among sb / sth 更常见: *Egypt was counted among the most powerful countries in the world.* 埃及当时被视为世界上最强大的国家之一。
◆ v + prep ◆ v + n/pron + prep

ˌcount ˈdown (to sth), ˌcount sth ˈdown to be waiting for an important or exciting day, event, etc. and be counting the number of days, minutes, etc. there are before it 倒计时；倒数: *The whole world was counting down to the new millennium.* 全世界都在倒计时迎接新千年的来临。◇ *I'm counting down the days until my trip to South America.* 我在数着日子期盼去南美旅行。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv (*rare*)

▸ **ˈcountdown (to sth)** *n* **1** the act of counting backwards to zero, for example before a spacecraft is sent into space （航天器发射升空前等的）倒计时，倒数计秒 **2** the period immediately before sth important happens 大事临近时期

ˌcount sb ˈin to include sb in a group or an activity 算入；包括: *If you're going to the theatre, you can count me in.* 你们要是去看戏，算我一个。
SYN **deal sb in** (*less formal*) OPP **count sb out**
◆ v + n/pron + adv

ˌcount ˈoff (*AmE*) if people **count off**, they say loudly in order the numbers they have been given 报数: *He made everyone count off.* 他让大家报数。
◆ v + adv

🔑 **ˈcount on sb/sth; ˈcount on doing sth; ˈcount on sb/sth doing sth** (*also* **ˈcount upon sb/sth, etc.** *more formal*) to rely on sb to do sth; to expect sth to happen and make plans in an appropriate way 依赖，倚靠，指望（某人做某事）；相信，预期，期待（某事发生）: *You can count on me!* 我决不辜负你！◇ *'I'm sure he'll help us.' 'Don't count on it.'* "我

肯定他会帮我们的。” “那可靠不住。” ◇ *She hadn't counted on going swimming when she packed.* 收拾行装时，她并没想到会去游泳。◇ *I'm counting on your support.* 我就靠你支持啦。◇ *I'm counting on you to support me.* 我就靠你支持啦。◇ *She can be counted upon to contribute good ideas.* 她总能想到好点子。

SYN **bank on sb/sth, etc.; calculate on sb/sth, etc.** (*especially AmE*), **reckon on sb/sth, etc.** ⊃ note at DEPEND ON SB/STH

• v + prep • v + prep + n/pron + **to** +inf

ˌcount sb ˈout; ˌcount sb ˈout of sth (*informal*) to not include sb in a group or an activity 不把…算入；不包括：*You may enjoy those games, but you can count me out.* 你们可能喜欢那些比赛，但别把我算在内。

SYN **deal sb out, deal sb out of sth**

OPP **count sb in**

• v + n/pron + adv • v + n/pron + adv + prep

ˌcount sth ˈout to count coins, etc. one by one and put them somewhere 逐一数出，清点：*He counted out the exact money (on the counter).* 他清点了（柜台上的）零钱。

OBJ **money, change, notes/coins**

• v + adv + n • v + n/pron + adv

ˌcount toˈwards sth (*also* **ˌcount toˈward sth** *especially AmE*) to be included as part of sth you hope to obtain or achieve 计入（希望获得或争取之事）：*Marks from this test count towards your final grade.* 这次测验的分数将计入你们的期末成绩。◇ *These sales will not count toward meeting the target.* 这些销售额将不计入完成目标的额度。

• v + prep

ˌcount sb/sth ˈup to add together the number of things or people in a group 累加；总计：*Count up the number of times you've been abroad.* 数数你一共出国几次。

OBJ **number**

NOTE **Count sb/sth** is used on its own with the same meaning. * count sb / sth 单独使用也作此义。

• v + adv + n • v + n/pron + adv

ˈcount upon sb/sth, etc. → COUNT ON SB/STH, ETC.

couple /ˈkʌpl/

ˈcouple sb/sth with sb/sth to link one person, thing or situation with another 把…与…连接起来：*The large number of new graduates, coupled with high unemployment, means that there is fierce competition for jobs.* 应届毕业生很多，再加上失业率很高，这意味着求职竞争激烈。

NOTE Usually used in the passive. 通常用于被动语态。

• v + n/pron + prep

cover /ˈkʌvə(r)/

ˌcover sth ˈover (with sth) to cover sth completely, especially to hide or protect it （以…）覆盖，遮掩：*Put the bulbs in a bowl and cover them over with soil.* 把球茎放入盆中，上面盖上土。◇ *The shopping mall is covered over with an enormous glass roof.* 购物中心上方罩着巨大的玻璃顶。

NOTE **Cover sth (with sth)** is used more often with this meaning. * cover sth (with sth) 作此义更常见。

• v + n/pron + adv • v + adv + n

ˌcover ˈup; ˌcover yourself ˈup (with sth) to put on more clothes 加衣；穿着（某衣物）：*Make sure you cover up before going out in the sun.* 烈日下外出之前，一定要多穿衣服把身体包住。◇ *Cover yourself up. It's cold.* 穿暖和点，天气很冷。

• v + adv • v + pron + adv

ˌcover ˈup (for sb/sth), ˌcover sth ˈup to try hard to stop people finding out about a mistake, a crime, etc.; to hide the truth about sth （为…）掩饰，隐瞒（错误、罪行、真相等）：*He's always covering up for her.* 他总是护她的短。◇ *The government's attempts to cover up the scandal failed.* 政府企图掩盖丑闻，但没有得逞。

OBJ **scandal, mistake, truth** SYN **conceal sth** (*more formal*); **hide sth**

• v + adv • v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

▸ **ˈcover-up** *n* [usually sing.] an act of hiding a mistake, a crime, etc. 掩饰；隐瞒：*The opposition accused the government of a cover-up.* 反对党指责政府隐瞒真相。

⚷ **ˌcover sb/sth ˈup** to put sth over sb/sth in order to hide or protect them/it 盖住；遮住：*You can cover up ugly pipes with wooden boxes.* 你可以用木盒包住这些难看的管子。◇ *There was something on the table covered up with a cloth.* 桌子上有东西用布罩着。

• v + adv + n • v + n/pron + adv

cozy /ˈkəʊzi; *AmE* ˈkoʊzi/ (cozies, cozying, cozied)

ˌcozy ˈup to sb (*AmE*) → COSY UP TO SB

crack /kræk/

ˌcrack ˈdown; ˌcrack ˈdown on sb/sth to try harder to prevent people breaking a rule, using sth harmful, committing a crime, etc. and deal severely with those who do （对…）采取严厉措施；制裁；镇压：*Police are cracking down hard on drug dealers.* 警方正在严厉打击毒贩。◇ *The government is cracking down on misleading food labelling.* 政府正采取严厉措施取缔误导性食品标签。

SYN **clamp down, clamp down on sb/sth**

• v + adv • v + adv + prep

▸ **ˈcrackdown (on sb/sth)** *n* severe action that is taken to prevent people committing a crime, opposing the government, etc. 严惩；制裁；镇压：*a police crackdown on car crime* 警方对汽车犯罪的严厉打击

ˌcrack ˈon (with sth) (*BrE, informal*) to work hard and do sth quickly 努力快干，拼命干（某事）：*We'd better crack on with the painting before it gets dark.* 我们最好赶在天黑之前加把

劲儿刷完漆。
SYN **get on (with sth)**
◆ v + adv

ˌcrack ˈup (*informal*) to become physically or mentally ill because you are under pressure （因压力身体或精神）垮掉，崩溃: *She's cracking up under the strain.* 压力过大，她快要吃不消了。
◆ v + adv
▶ **ˈcrack-up** *n* (*AmE, informal*) **1** a period of mental illness caused by pressure 精神崩溃: *She was never the same again after her crack-up.* 精神崩溃后她就像换了个人。 **2** a person who is mentally ill 精神病患者: *endless articles about Hollywood crack-ups* 对好莱坞精神病人持续不断的报道 **3** a situation in which a system or organization stops functioning well or stops being well organized （体系或组织）运转不灵，瓦解: *the crack-up of the conservative movement in the US* 美国保守主义运动的衰败

ˌcrack ˈup; ˌcrack sb ˈup (*informal*) to start laughing a lot; to make sb laugh a lot （使）大笑起来: *Everybody cracked up when he fell over.* 他摔了一跤，引起众人一阵哄笑。◇ *She's so funny—she cracks me up!* 她真滑稽，逗得我捧腹大笑。
SYN **crease up, crease sb up** (*BrE*)
NOTE Not used in the passive. 不用于被动语态。
◆ v + adv ◆ v + n/pron + adv
IDM **be ˌcracked ˈup to be sth** (*informal*) to be as good, clever, exciting, etc. as people think or say sb/sth is 如同人们想象（或所说）的那样好（或聪明、令人兴奋等）: *Stardom is not all it's cracked up to be.* 当明星并非想象中那样。◇ *She's not as good as she's cracked up to be.* 她并不像人们说得那么好。
▶ **ˈcrack-up** *n* (*AmE, informal*) a person who is good at making other people laugh 逗趣的人: *She was always the class crack-up.* 她在班上总是很风趣。

cram /kræm/ (-mm-)

ˌcram ˈinto sth; ˌcram sb/sth ˈin; ˌcram sb/sth ˈin/ˈinto sth to go into a place or space that is too small for everyone/everything; to push or force sb/sth into a place or space that is too small （把…）塞进（…）去: *Six of us crammed into Rob's Mini.* 我们六个人挤进了罗布的宝马迷你车里。◇ *I only had three days in New York, but I crammed in as much sightseeing as I could.* 我在纽约只呆了三天，可我尽可能多游览了些地方。◇ *He crammed all the sweets into his mouth.* 他把所有糖果全塞进嘴里。◇ *You can't cram eight children into the car!* 你不可能把八个孩子塞进车里！
◆ v + prep ◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

crank /kræŋk/

ˌcrank sth ˈout (*informal, especially AmE*) to produce sth quickly and in large amounts 大量快速制成；粗制滥造: *The plant can crank out about 63 cars an hour.* 这家工厂每小时约可生产 63 辆汽车。
SYN **churn sth out; turn sth out**
◆ v + adv + n ◆ v + n/pron + adv

ˌcrank sth ˈup (*informal*) **1** to make a machine start working or work better 使（机器）运转；使提高效率: *It's time to crank up the air conditioning.* 该打开空调了。 **2** to make music, etc. louder 把（音乐等）的音量调高: *They cranked the music up when the party started.* 晚会开始时，他们开大了音乐的音量。
OBJ **music, volume** **SYN** **turn sth up** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

crash /kræʃ/

ˌcrash aˈround (*also* **ˌcrash aˈbout/ˈround** *especially BrE*) (*informal*) to move around making a lot of noise 声音很大地移动；东碰西撞地走动: *I heard her crashing about in the bathroom.* 我听到她在浴室稀里哗啦地折腾。
◆ v + adv

ˌcrash ˈdown to fall with a very loud noise 轰隆一声倒下（或落下）: *Passengers had a lucky escape when a huge tree crashed down onto a bus.* 大树哗啦一声砸倒在公共汽车上，幸好乘客有惊无险。◇ *John's hand **came crashing down** on the table* (= he hit the table hard with his hand). 约翰的手砰的一声拍在桌子上。◇ (*figurative*) *All my dreams **came crashing down** around me* (= I completely failed in what I wanted to do). 我所有的梦想都轰然破灭了。
NOTE **Crash down** is usually followed by a phrase beginning with a preposition. * crash down 通常后接介词短语。
◆ v + adv

ˌcrash ˈinto sb/sth (of a vehicle or a driver 车辆或驾驶员) to hit sb/sth, causing damage 碰撞；撞坏: *The car crashed into a wall.* 车子猛地撞到了墙上。◇ *I crashed into the back of the car in front.* 我砰的一声与前车追尾。
◆ v + prep

ˌcrash ˈout (*informal, especially BrE*) to go to sleep because you are very tired （因极度疲劳）入睡，睡去: *I was so tired I crashed out in an armchair.* 我疲惫不堪，在扶手椅上睡着了。
SYN **flake out** (*BrE*)
◆ v + adv

ˌcrash ˈout of sth (*sport*) to lose a game very badly and so not be able to continue to take part in a competition （在比赛中）惨败出局: *England crashed out of the World Cup.* 英格兰队在世界杯比赛中惨遭淘汰。
NOTE This phrasal verb is used especially in newspapers. 这一短语动词尤用于报章。
◆ v + adv + prep

ˌcrash ˈround (*especially BrE*) → CRASH AROUND

SYNONYMS 同义词辨析

crash (into sth)

collide (with sth/sb) • crash (into sth) • plough into sth • slam into/against sb/sth • smash into sth

These are all verbs that can be used when sth, especially a vehicle, hits sth else very hard. 这些动词都表示碰撞，尤指车辆碰撞。

collide (with sth/sb) (of a vehicle or person) to crash into sb/sth else （车辆或人）碰撞，撞击: *The car collided with the van in thick fog.* 轿车与货车在大雾中猛烈相撞。◇ *As he fell, his head collided with the table.* 他摔倒时，头猛磕到了桌子上。

crash (into sth) to hit an object or another vehicle, causing damage （与物体或另一交通工具）碰撞，撞毁: *He crashed into a tree.* 他撞到一棵树上。

plough into sth (*BrE*) (*AmE* **plow into sth**) (especially of a vehicle or its driver) to crash into sth with a lot of force, especially because you are driving too fast or not paying enough attention （尤指交通工具或驾驶员）猛撞: *A truck ploughed into the back of the bus.* 货车猛地撞上公共汽车的尾部。

slam into/against sb/sth to crash against sb/sth with a lot of force 猛地撞上: *The car skidded and slammed into a tree.* 车子打滑，猛地撞到了树上。

smash into sth to crash into sth with a lot of force 猛地撞上: *The car smashed into a tree.* 汽车猛撞在树上。

WHICH WORD?

Crash is used particularly for vehicles and can be used without a preposition * crash 尤用于指车辆碰撞，并且可不接介词: *We're going to crash, aren't we?* 我们要撞车了，对吧？ In this meaning **slam, smash** and **plough** always take a preposition. **Slam** and **smash** are used for a much wider range of things than just vehicles. * slam、smash 和 plough 作此义时总是接介词。slam 和 smash 使用范围较广，不仅限于车辆。

PATTERNS AND COLLOCATIONS

- **two vehicles crash/collide**
- **two vehicles crash/slam/smash/plough into each other**
- **to crash/collide head-on**

crawl /krɔːl/

ˈ**crawl with sb/sth** (*usually used in the progressive tenses* 通常用于进行时) to be full of moving people, animals, insects, etc. in an unpleasant way 挤满，爬满，充满（人、动物、昆虫等）: *The place is crawling with cops!* 这地方到处是警察！

OBJ **police, insects**

◆ v + prep

cream /kriːm/

ˌ**cream sb/sth ˈoff** to take away the best people or things in a group or an amount of money, usually for your own advantage 提取（精华）；选取（最好的人或物）；取走（一定数额的钱款）: *The best pupils are creamed off into special classes.* 最优秀的学生都编入特别班。◇ *The company's directors are creaming off the profits.* 公司的董事们分享了利润。

◆ v + adv + n ◆ v + n/pron + adv

crease /kriːs/

ˌ**crease ˈup**; ˌ**crease sb ˈup** (*BrE, informal*) to start laughing; to make sb start laughing （使）大笑起来: *We all creased up when we saw her hat!* 看到她的帽子，我们都爆笑起来！◇ *His programme always creases me up.* 他的节目总是令我捧腹。

SYN **crack up, crack sb up**

◆ v + adv ◆ v + n/pron + adv

credit /ˈkredɪt/

ˈ**credit A with B**; ˈ**credit B to A** **1** to believe that sb/sth is responsible for sth or for doing sth, especially sth good 认为…负责某事（或做某事）；把某事归功于: *Bach is credited with performing the first solo on a piano.* 巴赫被认为是第一个表演钢琴独奏的人。◇ *She credits her good looks and intelligence to her father's side of the family.* 她认为自己的美貌和才智遗传自父亲的血统。 **2** to consider that sb/sth has a particular good quality or characteristic 认为…有（某品质或优点）: *I had credited him with more sense.* 我原以为他会更有判断力。◇ *Numerous health benefits are credited to this natural oil.* 人们认为这种天然油对健康好处良多。

NOTE Often used in the passive. 常用于被动语态。 You can also use the pattern **credit sb/sth as sth**, especially in the passive 也可说 credit sb / sth as sth，尤用在被动语态结构中: *The cheetah is generally credited as the world's fastest animal.* 猎豹被公认为世界上跑得最快的动物。

◆ v + n/pron + prep

creep /kriːp/ (**crept, crept** /krept/)

ˌ**creep ˈin**; ˌ**creep ˈinto sth** to start happening or affecting sb/sth gradually 逐渐发生；逐步影响: *I thought I'd decided, but then doubts started to creep in.* 我原以为自己拿定主意了，可后来却又困惑起来。◇ *A hint of sarcasm crept into his voice.* 他的语气中渐渐带有一丝嘲讽。◇ *More and more foreign words*

are creeping into the language. 越来越多的外来词渗透到这种语言中来。
◆ v + adv ◆ v + prep

ˌcreep sb ˈout (*AmE, informal*) to make sb feel frightened and not safe 使害怕；使不安: *The way that man was watching us really creeped me out.* 那个男人看着我们的样子把我吓坏了。◇ *I was a little creeped out by their first video.* 他们的第一部录像使我有点受惊了。
NOTE **Creeped** is used as the past tense and past participle of this verb. 这一动词的过去式和过去分词作 creeped。
◆ v + n/pron + adv

ˌcreep ˈover sb/sth if a feeling **creeps over** you, or an expression **creeps over** your face, it gradually affects you （感觉）悄悄袭来；（表情）慢慢流露: *A feeling of tiredness began to creep over her.* 她渐渐开始感到疲惫。◇ *A sly smile crept over her lips.* 她的嘴角露出一丝狡黠的笑意。
SYN **steal over sb/sth**
◆ v + prep

ˌcreep ˈup 1 if a price, an amount, etc. **creeps up**, it rises very gradually （价格、数量等）逐渐增长: *House prices are starting to creep up.* 房价在逐渐上涨。 **2 (on sb)** to move nearer to sb/sth slowly and quietly without being seen or heard 缓慢而悄悄地接近: *Don't creep up on me like that!* 别那样蹑手蹑脚地靠近我！◇ *Jack crept up behind me.* 杰克悄无声息地走到我身后。
SYN **steal up (on sb)**
◆ v + adv

ˌcreep ˈup on sb 1 if an event, a date, etc. **creeps up on** you, it arrives before you are really ready for it （事件、日期等）不知不觉到来，不受注意地临近: *The exams just seemed to creep up on me.* 考试似乎不知不觉就到了。 **2** if a feeling, etc. **creeps up on** you, it starts to affect you before you realize it （感觉等）潜移默化: *Anorexia can creep up on young girls when they least expect it.* 年轻女子可能不经意间就患上厌食症。
◆ v + adv + prep

crop /krɒp; *AmE* krɑːp/ (-pp-)

ˌcrop ˈup (*informal*) to appear, happen, etc. when it is not expected （意外地）出现，发生: *I can't make it tonight—something's cropped up.* 我今晚不行 —— 出了件事情。◇ *Her name keeps cropping up everywhere.* 她的名字不断在各种场合出现。
SYN **come up**
◆ v + adv

cross /krɒs; *AmE* krɔːs/

ˌcross sb/sth ˈoff; ˌcross sb/sth ˈoff sth to remove sb's name or an item from a list by drawing a line through it because you have dealt with them/it or they are/it is no longer involved （从名单或清单上）画掉，勾销；删去: *Cross off any items we've already got.* 把我们已有的物品都画掉。◇ *Jane won't be coming, so we can cross her off the list.* 简不来了，我们可以把她的名字从名单上删掉了。
SYN **delete sth** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌcross sth ˈout/ˈthrough to remove words from a text by drawing a line through them, usually because they are wrong 画去，删除（文中错字等）: *I crossed his name out and wrote mine instead.* 我勾掉他的名字，填上了我的。◇ *You've spelt it wrong. Cross it out and try again.* 你拼错了。画掉重写。
OBJ **word, name** SYN **delete sth** (*more formal*); **x sth out** (*AmE, informal*)
◆ v + n/pron + adv ◆ v + adv + n

ˌcross ˈover 1 (*also* **ˌcross ˈover sth**) (*especially BrE*) to go from one side of sth, for example a road/street, a room, etc. to the other 走到对面；横穿: *Let's cross over to the other side.* 咱们到那边去吧。◇ *She crossed over the road.* 她横穿过马路。 OBJ **road, bridge 2 (into/to sth)** to move from one style or type of music, culture, politics, etc. to another; to combine parts of different styles or types （音乐、文化、政见等的风格或类型）转变；结合（不同风格或类型）: *They're a blues band who have succeeded in crossing over to jazz.* 他们是一支成功融合了爵士乐风格的布鲁斯乐队。
◆ **1** v + adv ◆ v + prep
◆ **2** v + adv
▶ **ˈcrossover** *n* a successful combination of different styles of music, etc.; a successful change from one style to another （不同音乐风格等的）结合，跨界，转变: *an exciting rock-dance crossover* 摇滚与舞蹈的激情糅合 ◇ *a crossover artist* 转型艺术家◇ *She's* ***made the crossover*** *from modelling into pop.* 她从模特转型为流行歌手。

ˌcross sth ˈthrough → CROSS STH OUT/THROUGH

crouch /kraʊtʃ/

ˈcrouch over sb/sth to bend over sb/sth so you are near them/it 俯身接近: *She crouched over the injured man, checking his wounds.* 她弯下腰，检查伤员的伤口。
◆ v + prep

crowd /kraʊd/

ˌcrowd aˈround, etc. (*especially AmE*) → CROWD ROUND, ETC.

ˌcrowd ˈin; ˌcrowd ˈinto sth to move in large numbers into a small place 涌入（狭小的空间）: *As soon as the doors opened people began to crowd in.* 门一打开，人们蜂拥而入。◇ *We all crowded into the lift.* 我们全都挤进电梯。◇ (*figurative*) *Memories she would rather forget* ***came crowding in.*** 挥之不去的往事涌上她的心头。◇ (*figurative*) *Doubts crowded into my mind.* 我一时满腹疑团。
SYN **pile in, pile into sth**
◆ v + adv ◆ v + prep

ˌcrowd sb/sth ˈin; ˌcrowd sb/sth ˈinto/ˈonto sth to put a large number of people or things into a small space 把…塞进（…）去: *I doubt if we can crowd any more people in—the place is packed already.* 我怀疑能否再塞进人了 —— 这里已经拥挤不堪。◇ *We were all crowded into a small area behind the goal.* 我们全都挤在球门后面的一小块地方。
SYN **cram sb/sth in, etc.; pack sb/sth in, etc.**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌcrowd ˈin (on sb) if high buildings, mountains, etc. **crowd in**, they seem to surround you and threaten you or have a strong effect on you （高楼、高山等）给（某人）压迫感: *The high walls seemed to crowd in (on her).* 四周的高墙似乎（向她）压了过来。◇ (*figurative*) *He tried to resist the fears that were crowding in on him.* 他竭力抑制涌上心头的恐惧。
◆ v + adv + prep

ˌcrowd sb/sth ˈonto sth → CROWD SB/STH IN, ETC.

ˌcrowd sb/sth ˈout (of sth) if a number of people or things **crowd out** other people or things, they are present in such large numbers that there is no room for anyone or anything else 把…（从…中）挤出去: *Tourists are crowding the regular customers out of the bar.* 酒吧挤满游客，老主顾都进不去了。 ◇ (*figurative*) *Small shops are increasingly being crowded out by the big supermarkets.* 小店铺给大超市排挤得越来越无立足之地。
SYN **squeeze sb/sth out, etc.**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

ˌcrowd ˈround; ˌcrowd ˈround sb/sth (*especially BrE*) (*AmE usually* **ˌcrowd aˈround, ˌcrowd aˈround sb/sth**) to gather in large numbers around sb/sth 聚集在…周围；聚拢: *People were crowding around to see what was going on.* 人们聚过来围观。◇ *Fans crowded round him to ask for his autograph.* 崇拜者围着他要签名。
◆ v + adv ◆ v + prep

crumple /ˈkrʌmpl/

ˌcrumple sth ˈup to crush sth, especially a piece of paper, into a ball 把（纸片等）揉成一团: *She crumpled his letter up without even looking at it.* 她连看都没看就把他的信揉成一团。
OBJ **paper** **SYN** **ball sth up** (*AmE*), **scrunch sth up; wad sth up** (*especially AmE*)
◆ v + n/pron + adv ◆ v + adv + n

cry /kraɪ/ (cries, crying, cried)

ˈcry for sth to ask for or demand sth in a determined or urgent way 呼吁；呼救: *The families of the victims are crying for justice.* 受害者家属强烈呼吁伸张正义。◇ *Listen! That sounds like somebody crying* (= calling) *for help.* 听！那声音像是有人在喊救命。
OBJ **help, mercy**
◆ v + prep

ˌcry ˈoff; ˌcry ˈoff sth; ˌcry ˈoff doing sth (*BrE*) to decide not to do sth you have promised or agreed to do 食言；违背约定: *We'd arranged to go together but Luiz cried off at the last moment.* 我们说好一起去的，可路易斯事到临头又变卦了。◇ *Why did you cry off training last night?* 昨晚的训练你为什么说来又没来？
SYN **pull out, pull out of sth, etc.**
→ see also BEG OFF, BEG OFF STH, ETC.
◆ v + adv ◆ v + prep

ˌcry ˈout to make a loud sound without words because you are hurt, afraid, surprised, etc. （因伤痛、惊恐、惊讶等）大叫，叫喊:*She cried out in/with pain.* 她疼得大叫。
◆ v + adv

ˌcry ˈout sth to shout sth loudly 大声呼喊: *He suddenly cried out, 'Stop at once!'* 他突然大喝一声：“马上住手！” ◇ *She could hear a voice crying out her name.* 她听见有人喊她的名字。
◆ v + adv + speech ◆ v + adv + n

ˌcry ˈout against sth to protest strongly about sth 强烈抗议；大声疾呼反对: *People have been crying out against this abuse for years.* 多年来人们一直在激烈谴责这一陋习。
◆ v + adv + prep
▶ **ˈoutcry (against/at/over sth)** *n* [C, U] a public reaction of strong protest against sth 公众的强烈抗议（或反对）: *There is sure to be a massive outcry against the proposals.* 这些提案定会遭到公众大规模的猛烈抨击。

ˌcry ˈout for sth (*usually used in the progressive tenses* 通常用于进行时) to clearly need sth very quickly 迫切需要: *The group is crying out for new members.* 该组急需新成员。◇ *The whole system was crying out for a radical review.* 整个体系亟待彻底检讨。
◆ v + adv + prep

cuddle /ˈkʌdl/

ˌcuddle ˈup (to/against sb), ˌcuddle ˈup together if children, pets, etc. **cuddle up**, they sit or lie close to each other or sb else, because they need warmth or comfort, or want to show affection 偎依着（某人）；紧靠在一起: *Jack cuddled up to his mother.* 杰克依偎着母亲。◇ *The cubs cuddle up together for warmth.* 幼兽挤在一起取暖。
SYN **snuggle up (to/against sb/sth)**
◆ v + adv ◆ v + adv + adv

culminate /ˈkʌlmɪneɪt/

ˈculminate in sth (*also* **ˈculminate with sth** *less frequent*) (*formal*) to end with a particular result or conclusion, or at a particular point 以…告终；达到…终点: *The negotiations culminated in an agreement acceptable to all sides.* 谈判最终达成了各方均能接受的协议。
◆ v + prep

SYNONYMS 同义词辨析

cry out

cry out • scream out • screech • shriek • wail

These verbs all mean to give a loud high cry, or to make a loud high noise. 这些动词都表示大叫、尖叫、叫嚷。

cry out to make a loud sound without words because you are hurt, afraid, surprised, etc. （因伤痛、害怕、惊讶等）大叫，叫喊: *She tried to stop herself from crying out.* 她竭力克制自己不叫出声来。◇ *He cried out in fear.* 他害怕得失声大叫。 ▶ cry *n* : *He gave a loud cry of despair.* 他发出绝望的叫喊。

scream out to give a loud, high cry, because you are hurt, frightened, excited, etc. （因伤痛、惊恐、激动等）尖叫，惊呼: *He covered her mouth to stop her from screaming out.* 他捂住她的嘴巴，阻止她尖叫。 NOTE **Scream** can be used on its own * scream 可单独使用: *The kids were screaming with excitement.* 孩子们兴奋地尖声大叫。 ▶ scream *n* : *She let out a scream of pain.* 她痛得尖叫一声。

screech to make a loud, high, unpleasant sound 刺耳地尖叫: *He screeched with pain.* 他疼得直叫。 ▶ screech *n* : *She suddenly let out a screech.* 她突然发出一声尖叫。

shriek to give a loud, high cry, for example when you are excited, frightened or in pain （因激动、惊恐、痛苦等）尖叫，尖声叫喊: *She shrieked in fright.* 她吓得尖叫一声。◇ *The audience was shrieking with laughter.* 观众放声大笑。 ▶ shriek *n* : *She let out a piercing shriek.* 她发出刺耳的尖叫。

wail to make a long, loud cry, especially because you are sad or in pain （因悲伤或痛苦）哀号，恸哭，号啕: *The little girl was wailing miserably.* 小女孩痛哭失声。 ▶ wail *n* : *He let out a wail of anguish.* 他大声哭号，极度痛苦。

WHICH WORD?

A **wail** is longer than a **scream**, but less strong and extreme; it can be high or low in pitch, but a **scream** is always high, and is used particularly for women. Of these words, only **scream, screech** and **wail** can be used to talk about a noise made by things 与 scream 相比，wail 持续时间长，但不那么尖厉； wail 的声音可高可低，但 scream 总是指大声尖叫，且尤用于指女性。这些词中，仅 scream、screech 和 wail 可用于指物体发出的噪声: *Lights flashed and sirens screamed.* 灯光闪烁，警报尖啸。◇ *The car screeched to a halt.* 汽车嘎吱一声停住了。◇ *Sirens wailed in the distance.* 远处警报呼啸。 All of these verbs can be used with speech 这些动词都可与引语连用: *'It's broken!' she wailed.* “它破了！”她号啕大哭。

PATTERNS AND COLLOCATIONS

- to scream (out)/cry out/screech/wail/shriek **at sb**
- to scream (out)/cry (out)/screech/wail/shriek **in/with** pain, terror, etc.
- to scream (out)/cry out/screech **helplessly/shrilly/loudly**
- **brakes/tyres** scream/screech/shriek
- to screech/shriek **to a halt**

curl /kɜːl; *AmE* kɜːrl/

ˌcurl ˈup; be ˌcurled ˈup 1 to lie down or sit down with your back curved and your knees and arms close to your body 蜷曲；蜷曲着: *I love curling up in an armchair with a good book.* 我爱蜷缩在扶手椅里读一本好书。◇ *The cat was curled up asleep under the bush.* 猫在灌木下蜷成一团睡觉。 **2** if the edges of pages, leaves, etc. **curl up**, they bend towards the middle （书页、叶子等的边缘）卷起，卷曲: *The pages had all curled up at the corners.* 书页的页角都卷起来了。
• v + adv • be + v + adv

ˌcurl sth ˈup; ˌcurl yourself ˈup to bend sth/yourself into a tight curved shape 使蜷曲着: *She curled her legs up under her on the sofa.* 她盘腿坐在沙发上。 ◇ *He curled himself up under the covers and went to sleep.* 他蜷缩在被子底下睡着了。
• v + n/pron + adv

curse /kɜːs; *AmE* kɜːrs/

ˌcurse sb ˈout (*also* **ˌcuss sb ˈout**) (*AmE, informal*) to swear at sb because you are angry with them 咒骂；诅咒: *She came up to me after school and just started cussing me out.* 放学后她走到我身边开始骂我。
• v + n/pron + adv • v + adv + n

be ˈcursed with sth to have or suffer from sth bad 遭受（厄运）；受…折磨: *He was cursed with poor health from childhood.* 他从小就受体弱多病之苦。◇ *I've always been cursed with bad luck.* 我总是走霉运。
• be + v + prep

curtain /ˈkɜːtn; *AmE* ˈkɜːrtn/

ˌcurtain sth ˈoff (from sth) to separate part of a room with a curtain or curtains 用帘子（把房间的一部分）隔开: *A corner of the room was curtained off.* 屋子的一角用帘子隔开了。
• v + n/pron + adv • v + adv + n

cuss /kʌs/

,**cuss sb 'out** (*AmE, informal*) → CURSE SB OUT

cut /kʌt/ (**cutting, cut, cut**)

,**cut a'cross sth 1** (*also* ,**cut 'through sth**) to take a short route (a **short cut**) across a place instead of going around it 抄近路穿过；径直通过: *We'll get there quicker if we cut across the fields.* 我们走小路穿过田地到那里会快一点。 **2** to affect or be true for people in different groups that usually remain separate 影响，适用于（不同群体）: *Opposition to the proposal cuts across party boundaries.* 对提案的反对超越了党派界限。 OBJ **boundary, division**

◆ v + prep

,**cut a'way** if a television programme or a film/movie **cuts away**, it shows sth different from what was shown before （电视节目或影片的画面）切换: *We cut away to a building site, where Carter is searching through the rubble.* 我们将镜头切换到一个建筑工地，卡特正在瓦砾中搜寻。

◆ v + adv

▶ **'cutaway** *n*: *There was a cutaway to Jackson's guest on the podium.* 画面切换到了讲台上杰克逊邀请的嘉宾。

,**cut sth a'way** (**from sth**) to remove sth by cutting with a knife or a sharp tool （从…）切除，割掉，剪去: *Cut away any dead branches.* 把枯枝全砍掉。

◆ v + adv + n ◆ v + n/pron + adv

▶ **'cutaway** *n* a model or diagram with some outside parts left out, in order to show what the inside looks like 剖面图

🔑 ,**cut 'back** (**on sth**) **1** to reduce sth such as the amount sb spends or produces 减少，缩减（开支或生产）: *The recession means that everyone is cutting back.* 经济衰退意味着每个人

SYNONYMS 同义词辨析

cut sth back

axe sth ◆ cut sth back ◆ cut sth down ◆ scale sth back ◆ scale sth down ◆ slash sth

These verbs all mean to reduce sth, especially an amount of money or the size of a business. 这些动词都表示削减、降低、减少，尤指金额或企业规模。 *See also* **bring sth down**.

axe sth (*BrE*) (*AmE* usually **ax**) (*often passive*) (*used especially in newspapers*) to get rid of a service, jobs, etc. in order to save money （尤用于报章）取消，削减，裁减（机构、岗位等）: *Unprofitable services are to be axed next year.* 不盈利的部门明年将被砍掉。◇ *250 staff were axed as part of the shake-up.* 作为改组的一部分内容，250 名员工被解聘。

cut sth back to reduce sth, especially an amount of money or business 缩减，降低（尤指金额或业务）: *We'll have to cut back production.* 我们得减产。 NOTE **Cut** can be used on its own * cut 可单独使用: *His salary has been cut by 10%.* 他被减薪 10%。 It is also possible to use **cut back on sth** 也可说 cut back on sth: *We are trying to cut back on spending.* 我们正想方设法削减开支。

▶ cutback *n* [**usually pl.**]: *cutbacks in public spending* 公共开支的削减

cut sth down to reduce the size, amount or number of sth 削减，降低（规模、数量或数目）: *We need to cut the article down to 1 000 words.* 我们需要将文章删减至 1 000 字。 NOTE It is also possible to use **cut down on sth** 也可说 cut down on sth: *The doctor told him to cut down on his drinking.* 医生嘱咐他少喝酒。

scale sth back (*especially AmE* or *business*) to reduce sth, especially an amount of money or the size of a business 缩减，降低（尤指金额或企业规模）: *The IMF has scaled back its growth forecasts.* 国际货币基金组织已调低了其经济增长预期。

scale sth down to reduce the number, size or extent of sth 缩减，降低（数目、规模或幅度）: *We are thinking of scaling down our training programmes next year.* 我们正考虑明年压缩培训项目。

slash sth (*often passive*) (*used especially in newspapers*) to reduce sth by a large amount （尤用于报章）大幅削减，大大降低: *The workforce has been slashed.* 职工总数遭大幅裁减。

WHICH WORD?

Cut is the most general of these verbs. **Cut back** and **scale back** are both used especially to talk about money or business. **Cut down** and **scale down** are both more general and are used more for talking about things other than money or business. 这些动词中，cut 含义最宽泛。cut back 和 scale back 尤用于指金钱或业务上的缩减。cut down 和 scale down 含义较宽泛，多用于指金钱或业务之外事物的缩减。

PATTERNS AND COLLOCATIONS

- to cut sth/cut sth back/cut sth down/scale sth down **from** … **/to** … **/by** …
- to cut sth (back)/cut sth down/scale sth down **considerably/significantly/drastically**
- to cut/slash/cut back on/cut down on/scale back **spending/production**
- to cut/slash/cut back/axe **jobs**
- to cut/slash **costs/prices/taxes/the budget**

都在削减开销。◇ *We've had to cut back on staff to save money.* 为了省钱，我们必须裁员。 **2** (*especially AmE*) to eat, drink or use less of a particular thing, usually for your health （通常为健康原因）节制，减少（饮食等）：*I smoke too much. I must cut back.* 我抽烟太多，必须加以控制了。◇ *The doctor's told me to cut back on red meat.* 医生建议我少吃红肉。 → see also CUT STH BACK 1, CUT DOWN
• v + adv
▸ **'cutback (in sth)** *n* [*usually* pl.] a reduction in sth 减少；缩减：*cutbacks in public spending* 公共开支的削减

,cut sth 'back 1 to reduce sth a lot （大幅）降低，缩减：*Government funding is being cut back.* 政府拨款正在削减。◇ *We have agreed to cut back CFC emissions by 2020.* 我们同意 2020 年前大幅降低氯氟烃的排放。 OBJ **production, spending, pollution** SYN **pare sth down (to sth), pare sth back (to sth)** NOTE Often used in the passive. 常用于被动语态。 **2** to reduce the size of a plant, a bush, etc. by cutting parts off 修剪；截短：*That rose bush needs cutting back a lot.* 那丛玫瑰需要修剪掉很多。 OBJ **bush, tree** SYN **prune sth**
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

,cut 'down (on sth) 1 to reduce the amount or quantity of sth 削减，降低（…的数量）：*Recycling cuts down on waste.* 废品回收能减少浪费。◇ *I've spent too much already this month—I'll have to cut down a bit* (= spend less money). 我这个月开销已经太大 —— 我得省着点花钱了。 **2** to use or buy less of sth 少用；少买：*The doctor's told me to cut down on fatty foods.* 医生建议我少吃高脂肪食物。◇ *I haven't stopped smoking, but I've cut down to five a day.* 我还没戒烟，可已经减少到每天抽五支。 → see also CUT STH DOWN 1, CUT BACK
• v + adv

,cut sb 'down (*formal, BrE*) to kill sb 致…死亡；令…殒命：*He was cut down by pneumonia at an early age.* 他因肺炎早逝。
NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + adv • v + adv + n

,cut sb/sth 'down (*AmE, informal*) to make sb feel or look stupid, especially in front of other people 使当众出丑；使出洋相；使丢人现眼：*He always cuts her down in front of his friends.* 他总是在他的朋友面前让她难堪。◇ *She's always cutting down my lifestyle.* 她动不动就嘲笑我的生活方式。
SYN **put sb down**
• v + n/pron + adv • v + adv + n
IDM **cut sb down to 'size** to show sb that they are not as important as they think they are 让某人有自知之明
▸ **'cutdown** (*AmE*) (*BrE* **'put-down**) *n* (*informal*) a remark or criticism that is intended to make sb feel or look stupid 令人难堪的话；喧人的话

,cut sth 'down 1 to reduce the amount or quantity of sth 削减，降低（数量）：*Measures were introduced to cut down the number of road accidents involving children.* 已采取措施减少涉及儿童的交通事故的发生。◇ *The policy aims at cutting down exhaust emissions.* 这项政策旨在控制废气排放。 OBJ **number, costs, amount** SYN **reduce sth** (*more formal*) NOTE **Cut sth** can also be used on its own. **Cut sth**, not **cut sth down** is used for reducing the cost or the price of sth * cut sth 也可单独使用。降低成本或价格用 cut sth，而非 cut sth down：*Petrol/gas prices have been* ***cut***. 燃油 / 煤气降价了。 → see also CUT DOWN; CUT STH BACK 1 ⊃ note at CUT STH BACK **2** to make a tree, etc. fall down by cutting it at the base （自根部）砍倒：*Every time we cut a tree down, we plant a new one.* 我们每砍伐一棵树，就补种一棵新的。 OBJ **tree** SYN **chop sth down; fell sth** (*more formal*) **3** to reduce the length of sth 削减（…的长度）；缩短：*Please cut your article down to 1 000 words.* 请把你的文章删节到 1 000 字。 SYN **shorten sth** (*more formal*) NOTE **Cut sth** can also be used on its own with this meaning. * cut sth 单独使用也可作此义。
• v + adv + n • v + n/pron + adv

,cut 'in 1 (on sb/sth) to interrupt sb/sth 打断（某人讲话或谈话）：*'Listen to me!' she cut in impatiently.* "听我说！" 她不耐烦地插嘴道。 SYN **interrupt (sb/sth)** → see also CUT INTO STH 2 **2 (on sb/sth)** (of a vehicle or a driver 车辆或驾驶员) to move suddenly in front of another vehicle in a dangerous way, leaving little space between the two vehicles 超车抢道：*The lorry cut in (on me) suddenly and I had to brake sharply.* 那辆货车突然超车抢了我的道，我只好猛踩刹车。 **3** (of an engine, a motor or a piece of equipment 发动机、马达或设备) to start working automatically, especially after another source of power has failed （尤指断电后）自行启动，开始运转：*If the power fails, the generator will cut in.* 万一断电，这台发电机就会自动发电。 SYN **kick in 4** (*AmE, informal*) to push in front of people who have been waiting in a line 插队；加塞儿：*Someone tried to cut in in front of us.* 有人想插到我们前面。◇ *She saw some friends in line and cut in with them.* 她看见队列里有几个朋友，于是插了进去。 SYN **push in** (*BrE*) **5** to interrupt a couple who are dancing to start dancing with one of them yourself 打断（正在跳舞的两人以便与其中一人跳舞）；抢走舞伴：*May I cut in?* 可以打断一下请您跳支舞吗？
• v + adv **1** also v + adv + speech

,cut sb 'in (on sth) (*informal*) to include sb in a deal and give them a share of the profits 让…参与并分享利润：*Do you think we can cut Harris in on the deal?* 你看我们可以让哈里斯加入进来做这笔买卖吗？
• v + n/pron + adv

,cut 'into sth 1 to make a mark, an opening or a wound in sth with a knife or a sharp object 切入；切开口子：*Make some pencil guidelines before you cut into the wood.* 先用铅笔画出标线，再在木头上锯个口子。◇ *The rope was cutting into her wrists* (= because it was

very tight). 绳子勒破了她的手腕。 OBJ **cake, meat, etc.** **2** to interrupt sth 打断；打扰：*His voice cut into her thoughts.* 他的声音打断了她的思绪。 OBJ **thoughts** **3** to begin to use part or too much of sb's time, sth that belongs to sb else, etc. 开始占用，开始侵占（某人的时间或他人的物品）：*My work's cutting into my free time at the moment.* 我的工作现在占用了我的业余时间。◇ *The independent stations are cutting into our audience.* 独立电视台开始与我们争夺观众了。 OBJ **time** SYN **encroach on/upon sth** (*more formal*)

◆ v + prep

,cut sb 'off **1** to interrupt a telephone conversation by breaking the connection 切断（电话通话线路）：*Operator, I've just been cut off.* 接线员，我断线了。 NOTE Usually used in the passive. 通常用于被动语态。 **2** to refuse to let sb have any of your money or property after you die 剥夺…的继承权：*He cut his son off without a penny.* 他完全剥夺了儿子的继承权。 OBJ **son, daughter** SYN **disinherit sb** (*more formal*) → see also CUT SB OUT, CUT SB OUT OF STH **3** to end a relationship with sb because you do not want to see or talk to them any more 同…绝交；与…一刀两断；停止与…来往：*His family have cut him off since he told them what he'd done.* 自从他向家人透露了自己的所作所为之后，他们断绝了与他的关系。

◆ **1** v + n/pron + adv

◆ **2,3** v + n/pron + adv ◆ v + adv + n (*less frequent*)

IDM **be cut off in your 'prime** to die suddenly when you are still young, strong and successful 英年早逝；短命

,cut sb/sth 'off **1** (*also* **,cut yourself 'off**) **(from sb/sth)** to separate sb/sth/yourself physically or socially from other people or things 使（与…）分离；隔绝（与…）往来：*His deafness cut him off from his family and friends.* 失聪阻碍了他与亲友的交流。◇ *She cut herself off from music after her marriage.* 结婚后她不再搞音乐了。◇ *Why has he* ***cut off all contact*** *with his family?* 他为什么与家人断绝了一切联系？◇ *The farm was completely cut off in the snowstorm.* 暴风雪使农场与外界完全隔绝。◇ (*figurative*) *Politicians are cut off from the reality of poverty.* 政客完全不了解贫穷的现实。 SYN **isolate sb/sth/yourself (from sb/sth)** NOTE Often used in the passive. 常用于被动语态。 **2** to interrupt sb when they are speaking 打断（谈话）：*He cut me off in mid-sentence.* 我话刚说到一半就被他打断了。◇ *My explanation was abruptly cut off.* 我的解释突然给打断了。 **3** to stop the supply of gas, water or electricity to sb's home 停止，中断（煤气、水或电的供应）：*The gas company threatened to cut them off if they didn't pay the bill.* 煤气公司威胁说，如果拖欠账单，就停他们的煤气。◇ *The water supply had been cut off.* 断水了。 **4** (*AmE*) → CUT SB/STH UP: *A sports car cut me off as I turned into the road.* 我拐上那条路，一辆跑车抢了我的道。 **5** to prevent sb from reaching or leaving a place; to stop sb 切断…的去路；拦截；阻挡：*Try to cut him off at the traffic lights.* 尽量在红绿灯处把他截住。

◆ v + n/pron + adv ◆ v + adv + n

▶ **'cut-off** *n* an act of stopping sth 拦截；阻挡；阻拦

,cut sth 'off to block or get in the way of sth, etc. 阻碍；阻挡；堵住：*The police cut off all their escape routes.* 警方切断了他们所有的逃跑路线。◇ *The new hotel cuts off our view of the sea.* 新旅馆挡住了我们观海的视野。

OBJ **route, aid, supplies**

◆ v + adv + n ◆ v + n/pron + adv

▶ **'cut-off** *n* a point or a limit when you stop sth 截止点；界限：*a cut-off in aid* 援助中止 ◇ *What is the cut-off date for registration?* 注册哪天截止？

,cut sth 'off; ,cut sth 'off sth to remove sth by cutting it with a knife or a sharp tool （从…）切掉，割去，截断：*He cut off a metre of cloth from the roll.* 他从那匹布上裁下一米。◇ *Mind you don't cut your fingers off!* 当心，别切掉了手指！◇ *She's* ***had*** *all her hair* ***cut off.*** 她把头发剃光了。◇ *If the photo is too large for the frame, cut a bit off the top.* 如果相片比相框大，就从顶部裁掉一点。◇ (*figurative*) *Five seconds has been cut off the world record.* 世界纪录缩短了五秒。

SYN **chop sth off, chop sth off sth**

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

▶ **'cut-offs** *n* [pl.] trousers/pants that have been made shorter by cutting off part of the legs 剪短的裤子；毛边短裤

▶ **'cut-off** *adj* [only before noun] **cut-off** trousers/pants have been made shorter by cutting off part of the legs 裤管剪短的

▶ **'offcut** *n* (*especially BrE*) a piece of wood, paper, etc. that remains after the main piece has been cut 下脚料；边角材料

,cut yourself 'off (from sb/sth) → CUT SB OFF 1

,cut 'out if an engine or a motor **cuts out**, it suddenly stops working （发动机或马达）突然熄火，停止运转：*One of the aircraft's engines cut out.* 飞机的一个发动机突然停止运转。

◆ v + adv

▶ **'cut-out** *n* (*especially BrE*) a safety device that stops an electric current from flowing through sth （切断电路的）断流器，保险装置：*A cut-out stops the kettle boiling dry.* 断流器使电水壶不致干烧。

,cut 'out; ,cut 'out of sth (*AmE*) **1** (of a vehicle or a driver 车辆或驾驶员) to move suddenly sideways out of a line of traffic 突然驶离车流：*Did you see the way the car in front cut out?* 你看见前面那辆车是怎样猛冲出去的吗？ **2** (*old-fashioned, slang*) to leave 离开；走开：*I'm cutting out (of here). See you later.* 我要走了，回头见。

◆ v + adv ◆ v + adv + prep

,cut sb 'out; ,cut sb 'out of sth to not allow sb to be involved in sth 不让…参与（某事）：*If we deliver the goods ourselves, we can*

cut out the middleman. 如果我们自己发货，就可以绕开中间人了。◇ *Don't cut your parents out of your lives!* 不要把父母排除在你的生活之外！◇ *She cut me out of her will* (= refused to let me have any of her money or property after she died). 她的遗嘱将我排除在外。
→ see also CUT SB OFF 1
◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + adv + prep

,cut sth 'out 1 to make sth unnecessary 使变得不必要: *Cut out some of the administration by computerizing your records.* 用计算机处理记录，减少一些办事手续。◇ *The new fast train service cuts out the need for a long bus journey.* 有了新的高速列车，就不必坐长途汽车了。 OBJ **need 2** (*informal*) to stop doing, using or eating sth 停止做（或使用、食用）：*I've cut out sweets to try to lose weight.* 为了瘦身，我不吃甜食了。 OBJ **smoking, drink, sweets 3** (*informal*) to block light or sound 阻挡（光线或声音）：*That tree in front of the window cuts out the light.* 窗前的树遮住了光线。 OBJ **light, noise** SYN **block sth out 4** (*informal*) used to tell sb to stop doing or saying sth that is annoying you （用于制止恼人的话或事）打住，住口，住手: *I'm sick of you two arguing—just **cut it out**!* 我真烦你们俩吵来吵去的——闭嘴吧！◇ *Now cut out the jokes and pay attention!* 别说笑话了，集中注意力！ OBJ **it, that 5** to make sth by cutting 裁剪出；砍出；切出: *They managed to cut out a path through the jungle.* 他们设法在从林里辟出一条小路。
◆ v + n/pron + adv ◆ v + adv + n

,cut sth 'out; ,cut sth 'out of sth 1 to remove sth you want from sth larger by cutting; to cut the shape of sth from a piece of material, paper, etc. （从…）剪下，切下；裁剪: *Simply cut out and return the coupon.* 剪下优惠券并寄回即可。◇ *She cut the article out of the newspaper.* 她从报纸上剪下了那篇文章。◇ *The children enjoy cutting shapes out of coloured paper.* 孩子们喜欢用彩纸剪出各种形状。 OBJ **article, picture 2** to remove sth bad from sth by cutting 切除（坏的部分）：*I cut out the bad parts of the apple.* 我削掉了苹果腐烂的部分。 **3** (*informal*) to leave sth out of a piece of writing, etc. 删减，删节（文字等）：*You can cut out the unimportant details.* 你可以删掉无关紧要的细节文字。 SYN **omit sth**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

IDM **have your 'work cut out (for you)** (*formal*) to face a difficult task or situation 面临困难的任务（或局面）：*You'll have your work cut out to beat him.* 你想打败他绝非易事。

▶ **'cut-out** *n* a shape cut out of paper, wood, etc. 剪纸；刻出的图样: *a cardboard cut-out* 用硬纸板剪出的图形

be ,cut 'out for sth; be ,cut 'out to do/be sth (*informal*) to have the qualities and abilities needed for sth 具有…的天分；是…的材料: *I don't think I'm cut out for country life.* 我认为我不适合乡村生活。◇ *He's not cut out to be a politician.* 他不是从政的料。

NOTE This phrasal verb is usually used in negative sentences. 这一短语动词通常用于否定句。
◆ be + v + adv + prep ◆ be + v + adv + **to** +inf

,cut 'through sth 1 → CUT ACROSS STH 1: *The path cuts through the wood.* 小径横穿树林。◇ *It should be quicker if we cut through town.* 我们从城里穿过去，应该会快一些。 **2** to pass through sth by cutting 切开；割开；砍开: *Will this saw cut through metal?* 这把锯子能切割金属吗？◇ (*figurative*) *The sharp wind cut through his shirt.* 凛冽的冷风吹透了他的衬衣。◇ (*figurative*) *The pain cut through him like a knife.* 他感到痛如刀割。 **3** to overcome a difficulty that is preventing you from making progress 克服（困难）；冲破（阻碍）：*Once you cut through the technical language the report is easy to understand.* 你弄通了术语，报告就容易理解了。◇ *The yacht cut smoothly through the waves.* 帆船平稳地破浪前进。 **4** to interrupt sth 打断；打扰: *His voice cut through her thoughts.* 他的声音打断了她的思路。
◆ v + prep

,cut sth 'through sth to make a path or passage through sth by cutting 开辟穿越…的小道: *They had to use their knives to cut a path through the undergrowth.* 他们不得不用刀在灌木林中劈出一条小路。
OBJ **path**
◆ v + n/pron + prep

,cut 'up (*AmE, informal*) to behave in a noisy, silly way, especially to try and make people laugh 胡闹；卖弄；插科打诨: *He cut up in class.* 他在班上调皮捣蛋了。
◆ v + adv

▶ **'cutup** *n* (*AmE, informal*) a person who jokes a lot or behaves in a silly way to make people laugh or to get attention 爱开玩笑的人；插科打诨的人

,cut sb 'up (*informal*) **1** to injure sb by cutting them with a knife, a piece of glass, etc. 割伤；捅伤；划破: *He was very badly cut up in the fight.* 在斗殴中他被严重砍伤。 **2** to make sb very emotionally upset 使伤心；使悲痛；使难受: *She's still very cut up about the divorce.* 她仍为离婚痛苦不已。 NOTE Usually used in the passive. 通常用于被动语态。
◆ **1** v + n/pron + adv ◆ v + adv + n
◆ **2** v + n/pron + adv

,cut sb/sth 'up (*BrE*) (*AmE* **,cut sb/sth 'off**) (of a vehicle or a driver 车辆或驾驶员) to suddenly drive in front of another vehicle in a dangerous way 超车抢道: *Did you see how he cut me up?* 你看见他怎么抢我的道了吗？
SYN **carve sb/sth up** (*BrE*)
◆ v + n/pron + adv ◆ v + adv + n

🔑 **,cut sth 'up** to divide sth into small pieces with a knife or a sharp tool 切碎；剁碎；剪碎: *Who's going to cut up the vegetables?* 谁来切蔬菜？
SYN **chop sth up**
◆ v + n/pron + adv ◆ v + adv + n

D d

dab /dæb/ (-bb-)

ˈ**dab at sth (with sth)** to touch sth, especially your face, several times, quickly and lightly （用…）轻触，轻搽，轻拍（尤指脸部）: *She was crying and dabbing at her eyes with a handkerchief.* 她边哭边用手绢轻轻擦眼睛。◇ *He gently dabbed at his cuts with a piece of cotton wool.* 他用一块药棉轻轻按了按伤口。

OBJ **my, your, etc. eyes**

NOTE **Dab sth** can be used on its own with the same meaning * dab sth 单独使用也可作此义: *She dabbed her eyes with a handkerchief.* 她用手绢轻轻擦眼睛。

• v + prep

ˌ**dab sth ˈoff** to remove sth such as a mark caused by a liquid with quick, light movements （轻快地）擦掉，抹掉（水渍等）: *Dab the coffee off with your handkerchief.* 用手帕擦去咖啡污渍。

• v + n/pron + adv • v + adv + n

ˌ**dab sth ˈon (with sth)** to put sth on a surface with quick, light movements （用…）轻涂，轻敷: *Dab the paint on with a sponge.* 用海绵轻轻涂上颜料。◇ *She dabbed on a little perfume.* 她轻轻地搽了一点香水。

• v + n/pron + adv • v + adv + n

dabble /ˈdæbl/

ˈ**dabble in sth** to take part in an activity or a sport, but not very seriously 涉足，涉猎，尝试（活动或体育运动）: *She swims twice a week and has been dabbling in weight training.* 她每周游泳两次，偶尔还练一下举重。

• v + prep

dally /ˈdæli/ (dallies, dallying, dallied)

ˈ**dally with sth/sb** (*old-fashioned*) to think about sth, do sth or treat sb in a way that is not serious enough 轻率地对待；玩弄；戏弄: *They've been dallying with the idea for years.* 他们多年来一直有这个想法，但从未认真考虑过。

OBJ **idea, thought** SYN **toy with sth**

• v + prep

dam /dæm/ (-mm-)

NOTE A **dam** is a barrier built across a river to stop the water from flowing. * dam 指水坝。

ˌ**dam sth ˈup** to stop the water flowing in a river by building a dam across it 筑坝拦（河水）: *The stream was dammed up to form ornamental lakes.* 小河上建坝蓄水，形成了装饰性的湖泊。◇ (*figurative*) *I tried to dam up my tears.* 我强忍住泪水。

• v + adv + n • v + n/pron + adv

damp /dæmp/ (*also* **dampen** /ˈdæmpən/)

ˌ**damp sth ˈdown 1** to make a fire burn more slowly or stop burning 使（火）减弱；熄灭: *Firefighters were damping down the embers hours later.* 几小时后，消防队员基本扑灭了余烬。◇ *He put sand on the fire to try to damp it down.* 他试图用沙子把火压灭。◇ *The fire had been damped down but not extinguished.* 火势得到了控制，但尚未熄灭。

OBJ **fire 2** if sb/sth **damps down** an emotion or a feeling, it becomes less strong 抑制，控制（情绪或感情）: *She tried to damp down her feelings of despair.* 她努力克制自己的绝望情绪。

OBJ **emotions 3** if sb/sth **damps down** a situation or an activity, it becomes slower or weaker 缓和（局势）；减缓（速度）: *The latest increase in interest rates has damped down activity in the housing market.* 最近的加息抑制了住房市场交易。 **4** (*rare*) to make a surface slightly wet by spraying a small amount of water over it 洒水打湿（表面）

• v + adv + n • v + pron + adv • v + n + adv (*rare*)

dangle /ˈdæŋgl/

ˌ**dangle sth beˈfore sb/sth** to offer sb sth very attractive to try to persuade them to do sth 用…引诱；利用…吊某人胃口: *It's the biggest financial incentive ever dangled before British footballers.* 这是对英国足球运动员前所未有的最大经济诱惑。

NOTE **In front of** can be used instead of **before**. 可用 in front of 代替 before。

• v + n/pron + prep

dash /dæʃ/

ˌ**dash aˈbout** (*especially BrE*) → DASH AROUND

ˌ**dash aˈgainst sth** (of rain, waves, the sea, etc. 雨水、波浪、海水等) to beat violently against a surface 拍打；撞击；冲击

• v + prep

ˌ**dash aˈround** (*also* ˌ**dash aˈbout/ˈround** *especially BrE*) to move very quickly from place to place, being very busy 四处奔忙；到处奔波: *I've been dashing around all day!* 我东奔西跑地忙了一整天了！◇ *At the scene of the accident, people were **dashing about all over the place**.* 在事故现场，人们急匆匆地来回奔忙。

SYN **rush around**

• v + adv

ˌ**dash aˈway/ˈoff** to go away from a place in a hurry 急忙离开；匆匆走开: *He dashes off every day at four o'clock.* 他每天四点钟就急匆匆走了。

• v + adv

,dash sth a'way if you **dash** tears **away**, you remove them quickly from your face 快速擦掉（泪水）: *He dashed away the tears welling up in his eyes with an impatient hand.* 他烦躁地一把抹掉涌出的泪水。
◆ v + n/pron + adv ◆ v + adv + n

,dash 'off → DASH AWAY/OFF

,dash sth 'off to write or draw sth very quickly 仓促写出；草草画成: *I dashed off a quick letter to my brother.* 我匆匆忙忙给弟弟写了封信。
SYN **scribble sth**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

,dash 'round (*especially BrE*) → DASH AROUND

date /deɪt/

,date 'back ... (*also* **,date 'back to sth**) to have existed since a particular time in the past or for the length of time mentioned 追溯到；起始于: *It's a tradition that dates back at least a thousand years.* 这一传统至少可以追溯到一千年前。◇ *Her problems date back to her childhood.* 她的这些问题从小就有了。◇ *The town dates back to Roman times.* 这座城镇始建于古罗马时代。
◆ v + adv ◆ v + adv + prep

'date from sth to have existed since a particular time in the past 自…至今；从…开始: *It is a beautiful vase dating from about 1715.* 这是一个漂亮的花瓶，大约制作于 1715 年。◇ *The strike was the latest stage in a dispute which dated from 2004.* 这次罢工是始自 2004 年的纠纷发展到最新阶段的结果。
◆ v + prep

dawn /dɔːn/

'dawn on sb (*also* **'dawn upon sb** *more formal*) if an idea, the truth or a fact **dawns on** you, you realize it for the first time 使开始明白；使开始理解；使渐渐领悟: *It suddenly dawned on us that we were lost.* 我们突然意识到我们迷路了。◇ *The answer finally dawned on me.* 我最终找到了答案。
SYN **strike sb**
◆ v + prep

deal /diːl/ (dealt, dealt /delt/)

🔑 **'deal in sth 1** to do business; to make money by buying and selling a particular product or kind of goods 经营；买卖: *He made a fortune dealing in stocks and shares.* 他炒股发了财。◇ *They deal exclusively in Chinese art.* 他们专营中国艺术品。◇ *The company deals in computer software.* 这家公司经营计算机软件。OBJ **shares, art 2** to make money by buying and selling goods illegally, especially drugs 非法交易（尤指毒品）: *They're rumoured to be dealing in stolen goods.* 据传他们在倒卖赃物。OBJ **drugs, arms 3** to be concerned with or involved in sth 关心；参与；涉足: *This newspaper doesn't deal in gossip, only in facts.* 这家报纸不登八卦传闻，只报道事实。◇ *She's not the type to deal in rumours.* 她不是那种搬弄是非的人。
◆ v + prep

,deal sb 'in (*informal, especially AmE*) to include sb in an activity 让…加入（活动）；把…算入: *It sounds like a great plan! Deal me in!* 这计划听上去很棒！算我一个！
SYN **count sb in**
OPP **deal sb out, deal sb out of sth**
◆ v + n/pron + adv

,deal sb 'out; ,deal sb 'out of sth (*AmE, informal*) to not include sb in an activity 不让…加入（活动）；不把…算入: *You can deal me out of this. I don't want to get involved in anything illegal.* 你不要把我算在内。我不想卷入任何违法的事。
SYN **count sb out, count sb out of sth**
OPP **deal sb in**
◆ v + n/pron + adv ◆ v + n/pron + adv + prep

,deal sth 'out (to sb) 1 to share sth among a number of people, groups of people or organizations 把…分发（给…）: *We'll deal out the proceeds to several charities.* 我们将把收益分赠给几个慈善机构。◇ *The profits were dealt out among the investors.* 利润分给了投资者。SYN **distribute sth** (*more formal*) **2** (in a game of cards 纸牌游戏) to give cards to each player 发（牌）: *She dealt out seven cards to each player.* 她给每人发了七张牌。 NOTE **Deal sth** can also be used on its own with this meaning. * deal sth 单独使用也可作此义。 **3** to give sb a particular punishment; to say what punishment sb should have 给予，宣布（处罚）: *She dealt out the same punishment to all the children.* 她给所有孩子以同样惩罚。◇ *Severe penalties are dealt out to persistent offenders.* 惯犯会受到严惩。 OBJ **punishment** SYN **administer sth** (*formal*)
◆ **1,2** v + adv + n ◆ v + n/pron + adv
◆ **3** v + adv + n ◆ v + pron + adv

🔑 **'deal with sb 1** to look after, talk to or control people in an appropriate way, especially as part of your job （尤指作为工作）与…打交道，照管，管理: *Her job involves dealing with young offenders.* 她的工作职责是看管少年犯。◇ *They're very difficult people to deal with.* 他们这些人很难缠。 SYN **handle sb 2** to take appropriate action in a particular situation or according to who you are talking to, etc. 接待；对付；应付: *Can you deal with this customer?* 你来招呼这位顾客好吗？◇ *We have to deal with students and handle a load of paperwork as well.* 我们必须接待学生，同时还得完成大量案头工作。◇ *Most patients are dealt with within four weeks.* 大多数病人可在四周内得到治疗。 **3** to take appropriate action to punish sb who has done sth wrong 整治；惩处: *Your father will deal with you when he gets home.* 你爸爸回家后会收拾你的。◇ *Athletes found guilty of taking drugs were swiftly dealt with.* 被检测出服用禁药的运动员立刻受到了处罚。 SYN **sort sb out**
◆ v + prep

🔑 **'deal with sb/sth 1** to do business regularly with a person, an organization, a government,

etc. 与…做生意: *We prefer to deal only with reputable companies.* 我们只喜欢与声誉良好的公司打交道。◇ *It is best to deal directly with foreign suppliers.* 最好和国外供应商直接交易。
OBJ **business, company** **2** to talk to sb, an organization, a government, etc. in order to reach an agreement or settle a disagreement 商谈；谈判: *I prefer to deal with somebody in authority.* 我希望与管事的人谈。◇ *It would help if I knew exactly who I'm dealing with.* 如果我早知道我在跟谁谈就好了。
◆ v + prep

ˈdeal with sth **1** to solve a problem, carry out a task, etc. 解决；应付；处理: *to deal with enquiries/issues/complaints* 处理查询 / 问题 / 投诉◇ *The police dealt with the incident very efficiently.* 警方高效地处置了这一事件。◇ *There's some urgent correspondence here that hasn't been dealt with.* 有些急件尚未处理。 OBJ **problems, matter, situation, crisis** **2** (of a book, poem, article, etc. 书、诗、文章等) to be about sth 涉及；论及；论述: *The next programme deals with the subject of divorce.* 下个节目将讨论离婚这一话题。 OBJ **subject, question, issue** SYN **cover sth** **3** if you **deal with** an emotion such as anger or sadness, you learn to control it or become less affected by it 学会控制，学着克制（情绪）: *He is beginning to deal with his anger in a constructive way.* 他开始用有效方法克制自己的怒气。◇ *'You've got to try and forget her and get on with your life.' 'I'm dealing with it!'* "你必须尽力忘掉她，过你自己的生活。" "我在努力！" ◇ *She's good at dealing with pressure.* 她善于应对压力。 OBJ **anger, grief, loss** SYN **cope (with sth)**
◆ v + prep

debar /dɪˈbɑː(r)/ (-rr-)

deˈbar sb from sth; **deˈbar sb from doing sth** (*formal*) to prevent sb from doing sth, joining an organization, going somewhere, etc. 阻止: *Students who have not paid their fees will be debarred from taking examinations.* 未交费的学生将不得参加考试。◇ *He was debarred from holding public office.* 他被禁止担任公职。
◆ v + n/pron + prep

decide /dɪˈsaɪd/

deˈcide on sb/sth (*also* **deˈcide upon sb/sth** *more formal*) to choose sb/sth after careful thought 决定；选定: *We haven't decided on a date for the wedding yet.* 我们尚未确定婚期。◇ *Have you decided on whether to take the job or not?* 要不要接受这份工作，你拿定主意了吗？ ◇ *Nothing has yet been decided on.* 还未做出任何决定。
SYN **settle on/upon sth**
◆ v + prep

deck /dek/

ˌdeck sb ˈout; **ˌdeck yourself ˈout** (in/as/like sth) to put on interesting and brightly coloured clothes or jewellery, usually for a special occasion （通常为特定场合）穿戴打扮，穿着，戴着: *He decked himself out in his best suit.* 他穿上了自己最好的那套西装。◇ *A lot of supporters were decked out in the team's colours.* 很多支持者穿着和该队队服颜色一样的衣服。
SYN **dress up (as sth), etc.**
NOTE **Deck sb/yourself (in/with sth)** is also used on its own. * deck sb / yourself (in / with sth) 也可单独使用。
◆ v + adv + n ◆ v + n/pron + adv

ˌdeck sth ˈout (with/in/like sth) to decorate sth, especially a room or a building, for a special occasion （为特定场合）装饰（尤指房间或建筑物）；把（房间等）布置成…: *The canteen was decked out with Christmas decorations.* 餐厅装点着圣诞节饰品。◇ *The room was decked out to look like the inside of a spaceship.* 房间布置得像宇宙飞船船舱。
OBJ **room**
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

declare /dɪˈkleə(r); *AmE* dɪˈkler/

deˌclare aˈgainst sb/sth (*BrE, formal*) to say publicly that you do not support sb/sth 宣布不支持；声明反对: *The newspaper has declared against the government in the run-up to the election.* 在选举前的备选时期，该报声明不支持政府。
◆ v + prep

deˈclare for sb/sth (*BrE, formal*) to say publicly that you support sb/sth 宣布支持；声明赞成: *Otto the Bald declared for the Emperor.* 秃头奥托公开表态支持皇帝。
◆ v + prep

deˈclare for sth (*AmE*) **1** (of a politician) to announce that you will take part in an election for a particular office （政客）宣布参选: *Yesterday she declared for Governor in a press conference.* 昨天在记者招待会上，她宣布参加州长竞选。 **2** (of a sports player) to announce that you will take part in the system by which teams choose players from a ranked group (the **draft**) （运动员）宣布参加（选秀）: *He's been thinking about declaring for the draft since last year.* 自去年起，他一直在考虑宣布参加选秀。
◆ v + prep

dedicate /ˈdedɪkeɪt/

ˈdedicate sth to sb to say at the beginning of a book, a piece of music or a performance that you are doing it for sb, as a way of thanking them or showing respect （在作品开头）把…题献给…: *This book is dedicated to my parents.* 谨以此书献给我的父母。
OBJ **book, work, song**
◆ v + n/pron + prep

ˈdedicate yourself/sth to sth; **ˈdedicate yourself/sth to doing sth** to give a lot of your time and effort to a particular

activity or purpose because you think it is important 把（时间、精力等）用于；投身于：*She dedicates herself to her work.* 她全身心投入工作。◇ *He dedicated his life to helping the poor.* 他毕生致力于帮助穷人。
◆ v + n/pron + prep

defer /dɪ'fɜː(r)/ (-rr-)

de'fer to sb/sth (*rather formal*) to accept sb's opinion or do what they suggest because you respect them 依从；顺从：*I defer to your judgement in these matters.* 我尊重你对这些事的判断。◇ *We are happy to defer to the committee's wishes.* 我们乐于遵从委员会的意愿。
OBJ **judgement, wishes**
◆ v + prep

delight /dɪ'laɪt/

de'light in sth; de'light in doing sth to get a lot of pleasure from sth or from doing sth, especially sth that annoys or upsets other people 以（尤指令人不快的事）为乐：*She seemed to delight in making her parents angry.* 她似乎以惹父母生气为乐。◇ *From childhood, she delighted in reading.* 她从小就喜爱阅读。
◆ v + prep

deliver /dɪ'lɪvə(r)/

de'liver on sth if you **deliver on** a promise, a threat or an agreement, you do what you have said you would do, or what you are expected to do 履行（诺言）；实施（威胁）；践约：*Can he be trusted to deliver on his promises?* 能相信他会信守诺言吗？◇ *They failed to deliver on the agreement.* 他们违背了协议。
OBJ **promise, agreement**
◆ v + prep

de,liver sb/sth 'over/'up (to sb), de,liver yourself 'over/'up (to sb) (*formal*) to give sb/sth/yourself to sb in authority, often because you have been ordered to do so 将…移交，托付，交付（给…）；自首：*The defendant has been ordered to deliver up the goods.* 已命令被告交出货物。◇ *She delivered the baby over to the care of her sister.* 她把小孩交给姐姐照管。◇ *He delivered himself up to the authorities.* 他向当局自首了。
SYN **hand sb/sth over (to sb), etc.** (*less formal*)
◆ v + adv + n ◆ v + n/pron + adv

delve /delv/

,delve 'into sth to try hard to find out more information about sth 追究；探究；追查：*We should not delve too deeply into this painful matter.* 我们不应该过分深究这件令人痛苦的事。
OBJ **subject, reasons** SYN **probe (sth/into sth)**
◆ v + prep

depart /dɪ'pɑːt; *AmE* dɪ'pɑːrt/

de'part from sth to behave in a way that is different from what is usual or expected 违反，背离，不合（常规）：*The teachers are not encouraged to depart from the syllabus.* 教师最好不要偏离教学大纲。◇ *They departed from tradition and got married in a hotel.* 他们突破传统，在旅馆结了婚。
OBJ **principles, rules, tradition, decision**
◆ v + prep

depend /dɪ'pend/

🔑 **de'pend on sb/sth** (*also* **de'pend upon sb/sth** *more formal*) **1 (for sth)** (*not usually used in the progressive tenses* 通常不用于进行时) to need help or support from sb/sth in order to live or to manage in a particular situation 需要，依靠（帮助或支持）：*The organization depended heavily on voluntary help.* 这个机构十分依赖志愿者的帮助。◇ *She came to depend on her daughter for support.* 她最终依靠女儿供养。◇ *He depends on medication to stay alive.* 他靠药物维持生命。 SYN **rely on/upon sb/sth (for sth) 2** (*not used in the progressive tenses* 不用于进行时) to be affected by or decided by sb/sth 受…影响；依…而定；取决于：*I don't know if I'll come or not.* ***It all depends on*** *how tired I feel this evening.* 我不知道能不能来。这全得看我今晚是不是很累。◇ *This may be a welcome change or not, depending on your point of view.* 这个变化是否受欢迎取决于你的视角。 **3** to rely on sb/sth; to be able to trust sb 依靠；信赖：*I hope you'll be able to come — I'm depending on you to help me.* 我希望你能来——我指望着你帮忙呢。◇ *We need someone who can be depended on.* 我们需要一个靠得住的人。 SYN **count on/upon sb/sth; rely on/upon sb/sth 4** (*not used in the progressive tenses* 不用于进行时) to be sure that sth will happen 确信；相信；指望：*You can depend on my sister to spoil things* (= she always does). 我妹妹保准把事情弄糟。 SYN **count on/upon sb/sth; rely on/upon sb/sth**
◆ v + prep ◆ v + prep + n/pron + **to** +inf

deprive /dɪ'praɪv/

de'prive sb/sth/yourself of sth to prevent sb/sth from having sth important; to take sth away from sb 剥夺；使丧失；使不能享受：*In prison they were starved and deprived of sleep.* 在狱中，他们忍饥挨饿，而且睡眠不足。◇ *The baby's brain had been deprived of oxygen during the birth.* 这个婴儿出生时大脑缺氧。◇ *There is no need to deprive yourself of food on this diet.* 按照这个规定饮食不必禁食。◇ (*humorous*) *I couldn't deprive you of* (= take away from you) *your last few pence.* 我不能搜刮掉你最后的几个便士。
◆ v + n/pron + prep

derive /dɪ'raɪv/

de'rive from sth to come or develop from sth 从…衍生出；起源于；来自：*The word*

SYNONYMS 同义词辨析

depend on/upon sb/sth

believe in sb • count on sb/sth • depend on/upon sb/sth • rely on/upon sb/sth • trust sb/sth

These verbs all mean to believe that sb/sth will do what you hope or expect of them or that what they tell you is correct or true. 这些动词都表示相信、信赖、依靠。

believe in sb to feel that you can trust sb and/or that they will be successful 信赖；信任；相信（某人）会成功: *They need a leader they can believe in.* 他们需要一位信得过的领袖。

count on sb/sth (often used with *can, cannot, etc.* 常与 can、cannot 等连用) to be sure that sb will do what you need them to do, or that sth will happen as you want it to happen 依赖，指望（某人做某事）；确信，期待（某事会发生）: *I'm counting on you to help me.* 我就靠你帮忙啦。◇ *Can we count on your support in the next election?* 下次选举时，我们还能得到各位的支持吗？

depend on/upon sb/sth (often used with *can, cannot, etc.* 常与 can、cannot 等连用) to trust sb/sth to do what you expect or want, to do the right thing, or to be true or correct 相信；信赖；信任: *He knew he could depend on her to deal with the situation.* 他知道她会处理好这一局面。

rely on/upon sb/sth (used especially with *can, cannot, etc.* 尤与 can、cannot 等连用) to trust sb/sth to do what you expect or want, or to be honest, correct or good enough 相信；信赖；信任: *Can I rely on you to keep this secret?* 你能为我保守这一秘密吗？◇ *He can't be relied on to tell the truth.* 不能指望他会实话实说。◇ *You can't rely on any figures you get from them.* 不能相信他们提供的任何数字。 NOTE **Rely upon sb/sth** is more formal than **rely on sb/sth**. * rely upon sb / sth 比 rely on sb / sth 正式。

trust sb/sth to believe that sb is good, honest, sincere, etc. and that they will do what you expect of them or do the right thing; to believe that sth is true or correct 相信；信赖；信任: *You can trust me not to tell anyone.* 你尽可放心，我不会告诉任何人。◇ *I don't really trust his judgement.* 我不太相信他的判断力。◇ *Don't trust what you read in the newspapers!* 不要相信报纸的一面之词！

WHICH WORD?

You can **trust** a person but **not** a thing or system. You can **trust** sb's *judgement* or *advice*, but **not** their support. You can **depend on** sb's *advice* or *support*, but **not** their judgement. * trust 可用于人，但不用于事或体制；可指人的 judgement 或 advice，但不用于人的支持。depend on 可用于人的 advice 或 support，但不用于人的判断。

PATTERNS AND COLLOCATIONS

- to trust/depend on/rely on/count on sb/sth **to do sth**
- to trust/rely on/believe in **yourself**
- to trust/depend on/rely on **sb's advice**
- to trust/rely on **sb's judgement**
- to rely on/depend on/count on **sb's support**
- to **completely/fully** trust/depend on/rely on/count on/believe in sb/sth

history derives from the Latin word 'historia' meaning story. * history 一词源自拉丁语 historia，意思是故事。◇ *The criticism derives from a misunderstanding of our aims.* 这一指责出于对我们目标的误解。
• v + prep

de'rive sth from sth **1** (*formal*) to get or obtain sth from sth 从…中得到；从…中获得: *She derived a great deal of satisfaction from this achievement.* 她从这一成绩中获得极大的满足。 OBJ **pleasure, satisfaction, information, benefits** **2** to obtain a substance from sth 从…中提取: *These remedies are derived mainly from the natural world.* 这些药物主要来自自然界。 NOTE Often used in the passive. 常用于被动语态。 **3** to come or develop from sth 从…衍生出；起源于；源自: *Washington derives its name from the first US president.* 华盛顿得名于美国首任总统。◇ *The name of the mountain appears to be derived from an old Norse word.* 这座山的名称似乎是源于一个古挪威词。 OBJ **name, word** NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + prep

descend /dɪ'send/

be des'cended from sb/sth to be related to sb who lived a long time ago 是…的后裔: *He claimed he was descended from the Vikings.* 他声称自己是维京人的后代。
OBJ **ancestors, line, family**
• be + v + prep

des'cend into sth to get into a very bad condition or state 陷入（糟糕的境地）: *The situation has descended into total chaos.* 局面变得一片混乱。◇ *There were fears that the country was descending into turmoil or even civil war.* 人们担心国家会逐渐陷入动乱，甚至会爆发内战。
• v + prep

des'cend on sb/sth (*also* **des'cend upon sb/sth** *more formal*) **1** to arrive somewhere, especially suddenly and unexpectedly and in

large numbers 突然涌到；大批到达: *Dozens of police descended on the building.* 数十名警察突然进入这座大楼。◇ (*humorous*) *My sister and her family are descending on us this weekend.* 我妹妹一家这个周末要到我家来。**2** to go towards sb/sth as if you are going to attack them/it 逼近: *The mosquitoes descended on us as soon as night fell.* 天一黑，蚊子就扑向我们。◇ *A large woman in a hat was descending on them.* 一个戴帽子的高大女人向他们冲过来。
◆ v + prep

des'cend to sth to do or say sth that makes people lose their respect for you 降低身份去做；竟做出；堕落到…地步: *If you insult him back, you descend to his level.* 你要是反过去侮辱他，就是跟他一般见识了。
SYN **stoop to sth, stoop to doing sth**
◆ v + prep

despair /dɪ'speə(r); *AmE* dɪ'sper/

de'spair of sb/sth; de'spair of doing sth (*formal* or *humorous*) to feel that there is no hope that sb/sth will improve, get better, etc. or that sth will happen 对…绝望；对…失去希望；丧失…的信心: *I despair of you, Ian — act your age!* 你太让我失望了，伊恩 —— 别跟个孩子似的！◇ *I'd begun to despair of ever seeing him again.* 我那时开始绝望，觉得再也见不到他了。
◆ v + prep

detract /dɪ'trækt/

de'tract from sth (*not usually used in the progressive tenses* 通常不用于进行时) to make sth seem less good than it really is 诋毁；减损；贬低: *These revelations should not detract from his achievements.* 不应该因这些被揭露的内幕而贬低他的成就。◇ *Her tattered clothes in no way detracted from her beauty.* 破衣烂衫丝毫无损她的美貌。
SYN **diminish sth**
◆ v + prep

devolve /dɪ'vɒlv; *AmE* -'vɑːlv/

de'volve on/to/upon sb/sth (*formal*) (of work, duties, power or responsibility 工作、职责、权力或责任) to be given to a person or an organization by sb at a higher level of authority 交给、移交（下属或下层）: *All the responsibility has devolved upon him.* 所有责任都落到了他肩上。◇ *Additional powers will devolve to the regional governments.* 将向地方政府下放更多的权力。
◆ v + prep

de'volve sth to sb/sth to give work, duties, power or responsibility to sb with less authority than you（将工作、职责、权力或责任）交给，移交（下属或下层）: *More powers are gradually being devolved to the regions.* 正逐步向地方下放更多的权力。
◆ v + n/pron + prep

devote /dɪ'vəʊt; *AmE* dɪ'voʊt/

de'vote sth to sb/sth; de'vote sth to doing sth to give an amount of time, energy or attention to sb/sth 把（时间、精力或注意力）投入，用于: *He devoted his life to the struggle for justice.* 他毕生致力于争取公平正义。◇ *She gave up work to devote more time to her children.* 她辞去工作，以便有更多时间和孩子们相处。◇ *The museum is hosting an exhibition devoted to her work.* 博物馆正在举办她的个人作品展。◇ *Several courses are devoted to improving customer care.* 有几门课程是关于提高客户服务水平的。
OBJ **time, attention, energy, life, chapter**
◆ v + n/pron + prep

de'vote yourself to sb/sth; de'vote yourself to doing sth to spend a large part of your time, energy and attention on a particular activity, especially sth good 投身于；致力于；专心于: *After her marriage, she couldn't devote herself totally to her music.* 她婚后无法全身心投入音乐事业。◇ *They had devoted themselves entirely to building up their business.* 当时他们一心一意想把自己的企业做大做强。
◆ v + pron + prep

dial /'daɪəl/ (-ll-, *AmE* -l-)

,dial 'in; ,dial 'into sth (*also* **,dial 'up sth**) (*computing*) to make a connection between one computer and another using a telephone line 拨号上网: *I dial in from my PC at home to get the files I need.* 我用家里的个人电脑拨号联网，以获取所需的档案。◇ *Every time I try to dial into the Internet I can't get a connection.* 我每次想拨号上网都连接不上。
◆ v + adv ◆ v + prep

,dial sth 'in to push buttons to use a telephone or put information into a computer 按（电话号码）；（敲计算机键盘以）录入（信息）: *I dialled in the number and waited for someone to answer.* 我拨了号码，然后等人来接电话。
◆ v + adv + n ◆ v + n/pron + adv

,dial 'out to make a call to sb outside the building you are in 往外拨电话；打出电话: *You can't dial out from that phone — it's for internal calls only.* 那部电话不能打外线 —— 只能打内线。
◆ v + adv

,dial 'up sb/sth **1** (*AmE*) to call sb/sth on the telephone 给…打电话: *Would you dial up the doctor's office for me?* 请帮我给诊所打个电话好吗？ **SYN** **call sb/sth up; call sb/sth** (*AmE*) **2** → DIAL INTO STH: *Customers can dial up the central computer from home and access the database.* 客户可以从家里拨号和中央计算机联网进入数据库。
NOTE When the object of **dial up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **dial** and **up** * dial up 的宾语如果是名词，应置于 up 之后；但如果是代词，应置于 dial 和 up 之间: *Sit down and*

dial them up. 坐下给他们打电话吧。
◆ v + adv + n ◆ v + pron + adv
▸ **'dial-up** *adj* [only before noun] using a telephone line to connect your computer to the Internet 拨号上网的

dictate /dɪk'teɪt; *AmE* 'dɪkteɪt/

dic'tate to sb to give orders to sb, especially in a rude or aggressive way 向…发号施令；任意支使：*You can't dictate to people how they should live.* 你不能对别人的生活方式指手画脚。◇ *I'm not going to be dictated to by my little brother!* 我不会听凭我弟弟摆布！
◆ v + prep

diddle /'dɪdl/

ˌdiddle a'round (*AmE, informal*) to spend your time doing things that are not important 虚度光阴；无所事事；混日子：*Stop diddling around and do some work!* 别晃悠了，干点正事吧！
SYN **fiddle about/around** (*BrE*), **mess around**
◆ v + adv

die /daɪ/ (dies, dying, died, died)

⚷ **ˌdie a'way** **1** (of a sound 声音) to become so faint or weak that you can no longer hear it 减弱；消失：*The sound of the car engine died away.* 汽车发动机的声音逐渐消失了。◇ *Her laughter died away when she saw how angry he was.* 她看见他那样生气，就止住了笑。 SYN **fade away** **2** (*also* **ˌdie 'out**) (of rain, wind or a storm 雨、风或风暴) to gradually become weaker and stop 逐渐减弱；渐渐平息：*The rain will largely die away overnight.* 雨过一夜差不多就会停了。 **3** (of a feeling or an emotion 感觉或情绪) to gradually become weaker and disappear 逐渐平静；渐渐消失：*The excitement over their affair soon died away.* 对他们的风流韵事的兴奋劲儿很快过去了。 SYN **fade away** ➲ note at PETER OUT
◆ v + adv

ˌdie 'back (*also* **ˌdie 'down**) if a plant **dies back**, its leaves die, although the roots are still alive 枝叶枯萎（根部仍存活）：*The leaves die back in winter.* 叶子到冬天就枯萎了。
◆ v + adv

⚷ **ˌdie 'down** **1** (of a sound or flames 声音或火焰) to gradually become less loud or strong 逐渐变弱；慢慢变小；渐渐消失：*He waited for the applause to die down.* 他等着掌声平息下来。◇ *The fire had died down by the morning.* 到早晨，火就慢慢熄灭了。 ➲ note at GO OUT **2** (of wind, rain or a storm 风、雨或风暴) to gradually become less strong or violent 逐渐变弱；慢慢变小；渐渐消失：*As it got dark, the wind died down.* 天黑了，风力逐渐减弱了。 SYN **subside** **3** if sth such as excitement or confusion **dies down**, it gradually becomes less （兴奋、混乱等）逐渐变弱，渐渐平静：*When all the fuss had died down, he just quietly went back home.* 一切喧闹平息之后，他悄悄回了家。 SYN **subside 4** → DIE BACK
◆ v + adv

be 'dying for sth (*informal*) (*only used in the progressive tenses* 仅用于进行时) if sb is **dying for** sth, they want it very much 渴望；极想；对…想得要命：*I'm dying for a glass of*

SYNONYMS 同义词辨析

die down

die down • ebb away • lessen • wane

These verbs can all be used when the level or strength of sth goes down gradually or quickly. 这些动词都表示逐渐或快速降低、变弱、减轻。*See also* **dwindle away**, **peter out**.

die down (especially of noise, bad weather or fire) to become gradually less loud or strong （尤指噪声、恶劣天气或火势）逐渐变轻，渐渐减弱，慢慢变小：*When the applause had died down, she began her speech.* 掌声平息下来后，她开始演讲。◇ *As the flames died down, he felt cold air on his face.* 随着火焰减弱，他感到脸上寒气阵阵。

ebb away (*formal*) (especially of feelings) to become gradually weaker or less （尤指感觉）逐渐变弱，渐渐减轻：*As night fell, our enthusiasm began to ebb away.* 夜幕降临，我们的热情开始逐渐消散。 NOTE **Ebb** can be used on its own: *The pain was ebbing.* 疼痛渐渐减轻了。

lessen to become smaller, weaker or less important 变小；减弱；衰落：*The dominance of Oxford and Cambridge had begun to lessen.* 牛津和剑桥的优势已开始缩小了。 ▸ **lessening** *n* : *There has been a lessening of tension in the region.* 该地区的紧张局势有所缓和。

wane (*used especially in newspapers*) to become gradually weaker or less important （尤用于报章）减弱，衰落：*Her enthusiasm for the whole idea was waning rapidly.* 她对整个想法很快就不热心了。◇ *Their popularity waned during that period.* 在那一时期，他们的名气下降了。 ▸ **wane** *n* : *Her popularity is* **on the wane**. 她的声望日益跌落。

PATTERNS AND COLLOCATIONS

- **support/enthusiasm/confidence wanes/ebbs** (away)
- **anger/fear ebbs** (away)
- **the storm/wind/rain dies down**
- to wane/die down **quickly**
- to wane/die down/lessen/ebb (away) **gradually**

water. 我很想喝杯水。
SYN **be gagging for sth** (*BrE, slang*)
NOTE You can also use **be dying to do sth** 也可用 be dying to do sth: *I'm dying to know what happened.* 我很想知道发生了什么事。
◆ v + prep

ˌdie ˈoff if a group of people or animals **die off**, they die one by one over a short period of time until there are none left 相继死去；先后死去: *The survivors are dying off daily.* 幸存者正在一天天地相继去世。
◆ v + adv

ˌdie ˈout 1 if a family, race, type of animal, etc. **dies out**, there are no longer any members left alive （家族、种族、物种等）逐渐消亡，死光，灭绝: *There are several theories about why dinosaurs died out so suddenly.* 关于恐龙为何突然灭绝，有几种说法。◇ *Many plants and animals are in danger of dying out.* 很多动植物濒于灭绝。 SYN **become extinct 2** (of a custom, tradition or skill 风俗、传统或技能) to no longer be used or practised 失传: *Many May Day ceremonies have virtually died out now.* 五朔节的很多仪式如今几乎已经失传了。 **3** → DIE AWAY 2: *The outbreaks of rain will die out later in the day.* 骤雨今天晚些时候将会逐渐停息。
◆ v + adv

dig /dɪg/ (**digging, dug, dug** /dʌg/)

ˌdig ˈin; ˌdig ˈinto sth 1 (*informal*) to begin to eat 开始吃；开吃: *Dig in while it's hot!* 趁热吃吧！◇ *As soon as the food arrived he dug in hungrily.* 食物一端来，他便狼吞虎咽地吃起来。◇ *They dug into the pizza hungrily.* 他们风卷残云般吃起比萨饼。 SYN **tuck in, etc.** (*especially BrE*) NOTE **Dig in** is used especially to tell sb to start eating. * dig in 尤用于请别人开始吃。 **2** (*AmE, informal*) to begin to do sth in a way that shows that you are determined to continue or finish it, even if it is difficult 开始认真对待；大干起来: *He looked at the stack of work and dug in straight away.* 他看了看堆积如山的工作，便立即埋头干了起来。◇ *She dug into the reports and finished them before the meeting.* 她全力以赴开始读报告，在开会前读完了。
◆ v + adv ◆ v + prep

ˌdig ˈin; ˌdig yourself ˈin to make a safe place for yourself in the ground and prepare for the enemy to attack 掘壕固守；挖掩体隐蔽: *The troops dug in and organized their defences.* 部队挖掘掩体并组织防守。◇ *The marines were dug in on the front line.* 海军陆战队士兵在前线挖战壕隐蔽起来。◇ (*figurative*) *Hospital workers dug in, prepared for a long battle over pay increases.* 医院职工坚持立场，准备就加薪问题展开长期斗争。
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv ◆ v + pron + adv

ˌdig sth ˈin; ˌdig sth ˈinto sth 1 to push sth into sth 把…插入；把…戳进: *The bird dug its claws in and held onto its prey.* 鸟用爪子刺入猎物，牢牢抓住不放。◇ *She dug her nails into my arm.* 她的指甲掐进我胳膊的肉里。 **2** to mix a substance into soil by digging （翻土以把…）渗进，混入（土壤）: *I've dug the fertilizer into the soil.* 我把肥料翻埋到土壤里面去了。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep
IDM **dig your ˈheels/ˈtoes in** to refuse to do sth or to change your ideas or plans 拒绝做某事；拒不让步；固执己见: *He dug his heels in and insisted she went with him.* 他毫不让步，坚持要她跟他走。

ˌdig ˈinto sth to examine sth carefully to find out information 细查；探究: *It isn't a good idea to dig too deep into his past.* 对他的过去探究过多不是个好主意。
◆ v + prep
IDM **ˌdig (deep) into your ˈpocket(s), ˈsavings, etc.** to spend some of the money you have or have been saving 掏腰包；动用存款；破费: *I'll have to dig into my savings to buy a new car.* 我买新车将不得不动用存款。

ˌdig sb/sth ˈout; ˌdig sb/sth ˈout of sth to get sb/sth out of a place by digging the ground around them/it （从…中）挖掘出: *It took them three hours to dig him out of the rubble.* 他们花了三个小时才从瓦砾中把他挖出来。◇ *The car was buried in snow and had to be dug out.* 汽车被雪埋住了，只好挖出来。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep
▶ **ˈdugout** *n* **1** a rough shelter made by digging a hole in the ground and covering it, used by soldiers 地下掩体 **2** a shelter by the side of a sports field where a team's manager, etc. can sit and watch the game （赛场边的）球员席，选手休息处 **3** a light narrow boat made by cutting out the inside of a tree （挖空树干作船体的）独木舟

ˌdig sth ˈout 1 (*informal*) to find sth that has been hidden or not used for a long time 找出，发现（被掩藏或长期不用的东西）: *He dug out the shoes he'd bought 20 years before.* 他找出了 20 年前买的鞋。 SYN **unearth sth** (*more formal*) **2** (*informal*) to find out facts or information by searching or asking questions 查找到；探询到: *I took the opportunity to dig out some interesting facts and figures about the island.* 我利用这个机会查到了关于该岛的一些有趣的精确资料。
SYN **hunt sth down/out; root sb/sth out**
◆ v + adv + n ◆ v + n/pron + adv

ˌdig sth ˈover to prepare the ground thoroughly for plants by digging the soil 翻挖（土壤）；翻（地）；刨（地）: *The flower beds should be dug over in the spring.* 春季应该给花床松一松土。
OBJ **ground, garden**
◆ v + n/pron + adv ◆ v + adv + n

ˌdig sth ˈup 1 to break the ground into small pieces, especially before building sth, taking sth from underneath it, etc. （尤指在建筑物等前）开掘，平整（土地）: *Some Roman remains*

were found under a car park which was being dug up. 一处正在开挖的停车场下面发现了一些古罗马遗迹。OBJ **road, garden** **2** to remove sth from the ground by digging 发掘起；挖掘出：*Archaeologists have dug up some human remains.* 考古工作者挖出一些人类遗骸。OBJ **weeds, roots** SYN **unearth sth** (*more formal*) **3** (*informal*) to discover information about sb/sth by searching or asking questions （经调查研究）发现，查明：*See what you can dig up on this man's past.* 看看从这个人的过去你能挖掘出些什么来。SYN **unearth sth** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

dine /daɪn/

ˈdine on sth to eat a particular type of food 吃（某种食物）：*We dined on freshly caught fish in a floating restaurant.* 我们在一家水上饭店品尝了刚捕到的鱼。◇ *They dined on a bland diet of soup and bread.* 他们饮食清淡，只吃汤和面包。
◆ v + prep

ˌdine ˈout (*formal*) to have dinner away from your home, for example at a restaurant or in sb else's home 外出（在餐馆、别人家里等）用餐；下馆子：*We dined out every night when we stayed in Paris.* 在巴黎时，我们每晚都外出吃饭。
SYN **eat out** (*less formal*)
◆ v + adv

ˌdine ˈout on sth (*BrE, humorous*) to tell people of sth that has happened to you in order to impress them （为了炫耀）讲述（亲身经历）：*She only actually said one sentence to Brad Pitt but she dined out on it for years.* 实际上她和布拉德•皮特只说过一句话，但是多年来她一直把这事儿挂在嘴上。
◆ v + adv + prep

ding /dɪŋ/

ˌding ˈdown (*ScotE*) to snow or rain heavily 下大雪；下暴雨：*It was dinging down.* 正在下大雪。◇ *The snow was dinging down.* 雪下得很大。SUBJ **the snow, the rain, it**
◆ v + adv

ˌding ˈinto sb/sth (*ScotE*) to hit sb/sth by accident 撞上；碰到：*In the dark I dinged into a chair.* 在黑暗中，我撞到了椅子上。
◆ v + prep

dink /dɪŋk/

ˌdink aˈround (*AmE, informal*) to waste time doing unimportant things and not get very much done 混日子；无所事事；游手好闲：*They came home from war to find all their friends dinking around and going nowhere.* 他们从战场归来，发现所有朋友都在混日子，不思进取。
◆ v + adv

dip /dɪp/ (-pp-)

ˌdip sth ˈin/ˈinto sth; **ˌdip sth ˈin** to put sth very quickly into a liquid and take it out again （飞快地）把…放入（液体）又取出；用…浸一浸：*She dipped her toes cautiously into the sea.* 她小心翼翼地用脚趾试了试海水。◇ *She took off her shoes and cautiously dipped a toe in.* 她脱下鞋，小心翼翼地用一个脚趾探了探。◇ *The fruit had been dipped in chocolate.* 水果蘸了巧克力。
◆ v + n/pron + prep ◆ v + n/pron + adv ◆ v + adv + n

ˌdip ˈinto sth **1** to read or watch only small parts of a book, magazine, programme, etc. 草草翻阅；稍加浏览：*I've only had time to dip into the report.* 这份报告我无暇细看，只草草浏览了一下。◇ *The continuous news services are intended for people to dip into.* 不间断的新闻报道是为了便于人们随时瞅上几眼。OBJ **book, report** ➲ note at LOOK THROUGH STH **2** to put your hand into a container to take sth out of it 把手伸进…中（取东西）：*She dipped into her purse and took out a coin.* 她从钱包里掏出一枚硬币。
◆ v + prep

IDM **dip into your ˈpocket, ˈsavings, etc.** to take an amount from money that you have been keeping or saving 掏腰包；用积蓄：*They have dipped into their savings to pay for the shares.* 他们是动用积蓄买的股票。

disagree /ˌdɪsəˈɡriː/

🔑 **disaˈgree with sb** (*not used in the progressive tenses* 不用于进行时) **1** **(about/on/over sth)** to have a different opinion from sb 持不同观点；有意见分歧：*He disagreed with his parents on most things.* 在大多数事情上，他与父母意见不合。 **2** if sth such as food or the weather **disagrees with** you, it has a bad effect on you or makes you feel ill/sick （食物、天气等）对…不适宜，使不适，对…有害：*I feel terrible—something I ate must have disagreed with me.* 我感觉很难受 —— 肯定是吃的东西不合适。
SYN **upset sb** NOTE **Not agree with sb** is used more often * not agree with sb 更常用：*Mushrooms really don't agree with me.* 我吃了蘑菇会不舒服。→ see also AGREE WITH SB
◆ v + prep

disaˈgree with sth; **disaˈgree with doing sth** to disapprove of sth and think it is bad or wrong 不赞成；反对：*We totally disagree with the ban on fox hunting.* 我们完全不赞同猎狐禁令。◇ *She disagrees with keeping animals locked up in cages.* 她反对把动物锁在笼子里。
OBJ **decision, statement, principle** OPP **agree with sth, agree with doing sth**
◆ v + prep

disassociate /ˌdɪsəˈsəʊʃieɪt, -ˈsəʊs-; *AmE* -ˈsoʊ-/

ˌdisasˈsociate yourself from sb/sth (*formal*) → DISSOCIATE YOURSELF FROM SB/STH

disbelieve /ˌdɪsbɪˈliːv/

disbeˈlieve in sb/sth to not believe that sb/sth exists 不信；怀疑：*to disbelieve in God/*

devils 不信有上帝 / 魔鬼
NOTE **Not believe in sb/sth** is used more frequently. * not believe in sb / sth 更常见。
→ see also BELIEVE IN SB/STH
◆ v + prep

discourse /dɪsˈkɔːs; *AmE* -ˈkɔːrs/

disˈcourse (with sb) on sth (*formal*) to talk for a long time on a subject; to make a long speech about sth（同某人）对…娓娓道来，就…做长篇大论，滔滔不绝地讲述: *He was able to discourse at great length on the problems of education.* 他能够滔滔不绝地谈论教育存在的问题。
◆ v + prep

dish /dɪʃ/

ˌdish sth ˈout (to sb) 1 (*informal*) to give sth out to large numbers of people or in large amounts 广泛发出；大量发出: *He's always dishing out advice to people.* 他总是好为人师。 SYN **hand sth out (to sb)** (*more formal*) NOTE In informal spoken language, **dish sb out sth** is also used 非正式口语也说 dish sb out sth: *He dished me out a few vitamin pills.* 他给了我几片维生素。 **2** to serve food to sb by putting it on plates 把（食物）分到盘里: *He's busy dishing out the dinner.* 他忙着给大家分晚饭。 SYN **serve sth (to sb)** (*more formal*)
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
IDM **ˌdish it ˈout** (*disapproving*) to criticize sb or attack them 批评；攻击: *He was good at dishing it out. It was time he learned what it felt like.* 他就知道指责别人。这下该轮到他来尝尝这个滋味了。

ˌdish ˈup; **ˌdish sth ˈup** (*BrE, informal*) to serve food by putting it on plates 上菜；把（食物）装盘: *You pour the wine while I dish up.* 你来倒葡萄酒，我来盛菜。◇ *Come and wash your hands—I'm just going to dish up the dinner.* 来洗洗手 —— 我这就把晚饭端上。
SYN **serve sth out**; **serve**, **serve sth** (*more formal*)
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌdish ˈup sth (*informal*) to present or offer sth to sb, usually sth not very good 提供，供给（通常指不太好的东西）: *She keeps on dishing up the same old jokes in her shows.* 她在节目里尽讲一些老掉牙的笑话。
SYN **serve sth up**
NOTE When the object of **dish up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **dish** and **up** * dish up 的宾语如果是名词，应置于 up 之后；但如果是代词，应置于 dish 和 up 之间: *He keeps dishing them up.* 他老是说道这些事。
◆ v + adv + n ◆ v + pron + adv

dispense /dɪˈspens/

diˈspense with sb/sth (*formal*) to get rid of sth; to stop using sb/sth because they are/it is no longer necessary 摈弃；省却: *The programme dispensed with its most popular presenter.* 这个节目最受欢迎的主持人被撤掉了。◇ *The spread of PCs has dispensed with the need for typists.* 个人电脑普及后已不需要打字员了。◇ *His services can now be dispensed with.* 现在可以不用他帮忙了。
OBJ **services, need, requirement**
◆ v + prep

dispose /dɪˈspəʊz; *AmE* dɪˈspoʊz/

diˈspose of sb to defeat or kill sb 击败；杀死: *The league champions quickly disposed of the opposition.* 联赛冠军很快打败了对手。
◆ v + prep

diˈspose of sb/sth (*formal*) to get rid of sb/sth that you do not want 打发走某人；处理掉某物: *She tried to dispose of the evidence.* 她试图销毁证据。◇ *They decided to dispose of much of their property.* 他们决定卖掉大部分财产。◇ *Ensure that all the waste is properly and safely disposed of.* 一定要确保所有废料得到安全妥善的处理。
OBJ **waste, property, assets**
◆ v + prep

diˈspose of sth (*formal*) to successfully deal with or finish with a problem, etc. 处理，办妥（问题等）: *There just remains the matter of funding to dispose of.* 仅余资金问题尚待解决。
OBJ **problem, matter, argument** SYN **deal with sth** (*less formal*)
◆ v + prep

dissociate /dɪˈsəʊʃieɪt, -ˈsəʊs-; *AmE* -ˈsoʊ-/

(*also* **disassociate** /ˌdɪsəˈsəʊʃieɪt, -ˈsəʊs-; *AmE* -ˈsoʊ-/)

disˈsociate yourself from sb/sth (*formal*) to say or do sth to show that you have no connection with sb/sth and do not support or agree with them/it 表示自己与…无关；表示不支持（或不同意）: *The President dissociated himself from the report.* 总统否认与那则报道有牵连。
OPP **associate yourself with sb/sth**
◆ v + pron + prep

dissolve /dɪˈzɒlv; *AmE* -ˈzɑːlv/

disˈsolve into sth 1 to suddenly start to laugh or cry（突然）大笑起来，大哭起来: *They dissolved into fits of laughter.* 他们不禁哄笑起来。◇ *I dissolved into giggles.* 我情不自禁地咯咯笑了。◇ *When I mentioned his name, she dissolved into tears.* 我提起他的名字，她不禁潸然泪下。 OBJ **laughter, giggles, tears 2** to change gradually into a very bad state 逐渐恶化: *His surprise slowly dissolved into fury.* 他先是惊讶，然后慢慢变成震怒。
◆ v + prep

dive /daɪv/ (**dived**, **dived**, *AmE also* **dove** /dəʊv; *AmE* doʊv/, **dived**)

ˌdive ˈin; **ˌdive ˈinto sth 1** (*informal*) to start doing sth with enthusiasm and without

stopping to think （不假思索地）全情投入，全力以赴: *She dived in with a question before I had finished speaking.* 我话还没讲完，她便迫不及待地提了个问题。◇ *They had dived into the new business without thinking it through.* 未经慎重考虑，他们就投身办起了新企业。
2 (*informal*) to start eating with enthusiasm 大吃起来: *As soon as the food was served, she dived in.* 食物一端上来，她就大口大口地吃了起来。 OBJ **food, dinner** SYN **dig in; dig into sth**
◆ v + adv ◆ v + prep

'dive into sth to move your hand quickly into sth such as a pocket or bag to try to find sth 迅速将手伸入（口袋或包里）找东西: *She dived into her handbag for the keys.* 她立即把手伸进手提包里找钥匙。
OBJ **bag, pocket**
◆ v + prep

divest /daɪ'vest/

di'vest sb/yourself of sth (*formal*) to take clothes off sb/yourself 脱去…的衣服: *He swiftly divested himself of his clothes.* 他迅速脱掉了衣服。
◆ v + n/pron + prep

di'vest sb/sth of sth (*formal*) to take sth away from sb/sth 剥夺: *The court order divests the company of all its assets.* 法院指令剥夺了这家公司的所有资产。
SYN **strip sb/sth of sth** (*less formal*)
◆ v + n/pron + prep

di'vest yourself of sth (*formal*) to get rid of sth you no longer want or that is no longer useful 抛弃，处置（不要或无用的东西）: *She managed to divest herself of the unwanted property.* 她设法处理掉了那件不需要的东西。
→ see also DIVEST SB/YOURSELF OF STH
◆ v + pron + prep

divide /dɪ'vaɪd/

di'vide by sth if a number **divides by** another number, the second number is contained in the first an exact number of times 能被（某数）整除: *Does 612 divide by 13?* * 612 能被 13 整除吗? ◇ *148 doesn't divide by 12.* * 148 不能被 12 整除。
◆ v + prep

di'vide sth by sth if you **divide** a number **by** another number, you find out how many times the second number is contained in the first （一数）除以（另一数）: *What's 48 divided by 3?* * 48 除以 3 得几? ◇ *48 ÷ 3 = 16* (read: forty-eight divided by three equals sixteen) * 48 除以 3 等于 16。
◆ v + n/pron + prep

di'vide into sth if a number **divides into** another number, it is contained in the second number a particular number of times 能整除（某数）: *Does 300 divide into 1270?* * 300 能整除 1 270 吗?
◆ v + prep

di'vide sth into sth if you **divide** a number **into** another number, you find out how many times the first number is contained in the second 用（一数）除（另一数）: *Can you divide 300 into 1270?* 用 300 除 1 270，你知道得几吗?
◆ v + n/pron + prep

di,vide sth/sb 'off (from sth/sb) to separate two things or two people with a barrier such as a wall or fence; to form a barrier between two things or people 用（屏障等）隔开；把…（与…）隔开: *A fence divided off one side of the garden.* 一道篱笆把园子的一边隔离出来。◇ *They put up a barrier to divide the women's section off from the men's.* 他们用挡板把女宾部和男宾部分开。
◆ v + adv + n ◆ v + n/pron + adv

di,vide 'up; di,vide sb/sth 'up (into sth) to separate, or to make sb/sth separate, into groups or parts （把…）分成部分，分组；把…分开（成为…）: *Divide up into two teams.* 分成两队。◇ *They divided the children up into groups.* 他们把孩子分成几个小组。◇ *Divide up your time so that you don't spend too long on any of the questions.* 分配一下时间，这样就不会在某个题目上花太多时间。
◆ v + adv ◆ v + n/pron + adv

di,vide sth 'up (among/between sb) to separate sth into parts and give one part to each of a number of people （由…）分摊，分享；把…分派（给…）；摊派: *We divided the work up between us.* 我们分担了这项工作。◇ *The money was divided up among all three winners.* 这笔钱分给了所有三名获胜者。
OBJ **work, money, land**
◆ v + n/pron + adv ◆ v + adv + n

divorce /dɪ'vɔːs; *AmE* dɪ'vɔːrs/

di'vorce sb/sth from sth to separate a person, an idea, a subject, etc. from sth; to keep two things separate 使（人、思想、主题等）与…分离；保持…与…分开: *They believed that art should be divorced from politics.* 他们认为艺术应该脱离政治。◇ *When he was depressed, he felt utterly divorced from reality.* 心情沮丧时，他感到完全脱离了现实。
SYN **separate sb/sth (from/and sth)**
◆ v + n/pron + prep

divvy /'dɪvi/ (divvies, divvying, divvied)

,divvy sth 'up (*informal, especially AmE*) to divide or share sth, especially money, between a number of people 分担，分享（尤指金钱）: *They divvied up the bill.* 他们分摊了账单费用。
OBJ **money** SYN **share sth out (among/between sb)** (*more formal*)
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

do /du; strong form duː/ (does /dʌz/, did /dɪd/, done /dʌn/)

,do a'way with sb/yourself (*informal*) to kill sb/yourself 杀死，除掉（某人）；自杀: *She*

tried to do away with herself. 她企图自杀。
◆ v + adv + prep

,do a'way with sth (*informal*) **1** to get rid of sth; to stop doing or having sth 废除；除去；结束：*They've done away with the uniform at our school.* 我们学校取消了校服。◇ *A lot of the paperwork could easily be done away with.* 许多文案工作不难削减。 SYN **abolish sth** (*more formal*) **2** to make sth no longer necessary 使变得不必要：*Computers have done away with a lot of the repetitive work.* 计算机让人们省去了大量重复性劳动。 SYN **eliminate sth; end sth** (*more formal*)
◆ v + adv + prep

,do sb 'down; ,do yourself 'down (*BrE, informal*) to criticize sb or yourself in a way that makes them/you appear more stupid or less able than they/you really are 贬低某人；贬低自己：*Don't do him down, he's a good worker.* 别贬损他，他干活挺好。◇ *She's always doing herself down.* 她总是自我贬低。
SYN **put sb down, etc.** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

'do for sb/sth (*BrE, informal*) to damage or destroy sth; to injure or kill sb; to put sb/sth in a situation so bad that they/it have no chance of returning to normal 毁掉，破坏（某物）；伤害、杀死（某人）：*The last bout of pneumonia nearly did for her.* 上次肺炎发作差点要了她的命。
◆ v + prep

▶ **'done for** *adj* (*informal*) in serious trouble or danger; having no chance of succeeding at sth 麻烦很大；十分危险；彻底完蛋：*If anyone recognizes us, we're done for!* 要是有人认出我们，我们就完了！◇ *After three days trapped in the cave they thought they were done for* (= they thought they would die). 在洞里困了三天后，他们觉得求生无望了。

,do sb 'in (*informal*) **1** if sth **does you in**, it makes you feel extremely tired 使筋疲力尽；使极度疲乏：*That's done me in, lifting all those boxes.* 搬完那些箱子后，我都累垮了。 **2** (*also* **,do yourself 'in**) (*informal, especially BrE*) to kill sb/yourself 杀死，除掉（某人）；自杀：*When we split up, I felt like doing myself in.* 我们分手时，我想自杀。◇ *Does he get done in at the end of the film?* 影片结尾时他被杀死了吗？
◆ v + n/pron + adv ◆ v + adv + n (*rare*) **2** also v + pron + adv

▶ **done 'in** *adj* (*informal*) very tired 筋疲力尽的；疲惫不堪的：*I **felt** absolutely **done in** by the end of the day!* 一天下来我觉得累极了！◇ *Come and sit down—you **look done in**.* 过来坐坐吧——看样子你累坏了。

,do sth 'in (*BrE, informal*) to injure a part of your body 使（身体某部位）受伤：*He did his back in playing tennis.* 他打网球伤了腰。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
IDM **do sb's 'head in** (*BrE, informal*) to make sb feel confused, upset and/or annoyed 使糊涂；使心烦；使生气：*Shut up! You're doing my head in.* 闭嘴！你烦死我了。

,do yourself 'in → DO SB IN 2

,do sth 'out (*BrE, informal*) to clean or paint and decorate a room, a house, etc. 打扫，油漆，装饰（房屋等）：*He's done the whole house out in yellows and greens.* 他把房子全刷成了黄色和绿色。◇ *They **had** the hall **done out** in striped wallpaper.* 他们在大厅贴了条纹墙纸。
◆ v + n/pron + adv ◆ v + adv + n

,do sb 'out of sth (*informal*) to prevent sb from getting or keeping sth they ought to have, in an unfair or dishonest way （用不正当手段）阻止某人获得，剥夺：*She tried to do me out of my inheritance.* 她企图阻止我继承遗产。◇ *The residents of the home have been done out of a lot of money.* 居住在这里的人被卷走了很多钱。
◆ v + n/pron + adv + prep

,do sb 'over (*BrE, informal*) to attack sb and beat them severely 暴打；毒打；狠揍：*They threatened to do her over if she didn't pay.* 他们威胁说，如果她不交钱就揍她。
◆ v + n/pron + adv ◆ v + adv + n

,do sth 'over 1 (*BrE, informal*) to enter a house, flat/apartment, etc. by force and steal things from it 入室盗窃：*I got back to find the house had been done over.* 我回来时发现屋里失窃了。 NOTE Often used in the passive. 常用于被动语态。 **2** (*AmE*) to do sth again 重做；再做一次：*Your handwriting is too messy—you'd better do it over* (= write it out again). 你的字迹乱七八糟，最好重写。◇ *I'm glad the campaign was successful, but I wouldn't want to do it over.* 活动成功了，我很高兴，但是我不想再搞一次。 SYN **do sth again; redo sth** (*more formal*) **3** (*AmE*) to clean or paint and decorate a room, house, etc. 打扫，油漆，装饰（房屋等）：*They've done over the whole store.* 他们对商店进行了全面装修。
◆ **1,3** v + n/pron + adv ◆ v + adv + n
◆ **2** v + n/pron + adv

🔑 **,do 'up; ,do sth 'up** (*especially BrE*) to be fastened with buttons, etc.; to fasten or close sth in this way （把…）扣上，系牢，绑紧：*This skirt does up at the back.* 这条裙子在后面系扣。◇ *Could you do up my dress?* 请帮我扣上连衣裙好吗？◇ *I can't do the zip up.* 我拉不上拉链。
OBJ **jacket, buttons, zip** SYN **fasten up, fasten sth up** (*BrE*), **fasten, fasten sth**
OPP **undo, undo sth**
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

🔑 **,do sth 'up 1** (**in sth**) to make sth into a package 包起来；捆起来；包裹（在…里面）：*She was carrying some books done up in brown paper.* 她拿着用牛皮纸包着的几本书。 SYN **wrap sth up (in sth) 2** (*especially BrE*) to repair or decorate a room, a house, etc. to make it look better and more modern 修缮，装饰（房屋等）：*They're looking for an old house so that they can do it up.* 他们在寻找一处旧房，这样可以进行整修翻新。◇ *We're **having** the kitchen **done up**.* 我们在整修厨房。 OBJ **house** SYN **fix sth up** (*especially AmE*), **decorate sth; renovate sth**

◆ v + n/pron + adv ◆ v + adv + n

ˌdo yourself ˈup (*informal*) to make yourself more attractive by putting on make-up, attractive clothes, etc. 梳妆；打扮: *She spent hours doing herself up for their first date.* 为了他们的第一次约会，她花了好几个小时梳妆打扮。

SYN **doll yourself up**

◆ v + pron + adv

ˈdo with sb/sth

◆ v + prep

IDM **be/have ˈdone with it** to finish dealing with sth unpleasant, especially as quickly as possible （尤指尽快）了结，了断: *Just tear up the contract and be done with it.* 干脆把合同撕掉了事。 **I, you, etc. can't/couldn't be ˈdoing with sb/sth** (*BrE, informal*) used to say that you do not like sb/sth and find them/it very annoying 我（或你等）无法忍受…: *I can't be doing with people like that.* 我和那种人难以相处。◇ *He couldn't be doing with her untidiness.* 他看不惯她那么邋里邋遢的。 **I, you, etc. could ˈdo with sth/sb** used to say that you need or would like sth/sb 我（或你等）需要…，想要…: *I could do with a drink!* 我真想喝一杯！

ˈdo sth with sth used with negatives and in questions to talk about where sb has put sth （与否定词连用，或用于疑问句）把…放在: *What have you done with my shoes?* 你把我的鞋搁哪儿了？◇ *I haven't done anything with your keys* (= I haven't moved them). 我根本没动过你的钥匙。

◆ v + pron + prep

ˈdo sth with yourself used in questions to talk about how sb spends their time （用于疑问句）消磨时间: *She doesn't know what to do with herself while they're at school.* 他们上学去了后，她不知道怎样打发时间。

◆ v + pron + prep + pron

ˌdo withˈout; ˌdo withˈout sb/sth to manage without sb/sth 没有…也行；没有…而设法对付: *If you can't afford a car, you'll just have to do without.* 如果买不起车，你就只好将就一下了。◇ *I could do without* (= I wish I didn't have) *all this hassle.* 我真希望没发生这些纷争。

SYN **go without, go without sth**

◆ v + adv ◆ v + prep

dob /dɒb; *AmE* dɑːb/ (-bb-)

ˌdob sb ˈin (to sb) (*BrE, AustralE, informal*) to tell sb about sth bad that another person has done （向…）揭发，检举: *Kay wasn't sure who had dobbed her in to the teachers.* 凯拿不准是谁向老师告了她一状。

◆ v + n/pron + adv

dole /dəʊl; *AmE* doʊl/

ˌdole sth ˈout (to sb) (*informal*) to give money, food, etc. to a group of people （给…）分发，发放（钱款、食物等）: *She quickly doled out the food.* 她很快把食物发完了。◇ *The money was doled out to them on a weekly basis.* 每周给他们发一次钱。

OBJ **money, bread, etc.**

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

doll /dɒl; *AmE* dɑːl/

ˌdoll yourself ˈup (in sth) (*informal*) to make yourself look attractive by putting on fashionable clothes, doing your hair, etc. （用…）装扮自己，梳妆打扮: *Every Friday she dolls herself up and goes out to a nightclub.* 每到星期五，她就打扮得花枝招展地去夜总会。

SYN **do yourself up**

◆ v + pron + adv

be/get ˌdolled ˈup (in sth) (*informal*) to be/get ready for a special occasion by putting on fashionable clothes, doing your hair, etc. （尤指为出席特殊场合）（用…）装扮自己，梳妆打扮: *She was all dolled up in a black dress and pearls.* 她着实打扮了一番，穿了一件黑色连衣裙，还佩戴着珍珠饰品。◇ *I got dolled up for the party.* 我打扮好了要去参加聚会。

◆ be/get + v + adv

dope /dəʊp; *AmE* doʊp/

be/get ˌdoped ˈup (*informal, especially AmE*) to be in a state where you cannot think clearly or act normally because you are under the influence of drugs （因药物作用）神志不清，行为迟钝: *Some of the patients were kept doped up most of the time.* 有些病人大部分时间都用药物维持，迷迷糊糊。

◆ be/get + v + adv

dose /dəʊs; *AmE* doʊs/

ˌdose sb/yourself ˈup (with sth) to give sb/yourself a large amount of a medicine （使）服用（大量药物）: *She dosed him up with aspirin and sent him to bed.* 她给他服了大剂量阿司匹林，然后让他上床入睡。

NOTE **Dose sb/yourself** is used more often with the same meaning. * dose sb / yourself 作此义更常见。

◆ v + n/pron + adv

doss /dɒs; *AmE* dɑːs/

ˌdoss aˈbout/aˈround (*BrE, informal*) to spend your time doing nothing or very little 混日子；游手好闲；无所事事: *Everyone dosses about in geography classes.* 上地理课时大家都不当回事儿。◇ *He just dossed around for a year before he got a job.* 他晃荡了一年才找了份工作。

◆ v + adv

ˌdoss ˈdown (*BrE, informal*) to sleep on the floor or somewhere uncomfortable because you have nowhere else to sleep （在地板等不舒适的地方）将就着睡: *We dossed down on Tony's floor after the party.* 聚会后，我们凑合着睡在托尼家的地板上。

SYN **bed down** (*BrE, more formal*)

NOTE **Doss** is sometimes used on its own with the same meaning. * doss 有时单独使用也作

此义。
◆ v + adv

dot /dɒt; *AmE* dɑːt/ (-tt-)

be ˌdotted aˈbout/aˈround; be ˌdotted aˈbout/aˈround sth (*especially BrE*) if things or people are **dotted about/around**, they are in several different places over an area 散落，分布（在…）：*A few farms were dotted about in the valley.* 峡谷中零星地散布着几个农场。
◆ be + v + adv ◆ be + v + prep

ˈdot A on/over B; ˈdot B with A to spread very small amounts of sth in different places on a surface 把…撒在…上；在…上撒…：*Dot the suncream on your face in tiny quantities and rub it in well.* 在脸上搽少量防晒霜，然后揉匀。◇ *Dot the top of the cake with small sweets.* 在蛋糕上面撒些糖粒。
◆ v + n/pron + prep

be ˈdotted with sth if an area is **dotted with** things or people, they are spread around in several places 散布着；…星罗棋布：*The hillside was dotted with houses.* 山坡上到处是住宅。
◆ be + v + prep

dote /dəʊt; *AmE* doʊt/

ˈdote on sb (*also* **ˈdote upon sb** *more formal*) to feel or show very great love for sb and ignore their faults 溺爱；过分喜爱：*They dote on their daughter.* 他们对女儿宠爱有加。◇ *He was doted on (by his sisters).* 他受到（姐妹们的）宠爱。
OBJ **daughter, child, mother, etc.**
◆ v + prep

double /ˈdʌbl/

ˈdouble as sth; ˌdouble ˈup as sth to have a second function in addition to the main use 兼任；兼作：*The garage doubles as his workshop.* 车库同时又充作他的工作间。◇ *The school secretary doubled up as the nurse.* 学校秘书兼任护士。
◆ v + prep ◆ v + adv + prep

ˌdouble ˈback (on yourself, itself, etc.) to turn around and go back in the direction you have come from 折回；往回走：*The road ahead was flooded so we had to double back to find another way around.* 前面的路被水淹了，我们只好原路返回，再找条路绕过去。◇ *The line of trees doubles back on itself at a bend in the river.* 那排树在河道拐弯处折了回来。
◆ v + adv

ˌdouble ˈover, etc. → DOUBLE UP/OVER, ETC.

ˌdouble sth ˈover to bend or fold sth in the middle 把…对折：*Use an A4 sheet doubled over.* 用一张对折的 A4 纸。
◆ v + n/pron + adv ◆ v + adv + n

ˌdouble ˈup 1 (with sb/on sth) to form pairs in order to share sth （与另一人）合用，同享：*We've only got one room left; you'll have to double up with Peter.* 我们只剩下一个房间，你只好与彼得合住了。◇ *There were enough guitarists to double up on parts* (= two played each part). 吉他手足够两人一组分别演奏乐曲的不同声部。 **2 (on sth)** (*rare*) to do sth in addition to your main role 兼任；兼做：*The band are looking for a singer who can double up on guitar* (= who can also play the guitar). 乐队正在寻找能兼做吉他手的歌手。
◆ v + adv

ˌdouble ˈup as sth → DOUBLE AS STH, ETC.

ˌdouble ˈup/ˈover (in/with sth), ˌdouble sb ˈup/ˈover (in/with sth) to bend your body suddenly or quickly because you are in pain, for example; to make sb bend their body in this way （因疼痛等）（使）弓背，弯腰：*He doubled up in/with pain.* 他痛得蜷起身子。◇ *She doubled up with laughter.* 她笑弯了腰。◇ *The punch hit him in the stomach, doubling him over.* 那一拳打中了他的肚子，使他直不起腰。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n (*rare*)

doze /dəʊz; *AmE* doʊz/

ˌdoze ˈoff to go to sleep, especially during the day （尤指白天）打瞌睡，打盹儿：*He dozed off during the film.* 他看电影时打起盹儿来。◇ *I must have dozed off for a few minutes.* 我一定是打了几分钟瞌睡。
SYN **nod off** (*informal*)
◆ v + adv

draft (*also* **draught** *especially BrE*) /drɑːft; *AmE* dræft/

ˌdraft sb ˈin; ˌdraft sb ˈinto sth to choose people and send them somewhere for a special task 选派，调遣（去某处执行特殊任务）：*Extra police are being drafted in to control the crowds.* 当局正在额外抽调警察去控制人群。◇ *Williams was drafted into the team to play France.* 威廉斯被征调入队，参加对法国队的比赛。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*) ◆ v + n/pron + prep

drag /dræg/ (-gg-)

ˌdrag sb/sth/yourself aˈway (from sb/sth) to make sb or yourself stop doing sth when they/you do not really want to （使）勉强离开（或停止…）：*She was enjoying herself at the party so much, I couldn't drag her away.* 她在聚会上玩得兴高采烈，我没法拉她走。◇ *I find it difficult to drag myself away from my computer.* 我觉得我无法让自己离开计算机。◇ *He couldn't drag his eyes away from her face.* 他无法把目光从她脸上移开。
SYN **tear sb/sth/yourself away (from sb/sth)**
◆ v + n/pron + adv

ˌdrag sb/sth ˈdown 1 (to sth) to bring sb down to a lower standard of behaviour, or a lower social or economic level 使降格；使（品德、地位等）下降（到…）：*I'm worried the other children will be dragged down to his level*

(= because his behaviour is so bad). 我担心其他孩子会跟他学坏。 **2** to make sb feel depressed or weak 使沮丧；使无力：*Her parents' constant criticism began to drag her down.* 父母时常数落她，她开始灰心丧气。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

ˌdrag sb/sth ˈin; ˌdrag sb/sth ˈinto sth **1** to make sb or sth become involved in a difficult or unpleasant situation when they do not want to be involved 把…牵扯在内；把…卷进困境；把…拖下水；连累：*When violence breaks out in the streets, innocent people are always dragged in.* 街头暴力总会殃及无辜。◇ *Don't drag me into your argument!* 别把我卷入你们的争论！ SYN **involve sb (in sth)** (*more formal*) **2** to start talking about a person or a subject that has nothing to do with what is being talked about 把（毫不相干的人或事）拉扯进（话题中）：*Do you have to drag politics into every conversation?* 每次交谈你都非得硬扯到政治上去吗？
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌdrag sb ˈoff (to sth) to take sb somewhere by force 强行带走某人（到…）：*I was dragged off to the head teacher's office.* 我被拽到校长室。
◆ v + n/pron + adv

ˌdrag ˈon (*disapproving*) to progress very slowly and take too long 进展缓慢；拖得过久：*The day dragged on interminably.* 白天漫长难挨，似乎没个完。◇ *Negotiations between the two sides dragged on through the summer.* 双方的谈判拖了一个夏天。 SUBJ **months, time, meeting, negotiations**
◆ v + adv

ˌdrag sth ˈout to make sth last longer than it should 不必要地拖延；使持续过久：*She dragged the meeting out for as long as possible.* 她尽可能地把会议时间拉长。
SYN **prolong sth** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

ˌdrag sth ˈout of sb to make sb give you information they do not want to give you 强迫…说出；套…的话：*They eventually dragged a confession out of her.* 他们终于逼迫她招了供。
OBJ **confession, truth**
◆ v + n/pron + adv + prep

ˌdrag ˈup; ˌdrag sb/yourself ˈup (*informal*) to dress in clothes which are usually worn by the opposite sex, often to entertain people; to dress sb in this way （使）穿异性服装（以博人一笑）：*He did a karaoke number dragged up as Kylie Minogue.* 他打扮成凯莉·米洛的样子，唱了一首卡拉 OK 歌曲。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌdrag sth ˈup to mention in a conversation an unpleasant fact from the past that sb would prefer to forget 提起（别人不愿回忆的事）：*It all happened years ago. There's no point dragging it up now.* 那都是些陈年旧事了。现在不提也罢。◇ *She's dragged up that story just to embarrass me.* 她抖出那件事就是为了使我难堪。
SYN **bring sth up**
◆ v + n/pron + adv ◆ v + adv + n

dragoon /drəˈguːn/

draˈgoon sb into sth; draˈgoon sb into doing sth (*formal* or *humorous*) to force sb to do sth that they do not want to do 强迫某人做某事：*We were dragooned into the football team.* 我们迫不得已参加了足球队。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + prep

drain /dreɪn/

ˌdrain aˈway (of feelings or colours 感觉或色彩) to disappear gradually 逐渐消失；渐渐褪去：*As she lay in the warm bath all the tension drained away.* 她躺在温水浴盆里，一切紧张情绪都慢慢消散了。◇ *The colour had drained away from her face.* 她变得脸色煞白。 SUBJ **anger** SYN **fade**
◆ v + adv

ˌdrain aˈway/ˈoff; ˌdrain sth aˈway/ˈoff (from sth) if a liquid **drains away/off**, or sb **drains it away/off**, it flows away 流走；使（从…）流走：*The water drained away down the plughole.* 水经出水孔排走了。◇ *I drained the water away and hung up the blouse to dry.* 我放掉水，把衬衫挂起来晾干。◇ (*figurative*) *Paying for private education for the children was draining away their resources.* 支付孩子上私学的费用逐渐耗尽了他们的财力。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

draught /drɑːft; *AmE* dræft/

ˌdraught sb ˈin, etc. (*especially BrE*) → DRAFT SB IN, ETC.

draw /drɔː/ (drew /druː/, drawn /drɔːn/)

ˌdraw ˈback **1** to move away from sb/sth, especially sb/sth that makes you feel frightened （尤指因害怕）退缩，后退；畏避：*She drew back from the window in case anyone saw her.* 她从窗口缩回，免得被人看见。 **2** (**from sth/from doing sth**) to decide not to do sth, because you are afraid of what might happen 缩手不干；畏缩；退却：*The government has drawn back from making a commitment to reform the voting system.* 对投票制度改革，政府已决定不作承诺。
◆ v + adv

ˌdraw sth ˈdown (*especially AmE*) to reduce the amount of sth, especially money, by using it and spending it 減少，消耗（尤指钱款）：*Higher production costs will draw down cash gains from rising farm prices.* 生产成本上升会减少农产品涨价带来的现金收益。
OBJ **funds**
◆ v + adv + n ◆ v + n/pron + adv

ˌdraw sth ˈdown (from sth); ˌdraw ˈdown on sth (*especially AmE, business*) to take money from a fund that a bank, etc. has made available （从银行贷款等中）提取，支取

（现金）: *If you draw down income from your investment too quickly, it may not last long.* 如果从投资中过快地提取收益，就会难以持久。
OBJ **income**
◆ v + adv + n ◆ v + n/pron + adv ◆ v + adv + prep

ˌdraw ˈdown on sb (*AmE, slang*) to pull a gun out and point it at sb 拔枪对准: *What do you think you're doing, drawing down on a cop?* 你以为你在干什么啊，拿枪指着警察?
◆ v + prep

ˈdraw sth from sth to get sth from a particular source 从…中获得: *Many artists and poets have drawn their inspiration from the landscape.* 众多艺术家和诗人从自然风光中汲取灵感。◇ *At times of crisis, we drew strength from each other.* 危难时刻我们彼此鼓劲。
OBJ **inspiration, comfort, support**
◆ v + n/pron + prep

ˌdraw ˈin (*BrE*) (*usually used in the progressive tenses* 通常用于进行时) when evenings or nights are **drawing in**, it is gradually becoming darker earlier in the evening because winter is coming（天黑）渐早;（白昼）渐短: *The nights are drawing in fast now.* 天黑得越来越早了。◇ *Evening was already drawing in.* 天黑得越来越早了。◇ *It was the end of September and the days had begun to draw in.* 当时是九月末，白天开始变短了。
SYN **close in**
OPP **draw out** (*BrE*)
◆ v + adv

ˌdraw ˈin; ˌdraw ˈinto sth (*especially BrE*) if a train **draws in**, or **draws into** a station, it slowly enters a station and stops at the platform（列车）到站，进站停靠: *The London train drew in late.* 发自伦敦的列车到站时晚点了。◇ *I got to the platform just as the train was drawing into the station.* 我赶到月台时，火车正徐徐进站。
SYN **pull in, pull into sth**
OPP **draw out, draw out of sth**
◆ v + adv ◆ v + prep

ˌdraw sb ˈin; ˌdraw sb ˈinto sth; ˌdraw sb ˈinto doing sth to make sb become involved or take part in sth, although they do not want to 使牵涉进去; 使卷入某事: *I didn't like the book when I started it, but the strange story soon drew me in.* 我开始读时并不喜欢这本书，但是离奇的故事情节很快把我吸引住了。◇ *I refuse to be drawn into this argument.* 我拒绝参与这场争论。
OBJ **conversation, discussion, argument, situation** SYN **involve sb (in sth)**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌdraw sth ˈin if you **draw in** a breath, you breathe deeply or quickly 深吸，迅速吸入（一口气）: *She drew in a deep breath at the magical sight of the city below.* 她俯视迷人的城市景色，不禁深深地吸了一口气。◇ *He drew in his breath sharply.* 他猛吸了一口气。
OBJ only **a, your, etc. breath**
◆ v + adv + n ◆ v + n/pron + adv

ˌdraw sth ˈoff to remove some liquid from a larger amount 抽出，排掉（液体）: *He drew off a glass of beer.* 他倒了一杯啤酒。
◆ v + n/pron + adv ◆ v + adv + n

ˌdraw ˈon (of a time or a season 时光或季节) to slowly pass 渐渐过去; 荏苒: *As night drew on, it became clear he wasn't coming.* 夜渐深了，显然他是不会来了。
◆ v + adv

ˈdraw on sth 1 (*also* **ˈdraw upon sth** *more formal*) to use sth that you have or that is available to help you do sth 凭借; 利用: *The assignment asked us to draw on our experiences while we were in England.* 这个任务要求我们借鉴在英国时的经验。◇ *I'll have to draw on my savings to pay for the car.* 我得动用积蓄买那辆车。◇ *Sections of the book should be drawn on as required.* 应按要求参考本书章节。
OBJ **experience, work, resources, savings, tradition** **2** if you **draw on** a cigarette or a pipe, etc., you breathe smoke into your mouth from it 吸，抽（烟等）: *He drew on his cigar.* 他吸了一口雪茄。OBJ **cigar, cigarette, pipe**
◆ v + prep

ˌdraw ˈout (*BrE*) (*usually used in the progressive tenses* 通常用于进行时) when evenings or nights are **drawing out**, it is gradually becoming lighter for longer in the evening because spring is coming（天黑）渐晚;（白昼）渐长: *After March the evenings started drawing out.* 三月过后，夜晚开始来得迟了。
OPP **draw in** (*BrE*)
◆ v + adv

ˌdraw ˈout; ˌdraw ˈout of sth (*especially BrE*) if a train **draws out** or **draws out of** a station, it begins to move and slowly leaves the station（列车）离站，出站: *I arrived in time to see the train drawing out.* 我赶到时正好看到火车徐徐离站。◇ *The train drew slowly out of the station.* 火车缓缓开出车站。
SYN **pull out, pull out of sth**
OPP **draw in, draw into sth**
◆ v + adv ◆ v + adv + prep

ˌdraw sb ˈout to encourage sb who is shy to talk freely 鼓励（羞怯的人）畅谈; 引…开口: *I tried to draw him out on the subject of his life in Africa.* 我设法让他好好谈谈他在非洲的生活。
◆ v + n/pron + adv

ˌdraw sth ˈout to make sth such as a meeting or an event last longer than usual or longer than it should 拖延，拉长（会议、活动等）: *They drew the interview out to over an hour.* 他们拖拖沓沓面试了一个多小时。◇ *The process is likely to be drawn out over several months.* 这一过程有可能拖几个月。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˌdrawn-ˈout** (*also* **ˌlong-drawn-ˈout**, **ˈlong-drawn** *less frequent*) *adj* lasting longer than you expect or too long 拖延的; 拖沓的; 旷日持久的: *The negotiations were difficult and*

drawn-out. 谈判很艰难，迟迟没有结果。◇ *It was another long-drawn-out meeting.* 这又是一次冗长的会议。

ˌ**draw sth ˈout**; ˌ**draw sth ˈout of sth** to take money out of a bank account （从银行账户）取（钱），提（款）: *How much money did you draw out?* 你取了多少钱？◇ *Several thousand pounds had been drawn out of the account.* 有几千英镑从这个账户提走了。

SYN **take sth out, take sth out of sth; withdraw sth (from sth)** (*more formal*)

• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

ˌ**draw ˈup**; ˌ**draw sth/sb ˈup** to come to a stop; to make sth/sb/yourself stop （使）停下，停止: *A taxi drew up outside.* 出租车在外面停了下来。◇ *He drew the car up at the front door.* 他把车停在前门。◇ *He was walking towards the door when a loud knock **drew him up sharply**.* 他朝门走去，响亮的敲门声令他猛地收住脚步。

SYN **pull up; pull sb up; pull yourself up**

• v + adv • v + n/pron + adv

ˌ**draw sth ˈup** **1** to make or write sth that needs careful planning 拟就；草拟: *My solicitor is drawing up the contract.* 我的律师正在起草合同。◇ *Clear guidelines need to be drawn up.* 需要拟订明确的指导方针。◇ *We've drawn up a plan of action.* 我们制订了行动计划。 OBJ **contract, agreement, plan** SYN **formulate sth** (*more formal*) **2** to bring sth nearer to sb/sth 将…拉近；使靠近: *She drew up another chair and sat with them.* 她拉过一把椅子，和他们坐在一起。◇ *He drew his knees up to his chest.* 他把双膝抱在胸前。 OBJ **chair, knees** SYN **pull sth up**

• v + adv + n • v + n/pron + adv

ˌ**draw yourself ˈup** to stand up very straight so that you are as tall as possible 站得笔直；挺直身体: *She **drew herself up to her full height** and glared at me.* 她昂首挺胸站着，对我怒目而视。

SYN **pull yourself up**

• v + pron + adv

ˈ**draw upon sth** → DRAW ON STH 1

dream /driːm/ (**dreamt, dreamt** /dremt/ or **dreamed, dreamed**)

ˌ**dream sth aˈway** to spend time in a lazy way, thinking about things you would like to do but not actually doing anything （因幻想而）虚度（光阴）: *She dreamt her life away, never really achieving anything.* 她一辈子都在想入非非，到头来一事无成。

OBJ **life**

• v + n/pron + adv • v + adv + n

ˈ**dream of sth** to imagine and think about sth that you would like to happen 渴望；向往；梦想: *She dreams of running her own business.* 她梦想自己当老板。◇ *It was the kind of trip most of us only dream about.* 这是我们大多数人只能梦想的旅行。

• v + prep

IDM **wouldn't ˈdream of sth/of doing sth** used to emphasize the fact that you would not even think about doing sth 无论如何也不会做某事: *'Don't go without me, will you?' 'I wouldn't dream of it!'* "别撇下我，求你了？" "我绝对不会！"

▸ **unˈdreamed-of** (*BrE also* **unˈdreamt-of**) *adj* much more or much better than you thought was possible 料想不及的；做梦也没想到的: *undreamed-of happiness* 意想不到的幸福

ˌ**dream ˈon** (*informal*) used to tell sb that you are certain that what they have just said will not happen 做梦去吧；痴心妄想: *You want a pay rise? Dream on!* 你想加薪？白日做梦！

• v + adv

ˌ**dream sth ˈup** (*informal*) to have an idea or think of a plan, especially one that is not very practical 凭空想出，虚构出（尤指不切实际的计划、想法等）: *The scheme was dreamed up by a local businessman.* 这个计划是一个当地商人异想天开弄出来的。◇ *Trust you to dream up a crazy idea like this!* 你这个人就是会想出这种荒唐的主意来！

OBJ **idea, scheme** ⊃ note at THINK STH UP

• v + adv + n • v + pron + adv • v + n + adv (*rare*)

dredge /dredʒ/

ˌ**dredge sth ˈup** (*usually disapproving*) **1** to mention sth that sb has forgotten or wants to forget because it is unpleasant or embarrassing 重提（令人不快的往事）: *She always dredges up that embarrassing story.* 她老是翻出那件令人尴尬的事。 OBJ **the past** **2** to remember sth or to do sth with difficulty 追忆；费力做（某事）: *She was dredging up the little she knew about babies.* 她努力回忆自己还记得的关于婴儿的那点知识。◇ *He managed to dredge up a smile.* 他勉强挤出笑来。

• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

dress /dres/

ˌ**dress ˈdown (in sth)** to wear clothes that are less formal than those you usually wear or those that are usually worn in a particular situation 身着便服；穿着便装: *He deliberately dressed down for the party.* 他有意穿便装参加聚会。◇ *More and more people are dressing down for the office these days.* 如今，越来越多的人上班不穿正装。

OPP **dress up (in sth)**

• v + adv

▸ ˈ**dress-down** *adj* [only before noun] (*business*): *The company has a dress-down Friday* (= staff are allowed to wear clothes that are less formal than normal). 这家公司允许员工周五上班不穿正装。

ˌ**dress sb ˈdown** to criticize sb angrily for sth wrong that they have done 训斥；责骂: *The sergeant dressed down the new recruits.* 中士把新兵狠狠骂了一通。

• v + adv + n • v + n/pron + adv

▶ ˌ**dressing-ˈdown** *n* [sing.] (*old-fashioned, informal*) an occasion when sb speaks angrily to a person because they have done sth wrong 训斥；责骂

ˌ**dress ˈup** (as sb/sth), ˌ**dress sb/yourself ˈup** (as sb/sth) to put on special clothes in order to pretend to be sb else （把…）装扮（成…）；乔装打扮；化装: *The kids love dressing up.* 孩子都喜欢装扮成别人玩儿。◇ *They dressed themselves up as cartoon characters.* 他们装扮成了卡通人物。◇ (*BrE*) *dressing-up clothes* 化装服 ◇ (*AmE*) *dress-up clothes* 化装服
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

ˌ**dress ˈup** (in sth), ˌ**dress yourself ˈup** (in sth) to wear special or more formal clothes than you usually do or than those usually worn in a particular situation 身着盛装；穿着正装: *Don't bother to dress up—come as you are.* 用不着穿礼服——就穿平时的衣服来吧。◇ *She dressed herself up in a grey suit for the court appearance.* 她穿了一套灰色西装出庭。
OPP **dress down (in sth)** ⊃ note at PUT STH ON
◆ v + adv ◆ v + pron + adv

ˌ**dress sth ˈup** (as sth) to make sth seem different or better than it really is by the way that you present it 把…粉饰（成…）；把…美化（为…）: *You're sacking me. Don't try to dress it up as a career move.* 你是要解雇我。别美其名曰职业变动。
◆ v + n/pron + adv ◆ v + adv + n

drift /drɪft/

ˌ**drift aˈpart** to become less close or less friendly with sb 逐渐疏远；生疏起来: *Over the years we just drifted apart.* 年复一年，我们就这么日渐疏远了。
◆ v + adv

ˌ**drift ˈoff** to fall asleep 睡着；入睡: *She soon drifted off.* 她很快便入睡了。◇ *I drifted off to sleep on the sofa while I was watching the football.* 我看足球赛时在沙发上睡着了。
SYN **doze off**
◆ v + adv

drill /drɪl/

ˌ**drill ˈdown** to go to deeper levels of an organized set of data on a computer or a website in order to find more detail （在计算机或网站上为查找详细信息）向下钻取: *Navigation is good and there's a display to show how far you've drilled down.* 导航不错，还可以显示向下钻取的深度。
◆ v + adv

ˌ**drill sth ˈinto sb** to make sb learn or understand sth by repeating it frequently 向…反复灌输: *We had multiplication tables drilled into us at school.* 以前我们上学得反复背诵乘法表。◇ *There's no need to drill things into them—they'll learn as they go along.* 没必要生塞硬灌——他们自然会逐步掌握的。
SYN **drum sth into sb**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

drink /drɪŋk/ (drank /dræŋk/, drunk /drʌŋk/)

ˌ**drink sth ˈdown** to drink all of sth quickly 迅速喝光: *He filled a cup with cold water and drank it down in one gulp.* 他盛了一杯凉水，一饮而尽。
◆ v + n/pron + adv ◆ v + adv + n

ˌ**drink ˈin sth** to look at, listen to or experience sth with great pleasure and interest 尽情地欣赏；陶醉于: *She wandered the streets, drinking in the atmosphere.* 她漫步街头，乐在其中。◇ *His followers drink in every word he says.* 他的追随者如饥似渴地聆听他的一言一语。
OBJ **sight, view, atmosphere, beauty**
NOTE When the object of **drink in** is a noun, it comes after **in**, but when the object is a pronoun, it comes between **drink** and **in** * drink in 的宾语如果是名词，应置于 in 之后；但如果是代词，应置于 drink 和 in 之间: *We sat gazing at the view, drinking it all in.* 我们坐观美景，一览无遗。 Not used in the passive. 不用于被动语态。
◆ v + adv + n ◆ v + pron + adv

ˈ**drink to sb/sth** to wish sb/sth good luck, success or happiness, by raising your glass and then drinking 为…干杯（或祝酒）；举杯祝贺: *They all drank to the couple's health.* 他们都为这对夫妇的健康干杯。◇ *'Things can only get better.' 'I'll drink to that!'* "情况只会更好的。" "我举杯赞同！"
SYN **toast sb/sth**
◆ v + prep

ˌ**drink ˈup**, ˌ**drink sth ˈup** to finish all of a drink （把…）喝完: *Drink up. It's time to go.* 喝干吧，该走了。◇ *Drink your milk up—it's good for you.* 把牛奶喝完——这对你有好处。◇ *drinking-up time* (= the time allowed in pubs in Britain to finish your drink after the bar has closed)（英国酒吧停止营业后留给顾客的）饮完杯中酒时间
NOTE Not used in the passive. 不用于被动语态。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

drive /draɪv/ (drove /drəʊv; *AmE* droʊv/, driven /ˈdrɪvn/)

be ˈdriving at sth to try to express or say sth 试图表达；试图说: *I'm not sure I understand what you're driving at.* 你到底什么意思，我摸不准。◇ *What's he driving at?* 他什么意思？
SYN **get at sth**
NOTE **Drive at sth** is only used in the progressive tenses and in direct or indirect questions with '*what*'. * drive at sth 只用于进行时，并且是带 what 的直接或间接疑问句。
◆ v + prep

ˌ**drive aˈway/ˈoff**, ˌ**drive sb/sth aˈway/ˈoff** (of a car or a driver 汽车或驾驶员) to go away in a vehicle; to take sb away in a vehicle 驱车离开；驾车带走: *The cab drove slowly*

away. 出租车慢慢开走了。◇ *There's someone to drive your car away and park it.* 有人会帮你把车开过去停好。◇ *They were driven away in a police van.* 他们被警车带走了。
◆ v + adv ◆ v + n/pron + adv

ˌdrive sb/sth aˈway (from sth) to make sb not want to go to a particular place or be with a particular person; to make sb/sth leave a place 令人却步；驱使…离开: *Rising prices are driving customers away.* 不断上扬的价格使顾客望而却步。◇ *His violent behaviour has driven all his family away.* 他的暴力行为把家人全吓跑了。
OBJ **business, customers**
◆ v + n/pron + adv ◆ v + adv + n

ˌdrive sb/sth ˈin (in baseball 棒球) to hit the ball in such a way that a runner can score 跑垒得分: *Ramirez drove in three runs in the second inning.* 拉米雷斯在第二局三次跑垒得分。
◆ v + n/pron + adv ◆ v + adv + n

ˌdrive ˈoff (in golf 高尔夫球) to hit the ball to begin a game 开球；发球
◆ v + adv

ˌdrive ˈoff; **ˌdrive sb/sth ˈoff**: *The van drove off at high speed.* 小货车快速开走了。◇ *The car was driven off at speed.* 汽车快速开走了。◇ *Then he drove her off to the airport.* 然后他驾车送她去机场。 → DRIVE AWAY/OFF, DRIVE SB/STH AWAY/OFF

ˌdrive sb/sth ˈoff; **ˌdrive sb/sth ˈoff sth** to force sb/sth to move away from a particular place 赶走；驱赶…（离开…）: *The army was driven off by the fierce attacks of the rebels.* 部队在叛军的猛烈攻击下被迫转移。◇ *We were driven off the island by the new owner.* 我们被岛上的新主人赶走了。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌdrive ˈon to continue driving either without stopping or after stopping for a short time 驱车继续行驶: *We drove on until we came to an open square full of cafes.* 我们一直开到一个到处都是小餐馆的露天广场才停下车。◇ *Paula stopped to let Philip out of the car before driving on.* 葆拉停车让菲利普下车，然后又继续往前开。
◆ v + adv

ˌdrive sb/sth ˈout; **ˌdrive sb/sth ˈout of sth** to make sb/sth leave or disappear 赶走；使消失；使离开: *They're hoping that their competitive prices will drive out the rival company.* 他们希望以具有竞争力的价格逼退对手公司。◇ *They tried to drive her out of the village.* 他们试图把她赶出村庄。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

drone /drəʊn; *AmE* droʊn/

ˌdrone ˈon (about sth) to talk about sth for a long time in a boring way 唠叨；絮絮叨叨地说: *I nearly fell asleep while he was droning on!* 他啰哩啰唆地讲个没完，我差点睡着！◇ *She droned on for hours about the uses of the present tense.* 她没完没了地啰唆现在时的用法。
◆ v + adv

drool /druːl/

ˈdrool over sb/sth to look at sb/sth in a way that shows you like and admire or want them/it, often in a silly or exaggerated way 痴情地看；迷恋地看: *He was drooling all over you at the party!* 晚会上他一直在痴迷地打量你！◇ *The boys drooled over the sports cars in the showroom.* 那些男孩给陈列室里的跑车迷住了。
◆ v + prep

drop /drɒp; *AmE* drɑːp/ (-pp-)

ˌdrop aˈround (*AmE*) → DROP BY

ˌdrop sth aˈround (*AmE*) → DROP STH ROUND

ˌdrop aˈway (*especially BrE*) **1** if the ground **drops away**, it slopes down steeply away from where you are （地面）往下猛然变陡: *The seabed suddenly dropped away and I was waist deep in the water.* 海床突然陡直向下，我掉进了齐腰深的水里。 **2** to become less strong or disappear 减弱；消失: *He felt his dark mood dropping away.* 他觉得他不再悲观了。
◆ v + adv

ˌdrop ˈback if a person in a group **drops back**, they move to a position further back behind other people, often because they are not able to stay at the front 逐渐落在（同伴等的）后面: *The original leader in the race has now dropped back to third place.* 比赛开始时领先的选手现在掉到了第三名。
SYN **fall back**
◆ v + adv

ˌdrop beˈhind; **ˌdrop beˈhind sb/sth** if sb **drops behind** or **drops behind** sb/sth, they move to a position behind other people 落后（于…）；落在…之后: *He dropped behind to walk with Sam.* 他落到后面，和萨姆一道走。◇ *We cannot afford to drop behind our competitors.* 我们不能落在竞争对手后面。
SYN **fall behind, fall behind sb/sth**
◆ v + adv ◆ v + prep

ˌdrop ˈby (*also* **ˌdrop ˈround** *BrE*, **ˌdrop aˈround** *AmE*) (*informal*) to pay a short, informal visit to sb, often without arranging this in advance 顺便看望一下: *I just dropped by to check you were OK.* 我只是顺便来看看你。◇ *I'm dropping round to Kate's later.* 我回头顺便去凯特家一下。
SYN **call by** (*especially BrE*), **stop by** ➲ note at VISIT WITH SB
→ see also DROP IN (ON SB/AT ...), DROP INTO STH; DROP OVER
◆ v + adv

ˌdrop sth ˈby (*AmE*) → DROP STH IN, ETC.

ˌdrop ˈdown to lower yourself from a high place （从高处）跳下，掉落: *We climbed the wall and dropped down on the other side.* 我们翻过墙去。

• v + adv

▸ '**drop-down** *adj* [only before noun] **1** used to describe sth that appears by moving down into view when it is needed 下拉式的: *a drop-down video screen* 下拉屏 **2** used to describe a menu that appears on a computer screen when you choose it, and that stays there until you choose one of the functions on it （计算机菜单）下拉式的: *a drop-down menu* 下拉菜单

▸ '**drop-down** *n* a drop-down menu 下拉菜单: *Select the item you want from the drop-down.* 从下拉菜单中选择所需项。

,drop 'in (on sb/at ...), **,drop 'into sth** (*informal*) to pay a short, informal visit to sb, often without arranging this in advance 顺便看望一下（某人）；顺便到（某处）一会儿: *Drop in any time you're passing.* 你路过就顺便进来坐坐。◇ *She drops in on her parents at least once a week.* 她一周至少去看父母一次。◇ *I dropped into the pub for a quick drink on my way home.* 回家路上，我顺便进酒吧匆匆喝一杯。

SYN **call in**

→ see also DROP BY

• v + adv • v + prep

▸ '**drop-in** *adj* [only before noun] used to describe a place where you can go without making an appointment 无需预约的; 随时可去的: *a drop-in centre/surgery/clinic* 无需预约的活动中心 / 诊所 / 门诊

,drop sb/yourself 'in it (*BrE, informal*) to put sb in a difficult or embarrassing situation 使陷入困境; 使尴尬: *She got herself out of trouble by dropping Laura in it.* 她把劳拉扯进去，自己甩掉了麻烦。

• v + n/pron + prep + it

,drop sth 'in (to sb/sth), **,drop sth 'into sth** (*especially BrE*) (*AmE usually* **,drop sth 'by**) (*informal*) to deliver sth, especially when you are on the way to somewhere else （尤指顺路）递送: *She dropped the report in on her way out.* 她外出时顺便把报告送去了。◇ *I'll drop a note in to you when I know the arrangements.* 等我知道安排后，就给你送个信儿。◇ *Could you drop my coat into the cleaner's on your way to work?* 你上班时顺路把我的外衣送到洗衣店好吗？◇ *I'll drop the brochures by later.* 我过会儿顺便把这些手册送去。

• v + n/pron + adv • v + adv + n • v + n/pron + prep

,drop 'into sth → DROP IN (ON SB/AT ...), ETC.

,drop sth 'into sth → DROP STH IN, ETC.

,drop 'off 1 (*informal, especially BrE*) to fall into a light sleep 打盹儿; 小睡: *He's always dropping off in front of the TV.* 他看电视老是打瞌睡。 SYN **doze off; nod off** (*informal*) **2** if a number, an amount or a quality **drops off**, it decreases （数目、数量或质量）下降，下滑: *The numbers applying for membership have dropped off sharply.* 会员申请者人数锐减。 SYN **fall off**

• v + adv

▸ '**drop-off (in sth)** *n* a decrease 下降; 减少: *Managers are concerned by a recent drop-off in sales.* 最近销售额下滑让经理们忧心忡忡。

,drop sb/sth 'off to stop and let sb get out of a car, etc.; to deliver sth to a place, often when you are on the way to somewhere else 停车让（某人）下去; （顺路）递送（某物）: *Could you drop me off at the station?* 你在车站让我下车好吗？◇ *I'm going past Jan's house—I could drop the cake off.* 我要路过简家，可以顺便把蛋糕送去。◇ *She dropped off some clothes at the dry-cleaner's.* 她顺路把一些衣服送到了干洗店。

• v + n/pron + adv • v + adv + n

▸ '**drop-off** *n* a place where vehicles can stop for people to get out, or where sth can be left; the action of doing this 停车下客（或卸货）站点; 停车下客（或卸货）: *It is easier to get a taxi at passenger* ***drop-off points*** *than at flight arrival stands.* 在下客站叫出租车比在航班进港候客处容易。

,drop 'out; ,drop 'out of sth 1 to stop taking part in an activity, being a member of a group, etc. 不再参加; 退出; 脱离: *Several members of the team had to drop out at the last minute.* 有几位队员不得不在最后时刻退出比赛。◇ *She had to drop out of the race halfway through.* 她不得不中途退出赛跑。◇ *The company had to drop out of the deal due to rising costs.* 由于成本上升，公司只好放弃这笔交易。 SYN **pull out, pull out of sth; withdraw (from sth)** (*more formal*) **2** to leave school, college, university, etc. without finishing your studies 退学; 辍学: *She dropped out of college after only a few weeks.* 她在大学只读了几个星期就退学了。◇ *Many students drop out or fail because they're not enjoying the course.* 很多同学中途放弃或考试不及格是因为他们不喜欢这门课程。 **3** to reject the accepted ideas, morals and values of society 拒绝主流社会; 抵制现实社会: *There's a danger that when people lose their jobs they drop out (of society) altogether.* 人们失业后很容易脱离社会。

• v + adv • v + adv + prep

▸ '**dropout** *n* **1** a person who leaves school, college or university before they have finished their studies 退学者; 辍学者: *He might be a college dropout but he's made a fortune in business.* 他可能没完成学业，但却经商发了财。◇ *There is a high* ***dropout rate*** *from some college courses.* 有些大学课程的弃学率很高。 **2** (*disapproving, especially BrE*) a person who rejects the accepted ideas, morals and values of society 拒绝主流社会者; 抵制现实社会的人: *Many of the town's dropouts hang around the square.* 这个小镇很多脱离主流社会的人爱在广场上闲荡。

,drop 'over (*especially AmE*) to visit sb for a short time at their home, without arranging a time in advance 串门; （到某人家）小坐: *I think I'll just drop over to Jim's for a while.* 我想去吉姆家串会儿门。◇ *Why don't you drop over this evening?* 你今晚过来坐坐吧？

SYN pop over/round
→see also DROP BY
◆ v + adv

ˌ**drop 'round** (*BrE*) →DROP BY

ˌ**drop sth 'round** (*BrE*) (*AmE* ˌ**drop sth a'round**) (*informal*) to deliver sth to sb's home, etc. 把（某物）送到（某人家等）: *I'll drop those papers round later.* 我过会儿把那些文件送过去。
→ see also DROP STH IN (TO SB/STH), DROP STH INTO STH
◆ v + n/pron + adv

drown /draʊn/

ˌ**drown sb/sth 'out** if a sound **drowns out** sb/sth, it is so loud that they/it cannot be heard （声音）盖过，压过: *The music was playing at full volume, drowning out conversation.* 音乐开到了最大音量，掩盖了谈话声。◇ *Her reply was drowned out by a passing motorbike.* 她的回答淹没在路过摩托车的轰鸣声中。 SUBJ **noise, sound, roar, music**
NOTE **Drown sb/sth** can also be used with the same meaning * drown sb / sth 也可作此义: *Her voice was drowned by the crashing waves.* 她的声音淹没在海浪拍击声中。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

drum /drʌm/ (-mm-)

ˌ**drum sth 'into sb** to make sb remember sth by repeating it often 向…反复灌输；对…再三讲述: *He drummed road safety into them before letting them out on their bicycles.* 他再三叮嘱他们要注意道路安全，然后才让他们骑自行车出去。◇ *Traditional values were drummed into him from an early age.* 他从小就被反复灌输了传统价值观。◇ *I had it drummed into me that I shouldn't talk to strangers.* 我曾被不断告诫不要与陌生人讲话。
SYN **drill sth into sb**
◆ v + n/pron + prep

ˌ**drum sb 'out**; ˌ**drum sb 'out of sth** to force sb to leave a group or an organization, usually because they have done sth wrong 开除；轰走；驱逐: *He was drummed out of the club.* 他被赶出了俱乐部。
SYN **throw sb out, throw sb out of sth**
◆ v + n/pron + adv ◆ v + n/pron + adv + prep

ˌ**drum sth 'up** to work hard to get sth 竭力争取；兜揽: *We're launching a campaign to drum up more business.* 我们正要开展活动，以招揽到更多生意。◇ *We couldn't drum up enough cash to keep the club going.* 我们无法争取到足够的现金来维持俱乐部的运转。
OBJ **business, support, customers**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

dry /draɪ/ (dries, drying, dried)

ˌ**dry 'off**; ˌ**dry sb/sth 'off**; ˌ**dry yourself 'off** to become dry; to make sb/sth/yourself dry （使）变干；弄干: *We lay beside the pool to dry off in the sun.* 我们躺在游泳池边晒干身上的水。◇ *You can use this towel to dry yourself off.* 你可以用这条毛巾擦干身体。◇ *I dried the car off with a soft cloth.* 我用软布把车擦干。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌ**dry 'out**; ˌ**dry sb 'out** (*informal*) to receive treatment to help you stop drinking alcohol or taking drugs; to cure sb of drinking too much alcohol or of taking drugs （使）戒酒，戒毒: *She went into a clinic to dry out.* 她到一家诊所戒毒。
◆ v + adv ◆ v + n/pron + adv

ˌ**dry 'out**; ˌ**dry sth 'out** to become very or too dry; to make sth become very or too dry （使）变干，干透: *Water the plant regularly and don't let the soil dry out.* 经常给植物浇水，别让土壤干掉了。◇ *The wind and the sun had dried out my skin.* 风吹日晒使我的皮肤变得干燥。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌ**dry 'up 1** if a supply of sth **dries up**, it is no longer available 枯竭；耗尽: *The plan was abandoned when the money dried up.* 资金耗尽之后，计划就被放弃了。 SUBJ **investment, supply, funds** SYN **run out 2** (*informal*) to stop talking suddenly because you cannot remember what to say next or are very nervous 突然说不出话来；张口结舌: *She dried up during the second act.* 在第二幕她突然忘了台词。◇ *I just dried up halfway through the interview.* 面试进行到一半，我言语枯竭想不出词儿了。 **3** (*informal*) used to tell sb rudely to be quiet or stop talking 闭嘴；住口
◆ v + adv

ˌ**dry 'up**; ˌ**dry sth 'up 1** if a river or a lake, etc. **dries up**, or sth **dries it up**, it becomes completely dry （使河流、湖泊等）干涸，枯竭: *The well dried up for the first time in a century.* 这是一个世纪以来这眼井第一次干涸。◇ *The sun dried up all the puddles.* 太阳把所有的水坑烤干了。 **2** (*BrE, informal*) to dry dishes after they have been washed 擦干，拭干（盘、碟）: *I'll dry up if you wash the dishes.* 你洗盘子，我来揩干。◇ *He dried all the dishes up and put them away.* 他把所有的盘碟抹干并收起。 NOTE **Dry** and **dry sth** are also used on their own. * dry 和 dry sth 也单独使用。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

▶ ˌ**dried 'up** *adj* **1** completely dry 干涸的；干透的: *They camped in a dried-up river bed.* 他们在一处干涸的河床上扎营。 **2** [only before noun] (*disapproving*) (of a person 人) old, with many folds and lines on the skin, small and usually bitter or bad-tempered 年老干瘪的（通常尖刻暴躁）: *The librarian was a dried-up, bitter old man.* 图书馆管理员是个干瘪尖刻的老头儿。

▶ ˌ**drying-'up** *n* [U] (*BrE, informal*) the act of drying dishes after they have been washed 擦干碟子: *to do the drying-up* 把碟子抹干

duck /dʌk/

ˌduck ˈout; ˌduck ˈout of sth; ˌduck ˈout of doing sth (*informal*) to avoid a responsibility or duty, especially an unpleasant one 逃避，躲避，推诿（责任等）：*She ducked out of visiting him in hospital.* 她找借口没去医院看他。◇ *You have to go, so don't try ducking out.* 你必须去，别想躲。

NOTE **Duck** can be used with an object with the same meaning *duck可接宾语作此义：*Don't try to duck the issue.* 不要试图回避这个问题。

◆ v + adv ◆ v + adv + prep

dude /du:d/

ˌdude yourself ˈup (*AmE, slang*) to make yourself more attractive and try to impress people by wearing expensive or special clothes 精心打扮：*He really duded himself up for the party.* 他为参加聚会着实修饰了一番。

◆ v + pron + adv

duff /dʌf/

ˌduff sb ˈup (*BrE, informal*) to hit or kick sb severely 猛踢；狠揍：*A couple of guys duffed him up.* 几个家伙给了他一阵拳脚。

SYN **beat sb up**

◆ v + n/pron + adv

duke /dju:k; *AmE* du:k/

ˌduke it ˈout (with sb) (*AmE, slang*) to fight with sb using your hands tightly closed 攥紧拳头打（某人）：*You can't settle every argument by duking it out.* 你不能靠拳头解决每一次争吵。◇ (*figurative*) *You'll have to duke it out over the last cookie.* 只剩最后一块曲奇饼干，你们只好打出个输赢了。

◆ v + it + adv

dumb /dʌm/

ˌdumb ˈdown; ˌdumb sth ˈdown (*disapproving*) to make sth too simple and therefore less accurate and of poorer quality, by trying to make it easier for people to understand 为大众化而降低难度（或质量等）；使通俗易懂：*The programme producers claimed they had to dumb down.* 制作人声称他们不得不拉低节目层次。◇ *The new producer has really dumbed the show down.* 新的制片人确实使演出变得很通俗。

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

▶ **ˌdumbing ˈdown** *n* [U] the act or policy of making sth too simple and therefore less accurate and of poorer quality 大众化；通俗化

dummy /ˈdʌmi/ (dummies, dummying, dummied)

ˌdummy ˈup (*AmE*) to say nothing 不吭声；缄默：*If he dummies up, just try a little persuasion.* 如果他闭口不说，稍微劝劝他就是了。

SYN **clam up**

◆ v + adv

dump /dʌmp/

ˈdump on sb (*slang*) **1** to treat sb unfairly, especially by giving them too much to do or unpleasant tasks （以超量的工作或苦差）难为，亏待（某人）：*The boss dumps on Jane and she dumps on the junior staff.* 老板和简过不去，简就和下属过不去。 **2** (*AmE*) to criticize sb and make them feel unimportant or stupid 贬损；冷嘲热讽：*Quit dumping on me, I'm trying my best.* 别嘲笑我了，我尽力了。◇ *Why do I always get dumped on?* 为什么人们总是挖苦我？

◆ v + prep

ˈdump on sb; ˈdump sth on sb (*slang, especially AmE*) to tell sb all your problems 对…倾诉；找…诉说：*He dumps on me every time she throws him out.* 他每次给她赶出来，就找我诉苦。◇ *She keeps phoning me and dumping all her problems on me.* 她不断地给我打电话，向我大倒苦水。

◆ v + prep ◆ v + n/pron + prep

dust /dʌst/

ˌdust sb/sth ˈoff; ˌdust yourself ˈoff (*BrE also* **ˌdust sb/sth ˈdown, ˌdust yourself ˈdown**) to remove the dust or dirt from sb/sth/yourself, for example with your hand or a brush 除去…上的灰尘；掸去；拂去：*She stood up and dusted herself down.* 她站起来，拍掉身上的尘土。

→ see also DUST YOURSELF OFF

◆ v + n/pron + adv ◆ v + adv + n

ˌdust sth ˈoff (*BrE also* **ˌdust sth ˈdown**) to bring sth out after it has not been used for a long time and start to use it again 把（长期不用的东西）捡起；重新启用：*The government is dusting off its plans for offshore gas and oil exploration.* 政府要重新启动近海天然气和石油勘探计划。◇ *Some of their early songs have been brought out and dusted down for re-release.* 他们的一些早期歌曲被发掘出来，准备再度发行。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌdust yourself ˈoff (*BrE also* **ˌdust yourself ˈdown**) to recover after a difficult or unpleasant experience and begin again 重新开始；重整旗鼓：*After a disappointment I just dust myself down and start again.* 失望过后我都会卷土重来。

→ see also DUST SB/STH OFF, DUST YOURSELF OFF

◆ v + pron + adv

dwell /dwel/ (dwelt, dwelt or dwelled, dwelled)

ˈdwell on sth (*also* **ˈdwell upon sth** *more formal*) **1** to think or talk about sth for too long, especially sth unpleasant 细想，唠叨，不能释怀（尤指令人不快的事）：*It's time you stopped dwelling on the past.* 别再沉溺于往事之中了。 OBJ **the past, problems** **2** (*literary*) to look at sth for a long time 端详；谛视：*He*

SYNONYMS 同义词辨析

dwindle away

dwindle away • fall away • fall off • tail off • taper off

These are all verbs that can be used when the amount or number of sth goes down gradually. 这些动词都表示逐渐减少、减小、下降。 *See also* **die down**, **peter out**.

dwindle away to become gradually less in number or amount （数目或数量）逐渐变少，渐渐缩小: *Support for the party slowly dwindled away to nothing.* 对该党的支持渐渐荡然无存。 NOTE **Dwindle** can be used on its own * dwindle 可单独使用: *Membership of the club has dwindled from 70 to 20.* 俱乐部的会员人数从 70 下跌到了 20。

fall away to become gradually fewer or smaller; to disappear 逐渐减少；渐渐减小；慢慢消失: *The market for their products fell away to almost nothing.* 他们的产品几乎毫无市场了。◊ *All our doubts fell away.* 我们所有的疑惑烟消云散了。

fall off to become gradually lower or less in level or number （水平或数目）逐渐下降，变小: *Attendance at my lectures has fallen off considerably.* 我的课出席率显著下滑。◊ *Public interest started to fall off after a while.* 一段时间过后，公众的兴趣开始减退。

tail off (*especially BrE*) (of a number, level or sb's voice) to become smaller or weaker （数目、水平或话音）变小，降低，减弱: *The number of tourists tails off in October.* * 10 月游客人数减少。◊ *'But why ... ?' Her voice tailed off in disappointment.* "但是，为什么⋯？" 她因失望声音渐渐变得微弱。

taper off to become gradually less in number, amount, etc. （数目、数量等）逐渐变小，渐渐变少: *The number of applicants for teaching posts has tapered off.* 申请教师职位的人数日益减少。

PATTERNS AND COLLOCATIONS

- the **number/level of sth** dwindles (away)/falls away/falls off/tails off/tapers off
- **support** dwindles (away)/tails off
- **sb's voice** tails off
- to dwindle (away)/fall away/fall off/tail off/taper off **gradually/slowly**

smiled, his eyes dwelling on her face. 他含笑凝视着她的面庞。
• v + prep

dwindle /ˈdwɪndl/

ˌdwindle aˈway (to sth) to become gradually less or smaller 逐渐变少；渐渐缩小: *The audience for this kind of music has dwindled away to nothing.* 此类音乐的听众日渐减少，现已所剩无几了。
• v + adv

Ee

ease /iːz/

ˌease ˈback 1 (*business*) if profits, prices, etc. **ease back**, they become a little lower, especially after they have been high （利润、价格等）略微回落，稍降，回调: *The company's profits eased back from £15.1 million to £14.7 million.* 公司利润从 1 510 万英镑下滑到 1 470 万英镑。 **2 (on sth)** if sb **eases back**, they go a little slower, do sth with a little less energy, are less strict, etc. than before （把某事）放缓，放松: *The team played aggressively in the first half of the game, but were able to ease back in the second.* 该队在上半场比赛中咄咄逼人，但在下半场攻势稍微有些放缓。◇ *The government should ease back on farming restrictions.* 政府应该放宽农业限制。
◆ v + adv

ˌease ˈback into sth; **ˌease sb/yourself ˈback into sth** to gradually become familiar again with sth you have not done for some time; to help sb become familiar again with sth they used to do （使）重新熟习（生疏了的事情）: *Smith is gradually easing back into running after his injury.* 史密斯受伤后正慢慢恢复跑步。◇ *It's time to ease the kids back into the school routine.* 该让孩子们逐步恢复上学时的作息习惯了。
→ see also EASE INTO STH, ETC.
◆ v + adv + prep ◆ v + n/pron + adv + prep

ˌease ˈinto sth; **ˌease sb/yourself ˈinto sth** to gradually become, or help sb become, familiar with sth new, especially a new job （使）逐渐熟悉（新事物，尤指新工作）:*to ease into retirement* 逐步适应退休生活◇ *a course for easing people into the world of computing* 循序渐进帮助人们熟悉计算机的课程
→ see also EASE BACK INTO STH, ETC.
◆ v + prep ◆ v + n/pron + prep

ˌease ˈoff 1 to gradually become less strong or unpleasant 逐渐减轻；渐渐舒缓: *Eventually the rain started to ease off.* 雨势终于开始减弱了。◇ *The pain eased off after a few hours.* 几个小时后疼痛减轻了。 **2** to go slower or make less effort 减速；放松: *He eased off in the last lap and still won.* 他在最后一圈放慢了速度，但还是赢了。 SYN **slack off**
◆ v + adv

ˌease sb ˈout; **ˌease sb ˈout of sth** to make sb leave their job or position, especially by making it difficult or unpleasant for them over a period of time （尤指通过长期刁难）逼…离开（工作或职位）: *He was eased out of his job as presidential adviser.* 他最终被迫辞去总统顾问一职。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

ˌease ˈup 1 (on sth) to go slower or make less effort; to do sth less 减速；松弛；减少: *The doctor told him to ease up.* 医生让他放松点。◇ *I'd ease up on the training a bit if I were you.* 我要是你，就少训练点。 **2 (on sb)** to start being less severe with sb （对某人）放松要求: *I think you should ease up on the kids a bit.* 我觉得你应该对孩子们温和些。
◆ v + adv

eat /iːt/ (**ate** /et, eɪt; *especially AmE*/, **eaten** /ˈiːtn/)

ˌeat sth aˈway to gradually damage or destroy sth over a period of time 侵蚀；腐蚀；逐渐毁掉: *Something was eating away the foliage.* 有东西在蚕食叶子。◇ *The stone had been eaten away by pollution.* 石头因污染遭到腐蚀。◇ *The sea is eating away the coastline.* 海水侵蚀着海岸线。
◆ v + adv + n ◆ v + n/pron + adv

ˌeat aˈway at sb to worry sb over a long period of time （精神上长期）折磨，烦扰: *Jealousy is eating away at him.* 嫉妒令他备受煎熬。
◆ v + adv + prep

ˌeat aˈway at sth to gradually damage or destroy sth over a period of time 侵蚀；腐蚀；逐渐毁掉: *Pollution is eating away at the stone.* 污染腐蚀着石头。◇ *Resentment ate away at their relationship.* 怨恨逐渐破坏了他们的关系。
→ see also EAT STH AWAY
◆ v + adv + prep

ˌeat ˈin 1 to have a meal at home rather than at a restaurant 在家里吃饭: *Are you eating in tonight?* 你今晚在家吃饭吗？ OPP **eat out 2** (*also* **ˌeat sth ˈin**) (*especially BrE*) to buy and eat food at a restaurant, rather than taking it away to eat 在餐馆进餐: *Is this food to eat in or take away?* 这份食物是在这儿吃还是带走？ OPP **take sth away** (*especially BrE*)
◆ **1** v + adv
◆ **2** also v + n/pron + adv

ˈeat into sth 1 to gradually damage or destroy sth 逐步腐蚀；逐渐损毁: *Woodworm had eaten into most of the furniture.* 大部分家具都遭虫蛀了。 **2** to use or take away a large part of sth valuable, especially money or time 消耗，花掉，耗费（尤指大部分的金钱或时间）: *My work began to eat into the weekends.* 我的工作开始占用周末时间了。 OBJ **profits, time**
◆ v + prep

ˌeat ˈout to have a meal in a restaurant, etc. rather than at home 到餐馆吃饭；在外用餐: *We ate out almost every night.* 我们几乎每晚都

下馆子。
SYN **dine out** (*formal*) OPP **eat in**
◆ v + adv

ˌeat ˈup used to tell sb to eat quickly or to eat everything they have been given 快点吃；吃干净: *Eat up! You'll be late for school.* 快点吃！你上学要迟到了。
→ see also EAT STH UP 1
◆ v + adv

ˌeat sb ˈup if an emotion such as anger, etc. **eats sb up**, it worries them all the time and they cannot think of anything else （情感）折磨，困扰: *The anger was eating her up inside.* 她怒不可遏。◇ *He's eaten up by jealousy.* 他妒火中烧。
SYN **consume sb** (*formal*)
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌeat sth ˈup 1 to eat all the food you have been given 吃完；吃光: *Eat up your broccoli. It's good for you.* 把西兰花吃完。它对你有好处。→ see also EAT UP **2** (*informal, especially BrE*) to use large quantities of sth, for example fuel or electricity 大量消耗（燃料、电力等）: *His extravagance is eating up our profits.* 他挥霍无度，耗光了我们的利润。◇ *The van really eats up petrol/gas.* 这辆客货车很耗油。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
IDM **eat it ˈup** (*AmE, informal*) to be very happy about sth that has happened and want it to happen more 欣然接受；巴不得: *He started telling jokes, and the audience just ate it up.* 他开始说笑话，而听众也求之不得。

ebb /eb/

ˌebb aˈway to gradually become weaker and begin to disappear 逐渐减弱；开始消失: *His confidence ebbed away.* 他渐渐丧失了信心。
SUBJ **strength, enthusiasm, anger** ⊃ note at DIE DOWN
◆ v + adv

edge /edʒ/

ˌedge sb/sth ˈout; ˌedge sb/sth ˈout of sth to gradually move sb out of their job or position, especially by taking their place yourself; to gradually defeat sb （尤指通过取而代之）逐渐把…排挤（在…之外）；击败: *Be careful he doesn't edge you out of your job altogether.* 小心别让他逐步取代你。◇ *She was edged out of the semi-final by her younger rival.* 她被比她小的对手挤出了半决赛。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

ˌedge ˈup if prices, etc. **edge up**, they gradually increase （价格等）逐步上涨: *Inflation is edging up.* 通货膨胀不断加剧。
◆ v + adv

edit /ˈedɪt/

ˌedit sth ˈout; ˌedit sth ˈout of sth to remove words or phrases from a book, programme, etc. before it is published or shown （从书、节目等中）删除，去掉: *The swear words were edited out (of the song).* （歌词中的）脏话已被删掉了。◇ *He must have edited a lot of the interview out.* 他肯定大量删减了采访内容。◇ *Read through your work and edit out anything irrelevant.* 通读一下你的作品，删去无关的内容。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

ˌedit sth ˈdown (to sth) to reduce the length of film/movie, report, etc. by taking out parts of it 删节，删减（影片、报告等）: *We edited several hours of tape down to a short video.* 我们将几个小时的录像带剪辑成了一部短片。
◆ v + n/pron + adv ◆ v + adv + n

eff /ef/

ˌeff ˈoff (*BrE*, ⚠, *slang*) a rude way of telling sb to go away, used instead of **fuck off** （用于代替 fuck off）滚蛋，滚开
◆ v + adv

egg /eg/

ˌegg sb ˈon (to do sth) to encourage sb to do sth, especially sth stupid or wrong 鼓动；挑唆；撺掇: *Egged on by his classmates, he climbed a bit higher.* 在同学们的怂恿下，他又爬高了一点。◇ *The other lads were egging them on to fight.* 其他小伙子在鼓动他们打架。
SYN **urge sb/sth on (to sth/to do sth)**
◆ v + n/pron + adv ◆ v + adv + n

eke /iːk/

ˌeke sth ˈout 1 to make a small supply of sth last longer by using only a little at a time or by adding sth else to it 省出…再用；节约使用；勉力维持: *She eked out the stew to make another meal.* 她省出一些炖菜，留到下一顿吃。
OBJ **income, supplies 2 ˌeke ˈout sth** (*literary*) to manage to live with very little money 糊口；艰难度日: *She **eked out a living** by selling what she could grow.* 她卖些能种的东西来糊口。OBJ **living, existence** NOTE **Eke out** is not used with a pronoun object in this meaning. * eke out 作此义时不与代词宾语连用。
◆ **1** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)
◆ **2** v + adv + n

elaborate /ɪˈlæbəreɪt/

eˈlaborate on/upon sth to explain or describe sth in a more detailed way 详尽解释；详细描述: *He said he was resigning but did not elaborate on his reasons.* 他说他准备辞职，但是没有详谈原因。
SYN **enlarge on/upon sth**
◆ v + prep

elbow /'elbəʊ; AmE -boʊ/

ˌ**elbow sb/sth aˈside/ˈout**; ˌ**elbow sb/sth ˈout of sth** to force sb or sth out of a position or job 把…挤掉；把…排除在（职位）外：*The story was on the front page, elbowing aside the peace talks.* 这篇报道载于头版，把和谈消息挤到了其他版面。◇ *He was elbowed out of power.* 他被迫下台。◇ *Germany has elbowed America out of the top slot after just one year.* 仅仅一年，德国就取代美国坐上了头把交椅。
• v + adv + n • v + n/pron + adv • v + n/pron + adv + prep

embark /ɪm'bɑːk; AmE ɪm'bɑːrk/

emˈbark on/upon sth (*formal*) to start to do sth new, important or difficult 开始，着手，从事（新的、重要的或艰难的事情）：*The government has embarked upon a programme of reforms.* 政府已开始实施改革计划。◇ *He travelled for a year, before embarking on graduate studies.* 他旅行一年后才去读研究生。
OBJ **programme, career, course, journey** ➲ note at START ON STH
• v + prep

empty /'empti/ (**empties, emptying, emptied**)

ˌ**empty ˈout**; ˌ**empty ˈout of sth** if a place **empties out**, or people **empty out of** a place, it becomes empty of people （地方）空出来；（某场所的人）走空：*At 11.30 the restaurant emptied out* (= people left it). 到 11:30 餐厅已空无一人。◇ *People were emptying out of bars and clubs.* 酒吧和夜总会里的人纷纷散去。
NOTE **Empty** and **empty sth** are also used on their own. * empty 和 empty sth 也可单独使用。
• v + adv • v + adv + prep

ˌ**empty sth ˈout**; ˌ**empty sth ˈout of sth** to remove all the things from inside a container （从容器中）将…全部取出；腾空（容器）：*He emptied the bag out onto the table.* 他把袋子里的东西全放到桌上。◇ *Don't empty the bath water out!* 别把洗澡水排掉！◇ *I was asked to empty everything out of my pockets.* 我被要求把衣兜里的东西全掏出来。
NOTE **Empty sth** is used more frequently on its own than **empty sth out**. * empty sth 单独使用比 empty sth out 更常见。
• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

encroach /ɪn'krəʊtʃ; AmE ɪn'kroʊtʃ/

enˈcroach on sth (*also* **enˈcroach upon sth**) (*formal*) **1** to use up too much of sb's time, personal life, etc.; to begin to affect sb 侵占（个人时间等）；打扰（正常生活等）:*She tried to prevent her work from encroaching too far on her private life.* 她尽力避免工作过多影响她的私生活。SYN **cut into sth** (*less formal*); **trespass on sth** **2** to gradually spread over more and more of an area 逐渐遍布（某地区）：*New housing is starting to encroach upon the surrounding fields.* 新住宅开始延伸到周围的田地。OBJ **territory, land**
• v + prep

end /end/

🔑ˈ**end in sth** to have sth as an ending or as a result 以…结束；以…为结果：*Many adverbs in English end in -ly.* 很多英语副词以 -ly 结尾。◇ *His first attempt to run a marathon ended in disaster.* 他第一次尝试跑马拉松，结果以惨败告终。◇ *The partnership between the two companies could all **end in tears*** (= have an unhappy result). 这两家公司的合作最终可能以悲剧收场。
OBJ **failure, disaster, divorce, a draw**
• v + prep

🔑ˌ**end ˈup**; ˌ**end ˈup doing sth** to reach or come to a particular place or situation that you did not expect or intend to be in 最终处于（意料或意愿之外的境况）；结果做了（意料或意愿之外的事情）：*He ended up in prison.* 他最终锒铛入狱。◇ *I don't want to end up worse off than when I started.* 我不想到头来比开始时境况还糟。◇ *I expect I'll end up paying, as usual.* 我估计最后会和往常一样，还得由我付账。◇ *If you drive like that, you could **end up dead**!* 你要是这样开车，迟早送命！
SYN **finish up, finish up doing sth; wind up, wind up doing sth** (*informal*)
NOTE Note that this phrasal verb does not mean the same as **end** 注意这个短语动词和 end 意义不同：*Classes end at 4 p.m.* 课在下午 4 点结束。
• v + adv • v + adv + -ing

endear /ɪn'dɪə(r); AmE -'dɪr/

enˈdear sb/yourself to sb (*formal*) to make sb/yourself loved or liked by sb 令…喜欢；使受…欢迎：*He managed to endear himself to my entire family.* 他设法博得了我们全家人的好感。◇ *The government's record on employment did not endear them to the voters.* 政府促进就业的政绩未能为它赢取选民的支持。
• v + n/pron + prep

endow /ɪn'daʊ/

enˈdow sb/sth with sth (*formal*) **1** to give sb sth, such as a particular quality, responsibility, etc. 给予，赋予（某种特质、责任等）：*They endowed their children with remarkable names.* 他们给孩子们取了很独特的名字。◇ *The job endows its holder with great prestige.* 做这份工作的人会有很高的声望。 **2** to imagine or believe that sb/sth has a particular quality 认为…具有（某种特质）：*They endowed certain plants with almost magical healing qualities.* 他们认为某些植物具有近乎神奇的疗效。
• v + n/pron + prep

be enˈdowed with sth to naturally have a particular skill, quality, feature, etc. 自然赋予，天生具有（某种技能、特质、特征等）：*He is endowed with both intelligence and good looks.* 他天生才智过人，相貌出众。◇ *machines endowed with amazing powers* 功能超凡的机器

◇ *The islands are well endowed with ponds, lakes and streams.* 这些岛上到处是天然的池塘、湖泊和溪流。

◆ be + v + prep

engage /ɪnˈgeɪdʒ/

enˈgage in sth; enˈgage in doing sth; enˈgage sb in sth; enˈgage sb in doing sth (*formal*) to take part in sth; to make sb take part in sth; to be busy doing sth （使）参加；忙于: *Lecturers engage in teaching and research.* 讲师从事教学和研究。◇ *She tried to engage him in conversation.* 她设法让他参与交谈。◇ *He was engaged in running a small business.* 他忙于经营一家小企业。

OBJ **activities, research, business, discussion**

◆ v + prep ◆ v + n/pron + prep

be enˈgaged on/upon sth (*formal*) to do sth; to be involved in doing sth 正在做；投入（活动等）: *He is engaged on a biography of his father.* 他在写他父亲的传记。

◆ be + v + prep

enlarge /ɪnˈlɑːdʒ; *AmE* -ˈlɑːrdʒ/

enˈlarge on/upon sth (*formal*) to say or write more about sth you have mentioned 详述；细说: *I'll enlarge on this point later.* 我过会儿将进一步说明这一点。

SYN **elaborate on/upon sth**

◆ v + prep

enquire (*also* inquire *especially AmE*) /ɪnˈkwaɪə(r)/

enˈquire after sb (*formal*) to ask about sb's health or about what they are doing 问候；询问…的近况: *My mother enquired after you and the baby.* 我母亲向你和孩子问好。

SYN **ask after sb** (*less formal*)

◆ v + prep

enˈquire into sth (*formal, especially BrE*) to try to find out the facts about sth 调查；查究；查问: *The committee are enquiring into the employment of children.* 委员会正在调查雇用童工问题。

SYN **investigate sth**

◆ v + prep

enˈquire sth of sb (*formal*) to ask sb sth 向某人打听；向某人询问；向某人了解: *'Are you able to come with us?' she enquired of Will.* "你能和我们一道来吗？" 她问威尔。

◆ v + n/pron + prep

enter /ˈentə(r)/

ˈenter into sth (*formal*) **1** **(with sb)** to begin to discuss or deal with sth （与某人）开始讨论，着手处理: *The government agreed to enter into negotiations.* 政府同意进行谈判。◇ *The examiners cannot enter into any correspondence over the results.* 考官不得就结果进行任何通信联系。 OBJ **negotiations, correspondence, contract** **2** **(with sb)** to begin or become involved in a formal agreement （与某人）订立协议: *The government has entered into an agreement with the World Bank.* 政府已经和世界银行达成了协议。◇ *It is vital that the contract be freely entered into.* 自由签订本合同是至关重要的。 OBJ **agreement** **3** to affect a situation or be an important part of it 影响；是…的重要部分: *Luck didn't* ***enter into it****; I won because of my skill.* 我获胜并非靠运气，而是靠技术。 OBJ **it**

◆ v + prep

ˈenter on/upon sth (*formal*) to make a start on sth; to begin sth 开始；着手: *The economy entered on a period of sustained growth.* 经济进入了持续增长期。◇ *In 1991, he entered upon a turbulent political career.* * 1991 年，他开始了动荡不安的政治生涯。

◆ v + prep

entitle /ɪnˈtaɪtl/

enˈtitle sb to sth to give sb a right to have or do sth 赋予某人权利: *This ticket entitles you to a free meal.* 凭这张票可免费吃一顿。◇ *All children are entitled to education.* 所有孩子都有接受教育的权利。◇ *I think I'm entitled to an explanation.* 我想我有权得到解释。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

entrust /ɪnˈtrʌst/

enˈtrust A to B; enˈtrust B with A to make sb responsible for doing sth or for taking care of sb 委托某人做某事；委托某人照看某人: *I couldn't entrust my children to strangers.* 我不能把孩子交给陌生人看护。◇ *Can you entrust an assistant with the task?* 你能把这项工作交给助手吗？

◆ v + n/pron + prep

equate /iˈkweɪt/

eˈquate to sth to be equal to sth 相当于；等于: *Do my qualifications equate to any in your country?* 我的资历在你们国家有对等的吗？◇ *Production costs for the movie equated to around 30% of income.* 这部电影的制作成本相当于收益的大约 30%。

◆ v + prep

eˈquate sth with sth to consider that sth is the same as sth else, or equal in value or importance 把…和…等同看待: *He equates success with material wealth.* 他认为成功等同于物质财富。

◆ v + n/pron + prep

etch /etʃ/

be ˈetched into/on sth; be ˈetched with sth if a feeling is **etched into/on** sb's face or sb's face is **etched with** a particular feeling, that feeling can be seen very clearly （感情）显露在（脸上）；（脸上）显露出（感情）: *Tiredness and despair were etched into his face.* 疲惫与绝望刻在他的脸上。◇ *Anthea's face was etched with horror.* 安西娅的脸上流露出恐惧。

◆ be + v + prep

IDM **be etched on your 'heart/'memory/'mind** if sth is **etched on your memory**, you remember it because it has made a very strong impression on you 铭刻在心里 / 记忆里 / 脑海里

even /'iːvn/

,even 'out if sth **evens out**, it becomes level or steady after a period when it has gone up and down or changed a lot （道路等）变平坦；（局势等）趋于稳定: *The path evens out further on.* 这条小路再向前就平坦了。◇ *House prices will eventually even out.* 房价最终将趋于平稳。

◆ v + adv

,even sth 'out to spread sth equally over a number of people or a period of time 平分；平摊: *She tried to even out the work among the staff.* 她尽量把工作平均分配给员工。

◆ v + adv + n ◆ v + n/pron + adv

,even sth 'up to make a situation, a competition, etc. more equal 使拉平；使相等；使平衡: *If I give you another £5, that will even things up a bit.* 我再给你 5 英镑，就会扯平一些了。

◆ v + n/pron + adv ◆ v + adv + n

expand /ɪk'spænd/

ex'pand on sth (*also* **ex'pand upon sth** *more formal*) to give more information or details about sth you have said or written 详论；充分阐述: *Could you expand on your earlier statement?* 请详细说明一下你前面阐述的部分好吗？

OBJ **point, statement**

◆ v + prep

explain /ɪk'spleɪn/

ex,plain sth a'way to give reasons why you should not be blamed for sth or why sth is not as important or as bad as people think 为…作辩解；把…搪塞过去: *How will you explain away the loss of two cars?* 两辆车丢了，你如何解释？

◆ v + adv + n ◆ v + n/pron + adv

eye /aɪ/ (**eyeing** or **eying, eyed, eyed**)

,eye sb 'up (*informal, especially BrE*) to look at sb in a way that shows that you are interested in them, especially in a sexual way 向…抛媚眼；（色迷迷地）打量: *She's eyeing me up as a potential customer.* 她向我频送秋波，以为我可能会买她的东西。◇ *He was eyeing up all the women at the party.* 他色迷迷地打量着晚会上所有的女人。

◆ v + n/pron + adv ◆ v + adv + n

,eye sth 'up (*informal, especially BrE*) to look closely at sth, because you want it or are interested in it （渴望地或饶有兴趣地）盯着（某物）: *Are you eyeing up that strawberry tart?* 你眼馋那块草莓馅饼吗？

NOTE **Have your eye on sth** has a similar meaning * have your eye on sth 含义相近。

◆ v + adv + n ◆ v + n/pron + adv

F f

face /feɪs/

ˌface sb ˈdown (*especially AmE*) to oppose or defeat sb by dealing with them directly and confidently （毅然决然地）应对，挫败：*The President is determined to face down his critics.* 总统决心给指责他的人以迎头痛击。
◆ v + adv + n ◆ v + n/pron + adv

ˌface ˈoff (*AmE*) **1** (in ice hockey 冰球) to start the game 开球；开赛：*The teams face off at 2.30.* 两队在 2:30 开始比赛。 **2** to get ready to argue, fight or compete with sb 准备开始辩论（或战斗、比赛）：*The candidates face off in a Democratic primary today.* 民主党候选人初选辩论今日举行。
◆ v + adv
▶ **ˈface-off** *n* (*AmE*) **1** (in ice hockey 冰球) the beginning of the game 开球；开赛 **2** an argument or a fight 辩论；对抗

ˌface ˈonto sth if a room or a building **faces onto** sth, the windows look in that direction （房间或建筑物的窗户）面向，面对，正对：*The front bedroom faces onto a main road.* 前面卧室的窗外就是大马路。
◆ v + prep

ˌface ˈup to sth to accept and deal with a difficult or unpleasant situation 敢于面对；勇于正视：*When is she going to face up to her responsibilities?* 她何时能勇于承担自己的责任呢？ ◇ *He must **face up to the fact that** he is no longer young.* 他必须承认自己不再年轻了。◇ *This problem has got to be faced up to.* 必须直面这个问题。
OBJ **fact, reality, problem, responsibilities**
SYN **square up (to sb/sth)**
◆ v + adv + prep

factor /ˈfæktə(r)/

ˌfactor ˈinto sth to have an influence on sth 对…有影响：*The report will factor into the committee's decision.* 报告将影响委员会的决定。
◆ v + prep

ˌfactor sth ˈin; ˌfactor sth ˈinto sth (*especially AmE*) to include a particular fact or situation when you are calculating sth, or thinking about or planning sth 把（某因素）考虑进去：*When you estimated the cost of the repairs, you forgot to factor in the labour.* 在估算维修成本时，你忘了将人工考虑在内。
OPP **factor sth out, factor sth out of sth**
◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

ˌfactor sth ˈout; ˌfactor sth ˈout of sth (*especially AmE*) to not include a particular fact or situation when you are calculating sth, or thinking about or planning sth 把（某因素）排除在外：*When inflation is factored out, the trade deficit fell 12.8%.* 撇开通货膨胀因素，贸易赤字下降了 12.8%。
OPP **factor sth in, factor sth into sth**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

fade /feɪd/

ˌfade aˈway 1 to gradually become less strong, clear or frequent and disappear 逐渐变弱（或模糊）；渐趋消失：*His footsteps gradually faded away.* 他的脚步声渐渐听不到了。◇ *Her enthusiasm will soon fade away.* 她的热情很快会消失。 SYN **die away** NOTE **Fade** can also be used on its own with this meaning, especially in more formal English. * fade 单独使用也可作此义，尤用于正式英语。 ➲ note at PETER OUT **2** (of a person 人) to become weaker and die 衰弱；衰竭而亡：*She's fading away rapidly.* 她的身体迅速垮了下来。
◆ v + adv

ˌfade ˈin; ˌfade sth ˈin if a sound or a picture in a film/movie, etc. **fades in**, or sb **fades it in**, it gradually becomes louder or clearer （画面）淡入，渐显；（声音）渐强；使（画面、声音）淡入，渐强
OPP **fade out, fade sth out**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈfade-in** *n* [U, C] an act of gradually making a picture appear at the beginning of a scene in a film/movie （画面的）淡入，渐显

ˌfade ˈout; ˌfade ˈout of sth to become quieter, weaker, etc. and gradually disappear 安静下来；逐渐减弱；逐渐消失：*The protest eventually faded out.* 抗议终于逐渐平息了。◇ *She looked a strong candidate, but then **faded out of the picture**.* 她一度看上去像个有实力的候选人，但后来却逐渐无声无息了。
◆ v + adv ◆ v + adv + prep

ˌfade ˈout; ˌfade sth ˈout if a sound or a picture in a film/movie, etc. **fades out** or sb **fades it out**, it gradually becomes quieter or less clear （画面）淡出，渐隐；（声音）渐弱；使（画面、声音）淡出，渐弱：*Near the end of the song he faded out the music.* 他在歌曲的末尾把音乐逐渐减弱。
OPP **fade in, fade sth in**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈfade-out** *n* [U, C] an act of gradually making a picture disappear at the end of a scene in a film/movie （画面的）淡出，渐隐

faff /fæf/

ˌfaff aˈbout/aˈround (*BrE, informal*) to waste time doing unimportant things and not get very much done 磨叽；拖拉：*Stop faffing*

about. 别磨磨蹭蹭的。
◆ v + adv

fake /feɪk/

ˌfake sb ˈout (*AmE, informal*) to trick sb; to make sb think you are going to do one thing and then do another 蒙骗；（以假动作）迷惑: *He thought I was going to turn left, but I faked him out.* 他以为我要向左拐，可我让他上当了。
◆ v + n/pron + adv ◆ v + adv + n

fall /fɔːl/ (**fell** /fel/, **fallen** /ˈfɔːlən/)

ˌfall aˈbout (*BrE, informal*) to laugh a lot 捧腹大笑；开怀大笑: *We all fell about at her idea.* 听了她的想法，我们都笑得前仰后合。◇ *He's rude to the audience and yet they* ***fall about laughing***. 他对观众无礼，而观众却哄然大笑。
◆ v + adv

ˌfall aˈpart 1 to be old or in bad condition and break or break into pieces 破旧；破碎: *If you buy cheap shoes, they'll fall apart after a few months.* 便宜的鞋子几个月就穿破了。◇ *My dictionary is falling apart now.* 我的词典要散架了。 SYN **come apart 2** to have so many problems that it is no longer possible to exist or operate 破裂；崩溃: *The whole country's falling apart.* 整个国家就要分裂了。◇ *After my marriage fell apart I moved away.* 离婚后我搬走了。 **3** (*informal*) to have so many problems or worries that you can no longer think or behave normally 精神崩溃: *I fell apart when she left.* 她离开后我完全垮掉了。
◆ v + adv
IDM **be falling apart at the ˈseams** to have a lot of problems and be starting to fail 即将失败；濒临崩溃

ˌfall aˈway 1 (from sth) to break off or separate from a surface 剥落；掉落: *The plaster was falling away in big chunks.* 灰泥大块大块地剥落。 **2** (of land, a road, etc. 地面、道路等) to slope down 下陡坡: *The ground falls away abruptly to the right.* 右边的地势陡降。 **3** to gradually disappear 逐渐消失；逐渐消散: *Gradually, all his cares and worries fell away.* 久而久之，他的忧愁烦恼全都烟消云散了。◇ *When things got difficult, his supporters all fell away.* 面临困境时，他的支持者都先后离他而去。 ➲ note at DWINDLE AWAY **4** (*especially BrE*) to get less or smaller 减少；缩小: *The number of applicants has fallen away sharply.* 申请人数锐减。 → see also FALL OFF
◆ v + adv

ˌfall ˈback 1 to fail to stay with people at the front in a race （赛跑）落后: *Betts had been leading, but fell back with ten laps to go.* 贝茨原本一路领先，可还剩 10 圈时却落在后面了。 SYN **drop back 2** to move or turn back away from sth or sb 后退；撤退: *When the troops moved forward, the crowd fell back.* 部队向前移动，众人纷纷后退。 SYN **retreat** (*more formal*) **3** (*BrE, finance*) to decrease in value or amount （价值）下降；（数量）减少: *Prices rose by more than 10% before falling back slightly.* 价格上涨超过 10% 后略有回落。
◆ v + adv

ˌfall ˈback on sb/sth (*also* **ˌfall ˈback upon sb/sth** *more formal*) to use sb/sth when the situation is difficult or other people/things have failed 求助于；借助于；转而依靠: *It's very hard if you have no family to fall back on.* 没有家人可依靠的话，生活会十分艰难。◇ *He could always fall back on his old jokes.* 他总会搬出他那些老掉牙的笑话。
◆ v + adv + prep
▶ **ˈfallback** *n* a plan or course of action that you can use if sth else fails 应变计划；退路: *a fallback position* 应变方案

ˌfall beˈhind; **ˌfall beˈhind sb/sth** to fail to stay with other people or things, especially in a race or competition 落后；落在…后面: *I fell further and further behind.* 我落得越来越远。◇ *The industry is falling behind the rest of Europe.* 这个行业逐渐落在欧洲其他国家之后。◇ *He fell behind the rest of the class.* 他落在班里其他同学后面。
SYN **drop behind, drop behind sb/sth**
→ see also FALL BACK 1
◆ v + adv ◆ v + prep

ˌfall beˈhind with/in sth to not do sth or pay sth at the right time 拖欠（付款）；没有及时做: *She fell behind with the rent.* 她拖欠了租金。◇ *He began falling behind in his schoolwork.* 他开始不按时做作业了。
OBJ **payments, school work**
◆ v + adv + prep

ˌfall ˈdown 1 to suddenly stop standing 突然倒下；坍塌: *I thought the whole house was falling down.* 我以为整个房子要塌了。◇ *Her legs were so weak that she fell down on her knees.* 她双腿虚弱难支，突然跪倒在地。 **2** to drop to the ground 落下；垂到地面: *His trousers were falling down.* 他的裤脚拖到了地面。◇ *A lump of the ceiling fell down.* 天花板掉下了一小块。 **3 be falling down** (*only used in the progressive tenses* 只用于进行时) (of a building 建筑物) to be in extremely bad condition 破烂不堪: *It's a beautiful house but it's falling down.* 房子十分漂亮，但摇摇欲坠。 **4** (of an idea, an argument, a method, etc. 想法、论点、方法等) to be shown to be not true or not good enough 站不住脚；说不通；不适用: *That's where the theory falls down.* 这就是该理论不能自圆其说之处。
◆ v + adv
▶ **ˈdownfall** *n* the loss of sb's power, position, money, etc.; the thing that causes this 衰落；衰败；垮台；衰落（或衰败、垮台）的原因

ˌfall ˈdown on sth (*BrE, informal*) to fail to do sth correctly or successfully 没有把…做好；把…搞糟: *The suggestion was that he was* ***falling down on the job***. 言外之意是他活儿干得不好。
OBJ **job**
◆ v + adv + prep

ˈfall for sb/sth (*informal*) to be attracted to sb/sth; to fall in love with sb/sth 倾心于；迷恋:

SYNONYMS 同义词辨析

fall down

cave in • collapse • fall down • fall over • topple over

These verbs are all used to talk about buildings and other structures falling to the ground. 这些动词都表示倒塌、坍塌、倒下。

cave in (of a roof, wall, etc.) to fall down and towards the centre （房顶、墙壁等）塌落，塌陷，坍塌: *The ceiling suddenly caved in on top of them.* 天花板突然塌下来，砸到他们头上。

collapse (of a building, etc.) to fall down or fall in suddenly, often after breaking apart （建筑物等）突然倒塌，坍塌: *The roof collapsed under the weight of snow.* 屋顶被雪压塌了。

fall down to suddenly stop standing 突然倒下；坍塌: *The house looked as if it was about to fall down.* 房子看上去要倒塌了。

fall over to become unsteady and fall down 摔倒；倒下: *I thought I was going to fall over.* 我以为我要跌倒了。◇ *The chair had fallen over.* 椅子倒了。

topple over to become unsteady and fall down 倒塌；倒下: *The pile of books toppled over.* 那摞书倒了。

WHICH WORD?

Only **fall down** and **collapse** can be used to talk about whole buildings. **Cave in** is used with parts of buildings, and **fall over** and **topple over** are used to talk about other structures. 只有 fall down 和 collapse 可指整幢建筑物。cave in 用于指建筑物的某个部分，而 fall over 和 topple over 用于指其他结构体。

PATTERNS AND COLLOCATIONS

- a **building/house** falls down/collapses
- a **roof/wall/ceiling** collapses/caves in
- to **completely/suddenly** collapse
- to **be about to** fall down/fall over/collapse/cave in/topple over

He fell for a young student. 他爱上了一个年轻学生。◇ *We fell for the farmhouse as soon as we saw it.* 我们对那幢农舍一见倾心。
• v + prep

ˈ**fall for sth** (*informal*) to be tricked into believing sth is true when it is not 对…信以为真: *You didn't fall for that old trick, did you?* 你没被那个老花招迷惑住吧？
• v + prep

ˌ**fall ˈin 1** if a roof or a ceiling **falls in**, it drops to the ground （顶部或天花板）塌落，坍塌: *The roof of the cave fell in.* 洞顶塌了。 **2** (of soldiers 士兵) to move into a line 列队；集合 OPP **fall out**
• v + adv

ˌ**fall ˈin with sb** (*informal*) to join sb; to become involved with sb 加入；开始与…有牵连: *She fell in with a bad crowd.* 她结交了一帮坏人。
• v + adv + prep

ˌ**fall ˈin with sth** (*BrE*) to agree to or support a plan or an idea, especially when you do not really want to （尤指勉强地）同意，赞同: *He always expects me to fall in with his plans.* 他总以为我会赞成他的计划。
OBJ **plans** SYN **go along with sb/sth**
• v + adv + prep

ˌ**fall ˈinto sth 1** to begin to be in a particular state 进入（某种状态）: *He fell into a deep sleep.* 他沉睡过去。◇ *The tramway fell into disuse in the 1920s.* * 20 世纪 20 年代，有轨电车被弃用。◇ *We mustn't fall into this error* (= make this mistake). 我们绝不能犯这个错。◇ *He's fallen into arrears with the rent* (= he is late in paying it). 他拖欠了租金。 OBJ **disuse, disrepair 2** to begin to do sth or become involved in sth 开始做；参与: *I fell into the habit of having a nap after dinner.* 我养成了晚饭后小睡的习惯。◇ *She fell into conversation with her neighbour.* 她和邻居聊上了。 OBJ **the habit of ... , conversation 3** to be able to be divided into sth 可分成: *Computer viruses fall into three broad categories.* 计算机病毒可分为三大类。 OBJ **two groups, three categories, etc. 4** to belong to a particular group or class 属于（某团体或类别）: *Only 25% of people fall into this group.* 只有 25% 的人属于该群体。 OBJ **category, group, class, etc.**
• v + prep

ˌ**fall ˈoff** to decrease in quantity or quality （数量）减少；（质量）下降: *Attendance has fallen off recently.* 最近出席人数下滑。◇ *The standard of cooking fell off when the old chef left.* 原来的厨师离开后，烹饪水平下降了。
SYN **drop off**
→ see also FALL AWAY 4; ➲ note at DWINDLE AWAY
• v + adv
▸ ˈ**fall-off** (*BrE also* ˈ**falling-off** *less frequent*) **(in/of sth)** *n* [sing.] a decrease in the quality of sth （质量的）下降: *a fall-off in attendance/interest/sales* 出席人数 / 兴趣 / 销量的减少

🔑ˌ**fall ˈoff**; ˌ**fall ˈoff sth** if sth **falls off** or **falls off** sth, it becomes separated from the thing it is joined to （从…）掉下，掉落: *The door handle has fallen off.* 门把手脱落了。◇ *Put the picture up properly—we don't want it to fall off*

the wall. 把画挂好 —— 我们可不想它从墙上掉下来。
◆ v + adv ◆ v + prep

'fall on sb/sth (*also* **'fall upon sb/sth** *more formal*) (*especially BrE*) **1** to be the responsibility or duty of a particular person or organization （责任或职责）落在…身上，由…承担: *Most of the cost fell on us.* 大部分费用由我们负担。◇ *When he died, the responsibility of the business fell on his son.* 他去世以后，企业由他儿子负责管理。 **2** if your eyes **fall on** sb/sth, you suddenly see or notice them/it （视线）落在…上: *My eye fell on a letter she had left on the table.* 我突然看见她留在桌上的一封信。 **3** to attack sb/sth with energy or enthusiasm 扑向；袭击；向…进攻: *The children fell on the food with cries of delight.* 孩子们欢叫着扑向食物。◇ (*figurative*) *He fell on the drawings and examined them closely.* 他扑向那些画，端详起来。 OBJ **food**
◆ v + prep

,fall 'out 1 (of hair, teeth, etc. 毛发、牙齿等) to become loose and drop out 掉落；脱落: *The chemotherapy made her hair fall out.* 化疗使她脱发了。 **2** (**with sb**) (**over/about sth**) (*especially BrE*) to have an argument with sb and stop being friendly with them （与某人）（为某事）吵架，闹翻: *It's not worth falling out about this.* 为这事争吵不值得。◇ *Why have you fallen out with him?* 你为什么和他吵翻了？◇ *They fell out over their father's will.* 他们为父亲的遗嘱吵了起来。 **3** (of soldiers 士兵) to move out of lines 解散；掉队 OPP **fall in**
◆ v + adv

▶ **,falling-'out** *n* [sing.] (*especially BrE*) an argument or disagreement 吵架；闹翻: *We've had a bit of a falling-out.* 我们拌了几句嘴。

▶ **'fallout** *n* [U] **1** dangerous (**radioactive**) dust that is in the air after a nuclear explosion or accident （核爆炸或核事故发生后产生的）放射性坠尘 **2** the bad results of a situation 恶果；余波: *the current crisis and its political fallout* 当前危机及其政治影响

,fall 'over 1 to be unable to stay standing and fall to the ground 摔倒；倒下: (*especially BrE*) *He lost his balance and fell over.* 他没站稳，摔倒了。◇ *His bike fell over.* 他的自行车倒了。 ➲ note at FALL DOWN **2** (of a computer or program 计算机或程序) to stop working suddenly （突然）出故障，不运转: *My spreadsheet keeps falling over.* 我的电子制表软件不断出故障。 SYN **crash**
◆ v + adv

,fall 'over sb/sth to hit sb/sth with your foot when you are walking or running and fall or almost fall （几乎）被…绊倒: *Mind you don't fall over the boxes.* 小心别让箱子绊倒。
SYN **trip over sb/sth**
◆ v + prep

IDM **,fall 'over yourself to do sth** (*informal*) to be very keen to do sth 渴望；迫不及待: *Recording companies were falling over themselves to sign the band.* 唱片公司竞相和这支乐队签约。

,fall 'through to fail to be completed; to not happen 落空；失败；化为泡影: *Our travel plans have fallen through.* 我们的旅行计划泡汤了。◇ *The deal fell through.* 交易告吹了。 SUBJ **deal**
◆ v + adv

'fall to sb (**to do sth**) to become the duty or responsibility of a particular person （职责或责任）落在…身上，由…承担: *The task of telling them the news fell to me.* 把这件事通知他们的差事落到了我头上。◇ ***It falls to*** *the police* ***to*** *ensure that demonstrations are well organized.* 警方负责保证示威活动有序进行。
◆ v + prep

'fall to sth; 'fall to doing sth (*literary*) to start doing sth 开始做；干起来: *Little Red Riding Hood and the wolf fell to talking.* 小红帽和大灰狼交谈起来。◇ *They fell to it with gusto.* 他们兴致勃勃地干了起来。
◆ v + prep

'fall under sth 1 to belong to or be included in a particular group of things 属于；归入…之中: *What heading do these items fall under?* 这些项目列入哪个类别？ OBJ **heading 2** to begin to be controlled or influenced by sb/sth 开始受到…控制（或影响）: *I realized I was* ***falling under her spell.*** 我意识到自己被她迷住了。◇ *The education system fell under the control of the church.* 教育体系受教会控制。 OBJ **spell**
◆ v + prep

'fall upon sb/sth → FALL ON SB/STH

familiarize (*BrE also* **familiarise**) /fə'mɪliəraɪz/

fa'miliarize sb/yourself with sth to teach sb about sth or to learn about sth until you know it well （使…）熟悉，了解: *I familiarized myself with everyone's name before the meeting.* 我在开会前熟悉了一下每个人的名字。
◆ v + n/pron + prep

fan /fæn/ (-nn-)

,fan 'out to spread out over an area from a central point 散开；成扇形展开: *Searchers fanned out over the area where the missing child was last seen.* 搜寻人员在失踪儿童最后出现的地方四散寻找。◇ *Five main roads fan out from the village.* 五条干道从这座村庄通往四面八方。
◆ v + adv

,fan sth 'out if a bird **fans out** its feathers, it spreads them out （鸟）展开（羽毛）: *The peacock fanned out its tail.* 孔雀开屏了。
◆ v + adv + n ◆ v + n/pron + adv

fancy /'fænsi/ (fancies, fancying, fancied)

,fancy sth 'up (*AmE, informal*) to make sth look more attractive by adding decoration to it 装饰；装点: *I fancied up the dress with some pearls.* 我在连衣裙上装点了一些珍珠。◇ *You don't need to fancy up your web pages.* 不必把

网页弄得花里胡哨的。
◆ v + adv + n ◆ v + n/pron + adv

farm /fɑːm; *AmE* fɑːrm/

ˌfarm sb ˈout (to sb) (*informal, disapproving*) to arrange for sb you are responsible for, especially a child, to be cared for by other people 托（某人）照看（尤指小孩）；寄养：*When he was little, he was often farmed out to family friends.* 他年幼时经常交由他家的朋友照看。
◆ v + n/pron + adv ◆ v + adv + n

ˌfarm sth ˈout (to sb) (*informal*) to send or give work to other people to do 把（工作）承包（给某人）：*We farm a lot of the work out to other companies.* 我们把很多工作外包给了其他公司。
◆ v + n/pron + adv ◆ v + adv + n

fart /fɑːt; *AmE* fɑːrt/

ˌfart aˈround (*BrE also* **ˌfart aˈbout**) (⚠, *slang*) to waste time, especially by behaving in a silly way 混日子；鬼混：*Stop farting around and behave yourself!* 别晃荡了，干点正事吧！
NOTE A more polite, informal way to express this is **mess around** or, in British English, **mess about**. 较礼貌的非正式表达方式是 mess around 或英国英语中的 mess about。
◆ v + adv

fasten /ˈfɑːsn; *AmE* ˈfæsn/

ˈfasten on sb/sth; **ˈfasten sth on sb/sth** if your eyes **fasten on** sb/sth, or you **fasten** your eyes **on** sb/sth, you look at them for a long time 盯住；把（视线）停留在…上：*All eyes in the room fastened on me.* 一屋子的人都盯着我看。◇ *She fastened her gaze on him.* 她久久地凝视着他。
◆ v + prep ◆ v + n/pron + prep

ˈfasten on/onto sth (*also* **ˈfasten upon sth** *more formal*) **1** to hold sth firmly 握住；抓紧：*The cheetah's jaw fastened on the gazelle's throat.* 猎豹死死咬住羚羊的喉咙。 **2** to choose sth and give it all your attention or interest 把（注意力或兴趣）集中于；对…锲而不舍：*When she fastens on an idea, there's no stopping her.* 她一旦打定主意，什么也不能阻止她。 OBJ **idea, word, fact**
◆ v + prep

ˈfasten sth on/onto sb/sth to direct feelings such as blame, hope, etc. towards sb 把（罪责、希望等）归向：*The blame hasn't been fastened on anybody yet.* 目前尚无人得咎。
OBJ **blame, hopes**
◆ v + n/pron + prep

ˌfasten ˈup; **ˌfasten sth ˈup** (*BrE*) to close, or to make sth close, with buttons, etc. （把…）扣紧，系牢：*The dress fastens up at the front.* 这条连衣裙是在前面系扣的。◇ *Fasten your jacket up—it's getting cold.* 把你的夹克衫扣好——天冷了。
OBJ **jacket, coat** SYN **do up, do sth up** (*especially BrE*)

NOTE **Fasten** and **fasten sth** can also be used on their own with the same meaning. * fasten 和 fasten sth 单使用也可作此义。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˈfasten upon sth → FASTEN ON/ONTO STH

fathom /ˈfæðəm/

ˌfathom sb/sth ˈout (*BrE*) to understand how sb thinks and acts; to find an explanation for sth 理解，弄清（某人的想法和行为）；找出（某事的）真相：*I can't fathom her out—she says one thing then does another.* 我琢磨不透她——她说的是一套，做的是另一套。◇ *Have you fathomed out how to work the video yet?* 你搞明白如何操作录像机了吗？
SYN **work sb out; work sth out**
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv

fatten /ˈfætn/

ˌfatten ˈup; **ˌfatten sb/sth ˈup** to become fatter; to give an animal or a person a lot of food so that they become fatter （使）长胖；养肥；育肥：*The sheep fattened up quickly.* 羊上膘很快。◇ *We're fattening the livestock up for slaughter.* 我们要把这些牲畜养肥，准备以后宰杀。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

fax /fæks/

NOTE A **fax** is a message sent using a machine that sends and receives messages or documents along telephone wires and then prints them. * fax 指传真。

ˌfax ˈin; **ˌfax sth ˈin** to send a fax to an organization, a company, a television or radio programme, etc. （把…）以传真发送：*Viewers are invited to fax in with their comments.* 欢迎观众发传真来提出意见。◇ *Orders can be either phoned or faxed in to us.* 可给我们打电话或发传真订货。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌfax sth ˈon (to sb/sth) to send a fax that you have received to sb else for them to see or deal with 把（收到的传真）转发（给…）：*Please email or fax this on to a friend.* 请把此条信息用电子邮件或传真转发给朋友。

ˌfax sth ˈout to send a fax to a large number of people at the same time 以传真散发（信息）：*Draft proposals will be faxed out for comment at the end of May.* 草案将在 5 月底用传真发给大家评议。
◆ v + n/pron + adv ◆ v + adv + n

ˌfax sth ˈthrough to send sb a fax with details of or information about sth 以传真发送（详情等）
◆ v + n/pron + adv ◆ v + adv + n

fear /fɪə(r); *AmE* fɪr/

ˈfear for sb/sth (*literary*) to be anxious or worried about sb/sth 为…担心；为…忧虑：*I fear for her safety.* 我担心她的安全。◇ *When*

he's away at sea, I really fear for him. 他出海时，我真是为他提心吊胆。
OBJ **life, safety, future**
◆ v + prep

feed /fiːd/ (**fed, fed** /fed/)

ˌfeed ˈback (into/to sth) if sth **feeds back** to/into sth, it returns to the place, situation, idea, etc. that it started from and has an effect, usually a good one, on its development 反过来带动；反过来影响: *Rising import prices tend to feed back into domestic prices.* 进口价格上升会导致国内价格上涨。◇ *What the audience says feeds back into the development of the programme.* 观众的反馈有助于这个节目的改进。
◆ v + adv

ˌfeed sth ˈback (to sb) to give information, advice or opinions about a product, sb's work, etc., especially so that it can be improved 反馈（信息、建议或意见）（给某人）: *We will feed this information back to the company.* 我们会把这一情况反馈给公司。◇ *The results of the tests will be fed back to the schools.* 考试成绩将反馈给各学校。
OBJ **information**
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈfeedback** *n* [U] **1** information, advice or opinions about how good a product, sb's work, etc. is 反馈的信息（或建议、意见）: *We got a lot of positive feedback about the programme.* 这个节目收到很多正面反馈意见。 **2** an unpleasant noise produced by some electrical equipment when some of the power returns to the system （电器的）回传噪声

ˌfeed sth ˈin; ˌfeed A ˈinto B; ˈfeed B with A to put sth into a machine 将…放进（机器）: *You'll need to feed the paper in by hand.* 你得手动进纸。◇ *to feed information into a computer* 将信息输入计算机◇ *He fed coins into the meter.* 他往停车收费器里投入硬币。◇ *He fed the meter with coins.* 他往停车收费器里投入硬币。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌfeed ˈinto sth to have an influence on the development of sth 对（事物的发展）产生影响: *The report's findings will feed into company policy.* 报告结论将影响公司政策。
◆ v + prep

ˈfeed on/off sth 1 (of an animal, etc. 动物等) to use sth as food; to eat sth; to get strength from sth 以…为食；靠…生长: *This bat feeds on fruit.* 这种蝙蝠吃水果。 **2** (*disapproving*) to become stronger because of sth else 因…而壮大: *The media feed off each other's stories.* 媒体靠相互采用对方的报道而生存。
◆ v + prep

ˌfeed ˈthrough (to sb/sth/into sth) to reach sb/sth after going through a process or a system （在…身上）逐渐产生影响: *Rises in prices feed through to higher wage claims.* 物价上涨导致人们要求加薪。◇ *It will take time for the higher rates to feed through to investors.* 提高利率的效应需要一些时日传导到投资者。
◆ v + adv

ˌfeed sb/sth ˈup (*BrE*) to give extra food to a person or an animal to make them stronger and more healthy （增加进食）养胖，养壮；（增加喂食）养肥: *You need feeding up a bit.* 你需要多吃点。
◆ v + n/pron + adv ◆ v + adv + n

feel /fiːl/ (**felt, felt** /felt/)

ˈfeel for sb to have sympathy for sb 同情，怜悯，体谅（某人）: *I really felt for her, bringing up her children alone.* 她独力抚养孩子，我非常同情她。◇ *I do feel for you, honestly.* 说真的，我很同情你。
◆ v + prep

ˌfeel sb ˈout (*AmE, informal*) to try to discover sb's views, opinions, etc. on sth, especially in an indirect way （尤指间接地）揣测，探明，摸清（某人的看法等）: *You have to feel them out and figure out whether they want to talk to you.* 你得探探他们的口气，弄清他们是否想与你交谈。
SYN **sound sb/sth out** (*formal*)
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv

ˌfeel sb ˈup (*informal*) to touch sb in a sexual way when they do not want you to 猥亵；性骚扰
◆ v + n/pron + adv

ˌfeel ˈup to sth; ˌfeel ˈup to doing sth to feel capable of doing sth, physically or mentally 觉得（身体上或精神上）能胜任: *If you feel up to it, we could walk into town.* 如果你觉得没问题，我们可以步行进城。◇ *I don't really feel up to seeing anyone.* 我实在没心情见任何人。
◆ v + adv + prep

fence /fens/

ˌfence sb ˈin to restrict sb's freedom 限制（某人）的自由: *We've been fenced in by rules and regulations for too long.* 我们被条条框框束缚得太久了。
SYN **hem sb/sth in**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌfence sth ˈin to surround sth with a fence （用栅栏等）围住，圈住: *The grounds are fenced in by barbed wire.* 那些地用带刺铁丝网围住了。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌfence sth ˈoff to separate one area from another with a fence, often to stop people or animals from entering （用栅栏等）隔开: *We've fenced off the vegetable patch to stop the rabbits from getting in.* 我们把菜地围了起来，不让兔子进去。
◆ v + adv + n ◆ v + n/pron + adv

fend /fend/

ˌfend for yourˈself to take care of yourself without needing any help from other people 照料自己；自谋生计；独自谋生：*We were brought up to fend for ourselves when we were still quite young.* 我们很小的时候就学习自己的事自己做。
◆ v + prep + pron

ˌfend sb/sth ˈoff to defend or protect yourself from sb/sth 躲开；抵挡：*The minister had to fend off some awkward questions.* 部长不得不回避一些尴尬的问题。◇ *She managed to fend her attackers off for some time.* 她设法抵挡了一阵，令袭击者难以靠近。◇ *She held up her arm to fend him off.* 她抬起胳膊挡开他。
OBJ **attack, question, criticism**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ferret /ˈferɪt/

ˌferret ˈout sth (*informal*) to discover sth by searching thoroughly or asking a lot of questions 搜出；查获：*She's determined to ferret out the truth.* 她决心查明真相。
OBJ **information, the truth**
NOTE When the object of **ferret out** is a noun, it comes after **out**, but when the object is a pronoun, it comes between **ferret** and **out** * ferret out 的宾语如果是名词，应置于 out 之后；但如果是代词，应置于 ferret 和 out 之间：*It took us a while to ferret it out.* 我们花了点时间才搞清楚。
◆ v + adv + n ◆ v + pron + adv

fess /fes/

ˌfess ˈup (to sth)/(to sb) (about sth) (*informal, especially AmE*) to admit that you have done sth wrong 承认，坦白（过错）：*Come on, fess up. I know there's something you're not telling me.* 快点，招了吧。我知道你有事瞒着我。◇ *How many stolen cars did they fess up to?* 他们供认偷了多少辆车？
SYN **own up (to sth/to doing sth); confess (to sth/to doing sth)** (*more formal*) ➲ note at ADMIT TO STH
◆ v + adv

fetch /fetʃ/

ˌfetch ˈup (*informal, especially BrE*) to arrive somewhere by chance 偶然来到；意外到达：*The boat finally fetched up on a sandy beach.* 船最后停到了一处沙滩上。◇ *He travelled around Europe for a while and finally fetched up in Naples.* 他在欧洲旅行了一段时间，最后不知不觉到了那不勒斯。
SYN **end up**
◆ v + adv

fiddle /ˈfɪdl/

ˌfiddle aˈbout/aˈround (*BrE, informal*) to spend your time doing nothing or doing sth that is not important 虚度光阴；鬼混：*He's fiddling around in the garage.* 他在车库没事瞎忙。
SYN **mess around**
◆ v + adv

fight /faɪt/ (fought, fought /fɔːt/)

🔑 **ˌfight ˈback (against sb/sth)** to defend yourself with actions or words when sb attacks you or causes problems 抵抗；还击：*The team fought back to win the game.* 该队奋力反击以赢得比赛。◇ *Don't let them bully you. Fight back!* 别让他们欺侮你。要还击！
◆ v + adv

ˌfight ˈback sth to try hard not to show your feelings or not to do sth 克制（情感）；忍住（不做某事）：*She tried to fight back the tears.* 她强忍住泪水。
OBJ **tears, urge**
NOTE When the object of **fight back** is a noun, it comes after **back**, but when the object is a pronoun, it comes between **fight** and **back** * fight back 的宾语如果是名词，应置于 back 之后；但如果是代词，应置于 fight 和 back 之间：*The tears came, but she fought them back.* 泪水涌出，但她还是竭力忍住。
◆ v + adv + n ◆ v + pron + adv

ˌfight ˈdown sth to try hard not to show an emotion that you are starting to feel 抑制，忍住（即将发作的情绪）：*He fought down a rush of panic.* 他强压住心头的一阵恐慌。◇ *She fought down the anger that was rising in her.* 她压下胸中燃起的怒火。
OBJ **desire, impulse, panic**
NOTE When the object of **fight down** is a noun, it comes after **down**, but when the object is a pronoun, it comes between **fight** and **down** * fight down 的宾语如果是名词，应置于 down 之后；但如果是代词，应置于 fight 和 down 之间：*A feeling of rage rose in her, but she fought it down.* 她怒火中烧，但还是克制住了。
◆ v + adv + n ◆ v + pron + adv

ˌfight sb/sth ˈoff to resist sb/sth or make them/it go away, by fighting against them/it 抵抗；击退：*She managed to fight her attackers off.* 她设法打跑了袭击她的人。◇ *The company fought off tough competition.* 公司挫败了强有力的竞争。
OBJ **attack, illness**
◆ v + n/pron + adv ◆ v + adv + n

ˌfight ˈout sth; ˌfight it ˈout to fight or argue about sth until it is settled 打出个结果；争辩个明白：*We mustn't interfere. Let them fight it out between themselves.* 我们不应介入。让他们自己摆平。◇ *The teams fought out a 0-0 draw.* 两队 0:0 打成了平局。
OBJ **battle, struggle, draw**
NOTE When the object of **fight out** is a noun, it comes after **out**, but when the object is the pronoun **it**, it comes between **fight** and **out**. * fight out 的宾语如果是名词，应置于 out 之后；但如果是代词，应置于 fight 和 out 之间。
◆ v + adv + n ◆ v + pron + adv

figure /ˈfɪgə(r); *AmE* ˈfɪgjər/

ˈfigure on sth; **ˈfigure on sb/sth doing sth** (*informal, especially AmE*) to include sth in your plans; to plan sth 把…考虑在内；计划：*We hadn't figured on a long delay at the airport.* 我们没有估计到在机场会耽搁很久。◇ *I figure on being in New York in January.* 我打算1月去纽约。
• v + prep

ˌfigure sb/sth ˈout to come to understand sb/sth by thinking carefully 想明白；领会到；了解：*I could never figure him out.* 我永远无法理解他。◇ *Can you figure out what's going on?* 你能搞清楚现在的情况吗？
SYN **work sb out**; **work sth out** ⊃ note at WORK STH OUT
NOTE **Figure out** is often followed by a question word such as *how, what, why*, etc * figure out 常后接 how、what、why 等疑问词：*I can't figure out why he quit his job.* 我弄不懂他为什么辞职。
• v + n/pron + adv • v + adv + n

ˌfigure sth ˈout to calculate the total amount of sth 算出（总额）：*Have you figured out how much it will cost?* 你计算出要花多少钱了吗？
SYN **work sth out**
NOTE **Figure out** is often followed by a question word such as *what, how much*, etc. * figure out 常后接 what、how much 等疑问词。
• v + adv + n • v + n/pron + adv

file /faɪl/

ˌfile sth aˈway to put papers, documents, etc. away in a place where you can find them easily 把（文件等）归档：*Everything is filed away in drawers.* 所有的文档都存放在抽屉里。
• v + n/pron + adv • v + adv + n

fill /fɪl/

ˌfill ˈin (for sb) to take sb's place for a short time and do the work they normally do 临时补（某人的）缺；暂时代替（某人）：*Who's filling in for you while you're away?* 你不在的时候由谁临时顶替？
• v + adv

ˌfill sb ˈin (on sth) to give sb all the details about sth that has happened 向…提供（详情）：*Can you fill me in on what's been happening while I was away?* 把我外出期间发生的情况详细告诉我好吗？
• v + n/pron + adv • v + adv + n

ˌfill sth ˈin 1 (*also* **ˌfill sth ˈout** *especially AmE*) to complete a form, etc. by writing information on it 填写，填好（表格等）：*You could fill in an application form now.* 你可以现在填写申请表。◇ *Fill in the blank spaces with one of these words.* 选词填空。◇ *I've left gaps on the sheet for you to fill in the details.* 我在纸上留出了空白，供你填写细节。OBJ **form, details 2** to fill sth, such as a hole, a crack, etc. completely with a substance 填塞，填补（洞隙等）：*We'll have to fill the holes in with cement.* 我们得用水泥堵上这些洞。OBJ **hole, crack 3** (*especially BrE*) to spend time while you are waiting for sb/sth （等待期间）消磨，打发（时间）：*How shall we fill in the time until he arrives?* 我们该如何打发他来之前的这段时间啊？
• v + adv + n • v + n/pron + adv (*less frequent*)

ˌfill ˈout to become larger, rounder or fatter 长大；变丰满；长肥：*The baby's filled out a lot recently.* 婴儿最近胖多了。
• v + adv

ˌfill sth ˈout 1 to make sth larger or more complete 扩充；增补：*We'll need to fill the story out to make a full page article.* 我们得把这篇报道扩充成一篇整版的文章。 **2** (*especially AmE*) → FILL STH IN 1
• v + n/pron + adv • v + adv + n

ˌfill ˈup; **ˌfill sth ˈup 1** (**with sb/sth**) if a container or a place **fills up** or sb **fills it up**, it becomes completely full 占满（容器或地方）；满是（人或物）：*The restaurant was beginning to fill up.* 餐馆快满座了。◇ *She filled her glass up again.* 她又斟满一杯。◇ *People began filling up the empty seats.* 人们开始坐满空位。 **2** (**with sth**) to fill your vehicle with petrol/gas, etc. 装满（汽油等）：*I need to fill up with petrol before we go.* 我们出发前，我得加满油。◇ *Fill the tank up with diesel.* 把油箱装满柴油。
• v + adv • v + n/pron + adv • v + adv + n
▶ **ˈfill-up** *n* (*AmE*) the action of filling sth, particularly of filling a car with petrol/gas 填充；（尤指汽车的）加油

ˌfill sb/yourself ˈup to give sb a lot of food so that they feel full; to eat as much as you can （使）吃个饱，尽情地吃：*The meals at school never fill me up.* 学校的饭菜从未让我填饱过肚子。◇ *Eat lots of pasta to fill yourself up.* 多吃通心粉，吃饱肚子。
• v + n/pron + adv

filter /ˈfɪltə(r)/

NOTE A **filter** is a device containing paper, sand, etc., or a substance used to remove unwanted substances. * filter 指过滤器。

ˌfilter sth ˈout to remove sth using a filter 过滤掉：*Use a sun cream to filter out ultraviolet rays.* 用防晒霜遮挡紫外线。
• v + adv + n • v + n/pron + adv

find /faɪnd/ (**found, found** /faʊnd/)

ˈfind against sb (*law*) to decide in court that sb is guilty 作出不利于…的裁决；判…败诉；判…有罪：*The court found against the defendant.* 法庭判被告有罪。
• v + prep

ˈfind for sb (*law*) to decide in court that sb is innocent 作出有利于…的裁决；判…胜诉；判…无罪：*The jury found for the defendant.* 陪审团裁定被告无罪。
• v + prep

ˌfind ˈout; **ˌfind sth ˈout** to learn a fact, a piece of information, or the truth about sth/sb 获知，查明，弄清（真相等）：*She won't be happy when she finds out about this.*

SYNONYMS 同义词辨析

find sth out

discover sth • find sth out • hear about sb/sth • learn of sth

These verbs all mean to find information by being told by sb, reading, etc. 这些动词都表示获悉、得知、查明。

discover sth to find some information about sth 发现；发觉: *We never discovered why she gave up her job.* 她为何辞职，我们一直闹不明白。◇ *It was later discovered that the diaries were a fraud.* 后来发现该日记系伪造。

find sth out to find some information about sth by asking, reading, etc. 获知；查明；弄清: *She didn't want her parents to find out about the relationship.* 她不想让她父母知道这层关系。◇ *We later found out that we'd been at the same school.* 我们后来发现我们曾经上过同一所学校。

hear about sb/sth to be told about sb/sth 获悉；得知: *I was sorry to hear about your accident.* 听说你出了车祸，我很难过。
NOTE **Hear** can be used on its own with a clause * hear 可单独接从句: *I was surprised to hear (that) they'd got married.* 听说他们结婚了，我很吃惊。

learn of sth to become aware of sth by hearing it from sb else 获悉；听说: *I learnt of her arrival from a close friend.* 从一位密友那里，我得知她来了。 NOTE **Learn** can be used on its own with a clause * learn 可单独接从句: *We were surprised to learn (that) that they're now divorced.* 听说他们现在离婚了，我们很吃惊。

WHICH WORD?

Find out is often used with question words such as *how, what, when*, etc. * find out 常与 how、what、when 等疑问词连用: *Did you ever find out who did it?* 你查清了是谁干的没有？ If you **find sth out**, you do so either by chance or by asking or studying. You can **discover** a piece of information that other people know but you didn't. **Hear about sth** and **learn of sth** are used to talk about news that is freely available. * find sth out 指事出偶然或者通过询问或调查得知某事。discover 可用于指从别人处获知未掌握的信息。hear about sth 和 learn of sth 用于指获取公开信息。

PATTERNS AND COLLOCATIONS

- to **quickly/soon/eventually** find out/discover ...
- to be **surprised/amazed/fascinated** to hear/discover/learn ...
- to be **delighted/glad/pleased** to hear/discover/learn ...
- to be **dismayed/horrified/shocked** to hear/discover/learn ...
- to be **saddened/sorry** to hear/learn ...
- to **aim/try/attempt** to find out/discover ...

她知道这事的话会不高兴的。◇ *'What did she say?' 'You'll find out soon enough.'* "她说了些什么？" "你很快就会知道的。" ◇ *When did you find out (that) she was ill?* 你什么时候得知她生病的？◇ *I never found out exactly what happened.* 我从未弄清楚到底发生了什么事。◇ *How did you find that out?* 你是怎样发现这个情况的？

• v + adv • v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˌfind sb ˈout (*informal*) to discover that sb has been dishonest or has done sth wrong 查出，识破（坏人）: *If you're ever found out, you'll go to prison.* 一旦被发现，你要坐牢的。
NOTE Often used in the passive. 常用于被动语态。

• v + n/pron + adv

finish /ˈfɪnɪʃ/

ˌfinish ˈoff (with sth), ˌfinish sth ˈoff (with sth) (*informal*) to have sth as the last part of sth; to make sth end by doing one last thing （以…）结束；完成: *After a delicious meal we finished off with coffee and mints.* 吃完美味可口的饭菜之后，我们喝了咖啡，吃了薄荷糖。◇ *The concert finished off with the band's latest hit.* 演唱会以乐队的最新热门曲目压轴。◇ *The band finished off the show with their latest hit.* 乐队用自己的最新热门曲目结束表演。◇ *I have to go now, can I leave you to finish off?* 我得走了，你留下收尾好吗？◇ *Her outfit was finished off with navy shoes.* 她穿上藏青色的鞋子，整装完毕。
NOTE **Finish** and **finish sth** are also used on their own with almost the same meaning. * finish 和 finish sth 单独使用也作此义。

• v + adv • v + n/pron + adv • v + adv + n

ˌfinish sb ˈoff (*informal*) to make sb so unhappy, tired, etc. that they cannot continue what they are doing 使垂头丧气；使筋疲力尽；使支撑不下去: *Running in that heat nearly finished him off.* 冒着那种酷热跑步差点让他撑不住。
NOTE **Finish sb** can also be used on its own with almost the same meaning. * finish sb 单独使用也作此义。

• v + n/pron + adv • v + adv + n (*rare*)

ˌfinish sb/sth ˈoff (*informal*) **1** to destroy or kill sb/sth, especially sb/sth that is already injured 毁掉，杀死（尤指已严重受伤者或严重受损的事物）: *He thought the soldiers would come back and finish him off.* 他以为那些士兵

会回来干掉他。◇ *We ought to finish the poor animal off.* 我们应该帮这只可怜的动物结束性命。◇ (*figurative*) *The business had been finished off by financial difficulties.* 企业最终因财务困难而倒闭。 **2** (*sport*) to defeat a person or team that you are competing against 打败，挫败（对手）: *Murray finished him off in three sets.* 穆雷直落三盘击败了他。
◆ v + n/pron + adv ◆ v + adv + n

ˌfinish sth ˈoff 1 to complete sth 完成: *I'm going to try and finish off my work tonight.* 我今晚要争取把活儿干完。 **2** to use the last part of sth, especially food or drink 用完，用光（尤指食物或饮料）: *He's finished off all the ice cream!* 他把所有冰激凌一扫而光！
NOTE **Finish sth** is used on its own with almost the same meaning. * finish sth 单独使用也作此义。
◆ v + n/pron + adv ◆ v + adv + n

ˌfinish ˈup 1 [+ adj/prep] (*also* **finish up doing sth**) (*especially BrE*) to reach or come to a particular place, state or situation after a long series of events, often without planning it 最终来到；结果成为；以…终结: *He lost control of the car and finished up in the river.* 他开车失控，栽进了河里。◇ *She started out washing dishes and finished up as a chef.* 她从洗盘子干起，最后成了厨师。◇ *They all went home and I finished up doing most of the cleaning.* 他们都回家了，到头来清扫的活儿大部分是我干了。
SYN **end up**; **wind up** (*informal*) **2** (*AmE*) to complete what you are doing; to do the last part of sth 完成（手头的工作）；作最后加工: *I'll finish up here and join you later.* 我把这里的活儿干完就去找你。
◆ **1** v + adv ◆ v + adv + -ing
◆ **2** v + adv

ˌfinish sth ˈup (*especially AmE*) to do the last part of sth; to use what is left of sth 对…作最后加工；用…最后的部分: *He stayed home to finish up his assignment.* 他呆在家里完成作业。
NOTE Not used in the passive. 不用于被动语态。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˈfinish with sb (*informal*) **1** (*BrE*) to end a relationship with sb 与…断绝关系: *I've finished with Antonia.* 我和安东尼娅分手了。 SYN **break up (with sb) 2** to stop punishing sb 停止处罚；不再惩罚: *He'll never do that again once I've finished with him!* 等我教训过他以后，他再也不会干那事了！
◆ v + prep

ˈfinish with sth 1 to no longer need to use sth 不再需用（某物）: *Can you wash your cup when you've finished with it?* 杯子用过后洗洗好吗？◇ *Can I keep the book a little longer? I haven't finished with it yet.* 我能把书再保留一段时间吗？我还没看完呢。 NOTE Usually used in the perfect tenses. 通常用于完成时。 **2** (*BrE, informal*) to stop doing sth because you no longer want to do it or enjoy it 不再做（某事）: *He said he was finished with football.* 他说他再也不踢足球了。 NOTE Usually used in the perfect tenses or in the form **be finished with sth.** 通常用于完成时或用 be finished with sth 的形式。
◆ v + prep

fire /ˈfaɪə(r)/

ˌfire aˈway (*informal*) used to tell sb to begin asking questions or to begin to speak 请问吧；请说吧: *'Can I ask you some questions?' 'Fire away!'* "我能提几个问题吗？" "问吧！"
◆ v + adv

ˌfire sth ˈoff 1 to shoot a bullet from a gun 开火；射击: *He fired off a volley of shots.* 他举枪连射。 OBJ **gun, shot 2** to ask a lot of questions, etc. quickly, one after the other 连珠炮似的发问: *He fired off a series of questions.* 他接二连三提了一连串问题。 OBJ **questions 3** to write a letter, report, etc. quickly, often because you are angry （常指愤怒地）奋笔疾书: *She would fire off a letter of protest in the morning.* 她上午要秉笔直书一封抗议信。 OBJ **letter 4** if you **fire off** an email, you send it 发出，发送（电子邮件）: *I'm going to fire off an email to a newsgroup.* 我要给新闻组发一封电子邮件。OBJ **email**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌfire sb/sth ˈup to make sb/sth become excited or enthusiastic about sth 使激动万分；使激情澎湃: *The manager fired the team up at half-time.* 主教练在中场休息时鼓舞了全队的士气。
◆ v + n/pron + adv ◆ v + adv + n
▸ **ˌfired ˈup** *adj*: *She felt fired up by the challenge the new job presented.* 新工作带来的挑战令她兴奋不已。

ˌfire sth ˈup 1 (*AmE*) to light a fire; to make sth hot 点燃；加热: *I'll get the burgers—you fire up the grill.* 我去拿汉堡 —— 你给烤架生火。 **2** (*especially AmE*) to start a machine, piece of equipment, computer program, etc. 发动，启动（机器、设备、计算机程序等）: *We need to fire up one of the generators.* 我们需要启动一台发电机。◇ *Let me fire up another window* (= on the computer screen). 让我再开一个窗口。 OBJ **engine**
◆ v + adv + n ◆ v + n/pron + adv

firm /fɜːm; *AmE* fɜːrm/

ˌfirm sth ˈup (*also* **ˌfirm ˈup** *less frequent*) **1** if sb **firms up** an arrangement, an agreement, etc. it becomes more definite or less likely to change 落实，敲定（安排、协议等）: *I'll phone on the 25th to firm up the details of the meeting.* 我 25 号会打电话确认会议细节。◇ *Prices will firm up later this year.* 今年晚些时候会确定价格。 OBJ **plans, agreement 2** to make sth, especially part of the body harder, or more solid 使（尤指身体部位）坚实；使坚硬；使牢固: *These exercises will firm up those difficult areas of your body.* 这些运动会使有问题的身体部位变结实。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*) ◆ v + adv

fish /fɪʃ/

ˈ**fish for sth** (*often used in the progressive tenses* 常用于进行时) to try to make sb tell you sth, say sth nice to you, etc. by asking them a question 探听（消息）；间接引出（美言）：*Are you fishing for compliments?* 你是拐弯抹角想让我说奉承话吧？
OBJ **information, compliment** SYN **angle for sth**
◆ v + prep

ˌ**fish sb/sth ˈout**; ˌ**fish sb/sth ˈout of sth** to take or pull sb/sth out of somewhere （从…中）取出，拖出：*He fished some change out of his pocket.* 他从衣兜里摸出一些零钱。◇ *Several days later his car was fished out of the river.* 几天后他的车从河里打捞了上来。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

fit /fɪt/ (**fitting, fitted, fitted**, *AmE usually* **fitting, fit, fit** except in the passive)

ˌ**fit ˈin** (**with sth**) if sth **fits in**, it looks pleasant or suitable with other things or in a particular place （与…）协调，融合：*The building doesn't fit in with the surrounding area.* 该建筑和周围环境格格不入。◇ *It's an old house, but our furniture fits in well.* 房子是旧的，可和我们的家具很搭配。
◆ v + adv

ˌ**fit ˈin**; ˌ**fit ˈinto sth** **1** to be the right size or shape to go in a particular place 放得下；摆得开：*Will all your furniture fit in?* 你的家具全都摆得下吗？◇ *The piano wouldn't fit into the room.* 房间里搁不下这架钢琴。 **2** to live or work easily and naturally with a group of people （与他人）合得来，和睦相处；适应：*Tim never fitted in at college.* 蒂姆一直没能适应大学生活。◇ *Jane* ***fitted in*** *well* ***with*** *the rest of the staff.* 简和其他职员相处融洽。◇ *She's fitted into the team well.* 她已经完全融入该队。 **3** to have a particular role or part in a plan, a situation, etc. （在计划、情况等中）担当某角色：*Where does he fit in?* 他可以起到什么作用？◇ *I like to know where I fit in and what I have to do.* 我想知道我的岗位和任务是什么。◇ *Where do I fit into all this?* 在这当中我该发挥什么作用？
◆ v + adv ◆ v + prep

ˌ**fit sb/sth ˈin**; ˌ**fit sb/sth ˈinto sth** **1** to find a place for sb/sth, especially when there is not much space 把…放进（有限的空间）；把…置于（有限的位置）：*We can't fit a sofa in here.* 这里放不下沙发。◇ *We will try to fit you in somewhere in the organization.* 我们将设法把你安排进这个机构。 SYN **get sb in, get sb into sth; get sth in, get sth into sth** **2** to manage to find time to see sb or to do sth 找出时间（见某人或做某事）：*The nurse will fit you in between other appointments.* 护士会把你安排进其他预约的空当里。◇ *How do you manage to fit so much into your day?* 你怎么能在一天中安排下这么多事情？
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌ**fit ˈin with sth** **1** if an activity or event **fits in with** sth else, they exist or happen together in an easy or convenient way （活动或事情）与…相宜，适合：*My job fits in with looking after my family.* 我的工作不耽误照顾家庭。 **2** to adapt to what sb else is planning or to sb else's way of doing things 与（他人的计划或行事方式）一致起来；适应：*They've got to learn to fit in with our methods.* 他们必须学会顺应我们的方法。◇ *I'll fit in with what you want to do.* 我会根据你的要求作出调整。 **3** to agree with ideas or information that you already have about sb/sth 与（已有的想法或信息）一致；与…吻合；符合：*That fits in with everything I've heard about her.* 这与我对她的了解完全相符。
◆ v + adv + prep

ˌ**fit sb/sth ˈout** (*also* ˌ**fit sb/sth ˈup**) (**with sth**) to supply sb/sth with the clothes, food, equipment, etc. they need 向…提供所需物品（如衣服、食物、装备等）：*The ship had to be fitted out before the voyage.* 轮船出航前一定要配备好必需品。◇ *the high cost of fitting out offices* 置办办公室设备的高额费用◇ *We fitted him out with a set of dry clothes.* 我们给他换了套干衣服。
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

ˌ**fit sb ˈup** (**for sth**) (*BrE, informal*) to make sb appear to be guilty of a crime that they have not committed 诬陷某人（犯有某项罪行）；嫁祸于某人：*They're trying to fit me up for the theft.* 他们企图把偷盗的罪名栽到我头上。
SYN **frame sb** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

ˌ**fit sb/sth ˈup, etc.** → FIT SB/STH OUT, ETC.

fix /fɪks/

ˈ**fix on sth** to decide to choose sth 选定；决定：*We haven't fixed on a date for the meeting yet.* 我们尚未确定会议日期。
SYN **decide on/upon sth; settle on/upon sth**
◆ v + prep

ˈ**fix sth on sb/sth** if you **fix** your eyes or your mind **on** sb/sth, you look at or think about them/it with great attention 集中（目光、思想、注意力等）于；全神贯注于：*She fixed her eyes on his face.* 她凝视着他的脸。◇ *His attention was fixed on a dark car.* 他目不转睛地盯着一辆黑色轿车。
OBJ **eyes, gaze, attention**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

ˌ**fix sb ˈup**; ˌ**fix yourself ˈup** (*informal*) **1** (**with sth**) to arrange for sb to have sth; to provide sb with sth 给…准备；向…提供；安顿：*I can fix you up with somewhere to stay.* 我可以给你安排住处。◇ *I hope she soon gets herself*

fixed up with a job. 我希望她很快找到工作。
NOTE In informal spoken language **fix sb up sth** is also used 非正式口语也说 fix sb up sth: *Can you fix me up an appointment for tomorrow?* 能把我的预约安排在明天吗？ **2 (with sb)** to arrange for sb to meet sb who might become a boyfriend or girlfriend 给…介绍（男友或女友）: *My brother says he wants me to fix him up with one of my friends.* 我哥哥说他想让我把他介绍给我的一位朋友。
→ see also FIX YOURSELF UP; FIX STH UP 1; FIX UP TO DO STH, FIX UP FOR SB TO DO STH
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

ˌ**fix sth ˈup 1** to arrange or organize sth; to arrange for sb to have sth 安排；组织；提供；准备: *Have you fixed your holiday up yet?* 你安排好假期了吗？ ◇ *Shall we fix up a meeting for next week?* 我们下个星期开个会好吗？ OBJ **meeting** SYN **arrange sth** → see also FIX UP TO DO STH, FIX UP FOR SB TO DO STH **2** (*especially AmE*) to repair, decorate, etc. a room of a house 维修，装饰（房屋）: *They spent £30 000 fixing up their house.* 他们花了 3 万英镑整修房子。 ◇ *We fixed up the attic as a study.* 我们把阁楼装修成书房。 OBJ **house, room** SYN **do sth up** (*BrE*) **3** (*especially BrE*) to build or make sth quickly; to make sth ready 迅速建起（或造出）；备妥: *We fixed up a shelter for the night.* 我们匆匆搭了个棚子过夜。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌ**fix yourself ˈup** (*AmE, informal*) to make yourself neat and attractive 打扮；梳妆: *Can you wait? I'll just go and fix myself up.* 等一下好吗？我这就去梳洗一下。
→ see also FIX SB UP, FIX YOURSELF UP
◆ v + pron + adv

ˌ**fix ˈup to do sth**; ˌ**fix ˈup for sb to do sth** (*BrE, informal*) to make arrangements to do sth or for sb to do sth 安排（某人）做（某事）: *He's fixed up for her to see the doctor on Thursday.* 他已经安排她星期四看医生。 ◇ *I've fixed up with the school to start in September.* 我和学校商定 9 月开始。
SYN **arrange (for sb) to do sth**
→ see also FIX STH UP 1; FIX SB UP, ETC.
◆ v + adv + **to** +inf ◆ v + adv + prep + n/pron + **to** +inf

ˌ**fix sb with sth** (*formal*) if you **fix sb with** a look, etc., you look at them directly for a long time 把（目光等）停留在（某人）身上: *She fixed him with a cold stare.* 她冷冷地注视着他。
◆ v + n/pron + prep

fizzle /ˈfɪzl/

ˌ**fizzle ˈout** (*informal*) to fail or to end in a weak or disappointing way, often after having started strongly （顺利开始后）最终失败，终成泡影；虎头蛇尾: *The romance fizzled out after a month.* 这段恋情一个月后就结束了。 ◇ *The coup attempt soon fizzled out.* 政变不久就失败了。 ⊃ note at PETER OUT
◆ v + adv

flag /flæɡ/ (-gg-)

ˌ**flag sb/sth ˈdown** to signal to the driver of a moving vehicle to stop, usually by waving your arm （挥手）示意（人或车）停车: *He managed to flag down a passing motorist.* 他招手让一位过路的司机把车停下来。 ◇ *The police were flagging down all heavy goods vehicles.* 警察在挥手阻拦所有重型货车。
OBJ **taxi/cab, motorist** SYN **wave sb/sth down**
◆ v + adv + n ◆ v + n/pron + adv

ˌ**flag sth ˈup** to draw attention to sth 提醒注意（某事物）；引起关注（某事物）: *The report flagged up the dangers of under-age drinking.* 报告呼吁人们关注未成年人饮酒的危害。
◆ v + adv + n ◆ v + n/pron + adv

flake /fleɪk/

ˌ**flake ˈout** (*informal*) **1** to collapse or fall asleep because you are very tired （疲倦得）倒下，睡着: *I was so exhausted that I flaked out on the sofa.* 我筋疲力尽，倒在沙发上睡着了。 **2** (*AmE*) to begin to behave in a strange way 行为古怪起来；举止变得乖张
◆ v + adv

flame /fleɪm/

ˌ**flame ˈout** (*AmE*) to fail, especially after succeeding for a while （尤指一时成功之后）失败；好景不长: *The team routinely wins 50 or 60 games in the season and then flames out in the play-offs.* 该队一个赛季通常能赢下 50 或 60 场比赛，而在季后赛中就会一败涂地。
◆ v + adv

▶ ˈ**flameout** *n* [C, U]: *Hollywood is experiencing box-office flameout. Fans love DVDs but not movie theaters.* 好莱坞票房正在萎缩。影迷钟情于影碟，而不是影院。

flare /fleə(r); *AmE* fler/

ˌ**flare ˈup 1** (of flames, a fire, etc. 火焰、火等) to suddenly burn more strongly 突然旺起来: *The fire flared up as I added more wood.* 我添了些木柴，火顿时旺起来。 **2** if fighting, tension, anger, etc. **flares up**, it starts very suddenly and violently （战斗、紧张状态、怒火等）爆发，加剧: *Violence flared up in several cities.* 多座城市突然发生暴力事件。◇ *The dispute could flare up into a major crisis.* 这一争端可能激化，演变为一场重大危机。 **3** if a person **flares up**, they show sudden anger towards sb 突然发怒: *He flared up in a fury and shouted at her.* 他一下子火冒三丈，对她大喊大叫。 **4** if an illness or injury **flares up**, it suddenly starts again or becomes worse （疾病或损伤）复发，恶化: *Her asthma has flared up again.* 她的哮喘病又犯了。
◆ v + adv

▶ ˈ**flare-up** *n* [usually sing.] **1** a sudden expression of anger, violent feeling, etc. （怒火、强烈感情等的）爆发: *the latest flare-up between the two countries* 两国间新近爆发的不和 **2** an occasion when an illness or injury

starts again or quickly becomes worse （疾病的）复发；（损伤的）迅速恶化

flash /flæʃ/

ˌflash sth aˈround (*also* **ˌflash sth aˈbout** *especially BrE*) (*disapproving*) to show sth valuable, especially money or jewellery to people, or let them see it, to impress them 炫耀，炫示（尤指金钱或珠宝）: *Stop flashing your money around.* 别到处炫富了。
◆ v + n/pron + adv

ˌflash ˈback (to sth) if your mind or your thoughts **flash back** to sth that happened in the past, you suddenly remember it 回想；回顾: *My mind flashed back to my first day at college.* 我回忆起上大学第一天的情景。
◆ v + adv
▸ **ˈflashback** *n* **1** [C, U] a scene in a film/movie, book, etc. which shows sth that happened earlier （电影、书等的）闪回，倒叙 **2** a sudden, very clear, strong memory of sth that happened to you in the past that is so real you feel that you are living through the experience again （往事的）闪回，再现眼前，浮现脑海: *She still has nightmares and vivid flashbacks of the accident.* 她依然做噩梦，那次事故的情景历历在目。

ˌflash ˈby/ˈpast; ˌflash ˈby/ˈpast sb/sth to go or pass very quickly; to go very quickly past sb/sth 飞驰；飞逝；掠过: *The days just flashed by.* 日子转眼就过去了。◇ *She watched the scenery flash past the train window.* 她看着风景在火车窗外飞掠而过。
◆ v + adv ◆ v + prep

ˌflash ˈforward (to sth) if a book, film/movie, etc. **flashes forward**, it describes or shows sth that will happen at a later time （书、电影等）闪前，预叙，提前叙述未来事件: *The movie then flashes forward to wartime London.* 电影接着超前叙述、穿插战时伦敦的镜头。◇ (*figurative*) *Flash forward to the present: we are still in the same mess as we were in back then.* 快进到现在：我们所处的窘境仍然与那时毫无二致。
◆ v + adv
▸ **ˌflashˈforward** *n*

ˈflash on sb if sth **flashes on** you, you suddenly realize it 突然意识到；蓦地醒悟到: *It flashed on me that he was the man I'd seen in the hotel.* 我忽然发觉，他就是我在旅馆见过的那个人。
SYN **hit sb**
◆ v + prep

ˈflash on sth (*AmE, informal*) to remember or realize sth 回忆起；意识到: *I suddenly flashed on how horrible that day had been.* 我突然意识到，那一天是多么的糟糕透顶。
◆ v + prep

flatten /ˈflætn/

ˌflatten sth/yourself aˈgainst/ˈon sb/sth to press your body or part of your body on or against sb/sth （把身体或身体部位）紧贴于，平贴于: *She flattened her nose and lips against the window.* 她把鼻子和嘴唇紧贴在窗户上。◇ *I flattened myself against the wall to let them pass.* 我身体紧靠着墙，让他们通过。
◆ v + n/pron + prep

ˌflatten ˈout 1 if a road, an area of land, etc. **flattens out**, it gradually becomes flat （道路、土地等）逐渐变平: *After Oxford the countryside flattens out.* 过了牛津以后，乡村逐渐开阔起来。**2** to stop growing or going up 停止增长（或上升）: *Sales have flattened out in the last few years.* 在过去几年，销售额趋于平稳。
◆ v + adv

ˌflatten sth ˈout to make sth completely flat 使变平: *She flattened out the crumpled letter on the desk.* 她在写字台上把皱巴巴的信展平。
◆ v + adv + n ◆ v + n/pron + adv

flesh /fleʃ/

ˌflesh sth ˈout (with sth) to add more details or information to an argument, an idea, a drawing, etc. （以细节或信息）充实（论据、构思、绘画等）: *You need to **flesh out the bones** of your idea a bit more.* 你需要进一步充实完善你的想法。◇ *They must be prepared to flesh out their strategy with some details.* 他们必须准备为策略增加一些细节。
◆ v + adv + n ◆ v + n/pron + adv

flick /flɪk/

ˌflick sth ˈoff to switch sth off quickly 迅速关闭，啪一声关上（电器等）: *He flicked the light off.* 他啪的一声关了灯。
OBJ **light** SYN **switch sth off**
OPP **flick sth on**
◆ v + n/pron + adv ◆ v + adv + n

ˌflick sth ˈon to switch sth on quickly 迅速开启，啪一声打开（电器等）: *He flicked on the air conditioning.* 他轻轻一按打开了空调。
OBJ **light** SYN **switch sth on**
OPP **flick sth off**
◆ v + n/pron + adv ◆ v + adv + n

ˌflick ˈthrough sth to turn the pages of a book, etc. quickly, or look through a pile of papers, etc. without reading everything 浏览；翻阅；快读: *He flicked through a magazine while he waited.* 他边等边翻看杂志。
OBJ **pages, book, papers** SYN **flip through sth; leaf through sth; thumb through sth** ⊃ note at LOOK THROUGH STH
◆ v + prep

fling /flɪŋ/ (flung /flʌŋ/, flung)

ˈfling yourself at sb (*informal, disapproving*) to try too hard to show sb that you are interested in them in a sexual way and make them interested in you （露骨地）向…求爱，向…献媚，对…调情
SYN **throw yourself at sb**
◆ v + pron + prep

ˈfling yourself into sth to start to do sth with a lot of energy, enthusiasm and effort 致

力于；一心扑在…上：*When they split up she flung herself into her work to try to forget him.* 他们分手后，她全身心投入工作，试图忘掉他。
SYN **throw yourself into sth**
◆ v + pron + prep

ˌfling sth ˈoff (*informal*) to take clothes off quickly and carelessly 匆忙脱下：*Flinging off her coat, she sank into an armchair.* 她随手脱掉大衣，一下子坐在扶手椅上。
SYN **throw sth off**
OPP **fling sth on**
◆ v + n/pron + adv ◆ v + adv + n

ˌfling sth ˈon (*informal*) to put clothes on quickly and carelessly 匆忙穿上：*Just fling a coat on over your pyjamas.* 在睡衣外面披件外套就行了。
SYN **throw sth on**
OPP **fling sth off**
◆ v + n/pron + adv ◆ v + adv + n

flip /flɪp/ (-pp-)

ˈflip for sb/sth (*AmE, slang*) to begin to like sb very much; to suddenly become very excited about sth attractive, pleasant, etc. 开始迷恋；对…怦然心动：*She flipped for his red hair and freckles.* 她突然迷上了他的红头发和雀斑。
◆ v + prep

ˈflip for sth, etc. (*AmE*) → TOSS FOR STH, ETC.

ˌflip sb ˈoff (*AmE, slang*) to raise your middle finger to sb in a very rude sign （粗鲁地）向（某人）竖中指
◆ v + n/pron + adv ◆ v + adv + n

ˌflip sth ˈoff/on (*AmE, informal*) to turn off/on an electrical switch 关闭 / 开启（电器开关）：*I flipped on the light to see what was making the noise.* 我开了电灯，看是什么东西在发出声响。
◆ v + n/pron + adv ◆ v + adv + n

ˌflip ˈout (*informal, especially AmE*) to become very angry, excited or enthusiastic about sth 变得异常愤怒（或激动、狂热）；情绪失控：*She flipped out because I was late.* 因为我迟到，她大发雷霆。◇ *People are flipping out over these new digital cameras.* 人们狂热追捧这些新型数码相机。
NOTE **Flip** is often used on its own with this meaning, especially in British English. * flip 常单独使用作此义，尤用于英国英语。
◆ v + adv

ˌflip ˈover; **ˌflip sth ˈover** to turn over, or to turn sth over, onto the other side or upside down （使）翻倒，翻转：*The dolphin flipped over onto its back.* 海豚翻了个身，肚皮朝上。◇ *A huge wave flipped the dinghy over.* 一阵巨浪打翻了小艇。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˈflip through sth to turn over the pages of a book, etc. quickly, or look through a pile of papers, etc. without reading everything 浏览；翻看：*He flipped through the photos quickly.* 他匆匆翻阅了那些照片。
OBJ **pages, magazines** SYN **flick through sth; leaf through sth** ➲ note at LOOK THROUGH STH
◆ v + prep

flirt /flɜːt; *AmE* flɜːrt/

ˈflirt with sth 1 to think about or be interested in sth for a short time, but not very seriously 不严肃地考虑（或对待）：*I flirted briefly with the idea of emigrating.* 我一时兴起，动过移民的念头。 OBJ **idea, thought** SYN **toy with sth 2** to take risks or not worry about a dangerous situation 冒险；不顾危险后果：*to flirt with danger/death/disaster* 冒险 / 玩命 / 视灾祸如同儿戏 OBJ **danger, disaster**
◆ v + prep

float /fləʊt; *AmE* floʊt/

ˌfloat aˈround; **ˌfloat aˈround sth** (*BrE also* **ˌfloat aˈbout/ˈround, ˌfloat aˈbout/ˈround sth**) **1** (*usually used in the progressive tenses* 通常用于进行时) if an idea or a piece of news is **floating around/about**, it is being talked about by a lot of people （想法或消息）传播，流传：*There's a rumour floating about (the office) that she's leaving.* （办公室里）纷纷传说她要离职。 SUBJ **rumour, idea** SYN **go around, go around sth 2** if you say that an object is **floating around/about**, you mean that you have seen it somewhere but do not know exactly where it is （物品在某个不确定的地点）出现过：*Is there a pen floating about here somewhere?* 有人看到过这儿的一支钢笔吗？
◆ v + adv ◆ v + prep

flog /flɒg; *AmE* flɑ/

ˌflog sth ˈoff to sell sth cheaply because you want to get rid of it or because you need the money 低价倾销；甩卖：*We buy them cheaply and then flog them off at a profit.* 我们低价购入，然后甩卖获利。
◆ v + adv + n ◆ v + n/pron + adv

flood /flʌd/

ˌflood ˈback if a thought or a memory **floods back**, you remember sth suddenly and it affects you strongly （想法或记忆）突然重现脑海，涌上心头：*Suddenly all my fears came flooding back.* 所有的恐惧突然又重新向我袭来。
NOTE **Flood back** is often used with the verb **come** * flood back 常与动词 come 连用：*His words came flooding back to me.* 他的话又在我耳畔回响。
◆ v + adv

ˌflood ˈin; **ˌflood ˈinto sth 1** if water, etc. **floods in** or **floods into** a place, it moves to fill or cover it （水等）注入，涌入（某处）：*He opened the door and water came flooding in.* 他一打开门，水就冲了进来。◇ *Sunshine flooded into the room.* 阳光洒满房间。 **2** to come to or arrive at a place in large numbers or great quantities 大量涌入；蜂拥而至；纷至

沓来: *Letters of support have been flooding in from all over the country.* 声援信件从全国各地潮水般地涌来。

SYN **pour in, pour into sth**

◆ v + adv ◆ v + prep

ˌflood sb ˈout to force sb to leave their home because of a flood （洪水）迫使…离开家园: *We were flooded out by a burst water main.* 由于自来水总管道破裂发了大水，我们被迫离开了家。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

ˌflood ˈover/ˈthrough sb if a feeling **floods over/through** you, it affects you very strongly （感情）强烈影响，强烈感染（某人）: *A great sense of relief flooded through her.* 她感到如释重负。SUBJ **relief**

◆ v + prep

flounder /ˈflaʊndə(r)/

ˌflounder aˈround (*BrE also* **ˌflounder aˈbout**) to struggle to move or get somewhere because it is difficult, or because you do not know where you are going 挣扎前行；艰苦移动: *People were floundering about in the water, shouting and screaming.* 人们呼喊尖叫，在水中扑腾。◇ (*figurative*) *I floundered around trying to decide what I ought to do.* 我举步维艰，不知所措。

◆ v + adv

flow /fləʊ; *AmE* floʊ/

ˈflow from sth (*formal*) to come or result from sth 出自；由…引起: *What benefits might flow from joining the European Union?* 加入欧盟会带来什么益处呢? SUBJ **benefits/advantages, consequences**

◆ v + prep

ˌflow ˈthrough to sb/sth to reach sb/sth or have an effect on them/it 到达；影响: *It will take time for the drop in manufacturing costs to flow through to consumers.* 生产成本下降一段时间后，消费者才能从中获益。

◆ v + adv + prep

fluff /flʌf/

ˌfluff sth ˈout/ˈup to shake or brush feathers, fur, hair, etc. so that they look bigger or softer 抖松，刷柔软（羽毛、毛皮、毛发等）: *The bird fluffed out its feathers.* 鸟儿抖开羽毛。◇ *Let me fluff up your pillows for you.* 我来给你把枕头抖松。

OBJ **feathers**

◆ v + adv + n ◆ v + n/pron + adv

flunk /flʌŋk/

ˌflunk ˈout; ˌflunk ˈout of sth (*AmE, informal*) to have to leave school or college because your marks/grades are not good enough （因不及格）（从…）退学: *He flunked out (of college) last year.* 他去年（从大学）退学了。

◆ v + adv ◆ v + adv + prep

flush /flʌʃ/

ˌflush sth aˈway to get rid of sth with a sudden quick flow of water （用水）冲掉: *She flushed the unused tablets away.* 她冲掉了未服用的药片。

◆ v + n/pron + adv ◆ v + adv + n

ˌflush sb/sth ˈout; ˌflush sb/sth ˈout of sth **1** to force a person or an animal to leave the place where they are hiding 把…（从藏身处）赶出: *The dogs flushed out the deer that were left in the wood.* 狗把树林里剩下的鹿撵了出来。◇ *The police flushed the gunmen out of the building.* 警察迫使持枪歹徒离开建筑物。 **2** to force sb who is planning or doing sth secretly, especially sth dishonest, to say what they are planning or who they are 逼迫（密谋者）坦白交代（或说出身份）: *Their offer is likely to flush out any rival bidders.* 他们的出价可能迫使任何投标竞争对手浮出水面。

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + adv + prep

ˌflush sth ˈout; ˌflush sth ˈout of sth to wash sth out; to get rid of sth with a rush of water 把…（从…）冲掉；（用水）清除: *Drink lots of water to flush the poisons out of your body.* 要大量饮水以排出体内毒素。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

flutter /ˈflʌtə(r)/

ˌflutter aˈround; ˌflutter aˈround sth (*also* **ˌflutter aˈbout, ˌflutter aˈbout sth** *especially BrE*) **1** if a bird or an insect **flutters around**, it flies somewhere moving its wings very quickly （鸟或昆虫）飞来飞去，振翅飞舞: *Butterflies fluttered around (the garden).* 蝴蝶（在花园中）翩翩起舞。 **2** if a person **flutters around**, they move quickly in a nervous or excited way （紧张或兴奋地）走来走去，坐立不安: *My mother fluttered about picking things up and putting things away.* 我母亲忙里忙外地收拾整理东西。

◆ v + adv ◆ v + prep

ˌflutter ˈdown to move gently through the air to the ground 飘落: *Wind shook the branches and several leaves fluttered down.* 风吹动树枝，几片叶子飘落下来。

◆ v + adv

fly /flaɪ/ (flies, flying, flew /fluː/, flown /fləʊn; *AmE* floʊn/)

ˌfly aˈround; ˌfly aˈround sth (*also* **ˌfly aˈbout, ˌfly aˈbout sth** *especially BrE*) (*usually used in the progressive tenses* 通常用于进行时) if a story or a piece of news is **flying around**, it is being talked about by a lot of people and passed from one person to another （传闻或消息）传播，扩散: *Stories about his past are flying around among the students.* 他过去的事在学生中传播开来。◇ *Rumours have been flying*

around the office. 办公室里谣言四起。
◆ v + adv ◆ v + prep

'fly at sb (of a person or an animal 人或动物) to attack sb suddenly and violently 扑向；猛烈攻击：*She flew at him, hitting and kicking.* 她朝他直扑过去，对他拳打脚踢。
◆ v + prep

,fly 'by/'past **1** when time **flies by/past**, it seems to pass very quickly （时间）飞逝：*My three years at college flew by.* 我在大学的三年一晃就过去了。◇ *When you have lots of things to do, time just flies past.* 很多事情要做时，就觉得时间过得飞快。 SUBJ **time, days, hours, etc.** NOTE **Fly** can also be used on its own with this meaning, especially with the subject *time* * fly 单独使用也可作此义，尤与主语 time 连用：*There was so much to do, the time just flew.* 要做的事情很多，时间一眨眼就过去了。 **2** when miles, etc. **fly by/past**, a journey by car, bus, train or bicycle seems to pass very quickly （旅程）过得飞快：*As the miles flew past and we got closer and closer to the sea, the kids got more and more excited.* 旅程飞快，我们越来越接近大海，孩子们越来越兴奋。 SUBJ **miles, countryside**
◆ v + adv

,fly 'in/out; ,fly 'into sth; ,fly 'out of sth to arrive/leave a place by plane 乘飞机来到 / 离开（某地）；飞抵；飞离：*She's flying out to join him in Nairobi next week.* 她下周将飞往内罗毕与他会合。◇ *Several heads of state flew into London last night for talks with the Prime Minister.* 数位国家元首昨晚飞抵伦敦，将与首相举行会谈。
→ see also FLY SB/STH IN/OUT, ETC.
◆ v + adv ◆ v + prep ◆ v + adv + prep

,fly sb/sth 'in/'out; ,fly sb/sth 'into sth; ,fly sb/sth 'out of sth to bring sb/sth by plane to a place or take them away 用飞机运来 / 运走；空运：*They flew us in by helicopter.* 他们用直升机送我们过来。◇ *Food supplies are being flown out immediately.* 食物补给立刻空运走了。◇ *The travel company is flying 200 people out of the area tomorrow.* 旅行公司明天将空运 200 人离开该地区。
→ see also FLY IN/OUT, FLY INTO, FLY OUT OF STH
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep ◆ v + n/pron + adv + prep

,fly 'into sth if sb **flies into a temper**, etc., they suddenly become extremely angry 突然发怒；突然变得怒不可遏：*He flies into a rage when you mention her.* 你一提起她，他就大发雷霆。
OBJ **rage, temper, panic**
◆ v + prep

,fly 'off; ,fly 'off sth to come off sth suddenly and with force （从…）飞脱，甩出，突然脱落：*The jolt caused her glasses to fly off.* 那一阵颠簸把她的眼镜震掉了。
◆ v + adv ◆ v + prep
IDM **fly off the 'handle** (*informal*) to become suddenly very angry 勃然大怒；火冒三丈

,fly 'out, etc. → FLY IN/OUT, ETC.

,fly 'past → FLY BY/PAST

fob /fɒb; *AmE* fɑːb/ (-bb-)

,fob sb 'off (with sth) (*BrE*) **1** to try to make sb stop asking questions or complaining by giving them answers or excuses that are not true （为制止某人提问或抱怨而用不实之词）搪塞，敷衍，应付：*Don't try to fob me off with excuses.* 休想找借口哄骗我。 **2** to give sb sth that is different from or not as good as what they want （货不对版或以次充好地把货物）骗售给：*We thought we'd been fobbed off with inferior goods.* 我们认为对方出售劣质商品骗我们。
SYN **palm sb off (with sth)**
◆ v + n/pron + adv ◆ v + adv + n

,fob sth 'off on/onto sb (*BrE, informal*) to trick sb into accepting sth that you do not want or sth that is not genuine （把不想要的商品或假货）骗售给：*She tried to fob all her junk off onto me.* 她想方设法向我兜售她的所有垃圾商品。
◆ v + n/pron + adv + prep

focus /ˈfəʊkəs; *AmE* ˈfoʊ-/ (-s- or -ss-)

'focus on sb/sth; 'focus sth on sb/sth (*also* **'focus upon sb/sth, 'focus sth upon sb/sth** *more formal*) **1** to give all your attention, effort, etc. to a particular problem, subject or person 集中（注意力、精力等）于；全力以赴做：*Suspicion focused on her husband.* 怀疑集中到了她丈夫身上。◇ *The programme was intended to focus attention on global warming.* 议程计划集中讨论全球变暖问题。 **2** (of eyes, a camera, etc. 眼睛、相机等) to be adjusted so that things can be seen clearly; to adjust sth so that you can see things clearly 注视；聚焦：*Rest your eyes by letting them focus on distant objects.* 眺望远处的景物，让眼睛放松一下。◇ *The camera was focused on an old woman.* 镜头对准了一位老妇人。
◆ v + prep ◆ v + n/pron + prep

fog /fɒg; *AmE* fɔːg, fɑːg/ (-gg-)

,fog 'up if a glass surface **fogs up**, it becomes covered with steam or drops of water so that it is difficult to see in or through it （玻璃表面）被雾气笼罩：*The windscreen started to fog up.* 挡风玻璃开始蒙上雾气。
SYN **mist up, mist sth up; steam up, steam sth up**
◆ v + adv

foist /fɔɪst/

'foist sth/sb/yourself on sb (*also* **'foist sth/sb/yourself upon sb** *more formal*) to force sb to accept sth that they do not want, or take care of sb that they do not want to 强迫接受；把…强加于：*He tries to foist his beliefs on everyone.* 他企图将自己的信仰强加于每一个人。◇ *She resented having the child foisted on her while the parents were abroad.* 孩子的父母出国

期间，把孩子塞给她照看，这令她很反感。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

fold /fəʊld; AmE foʊld/

ˌfold aˈway/ˈdown; ˌfold sth aˈway/ˈdown to be able to be bent or arranged into a smaller or flatter shape that you can store or carry more easily; to bend or arrange sth in this way （把…）折小，叠平（以便贮存或携带）: *The bed can fold away.* 这张床可以折叠收起。◇ *You can fold the table away to make more room.* 你可以把桌子折叠起来，腾出空间。

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

▸ **ˈfoldaway** (*also* **ˈfold-down**, **ˈfold-up**) *adj* [only before noun] that can be folded so that you can carry it or store it more easily 折叠式的；可折叠的

ˌfold sth aˈway to fold sth and put it away 折叠收起: *She folded the newspaper away.* 她把报纸叠起收好。

◆ v + n/pron + adv ◆ v + adv + n

ˌfold sth ˈback, ˈover, ˈdown, etc. to bend sth back, over, down, etc. so that one part of it lies flat on another 折叠；对折: *He folded the corner of the page over to mark his place.* 他折起书页一角以作记号。

◆ v + n/pron + adv ◆ v + adv + n

ˌfold ˈdown, etc. → FOLD AWAY/DOWN, ETC.

ˌfold sth ˈinto sth; ˌfold sth ˈin (in cooking 烹饪) to mix one substance gently with another, usually with a spoon （通常用勺子）把…调入，拌进: *Gently fold the flour into the mixture.* 轻轻地把面粉调拌进这一混合物。◇ *Fold in two egg whites.* 拌入两个鸡蛋的蛋白。

◆ v + n/pron + prep ◆ v + adv + n ◆ v + n/pron + adv

ˈfold A in B; ˈfold B round/over A to wrap sb/sth in sth 用…包裹: *She gently folded the baby in a blanket.* 她轻轻把婴儿裹在毯子里。◇ *She folded a blanket round the baby.* 她用毯子把婴儿裹了起来。◇ *He **folded** her **in his arms*** (= he put his arms around her). 他将她拥入怀中。

◆ v + n/pron + prep

⚷ **ˌfold ˈup; ˌfold sth ˈup** to bend sth or fold it so that it is smaller （把…）折叠，折起: *The map folds up quite small.* 地图折起来很小。◇ *She folded the letter up and put it in her pocket.* 她把信折叠起来，塞进衣兜。

OPP **unfold, unfold sth**

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

▸ **ˈfold-up** *adj* → FOLDAWAY at FOLD AWAY/DOWN

follow /ˈfɒləʊ; AmE ˈfɑːloʊ/

ˌfollow ˈon 1 (from sth) to continue or result from sth in a natural or logical way 是…的必然结果；因…而起: *Listen carefully to the answer and make sure that your next question follows on.* 仔细听答案，一定要据此回答下一个问题。◇ *Following on from what Jill has said, I'd like to talk about the future of the company.* 我想借吉尔的话题谈谈公司的前景。 **2** to leave a place after sb else and meet them later 追随；跟上: *You go now. I'll follow on later.* 你现在走。我随后追上。

◆ v + adv

▸ **ˈfollow-on** *n* (*especially BrE*) sth that continues or results from sth; the action of following on from sth 结果；后续事物；后续工作: *'Jaws 2' was a follow-on to 'Jaws'.* 《大白鲨 2》是《大白鲨》的续集。◇ *follow-on treatment/talks* 后续治疗 / 会谈◇ *a follow-on call* 后续打来的电话

ˌfollow ˈthrough (in tennis, golf, etc. 网球、高尔夫球等) to complete a stroke by continuing to move the club, etc. after you have hit the ball （击球后球拍、球杆等）完成顺势动作

◆ v + adv

▸ **ˌfollow-ˈthrough** (*also* **ˈfollow-through** *especially AmE*) *n* (in tennis, golf, etc. 网球、高尔夫球等) the final part of a stroke after the ball has been hit （击球后的）随球动作，顺势动作

ˌfollow ˈthrough (with sth), ˌfollow sth ˈthrough to complete sth you have begun or already done 完成；把…进行到底: *The store did not follow through with the prosecution.* 该店中途撤回了起诉。◇ *He never follows things through.* 他做事从来不能善始善终。

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

▸ **ˌfollow-ˈthrough** *n* the actions that sb takes to complete or continue sth 后期行动；后续措施: *Your follow-through on the project was not very satisfactory.* 你在这个项目上做的后续工作不太令人满意。

ˌfollow ˈup on sth; ˌfollow sth ˈup 1 (with sth) to take further action about sth 对…采取进一步行动；跟进: *You should follow your letter up with a phone call* (= you should write first and then telephone). 你写信后还应该再打个电话。 **2** to find out more about sth sb has told you or suggested to you 追查；探究: *The police are following up all the leads.* 警方正在追查每一条线索。◇ *It's worth following up his idea.* 值得顺着他的思路继续研究。 OBJ **lead, idea, complaint, matter** SYN **investigate sth** (*more formal*)

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

▸ **ˈfollow-up (to sth)** *n* [usually sing.] sth that continues sth 后续；跟进: *The survey is a follow-up to the questionnaire.* 这个调查是问卷的后续。◇ *follow-up treatment/studies* 后续治疗 / 跟踪研究

fool /fuːl/

ˌfool aˈround 1 (*BrE also* **ˌfool aˈbout**) **(with sth)** to waste time or behave in a silly way 虚度光阴；胡闹；犯傻: *Stop fooling about with that knife!* 别瞎摆弄那把刀子！ **2 (with sb)** (*especially AmE*) to have a sexual relationship with another person's partner or with sb who is not your partner （和某人）乱搞男女关系:

He's been fooling around with other women. 他一直和别的女人厮混。 **3** (*AmE*) if two people **fool around**, they kiss and touch each other in a sexual way （两人）亲吻爱抚，缠绵: *We were fooling around on the couch when my dad walked in.* 我们正在沙发上亲热，我爸爸走了进来。
◆ v + adv

'fool with sth (*AmE*) to touch or use sth in a careless and/or annoying way 戏弄；摆弄: *I caught him fooling with the buttons on the DVD.* 我发现他在乱摁影碟机的按钮。
SYN **mess with sth**
◆ v + prep

force /fɔːs; *AmE* fɔːrs/

,force 'back sth to try very hard not to show an emotion 竭力压抑（情感）: *Forcing back the tears, she nodded and smiled.* 她强忍泪水，点头微笑。
OBJ **tears**
NOTE When the object of **force back** is a noun, it comes after **back**, but when the object is a pronoun, it comes between **force** and **back** * force back 的宾语如果是名词，应置于 back 之后；但如果是代词，应置于 force 和 back 之间: *Ruth was about to let out a scream, but she forced it back.* 露丝差点尖叫起来，但她还是忍住了。 Not used in the passive. 不用于被动语态。
◆ v + adv + n ◆ v + pron + adv

,force sth 'down 1 to make yourself eat or drink sth when you do not want to 勉强咽下（食物或饮料）: *She forced down her breakfast.* 她勉强吃下早饭。 **2** to make a price, figure, etc. decrease 削减，压低（价格、数字等）
◆ v + adv + n ◆ v + n/pron + adv

'force sth on sb (*also* **'force sth upon sb** *more formal*) to make sb accept sth they do not want to 强迫（某人）接受；把…强加于人: *I didn't want to take the money, but she forced it on me.* 我并不想接那钱，可她硬塞给我。◇ *Teachers feel that changes are being forced on them.* 教师们感觉这些变革是强加他们身上的。
OBJ **change, cuts, decision**
◆ v + n/pron + prep

'force itself on sb (*also* **'force itself upon sb** *more formal*) if sth **forces itself on** you, you cannot avoid becoming aware of it 使一目了然；使完全明了: *When he read the letter, the truth forced itself on him.* 他读了来信，一切都明白了。
◆ v + pron + prep

'force yourself on sb (*also* **'force yourself upon sb** *more formal*) to force sb to have sex with you when they do not want to, by using violence or by threatening them 强暴；强奸
◆ v + pron + prep

,force sb 'out; ,force sb 'out of sth to make sb leave a job or position against their wishes 强迫（某人）离开（职位）: *She was forced out of her job.* 她无奈辞职。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

,force sth 'out of sb to make sb tell you sth, especially by threatening them （尤指通过胁迫）迫使某人讲某事: *I managed to force the truth out of him.* 我总算逼他说出了真相。
OBJ **truth**
◆ v + n/pron + adv + prep

,force sth 'through to get a new law or plan officially accepted, even though some people do not want it 强行通过，仓促通过（法律或计划）: *The party wants to force through new environmental taxes.* 该党想强行通过新设环境税。
◆ v + adv + n ◆ v + n/pron + adv

,force sth 'up to make a price, figure, etc. increase 强抬，抬高（价格、数字等）
◆ v + adv + n ◆ v + n/pron + adv

forge /fɔːdʒ; *AmE* fɔːrdʒ/

,forge a'head 1 to move forward quickly 迅速前行: *He forged ahead, panting and breathless.* 他上气不接下气地向前奔跑。 **2 (with sth)** to make progress quickly 进展神速: *The company is forging ahead with its plans.* 公司的计划正顺利推进。◇ *Jane's language skills enabled her to forge ahead on the career ladder.* 简的语言技能使她在职场上平步青云。
SYN **press ahead/on (with sth)**
◆ v + adv

fork /fɔːk; *AmE* fɔːrk/

,fork 'out (for sth), ,fork sth 'out (for/on sth) (*informal*) to pay a lot of money for sth, especially when you do not want to （尤指不情愿地）（为…）大把掏钱，破费: *I had to fork out for a cab home.* 我不得不花冤枉钱，乘出租车回家。◇ *I had to fork out $30 for a cab home.* 我不得不花 30 元钱乘出租车回家。
SYN **shell out (for sth), shell sth out (for sth)** ➲ note at PAY OUT, PAY STH OUT
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

,fork sth 'over (*AmE, informal*) to pay for sth, especially when you do not want to （尤指不情愿地）支付，出钱: *I had to fork over the $10 I owed her.* 我只好把欠她的 10 元钱还上。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

form /fɔːm; *AmE* fɔːrm/

,form 'up; ,form sb 'up if soldiers **form up**, or sb **forms them up**, they get into position in lines （使）列队，集合: *The general formed up his troops.* 将军命令部队列队集合。◇ *The teams formed up into lines.* 各队整好了队伍。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

foul /faʊl/

NOTE A **foul** in sports is an action that is against the rules of the game. * foul 指体育比赛中的犯规。

ˌfoul ˈout (of sth) **1** (in basketball 篮球) if a player **fouls out**, or **fouls out of the game**, he/she makes more than the number of fouls allowed in a game and is no longer allowed to play in that game （犯规超过规定次数）被罚下场 **2** (in baseball 棒球) if a player **fouls out**, he/she hits a ball into the foul area and it is caught by a player on the opposing team, so that the first player's turn to hit is over （因击球出界并被对方捕手接杀而）出局
◆ v + adv

ˌfoul ˈup; ˌfoul sth ˈup (*informal*) to do sth badly; to spoil sth, especially by making mistakes （把…）搞糟；坏了事: *The team can't afford to foul up in this game.* 该队输不起这场比赛。◇ *He admitted he'd completely **fouled things up**.* 他承认自己把事情彻底搞砸了。
SYN **mess up, mess sth up**
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv
▶ **ˈfoul-up** *n* (*informal*) a problem caused by bad organization or a stupid mistake （因组织不当或愚蠢失误而引起的）混乱；一团糟: *an administrative foul-up* 管理混乱◇ *There was a complete foul-up at the bank and the customers were sent the wrong statements.* 银行捅出大娄子，给客户发送了错误的对账单。

found /faʊnd/

ˈfound sth on sth (*also* **ˈfound sth upon sth** *more formal*) to base sth on sth 把…基于；把…建立在…上: *Their conclusions were largely founded on guesswork.* 他们的结论大部分是基于猜测。
SYN **base sth on/upon sth**
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + prep

freak /fri:k/

ˌfreak ˈout; ˌfreak sb ˈout (*informal*) if sb **freaks out** or if sth **freaks them out**, they react very strongly to sth that shocks, angers, excites or frightens them （使）极度吃惊（或生气、激动、害怕）；（使）反应激烈: *I don't know what happened in the exams. I just freaked out.* 我不知道考试是如何过来的。我完全吓蒙了。◇ *I thought I'd seen a ghost—it really freaked me out.* 我还以为见到了鬼——吓得我魂不附体。
SYN **bug out** (*AmE*)
NOTE **Freak** and **freak sb** are used on their own less often with the same meaning. * freak 和 freak sb 单独使用也作此义，但不常见。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

free /fri:/

ˌfree sb/sth ˈup to do sth so that sb is able to do sth else; to make money, time, etc. available for a particular purpose 让（某人）脱身（去做其他事情）；腾出（时间、金钱等）: *Having a secretary frees me up to work on other things.* 有了秘书，我就可以抽身处理其他事务。◇ *I need to free up more disk space.* 我需要清理出更多的磁盘空间。
NOTE **Free sb/sth** is also used on its own. * free sb / sth 也单独使用。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

freeze /fri:z/ (**froze** /frəʊz; *AmE* froʊz/, **frozen** /ˈfrəʊzn; *AmE* ˈfroʊzn/)

ˌfreeze sb/sth ˈout; ˌfreeze sb/sth ˈout of sth (*informal*) to prevent sb from being part of a group or taking part in an activity, business, etc. by being very unfriendly or making things very difficult for them 排挤，排斥（使不能参与活动等）: *My colleagues were freezing me out.* 同事们在排挤我。◇ *American rice farmers complained that their crops were being frozen out of the market.* 美国水稻种植者抱怨他们的产品正被挤出市场。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep
▶ **ˈfreeze-out** *n* (*informal, especially AmE*) an act of preventing sb from being part of a group or from taking part in an activity, a business, etc. 排挤；排斥

ˌfreeze ˈover to become covered by ice 冰封；封冻: *The river sometimes freezes over.* 那条河有时会封冻。
SYN **ice over/up**
◆ v + adv
IDM **till/until/when hell freezes over** used to say that you think sth will never happen 绝无可能；永远不会发生；除非太阳从西边出来: *'They might give you a pay rise soon.' 'Yeah, right. When hell freezes over!'* "他们可能很快就会给你加薪的。" "嗯，没错。等到铁树开花水倒流的那一天吧。"

ˌfreeze ˈup 1 if sth **freezes up**, it becomes blocked with frozen liquid so that it cannot be used 冻住；冻塞: *The pipes had frozen up.* 水管冻住了。 **2** if sb **freezes up**, they are so nervous, frightened or excited that they are unable to move （因紧张、害怕或兴奋）动弹不了，一动不动；惊呆；吓傻: *I was so nervous I froze up.* 我紧张得愣住了。
◆ v + adv

freshen /ˈfreʃn/

ˌfreshen ˈup; ˌfreshen yourself ˈup to wash and make yourself look clean and tidy after a journey, before a meeting, etc. 梳洗打扮: *I'll just freshen (myself) up before dinner.* 晚饭前我要去梳洗一番。
◆ v + adv ◆ v + pron + adv

ˌfreshen sth ˈup to make sth look cleaner and more attractive 使洁净宜人；使令人耳目一新: *A coat of paint will freshen this room up.* 刷一层油漆，这房间将会焕然一新。
◆ v + n/pron + adv ◆ v + adv + n

frighten /ˈfraɪtn/

ˌfrighten sb/sth aˈway/ˈoff; ˌfrighten sb/sth aˈway from sth **1** to make a person or an animal go away by making them feel afraid 把…（从…）吓走: *The noise frightened the birds away.* 响声把鸟儿吓飞了。◇ *I sometimes use a gun to frighten dogs away from the hens.* 我有时用枪把狗从母鸡群里吓跑。 **2** to make a person or an organization so nervous that they are no longer interested in sth or no longer want to do sth 把…吓得不敢（做某事）；使却步: *Investment companies have been frightened off by fear of losing money.* 由于担心资金损失，投资公司望而却步。
SYN **scare sb/sth away/off**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

fritter /ˈfrɪtə(r)/

ˌfritter sth aˈway (**on sth**) to waste time or money on things that are not useful or important （在…上）浪费（时间或金钱）: *He's frittered away the money his father left him.* 他把父亲留给他的钱挥霍一空。
OBJ **money, time**
◆ v + adv + n ◆ v + n/pron + adv

front /frʌnt/

ˈfront for sb/sth to represent a group or an organization in order to hide a secret or an illegal activity or protect the person who is controlling it 代表（某个集团或组织）出面；为（秘密或非法活动）作掩护: *The police could not discover who he was fronting for.* 警方无法查出他的幕后主使是谁。
◆ v + prep

ˌfront ˈonto sth if a building **fronts onto** sth, it faces it （建筑物）面对，朝向: *The apartment fronts onto the beach.* 这套公寓面对海滩。
◆ v + prep

frost /frɒst; AmE frɔːst/

NOTE **Frost** is the thin white layer of ice that forms when the temperature drops below 0°C. * frost 指霜。

ˌfrost ˈover/ˈup to become covered with frost 蒙上霜；结霜；起霜: *All the windows frosted up overnight.* 一夜之间所有窗户都结了霜。
◆ v + adv

frown /fraʊn/

ˈfrown on sb/sth (*also* **ˈfrown upon sb/sth** *more formal*) to disapprove of sb/sth 不赞成；反对: *Some restaurants frown on men not wearing jackets.* 有些餐馆不接待没穿外套的男子。◇ *Such behaviour is frowned upon.* 这种行为是不允许的。
NOTE Often used in the passive. 常用于被动语态。
→ see also SMILE ON/UPON SB/STH
◆ v + prep

fry /fraɪ/ (fries, frying, fried)

ˌfry sth ˈup to cook food in oil especially in order to make a meal quickly 油煎；油炸；油炒: *He fried up some eggs and potatoes.* 他做了些煎蛋和油炸土豆。
◆ v + adv + n ◆ v + n/pron + adv
▶ **ˈfry-up** *n* (*BrE, informal*) a meal of fried food 一份油煎食品

fuck /fʌk/

ˌfuck aˈround (*BrE also* **ˌfuck aˈbout**) (**with sth**) (⚠, *slang*) to waste time by behaving in a silly way 闲荡；瞎混: *Stop fucking around and give me a hand.* 别瞎胡闹了，帮帮我吧。
NOTE A more polite informal way of saying this is **mess around** or, in British English, **mess about**. 较礼貌的非正式表达方式是 mess around 或英国英语中的 mess about。
◆ v + adv

ˌfuck sb aˈround (*BrE also* **ˌfuck sb aˈbout**) (⚠, *slang*) to treat sb in a way that wastes their time 故意浪费（某人）的时间；戏耍: *Don't fuck me around.* 别耽误我的时间。
NOTE A more polite informal way of saying this is **mess sb around** or, in British English, **mess sb about**. 较礼貌的非正式表达方式是 mess sb around 或英国英语中的 mess sb about。
◆ v + n/pron + adv

ˌfuck ˈoff (⚠, *slang*) used to tell sb very rudely to go away 滚开；滚远点: *Fuck off and leave me alone!* 滚开，别烦我！
◆ v + adv

ˌfuck sb ˈover (*AmE*, ⚠, *slang*) to treat sb very badly or unfairly 苛待；不公平对待: *The company promised me a big pay-off but they really fucked me over.* 公司答应给我一大笔酬金，可实际上却耍了我。
NOTE A more polite informal way to say this is **mess sb around**. 较礼貌的非正式表达方式是 mess sb around。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

ˌfuck ˈup; ˌfuck sth ˈup (⚠, *slang*) to spoil sth or do sth badly; to make a stupid mistake （把…）弄糟，搞坏；犯愚蠢的错误: *It was my fault—I fucked up.* 这怪我 —— 我搞砸了。◇ *He's fucked everything up.* 他把整件事搞得一塌糊涂。
NOTE A more polite informal way to say this is **mess (sth) up** or **foul (sth) up**. 较礼貌的非正式表达方式是 mess (sth) up 或 foul (sth) up。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈfuck-up** *n* (⚠, *slang*) **1** a problem caused by bad organization or a stupid mistake （因组织不当或愚蠢失误而引起的）混乱，一团糟 NOTE A more polite informal way to say this is **foul-up**. 较礼貌的非正式表达方式是 foul-up。 **2** a person who is not in control of their life 生活一团糟的人；做事不靠谱的人；老做傻事的人

ˌfuck sb ˈup (⚠, *slang*) **1** to upset or confuse sb so much that they are not able to deal with problems in their life 把某人的生活搞糟；打乱某人的生活 NOTE A more polite informal way

to say this is **mess sb up**. 较礼貌的非正式表达方式是 mess sb up。 **2** (*AmE*) to hit or kick sb hard many times 接连狠揍（或猛踢）某人 NOTE A more polite informal way to say this is **beat sb up**. 较礼貌的非正式表达方式是 beat sb up。

◆ v + n/pron + adv ◆ v + adv + n

▶ **ˌfucked ˈup** *adj* (⚠, *slang*) extemely confused or disturbed 完全迷惑的；极为困扰的 NOTE A more polite informal way to say this is **messed up**. 较礼貌的非正式表达方式是 messed up。

▶ **ˈfuck-up** *n* (⚠, *slang*) **1** a person who is extemely confused or disturbed 完全迷惑的人；受到困扰的人 **2** a situation which is confused or full of problems 混乱；一团糟

ˈfuck with sb (⚠, *slang*) to treat sb badly in a way that makes them annoyed 苛待，不公平对待（使某人恼怒）

NOTE A more polite informal way to express this is **mess with sb**. 较礼貌的非正式表达方式是 mess with sb。

◆ v + prep

fuel /ˈfjuːəl/ (-ll-, *AmE* -l-)

ˌfuel ˈup; ˌfuel sth ˈup to put fuel into a vehicle 给（车辆等）加燃料；加油：*I need to fuel up before I begin the trip.* 我上路前得加足油。◇ (*figurative*) *On a cold morning I like to fuel up with a hot breakfast.* 在寒冷的早晨，我喜欢吃一顿热乎乎的早餐来补充能量。◇ *People in a hurry can fuel up their cars and themselves in one stop.* 着急的人可一站搞掂，停车加油、进食两不误。

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

fumble /ˈfʌmbl/

ˌfumble aˈround (*also* **ˌfumble aˈbout** *especially BrE*) to move awkwardly, especially using your hands to do sth or to find sth 笨拙地移动；粗手笨脚地做；胡乱摸索寻找：*He fumbled around in the dark trying to find the lamp.* 他摸黑找灯。

◆ v + adv

furnish /ˈfɜːnɪʃ; *AmE* ˈfɜːrnɪʃ/

ˈfurnish sb/sth with sth (*formal*) to supply or provide sb/sth with sth 给…提供；向…供应：*She furnished him with the facts surrounding the case.* 她向他透露了与该案有关的实情。

SYN **supply sb/sth (with sth)**

◆ v + n/pron + prep

fuss /fʌs/

ˈfuss at sb (*AmE*) to complain to sb about sb/sth very often in an annoying way （常令人生厌地）抱怨，嘀咕：*She's always fussing at me about my smoking.* 她总唠叨我抽烟的事。

◆ v + prep

ˈfuss over sb/sth to pay a lot of attention, or too much attention, to sb/sth 对…关怀备至；对…过分体贴：*She likes to have someone to fuss over.* 她喜欢对别人瞎操心。◇ *When she gets nervous she fusses over unimportant details.* 她一紧张就纠缠细枝末节。◇ *I hate being fussed over.* 我讨厌别人对我关心过度。

◆ v + prep

futz /fʌts/

ˌfutz aˈround (*AmE*, *slang*) to spend time doing unimportant things 闲荡；瞎混；虚度光阴：*I just futzed around all morning and got nothing done.* 我一上午都在瞎混，什么事都没干成。

SYN **mess around** (*BrE*)

◆ v + adv

Gg

gabble /ˈgæbl/

ˌgabble aˈway/ˈon **(about sth)** to talk quickly and for a long time about sth so that people find it difficult to understand you or become bored 急促不清地说；唠唠叨叨地说：*Someone on the radio was gabbling away in a foreign language.* 收音机里有人在叽里呱啦地说外语。◇ *Nicola gabbled on about her boyfriend for hours.* 妮古拉喋喋不休地谈论她的男友有好几个小时了。
◆ v + adv

gad /gæd/ (-dd-)

ˌgad aˈbout/aˈround (*old-fashioned, informal, humorous, especially BrE*) to go to different places looking for fun and excitement, especially when you should be doing sth else 四处闲逛；游手好闲：*It's about time he stopped gadding about and settled down.* 他该结束游荡生活安顿下来了。
◆ v + adv

gag /gæg/ (-gg-)

be ˈgagging for sth (*BrE, slang*) (*only used in the progressive tenses* 只用于进行时) if sb is **gagging for** sth, they want it very much 很想得到；渴望：*We were all gagging for a burger.* 我们都巴望着吃汉堡包。◇ *Not all rock stars are gagging for it* (= wanting to have sex with sb). 并非所有的摇滚歌星都性欲亢奋。
SYN **be dying for sth** (*informal*)
NOTE You can also use **be gagging to do sth** 也可说 be gagging to do sth: *footballers gagging to play for their country* 迫不及待地要为国效力的足球运动员
◆ v + prep

gain /geɪn/

ˈgain in sth to get more of a particular quality 增加，增长（某种品质）：*The students are slowly gaining in confidence.* 学生们正慢慢增加自信。
OBJ **popularity, confidence, strength**
◆ v + prep

ˈgain on sb/sth (*often used in the progressive tenses* 常用于进行时) to come closer to sb/sth, especially sb/sth that you are chasing 接近，逼近（所追逐的人或物）：*We were gaining on the car in front.* 我们快追上前面那辆小汽车了。
◆ v + prep

gallop /ˈgæləp/

ˌgallop ˈthrough sth to do or say sth very quickly 匆忙地做；急促地说：*Don't gallop through your speech as if you can't wait to finish.* 讲演时别那么急，好像迫不及待要一下说完似的。
◆ v + prep

gamble /ˈgæmbl/

ˌgamble sth aˈway to lose sth such as money, your possessions, etc. by risking it/them on a card game, horse race, etc. 赌掉；输光：*She gambled away all our money.* 她把我们的钱输得精光。
OBJ **money**
◆ v + adv + n ◆ v + n/pron + adv

ˈgamble on sth; ˈgamble on doing sth; ˈgamble on sb/sth doing sth to take a risk with sth, hoping that you or it will be successful 冒…的风险；碰…的运气：*She's had two transplants and now her family are gambling on one last operation.* 她做过两次移植手术，现在家人正冒险让她做最后一次手术。◇ *We're gambling on the weather being fine on Saturday.* 我们寄希望于星期六会有个好天气。
◆ v + prep

gang /gæŋ/

ˌgang ˈup **(against/on sb)** (*informal*) to join together, especially to oppose, threaten, hurt or frighten sb （尤指为反对、恐吓或伤害某人）联合起来，拉帮结派：*My brothers are always ganging up on me.* 我的兄弟们总是合伙对付我。
◆ v + adv

gas /gæs/ (-ss-)

ˌgas ˈup; ˌgas sth ˈup (*AmE, informal*) to put fuel in a vehicle 加油；给（车辆）加燃料：*I'll have to gas up before we leave.* 我们出发前我得加加油。◇ *Have you gassed up the car?* 你给车加油了吗？
SYN **fuel up, fuel sth up**
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

gather /ˈgæðə(r)/

ˌgather aˈround; ˌgather aˈround sb/sth (*BrE also* **ˌgather ˈround, ˌgather ˈround sb/sth**) to come together in one place, forming a group around sb/sth 聚集在…周围；围拢：*Everyone gathered around to hear the song.* 所有的人都聚拢过来听这首歌。◇ *They all gathered round the table.* 他们全围在桌旁。
◆ v + adv ◆ v + prep

ˌgather sth ˈin to collect a quantity of things, especially crops, and put them all together in one place 收割，收获（尤指庄稼）；收集；搜集
OBJ **harvest, crop**
◆ v + n/pron + adv ◆ v + adv + n

,gather 'round, etc. (*BrE*) → GATHER AROUND, ETC.

,gather sth to'gether/'up to bring together objects that have been spread around 归拢，收拢（分散的东西）： *She gathered together her belongings and left.* 她收拾好自己的行李就走了。
OBJ **papers, belongings, things**
NOTE **Gather sth** is used on its own with the same meaning. * gather sth 单独使用也作此义。
◆ v + adv + n ◆ v + n/pron + adv

gaze /geɪz/

'gaze at sb/sth to look steadily at sb/sth for a long time, either because you are very interested or surprised, or because you are thinking of sth else 盯着；凝视： *She gazed lovingly at her baby.* 她爱意绵绵地注视着她的宝宝。
◆ v + prep

gear /gɪə(r); *AmE* gɪr/

'gear sth to/towards sb/sth; 'gear sth to/towards doing sth to make or change sth so that it is suitable for a particular need or an appropriate level or standard 使与…相适应；使适合于： *The programme is clearly geared to a teenage audience.* 这个节目显然是针对青少年观众的。◇ *We try to gear our services to customers' requirements.* 我们竭力按顾客的要求提供服务。◇ *The policy is geared towards attracting nurses back to work.* 这项政策旨在吸引护士回到工作岗位。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + prep

,gear 'up (for sth/to do sth), ,gear sb/sth/yourself 'up (for sth/to do sth) to be ready and able to do sth; to become or make sb/sth/yourself ready or able to do sth （使）为…作好准备： *The players are gearing up for the big game.* 运动员正作准备迎接这场重大比赛。◇ *The hospital is gearing itself up to deal with new patients.* 医院正为接诊新病人作准备。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

gee /dʒiː/

,gee 'up (*BrE*) used to tell a horse to start moving or to go faster 驾，快跑（用以吆喝马起步或加快行进速度）
◆ v + adv

,gee sb 'up (*BrE*) to encourage sb to work harder or faster or to perform better 激励，鼓励（某人加倍努力等）： *Their success last week will gee the team up.* 上周的胜利将激励该队再接再厉。
◆ v + n/pron + adv ◆ v + adv + n

gen /dʒen/ (**-nn-**)

,gen 'up; ,gen sb/yourself 'up (on sth) (*old-fashioned, BrE, informal*) to find out about sth; to get or give sb information on sth 了解（情况）；向…提供（情报）： *I must gen myself up for the interview.* 我必须为参加面试作好准备。
◆ v + adv ◆ v + n/pron + adv

get /get/ (**getting, got, got** /gɒt; *AmE* gɑːt/)
NOTE In spoken American English, the past participle **gotten** is almost always used. 美国英语口语中，过去分词几乎都用 gotten。

,get a'bout 1 (*BrE also* **,get a'round**) if sb who is old or ill/sick **gets about**, they are able to move from place to place without difficulty （老人或病人）四处走动： *She gets about with the help of a stick.* 她拄着拐棍四处走动。 **2** (*BrE*) → GET AROUND
◆ v + adv

,get a'bout sth (*BrE*) → GET AROUND STH

,get a'bove yourself (*especially BrE*) (*often used in the progressive tenses* 常用于进行时) to have too high an opinion of yourself; to behave as if you are better than other people 自以为了不起；自高自大；自视甚高；唯我独尊： *She's been getting a bit above herself since winning that award.* 她获奖后有点得意忘形了。
◆ v + prep + pron

,get a'cross (to sb) to be communicated to sb or understood by sb （信息）传达，传递（给某人）： *The message is finally getting across to the public.* 这一信息终于传达给了公众。
◆ v + adv

🔑 **,get a'cross; ,get a'cross sth** to move from one side of a river, a bridge, a street, etc. to the other 通过，穿过，渡过（河、桥、路等）： *How can we get across to the island?* 我们怎样才能到那座岛上去呢？ ◇ *The only way to get across the lake is by boat.* 过湖的唯一办法是乘船。◇ *Can we get across the city without having to use the subway?* 我们不乘地铁能穿过市区吗？
◆ v + adv ◆ v + prep

🔑 **,get sth a'cross** (*also* **,get sth 'over** *less frequent*) (**to sb**) to communicate sth to sb; to make sth clear to sb （向某人）传达，把…讲清楚： *He's not very good at getting his ideas across to the class.* 他不太会讲课。◇ *You'll have to think of new ways of getting your message across effectively.* 你得琢磨新方法把你的意思表达清楚。
OBJ **message, point, idea** SYN **put sth across**
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

,get sb/sth a'cross sth (*also* **,get sb/sth 'over sth**) to move sb/sth, or to help sb/sth move, from one side of sth such as a road, river, bridge, wall, etc. to the other 把…送过（路、河、桥、墙等）；使通过： *We've got to get supplies across the border somehow.* 我们必须想办法把供给品运过边境。◇ *We got all the injured soldiers across the river.* 我们把所有伤员都送过河了。◇ *Billy got the pony over the jumps with difficulty.* 比利费劲地骑着马驹跳过

SYNONYMS 同义词辨析

get sth across

communicate sth • convey sth • get sth across • pass sth on

These verbs all mean to make sure sb receives and understands information, ideas or feelings about sth. 这些动词都表示传达信息、想法或表达感情。

communicate sth to make information, ideas or feelings known to other people 传达；表达: *He was eager to communicate his ideas to the group.* 他急切地想把自己的想法传达给小组成员。

convey sth to make information, ideas or feelings known to sb 传达；传递: *He tried desperately to convey how urgent the situation was.* 他竭力想把局势极其危急的信息传递给大家。◇ *Colours like red convey a sense of energy and strength.* 红色等颜色能传达活力和力量。

get sth across to succeed in communicating sth 把…表达清楚: *He's not very good at getting his ideas across.* 他不太善于表述自己的想法。

pass sth on to give information to sb else after receiving it yourself 传（口信）；转告: *I passed your message on to my mother.* 我把你的口信带给我母亲了。

WHICH WORD?

You can **convey, get across** or **pass on** information, etc. to one other person or to a group of people. You can **communicate** sth to a group of people or people in general, but not usually to one other person. **Pass on** is not used for communicating ideas or feelings. **Communicate** and **convey** are the most formal of these verbs. * convey、get across 或 pass on 可表示向个人或群体传达信息等。用 communicate 时，信息传达对象是群体或大众，一般不以某个个人为对象。pass on 不用于传达思想或感情。communicate 和 convey 在这组动词中最为正式。

PATTERNS AND COLLOCATIONS

- to convey/communicate/get across/pass on sth to sb
- to convey/communicate to sb that ... /what ...
- to convey/communicate/get across/pass on a **message**
- to convey/communicate/get across your **ideas**
- to convey/pass on **the news**
- to convey/communicate/get sth across **clearly/effectively**

那些障碍。

NOTE Not used in the passive. 不用于被动语态。

• v + n/pron + prep

ˌget ˈafter sb (*informal, AmE*) **1** to keep asking or telling sb to do sth, often in an annoying way 不断督促；一再敦促: *She's been getting after me to take a vacation.* 她一直催着我休假。◇ *I had to get after Jack to clean his room.* 我不得不一再催促杰克打扫他的房间。 **2** to try to catch sb, especially after they have committed a crime 追捕；搜捕: *We need to get after drug users more.* 我们需要抓捕更多吸毒者。

• v + prep

ˌget aˈhead; ˌget aˈhead of sb to make more progress than other people, companies, etc.; to become successful in your life or career 走在…前面；领先；胜过；取得成功: *It isn't easy to get ahead in this business.* 在这一行想出类拔萃并非易事。◇ *By doing extra homework, he soon got ahead of his classmates.* 通过多做额外功课，他很快就在班上名列前茅了。

• v + adv • v + adv + prep

IDM **get aˈhead of yourself** to tell sb sth before you have fully explained the background or the details that they need to know first（讲话时未经充分说明背景）直奔正题，直接切入主题

ˌget aˈlong (*informal*) **1** (*often used in the progressive tenses* 常用于进行时) to leave a place 离开；离去: *It's late. We'd better be getting along.* 不早了，我们还是走吧。◇ *One more coffee and then I must get along.* 再喝一杯咖啡，我就得走了。 → see also GET ON 5 **2 (with sb/together)** → GET ON 1 **3 (with sth)** → GET ON 4

• v + adv

ˌget aˈround (*BrE also* **ˌget aˈbout**) **1** (*informal*) to move from place to place; to go to lots of different places 到处走动；周游: *You certainly get around! Paris one minute, Berlin the next.* 你真是个大旅行家啊！前一分钟在巴黎，下一分钟又到了柏林。◇ *She can use my car to get around while she's here.* 在这里逗留期间，她可以开我的车到各处转转。 **2** (of news, a piece of information, etc. 消息、信息等) to become known by a lot of people 传播；流传: *The news of her resignation soon got around.* 她辞职的消息很快传开了。◇ *Word soon got around that they were having an affair.* 关于他们关系暧昧的流言很快就传开了。 **3** (*informal, disapproving*) to have sexual relationships with lots of different people 和多人有性关系；滥交 **4** → GET ABOUT 1

• v + adv

ˌget aˈround, etc. → GET ROUND, ETC.

ˌget aˈround sth (*BrE also* **ˌget aˈbout sth**, **ˌget ˈround sth**) **1** to move around a city, a country, etc. （在城市、国家等）四处走动: *It's easy to get around Amsterdam on a bicycle.* 骑自行车逛阿姆斯特丹很方便。 **2** (of news, a piece of information, etc. 消息、信息等) to become known by a lot of people （在…）传播，流传: *News soon gets round the office.* 消息很快在办公室传开了。◇ *It didn't take long for the rumour to get all around town.* 没过多久，谣言就传遍了全镇。 **3** (*especially AmE*) → GET ROUND STH 3

◆ v + prep

ˌget aˈround to sth, etc. → GET ROUND/AROUND TO STH, ETC.

ˈget at sb (*informal*) **1** (*usually used in the progressive tenses* 通常用于进行时) to keep criticizing sb 一再批评；不断指责: *Sam's parents are always getting at him.* 萨姆的父母老是责备他。◇ *She feels she's being got at.* 她感到自己总是受人数落。 **2** to influence sb, especially illegally, for example by threatening them or offering money, in order to persuade them to say sth that is not true or act in an unfair way （尤指通过胁迫、贿赂等非法途径）影响；威逼利诱: *One of the witnesses had been got at.* 一名证人被买通了。◇ *They even tried getting at the judge.* 他们甚至试图收买法官。

◆ v + prep

ˈget at sb/sth to reach or obtain sb/sth; to find a way of entering a place, talking to sb, looking at sth, etc. 接触；取得；达到: *The files are locked up and I can't get at them.* 文件锁起来了，我搞不到手。◇ *I can't get at my inheritance until I'm 21.* 我满 21 岁才能得到遗产。◇ *Put it in a place where it can be got at easily.* 把它放在容易拿到的地方。

◆ v + prep

ˈget at sth to learn, discover or find out sth 获悉；了解；发现: *We've got to get at the truth.* 我们必须查明真相。

OBJ **truth** SYN **find sth out**

◆ v + prep

IDM **what are you, was he, etc. ˈgetting at?** used to ask, often in an angry way, what sb is/was suggesting （气愤地问）你（或他等）这话是什么意思，你（或他等）用意何在: *What exactly are you getting at?* 你到底是什么意思？◇ *I see what you're getting at, but I'm afraid I can't help you with that.* 我明白你的意思，可我恐怕帮不上你这个忙。

ˌget aˈway 1 (from sth/ ...) to succeed in leaving a place 得以离开（某处）: *It was midday before we finally managed to get away.* 到中午时分我们终于脱身。◇ *I won't be able to get away from the office before seven.* 我七点钟前无法离开办公室。 ⊃ note at GO AWAY **2 (from sb/sth/ ...)** to escape from sb or a place 摆脱（某人）；逃离（某地）: *The thieves got away in a blue van.* 窃贼乘坐一辆蓝色客货车逃脱了。◇ *You're not getting away from me so easily!* 我绝不会这么轻易放过你的！ **3** to have a holiday/vacation 度假；休假: *We're hoping to get away for a few days at Easter.* 我们期待着复活节外出休几天假。◇ *Will you manage to get away this year?* 你今年能出去度假吗？ **4** **ˌget ˈaway (with you)!** (*old-fashioned, BrE*) used to show that you find it difficult to believe what sb has just said （表示某人的话难以置信）胡扯: *Get away! You could never run that far!* 胡说八道！你不可能跑那么远的！◇ *'I'm going to live in China.' 'Get away with you!'* "我要移居中国了。" "开玩笑吧！" SYN **go on**

◆ v + adv

▸ **ˈgetaway** *n* [usually sing.] **1** the act of leaving a place in a hurry, especially after committing a crime （尤指犯罪后的）逃跑，逃走: *They made a quick getaway.* 他们很快就溜了。 **2** a short holiday/vacation; a place for this 短假；度假地: *the popular island getaway of Penang* 热门度假海岛槟榔屿

ˌget aˈway from sth; ˌget aˈway from doing sth to start doing sth in a different way or talking about a different subject 改变（做事方式）；转换（话题）: *The club should get away from its old-fashioned image.* 这个俱乐部应该改变过时的形象。◇ *I tried to get away from the subject of babies.* 我试图转换话题不谈婴儿。

◆ v + adv + prep

IDM **get aˈway from it all** (*informal*) to have a short holiday/vacation in a quiet place where you can relax （到别处度短假）享清净 **there's no getting aˈway from sth; you can't get aˈway from sth** you have to admit that sth unpleasant is true 只得承认，不容否认（令人不快的事实）: *There's no getting away from the fact that his mistake lost the game for his team.* 他的失误导致全队输掉比赛，这一事实无法否认。

ˌget sb/sth aˈway from sth to remove sb/sth from somewhere 把…从…弄走: *Get that dog away from me!* 把狗从我这儿赶开！◇ *I tried to get Ana away from the window.* 我竭力把安娜从窗边拉开。

NOTE Not used in the passive. 不用于被动语态。

◆ v + n/pron + adv + prep

ˌget aˈway with sth 1 to steal sth and escape with it 携（赃物）潜逃；盗走: *Thieves raided the bank and got away with £50 000.* 盗贼洗劫了银行，卷走了 5 万英镑。 **2** (*also* **ˌget aˈway with doing sth**) (*informal*) to do sth wrong and not be punished or criticized for it 做了（坏事或错事）而未受（惩罚或批评）: *I can't believe you cheated in the exam and got away with it!* 我无法相信你考试作弊居然可以逃脱处罚！◇ *Nobody gets away with insulting me like that.* 这样侮辱我的人我绝不会轻饶。 **3** to receive a relatively light punishment 只受到轻罚；得到从轻发落: *For such a serious offence he was lucky to get away with a fine.* 他犯了这么大的事而只交罚款了结，算是走运。 OBJ **fine, warning**

◆ v + adv + prep

ⓚ ˌget ˈback 1 (from/to sth/ …) to return, especially to your home 返回；回家: *What time did you get back last night?* 你昨晚几点到家的？ ◇ *We only got back from our trip yesterday.* 我们昨天才旅行回来。◇ *It'll take us ten minutes to get there and five minutes to get back.* 我们去那里要用十分钟，回来要用五分钟。 ➲ note at COME BACK 2 (from sb/sth) (*used especially to give orders* 尤用于命令) to move away from a place, a person or sth that is happening 走开；让开；退后: *Get back or I'll shoot!* 闪开，不然我开枪了！ SYN stand back; back off
◆ v + adv

ˌget sb ˈback 1 to persuade sb to begin a romantic relationship with you again, after you have been apart for some time 劝（某人）恢复恋情；使再续旧情: *I've done everything I can to get her back.* 我已经尽全力劝她回心转意了。 2 (for sth/for doing sth) (*informal*) → GET BACK AT SB
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv

ˌget sb/sth ˈback (to sth/ …) to take sb/sth back to a place after they have been away from it 把…带回，送…回（某处）: *We'll get her back home before midnight.* 我们会在午夜前把她送回家。
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv

ⓚ ˌget sth ˈback to obtain sth again after you have lost it, spent it, lent it to sb, etc. 取回，索回，重新得到（丢失的物品、花费的钱、借出的物品等）: *She's got her old job back.* 她已恢复原职。◇ *I never lend people books; you never get them back.* 我的书从不外借；借出去就收不回来了。◇ *If I don't like the dress, can I get my money back?* 要是我不喜欢这件连衣裙，可以退钱给我吗？ ◇ *There isn't much of a chance of getting the wallet back* (= it has been stolen). 寻回失窃的皮夹机会不大。
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n (*rare*)
IDM get your ˈbreath back (*BrE*) to start breathing normally again after physical exercise （运动后）恢复正常呼吸，喘过气来: *It took me a while to get my breath back after running for the bus.* 我追公共汽车后过了好一会儿才缓过气来。◇ (*figurative*) *I haven't had a moment to get my breath back* (= I've been very busy) *since we came back from Prague.* 自打我们从布拉格回来，我一直忙得连喘口气的工夫都没有。

ˌget ˈback at sb (*also* ˌget sb ˈback) (for sth/for doing sth) (*informal*) to punish or hurt sb because they have done sth unpleasant to you 向某人复仇: *This is his way of getting back at me for arguing with him.* 我和他争论过几

SYNONYMS 同义词辨析

get sth back

get sth back ◆ recover sth ◆ regain sth ◆ retrieve sth ◆ reclaim sth

These verbs all mean to get back sth that you no longer have. 这些动词都表示取回、恢复、重新得到。

get sth back (*not formal*) to obtain sth again after having lost it or given it to sb 取回，重新得到（丢失或借出的物品）: *She's got her old job back.* 她已恢复了原来的工作。◇ *I never lend books—you never get them back.* 我的书从不外借——借出去就收不回来了。

recover sth to get back an amount of money that you have spent or that is owed to you; to get back or find sth that was lost, stolen or missing 收回（退款或欠款）；找回，寻回（失物或失窃物）: *The police eventually recovered the stolen paintings.* 警方最终追回了失窃的画作。◇ *He is unlikely to ever recover his legal costs.* 他永远也不可能获得诉讼费补偿。

regain sth to get back sth you no longer have, such as an ability, quality or position 恢复（能力、品质、职位等）；重新获得: *I struggled to regain some dignity.* 我尽力挽回一点颜面。◇ *She paused on the edge, trying to regain her balance.* 她在边上停了一会儿，试图重新站稳。

retrieve sth (*formal*) to bring or get sth back, especially from a place where it should not be 取回；收回: *She bent to retrieve her comb from the floor.* 她弯腰从地上捡起梳子。◇ *The dog retrieved the ball from the water.* 狗从水里将球衔了回来。◇ *The police have managed to retrieve some of the stolen money.* 警方总算追回了部分被盗款项。

reclaim sth to get sth back or to ask to have it back after it has been lost or taken away 收回；要求收回: *You'll have to go to the police station to reclaim your wallet.* 你得跑趟警察局领回你的钱包。◇ *The team reclaimed the title from their rivals.* 该队击败众多竞争对手，夺回了冠军。

PATTERNS AND COLLOCATIONS

- to recover sth/get sth back/retrieve sth **from** sb/sth
- to recover/regain/get back **control/the lead**
- to recover/get back/retrieve your **costs/expenses/losses/money**
- to recover/get back **tax/your investment**
- to recover/get back/retrieve/reclaim **stolen property**

句，他就这样报复我。◇ *I'll get her back for what she's done.* 我会报复她的所作所为的。
SYN **pay sb back (for sth/for doing sth)**
◆ v + adv + prep ◆ v + n/pron + adv

ˌget back ˈinto sth to start being interested or involved in a particular activity again 对…再生兴趣；重新参与：*She'll try to get back into journalism when the kids start school.* 孩子们上学后，她会设法重返新闻工作岗位。◇ *I should get back into serious training.* 我应该恢复正式训练。
◆ v + adv + prep

ˌget ˈback to sb to reply to sb or contact them again by letter or by telephone （通过信件或电话）答复（或再联系）：*Leave a message and I'll get back to you as soon as I can.* 留个信儿吧，我尽早联系你。◇ *They never got back to me about my order.* 订单给了他们后就杳无音讯。
◆ v + adv + prep

ˌget ˈback to sth to start doing or talking about sth again; to return to sth 重新开始做（或说）；回到…上：*To get back to what I was saying ...* 再谈一下我前面所说的…◇ *Once I was awake I couldn't get back to sleep.* 我一醒就再也睡不着了。◇ *Let's get back to the point.* 我们回到正题上来吧。
◆ v + adv + prep

ˌget ˈback with sb; **ˌget back toˈgether** to begin a romantic relationship with sb again, after you have been apart for some time （和某人）恢复恋情，再续前缘：*Jack's getting back with his ex-girlfriend.* 杰克和前女友重归于好了。◇ *Jack and his girlfriend are getting back together.* 杰克和女友重归于好了。
→ see also GET TOGETHER 2
◆ v + adv + prep ◆ v + adv + adv

ˌget beˈhind (with sth) to not go as fast as is necessary or as other people; to not produce sth at the right time （在…方面）落后，拖延，拖欠：*Once I get behind (with my work) it's very hard to catch up.* 我（工作）一旦落下，就很难赶上。◇ *We're getting behind with the rent.* 我们拖欠租金了。
SYN **drop behind, drop behind sb/sth; fall behind, fall behind sb/sth**
OPP **get ahead**
◆ v + adv

ˌget beˈhind sb/sth **1** to move into a position behind sb/sth 到…后面：*If you get behind the tree, she won't see you.* 你躲到树后面她就看不到你了。◇ *He seems to go mad when he gets behind the wheel of a car.* 他一旦手握方向盘开车，就像发了疯似的。 **2** to reveal the truth about sth 显露，揭露（内幕）：*This is a programme that really gets behind the world of pop music.* 这个节目确实向人们展示了流行音乐界不为人知的一面。 **3** (*especially AmE*) to support sb/sth and help them to succeed 支持；扶持：*The whole town got behind him/the campaign.* 全镇的人都支持他 / 这场运动。
◆ v + prep

ˌget beˈyond sth **1** (*also* **ˌget ˈpast sth**) to move or advance further than a particular place 超过，超出（某处）：*I haven't been able to get beyond chapter one.* 我还没能看完第一章呢。◇ *When we got beyond York, it started to snow.* 我们过了约克就开始下雪了。 **2** (*also* **ˌget ˈpast sth**) to make progress so that you no longer do or are interested in a particular thing 超出，超脱（某事物）：*Hasn't she got beyond/past the stage of sucking her thumb yet?* 她还没有度过吮吸拇指的阶段吗？ **3** to become more than sth 超过；大于；多于：*What if our losses get beyond 10%?* 如果我们亏损超过 10% 怎么办？
◆ v + prep

IDM **get beyond a ˈjoke** to become annoying and no longer acceptable 变得令人恼火（或无法接受）：*This rain is getting beyond a joke. Let's go inside.* 这雨越来越烦人了，我们进屋吧。

ˌget ˈby to manage to live or do a particular thing using the money, knowledge, equipment, etc. that you have （靠…）维持生计，勉强应付：*How does she get by on such a small salary?* 靠这点儿工资，她怎么生活？◇ *'Are you earning more money now?' 'I get by.'* "你现在赚钱多一些了吗？""够糊口吧。"◇ *She's got a deadline to meet, so she's getting by on virtually no sleep.* 为了不误最后期限，她几乎没怎么睡觉。◇ *I don't know a lot of Italian, but I can get by.* 我意大利语会得不多，但能勉强对付。◇ *To begin with, you can get by with a few simple tools.* 首先，你可以将就着用几件简单的工具。◇ *Getting by isn't good enough for me. I want to be successful.* 我并不满足于得过且过。我想有所成就。
◆ v + adv

ˌget ˈby; **ˌget ˈby sb/sth** → GET PAST, GET PAST SB/STH

🔑 **ˌget ˈdown** **1 (from sth)** to move from a higher position to a lower one （从…）下来，下去：*The driver got down from his truck to help me.* 司机从卡车上下来帮我。 OPP **get up 2** to bend downwards from a standing position and sit, lie, etc. on the ground （在地上）坐下，躺下：*The children got down on their hands and knees and pretended to be lions.* 孩子们四肢着地，扮成狮子。◇ *He's going to shoot! Get down!* 他要开枪了！卧倒！ OPP **get up 3 (to sth/ ...)** to visit or arrive at a place further south in the country than the place where you live 去（或到）一国的南部；南下：*How long did it take you to get down here?* 你南下到这里用了多长时间？ OPP **get up 4 (from sth)** (*BrE*) (of children 儿童) to leave the table after a meal 饭后离开餐桌：*Please may I get down (from the table)?* 我可以离开（饭桌）了吗？ **5 (to sth)** (*informal*) to go to a place 去（某处）：*I'll get down there straight away.* 我马上就去那里。◇ *I've got five minutes to get down to the store.* 我有五分钟时间去商店。 **6** (*AmE, informal*) to relax and enjoy yourself, especially in a very lively way 轻松快活；娱乐：*Let's* ***get down and party!*** 咱们尽情狂欢吧！

• v + adv

,get 'down; ,get 'down sth to move from a higher place to a lower one, for example using stairs, a rope, etc. （通过阶梯、绳索等）下来，下去: *What are you doing on the table? Get down now!* 你在桌上干什么？马上下来！◇ *Did you get down the hill without any difficulty?* 你下山顺利吗？◇ *How does water get down the back of the sink?* 水怎么从水槽后面流下去呢？

OPP **get up, get up sth**

• v + adv • v + prep

,get sb 'down (*informal*) to make sb feel sad or depressed 使悲伤；使沮丧；使忧郁: *This weather is really getting me down.* 这天气实在让我觉得压抑。◇ *Don't let it get you down too much.* 别太介意这事。

SYN **depress sb**

NOTE Not used in the passive. 不用于被动语态。

• v + n/pron + adv

,get sb/sth 'down 1 (**to sth/ ...**) to send or move sb/sth to a place, often a place further south in a country 派遣（某人）去（常指一国的南部）；运送（某物）去（常指一国的南部）；派遣（某人）南下；运送（某物）南下: *Get somebody down here straight away.* 马上派人南下到这里来。◇ *We'll need to get the boat down to the south coast.* 我们得把船开到南部海岸。OPP **get sb/sth up 2** (**from sth**) to move sb/sth from a higher position to a lower one （从…）把（某人）带下来，将（某物）拿下来: *Can you get a jar down from the shelf for me?* 你帮我从搁板上拿个罐子下来好吗？◇ *He got the baby down from the high chair and put her on the floor.* 他把孩子从高脚椅上抱下来，放到地板上。◇ *Get your head down! He's going to shoot!* 低头！他要开枪了！ NOTE In informal spoken language **get sb down sth** and, less often, **get sb sth down**, are also used 非正式口语也说 get sb down sth 和 get sb sth down，但后者不常用: *Can you get me down that book?* 你能帮我把那本书取下来吗？◇ *Can you get me that book down?* 你能帮我把那本书取下来吗？

NOTE Not used in the passive. 不用于被动语态。

• v + n/pron + adv

,get sth 'down 1 (*also* **,get sth 'down sb/you** *informal*) to swallow sth, usually with difficulty （勉强）吞下，咽下: *The medicine was so horrible I could hardly get it down.* 这药太苦了，难以下咽。◇ *Get this tea down you, then you'll feel better.* 喝下这杯茶，你就会感觉好点的。SYN **swallow sth 2** to make a note of or record sth 记录；写下: *Get it down in writing.* 把它写下来。◇ *I just managed to get down the car's registration number.* 我勉强记下了汽车的牌照号码。◇ *Did you get his name and telephone number down?* 你记下他的名字和电话号码了吗？ SYN **note sth down; take sth down; write sth down 3** to reduce sth, especially the cost or price of sth 削减，压低（尤指成本或价格）: *If we bargain, we may be able to get the price down.* 如果我们还价，有可能把价格压下去。◇ *How can I get my blood pressure down?* 我如何才能把血压降下来？ SYN **bring sth down; lower sth**

NOTE Not used in the passive. 不用于被动语态。

• v + n/pron + adv • v + adv + n (*less frequent*)

1 also v + n/pron + prep

,get sb/sth 'down sth to manage to move sb/sth from a higher place to a lower one, for example using stairs, a rope, etc. （通过阶梯、绳索等）设法把…弄下来: *I can't get the bookcase down the stairs on my own.* 我一个人没法把书柜搬下楼梯去。

NOTE Not used in the passive. 不用于被动语态。

• v + n/pron + prep

,get 'down on sb/sth (**for sth**) (*AmE, slang*) to think that sb/sth is wrong and to criticize them 认为…有错而加以指责: *She's always getting down on me for coming in late.* 她老是批评我迟到。◇ *It's easy to get down on kids from day to day and forget their good points.* 家长很容易成天数落孩子，而忘记他们的优点。

• v + adv + prep

,get 'down to sth; ,get 'down to doing sth to begin to do sth; to give serious attention to sth 着手做；开始认真对待: *Let's **get down to business** straight away.* 咱们马上开始干正事吧。◇ *Isn't it about time you **got down to work**?* 你是不是该开始工作了？◇ *Read the text all the way through before you get down to translating it.* 先把原文通读一遍，然后再动手翻译。

OBJ **business, work** ➲ note at START ON STH

• v + adv + prep

,get 'in; ,get 'into sth 1 to arrive at a place 到达（某地）: *When do you normally get in (= arrive home) from work?* 你一般什么时间下班回到家？◇ *What time do you get into work in the morning?* 你早上几点上班？◇ *The train got in late.* 火车晚点到达。◇ *What time does your flight get into Heathrow?* 你的航班几点到达希思罗机场？ **2** (*also* **,get 'in sth** *informal*) to succeed in entering a place, especially a building （成功）进入（尤指建筑物）；进去: *How did the burglars get in?* 盗贼是如何进来的？◇ *They broke a window to get into the house.* 他们打破一扇窗户，闯进了屋子。◇ *You can't get in without a ticket.* 无票不得入场。◇ *Maybe we can get in the window?* 也许我们可以从窗户爬进去？ OPP **get out, get out of sth 3** (*also* **,get 'in sth**) to enter or go inside sth 进入（某物）: *He ran to the car, got in and drove off.* 他跑到汽车旁，钻到里面开走了。◇ *I saw Jan getting into a cab.* 我看见简进了一辆出租车。◇ *Hurry up and **get into bed**.* 快点上床。◇ *Get in the car!* 上车！◇ *He needs help getting in the bath.* 他需要有人扶着进浴缸。◇ *Luckily the poison hasn't got into her bloodstream.* 幸运的是毒素还没进入她的血液。◇ *The smell of smoke got into all my clothes.* 烟味渗进了我所有的衣服。 OPP **get out, get out of sth** ➲ note at GET ON, GET ON STH **4** to be elected to a political position 当选: *They need 326 seats to get in.* 他

们需要 326 个席位才能当选。 ◇ *The Republican candidate got in with a small majority.* 共和党候选人以微弱多数当选。◇ *When did she first get into Parliament?* 她首次当选议会议员是什么时候？ **5** to gain a place at a school, college, university, etc. 被学校录取；被接受入学: *She's applied for Cambridge, but doesn't know if she'll get in.* 她申请了剑桥大学，但不知能否被录取。◇ *I tried to get into Harvard, but I wasn't accepted.* 我想进哈佛大学，但没被接受。 **6** (*also* **ˌget ˈin sth** *informal*) (*BrE, sport*) to be chosen as a member of a sports team 入选（运动队）: *He played well at the trials and got in.* 他在选拔赛中表现良好，因此入选。◇ *I'll never get into the senior side.* 我永远进不了成年队。◇ *Did you get in/into the team?* 你入选这支队伍了吗？
→ see also GET INTO STH; GET INTO STH, GET SB/YOURSELF INTO STH
• v + adv • v + prep

ˌget ˈin sth → GET IN, GET INTO STH 2,3,6

ˌget sb ˈin 1 to call sb to your home, etc. to do a job for you 请（某人）来（家里等）做事: *We'll have to get a plumber in to mend the pipe.* 我们得找个管子工来修理管道。 **2** to attract a large audience 吸引（大批观众）: *A comedy usually gets the crowds in.* 喜剧通常能吸引大批观众。 SYN **pull sb in 3** (*also* **ˌget sb ˈinto sth**) to fit sb in a small place 让（某人）进入狭小空间: *Can you get another person in?* (= in a car, for example) 能再挤进去一个人吗？ SYN **fit sb/sth in, fit sb/sth into sth 4** (*also* **ˌget sb ˈinto sth**) to make it possible for sb to get into a place, attend an event, etc. 使能进入（某处）；使能参加（活动等）: *If I come to the stage door, can you get me in?* 要是我到后台门口，你能让我进去吗？
NOTE Not used in the passive. 不用于被动语态。
• v + n/pron + adv • v + adv + n (*rare*)

ˌget sth ˈin 1 to collect or gather sth and bring it inside a place 收集；收割: *Did you get in the washing when it started raining?* 雨下起来的时候，你把晾晒的衣服收进来了吗？◇ *Can you get the bags in from the car?* 你把车上的那些袋子拿进来好吗？◇ *We worked hard all week to get the corn in.* 我们收割谷物，苦干了整整一星期。 SYN **bring sth in 2** to buy a supply of sth 购买；买进: *Have you got your coal in for the winter yet?* 你买好过冬的煤了吗？◇ *Will you be getting any more of these dresses in?* 你们还进这些连衣裙吗？◇ (*informal*) *Who's going to get the beers in* (= buy beer for everybody)? 谁来为大家买啤酒？ **3** to manage to do, have, etc. sth, although there is not much time （挤出时间）设法做某事: *I can only get in an hour's piano practice a day.* 我每天只能抽出一小时练钢琴。◇ *We ought to get in another meeting before the end of the month.* 月底前我们应该争取再开一次会。 SYN **fit sth in 4** to manage to say sth, usually when there are lots of people talking （很多人说话时）找到说话机会: *She talks so much that it's impossible to **get a word in**.* 她说起话来滔滔不绝，让人一句话都插不进去。◇ *'Excuse me', I eventually got in, 'I think I can help you.'* "打扰一下，"我终于插上了话，"我想我可以帮你。" OBJ **word 5** to manage to finish a piece of work and give it to sb, for example your teacher 提交（完成的工作）: *Did you manage to get your project in on time?* 你最后按时提交项目报告了吗？ **6** (*also* **ˌget sth ˈinto sth**) to fit sth in a small place 把…放进（狭小空间）: *How are we going to get everything in?* 我们怎样把所有东西都放进去呢？ SYN **fit sth in, fit sth into sth**
NOTE Not used in the passive. 不用于被动语态。
• v + n/pron + adv • v + adv + n **3** v + adv + n
• v + n/pron + adv (*less frequent*)
• **4** also v + adv + speech
IDM **(not) get a word in ˈedgeways** (*BrE*) (*AmE* **(not) get a word in ˈedgewise**) to (not) be able to say anything because sb else is talking too much 能（或不能）插上话: *When those two get together, you can't get a word in edgeways.* 他俩凑到一块儿，就没你说话的份儿了。

ˌget ˈin on sth (*informal*) to become involved or take part in an activity 参与，参加（活动）: *How did she manage to get in on the deal?* 她怎么参与到这项交易的？◇ *He's hoping to get in on any discussions about the new project.* 他盼望着参加有关新项目的任何讨论。
→ see also BE IN ON STH
• v + adv + prep
IDM **get ˌin on the ˈact** (*informal*) to become involved in an activity that sb else has started, especially to get sth for yourself （尤指为私利）参与，插手，染指（他人开始的活动）: *Since the success of the first four-wheel drives, other companies are getting in on the act too.* 第一批四轮驱动汽车取得市场成功后，其他公司也竞相推出类似产品。

ˌget ˈin with sb (*informal*) to try to become friendly with sb, especially in order to gain an advantage for yourself （尤指为捞取好处与某人）成为朋友，拉关系，套近乎: *Have you noticed how he's trying to get in with the boss?* 他在竭力巴结老板，你注意到了没有？◇ *She got in with a bad crowd at school.* 她在学校结交了一帮坏人。
• v + adv + prep

ˌget ˈinto sb
• v + prep
IDM **what has got into sb?** used to say that sb has started to behave in a strange or different way （表示某人行为反常起来）…怎么了: *What's got into you?* 你是怎么回事？◇ *I don't know what's got into Georgia recently—she's so bad-tempered.* 我不知道乔治娅最近怎么了 —— 她动不动就发火。

ˌget ˈinto sth 1 to put on a piece of clothing, especially with difficulty （尤指费力地）穿上: *I can't get into these shoes.* 这双鞋我穿不进去。◇ *She wants to get into a size 40.* 她想穿 40 号的。◇ *Go upstairs and get into your pyjamas.* 上楼去穿上睡衣吧。 **2** to start a career in a particular profession 涉足（某个行业）；开始

从事（某种职业）: *Can you give me any advice on getting into advertising?* 你能指点我如何进入广告业吗？ **3** (*also* **'get into doing sth**) to become involved in an activity; to start sth 参与（活动）；开始（某事）: *We got into a conversation about pollution.* 我们谈起了污染问题。◇ *He got into taking drugs at school.* 他在学校沾上了毒品。◇ *Sam's always getting into fights.* 萨姆老是打架。◇ *Are you sure you know what you're getting into?* 你确实清楚你要干什么吗？ OBJ **conversation, fight, argument** **4** to develop a habit, a routine, etc. 养成（某种习惯）；形成（某种惯例）: *I don't want to get into bad habits.* 我不想沾染恶习。◇ *We've got into a routine now.* 我们现在已经成了习惯。◇ *Get into the habit of checking your work carefully.* 要养成仔细检查作业的习惯。 OBJ **habit, routine** OPP **get out of sth** **5** (*informal*) to develop a taste for or an interest in sth 培养（某种兴趣爱好）: *I'm really getting into jazz these days.* 我最近真的开始喜欢上爵士乐了。 **6** to become familiar with sth; to learn sth 开始熟悉；学会: *I haven't really got into my new job yet.* 我还未真正熟悉我的新工作。 **7** to be found and used in a particular way or by particular people 作…之用；被（某些人）得到: *I hope the story doesn't get into the papers.* 我希望此事不要见报。◇ *I don't want this file* ***getting into the wrong hands*** (= getting to people who should not see it). 我不想让这份文件让那些不该看的人看到。

→ see also GET IN, GET INTO STH; GET INTO STH, GET SB/YOURSELF INTO STH

• v + prep

,get 'into sth; ,get sb/yourself 'into sth to reach a particular state or condition, especially a bad or unpleasant one; to make sb do this （使）处于，陷于（某种状态或境地）: *Jerry was always getting into trouble as a boy.* 杰里小时候经常闯祸。◇ *Her little brother was always getting her into trouble.* 她弟弟过去经常给她惹麻烦。◇ *My sense of humour often gets me into trouble!* 我的幽默感常常给我带来麻烦。◇ *The company has got into difficulties* (= financial problems). 公司陷入了困境。◇ *His passion for sailing has got him into debt.* 他对帆船运动的热爱使他背上了债务。◇ *That's another fine mess I've got myself into!* 那是我又一次把事情搞得一塌糊涂！◇ *Do you realize what you're getting (yourself) into?* 你明白这样会（让自己）陷入什么处境吗？

OPP **get out of sth; get sb/yourself out of sth**

NOTE Not used in the passive. 不用于被动语态。

→ see also GET IN, GET INTO STH; GET INTO STH

• v + prep • v + n/pron + prep

IDM **get sb into 'bed** to persuade sb to have a sexual relationship with you 诱使某人与自己上床；把某人弄到手

,get sb/sth 'into sth → GET SB IN, GET STH IN

,get 'off 1 to leave a place or start a journey 离开；出发；起程: *We ought to get off straight after breakfast.* 我们应该早饭后立即动身。◇ *to get off to bed/work* 上床睡觉去 / 上班去 **2** (**with sth**) to escape or nearly escape punishment （以…）逃过惩罚，几乎免受处罚: *He got off with a small fine.* 他交一点罚款就把事了结了。◇ *Companies who pollute the environment have been* ***getting off lightly***. 那些污染环境的公司只受到轻微的处罚。 **3** (**with sth**) to escape or nearly escape injury in an accident （除了…）幸免于难，逃过一劫: *She was lucky to get off*

SYNONYMS 同义词辨析

get off

alight • disembark • dismount (from sth) • get off (sth) • get out (of sth)

These verbs all mean to get out of a form of transport such as a car or bus, or get down from a form of transport such as a bicycle or horse. 这些动词都表示从交通工具上下来。

alight (*formal*) to get out of a bus, train or other vehicle 下（车等）: *He would alight at Piccadilly Circus.* 他会在皮卡迪利广场下车。

disembark (*formal*) to leave a vehicle, especially a ship or plane, at the end of a journey 下（尤指船或飞机）；上岸；登陆: *We will be disembarking at midday.* 我们将在中午下船。 ▶ **disembarkation** *n* [U]: *All crew should get ready for disembarkation.* 全体乘务人员应为下客作好准备。

dismount (from sth) to get off a horse, bicycle or motorcycle 下（马、自行车或摩托车）: *She stopped her horse and dismounted.* 她停住，下了马。

get off (sth) to leave a form of transport such as a bus, plane, train, etc.; to get down from a horse or bicycle 下（公共汽车、飞机、火车、马、自行车等）: *Get off at the next stop.* 在下一站下车。◇ *They were arrested when they got off the plane.* 他们一下飞机即被逮捕。

get out (of sth) to get out of a vehicle such as a car 下（车等）: *She stopped the car and ordered him to get out.* 她停下车，命令他下车。◇ *If you feel sleepy, get out of the car and walk around.* 要是发困，就下车走走。

PATTERNS AND COLLOCATIONS

- to get out/get off/disembark/alight **at** ...
- to disembark/alight/dismount **from** sth
- to get off/dismount from a **horse/motorcycle/bicycle**
- to get off a **bus/plane/train**
- to get out of a **car**

with just a few bruises. 她所幸并无大碍，只有几处碰伤。 **4** (*BrE, informal*) to go to sleep 入睡: *I couldn't* **get off to sleep** *last night.* 我昨晚睡不着。 **5** (*AmE, informal, disapproving*) to be brave enough to say or do sth 敢于说（或做）某事: *I don't know where you get off saying that musicians don't make much money.* 我不知道你怎么居然会说音乐家赚钱不多。 **6** (⚠, *slang*) to achieve sexual satisfaction 达到性高潮
◆ v + adv

IDM **get off to a flying 'start; get off to a 'flyer** to make a very good start 有很好的开端；有良好的起步；开门红: *The team have got off to a flying start this season.* 该队本赛季开局不错。 **get off on the right/wrong 'foot** (*informal*) to start a relationship well/badly 开始时关系良好 / 不好: *Mark and I managed to get off on the wrong foot.* 马克和我开始交往时就关系很僵。

ˌget ˈoff; ˌget ˈoff sb (*informal*) used to tell sb to stop touching sb （要求对方）别碰（某人），走远点: *Get off (me)! You're hurting my arm!* 别碰我！你弄疼我的胳膊了！
◆ v + adv ◆ v + prep

🔑**ˌget ˈoff; ˌget ˈoff sth 1** to leave a bus, train, plane, etc. that you are travelling in 下（公共汽车、火车、飞机等）: *Ask the driver where to get off.* 问问司机在哪儿下车。◇ *Let's get off the bus and walk the rest of the way.* 咱们下公共汽车，步行走完剩下的路吧。 OPP **get on, get on sth** → see also GET OUT, GET OUT OF STH 2 **2** to move your body from sth you are sitting, standing, lying, etc. on, down to the ground （从…）下来，下去（到地面）: *Get off the table at once!* 马上从桌上下来！◇ *Your bike's got a flat tyre. You'd better get off and walk.* 你的自行车轮胎没气了。你最好下车步行。 **3** to leave work with permission 获准离开工作岗位；下班: *I normally get off at 5.30, but I'll try to get off earlier.* 我一般 5 点 30 分下班，但我会争取提早点。◇ *What time do you get off work tomorrow?* 你明天几点下班？ **4** to stop touching sth 停止触摸，不再碰（某物）: *Get off those cakes! They're for your grandparents.* 别碰那些蛋糕！那是给你爷爷奶奶的。
◆ v + adv ◆ v + prep

ˌget ˈoff sth 1 to leave a place where you should not be 离开（不该逗留的地方）: *Get off my land!* 从我的土地上走开！ OBJ **land, property 2** to stop discussing a particular subject 停止讨论，不再谈论（某一话题）: *Doesn't she ever get off the subject of money?* 她可曾停止过谈钱？ OBJ **subject 3** to stop using the telephone 挂断（电话）: *Can you tell me when you get off the phone?* 能告诉我什么时候你打完电话吗？◇ *Get off that phone! I'm waiting for a call.* 别用那部电话！我在等电话呢。 OBJ **phone, line** OPP **get on sth 4** to stop using or doing sth that you have been using or doing as a habit 戒掉；戒除: *I'm determined to get off the drugs.* 我决心戒毒。 OBJ **drugs, drink** → see also GET SB OFF STH 1 **5** (*AmE*) to say or write sth amusing 说（或写）有趣的事
◆ v + prep

IDM **ˌget ˈoff it!** (*AmE, informal*) used to tell sb to stop saying sth that you think is silly or annoying （用于劝告）别犯傻了，别烦人了，得了吧: *'I told you it wouldn't be easy!' 'Oh, get off it. I'm doing just fine.'* "我警告过你，这事可不容易！" "嗨，别扯了。我干得不赖。" **get off my 'back/'case** (*informal*) used to ask sb to stop annoying you by criticizing you or telling you to do things （用于警告）别对我评头论足，别对我指手画脚 **get (sth) off the 'ground** to start happening successfully; to make sth do this （使）顺利开始，成功启动: *The project was slow to get off the ground.* 这个项目迟迟不能上马。◇ *to get a new company off the ground* 使新公司顺利开业

ˌget sb ˈoff 1 (to ...) to make or help sb leave a place or start a journey 使动身，使起程（去…）: *I'll come after I've got the children off to school.* 我打发孩子们上学去后就来。 **2** to make a baby, a child, etc. fall asleep 使（婴儿、孩子等）入睡: *She got the baby off to sleep by rocking her.* 她轻轻摇动让宝宝入睡了。◇ *When did you eventually get him off?* 你最后是什么时候让他睡过去的？ OBJ **baby 3** (*also* **ˌget sb ˈoff sth**) to help sb to escape punishment 使免受惩罚；使逍遥法外: *She's relying on clever lawyers to get her off.* 她指望高明的律师能帮她免受惩罚。◇ *They managed to get him off the charge.* 他们设法使他逃过了指控。
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv **3** also v + n/pron + prep

ˌget sth ˈoff 1 to send sth by post/mail 邮寄: *I must get these letters off tonight.* 我必须今晚把这些信件寄出去。 SYN **send sth off (to sb) 2** to remove sth from sth; to manage to remove sth from sth （设法从…上）取掉，拿掉: *Get your coat off and come and sit down.* 把外套脱了，过来坐下。◇ *Her finger was so swollen that she couldn't get her ring off.* 她的手指肿得连戒指都摘不下。 OBJ **clothes, coat** SYN **take sth off 3** to have permission from your employer not to go to work for a particular period of time 获准（某段时间）不上班；请到假: *Can you get some time off next week?* 你下个星期能休息几天吗？◇ *I'll see if I can get the day off.* 我看看能否请一天假。 OBJ **time, day, week** SYN **take sth off** → see also GET STH OFF STH 2
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv

IDM **get it 'off (with sb)** (*AmE*, ⚠, *slang*) to have sexual relations with sb; to have strong feelings of sexual pleasure （和某人）发生性关系，达到性高潮

ˌget sb ˈoff sth 1 to help sb to stop using or doing sth that they are in the habit of using or doing 使戒掉；使戒除: *I need professional help to get me off the alcohol.* 我需要专业指导帮我戒酒。 → see also GET OFF STH 4 **2** to stop sb from discussing a particular subject 使停止讨论；使不再谈论: *I couldn't get him off politics once he'd started* 他一谈起政治我就没法让他停下。 **3** → GET SB OFF 3

OPP **get sb onto sth**

NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + prep

,**get sth 'off sb** (*informal*) to succeed in getting sb to give you sth 从（某人处）弄到: *Did you get that money off him?* 你跟他要到那笔钱了吗？◇ *Our team couldn't get the ball off them.* 我们队没法从他们那里抢到球。
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + prep

,**get sth 'off sth** **1** to manage to remove sth from sth; to remove sth from somewhere （设法）从…上取掉，从…处挪开: *Can you get the top off this bottle?* 你能打开这个瓶盖吗？◇ *She got a jar of coffee off the shelf.* 她从搁板上取下一罐咖啡。◇ *Get your feet off the chair!* 别把双脚放在椅子上！ **2** to get permission from your employer not to go to work during a particular period of time 获准（某段时间）不上班；请到假: *Do you think you can **get** the week **off** work?* 你认为你能请到一个星期的假吗？ OBJ **time, day, week** → see also GET STH OFF
SYN **take sth off sth**
NOTE Not used in the passive. 不用于被动语态。
◆ **1** v + n/pron + prep
◆ **2** v + n/pron + prep + n

,**get 'off on sth**; ,**get 'off on doing sth** (*informal*) to become very excited by sth, often in a sexual way or because of drugs （常指性兴奋或毒品作用）因…而兴奋，因…而激动: *She seems to get off on shouting at people.* 她似乎以对人大喊大叫为乐。
◆ v + adv + prep

,**get 'off with sb**; ,**get 'off together** (*informal, especially BrE*) to start a sexual or romantic relationship with sb （与某人）发生性关系，产生恋情: *Sam got off with Kate at the party.* 在聚会上，萨姆和凯特搞到了一起。◇ *They got off together at the party.* 他们在聚会上搞到了一起。◇ *He was trying to get off with her.* 他在设法泡她。
◆ v + adv + prep ◆ v + adv + adv

🔑,**get 'on** **1** (*BrE*) (*also* ,**get a'long**) **(with sb/together)** to have a friendly relationship with sb （与某人）关系友好，相处融洽: *My mum and I never really got on (together).* 妈妈和我从未真正和睦相处过。◇ *Do you get along all right with your boss?* 你和你的老板合得来吗？◇ *Do you and your boss get along all right?* 你和你的老板合得来吗？◇ *I'm glad you get on so well with her.* 我很高兴你和她相处得如此融洽。 **2 (with sth)** to start an activity or continue doing sth, especially after an interruption 开始（活动）；（尤指中断后）继续: *Be quiet and get on with your dinner!* 别吵，继续吃你的饭！◇ *Let's get on with the meeting.* 我们

SYNONYMS 同义词辨析

get on (sth)

board (sth) • **embark** • **get in (sth)** • **get on (sth)** • **mount (sth)**

These verbs all mean to get inside or onto a form of transport. 这些动词都表示乘上交通工具。

board (sth) to get on a ship, plane, train, bus, etc. 上（船、飞机、火车、公共汽车等）: *Passengers are waiting to board.* 乘客在等待上车。◇ *She boarded a train for Philadelphia.* 她上了去费城的火车。 NOTE If a plane or ship is **boarding**, it is ready for passengers to get on. 飞机或船正在 boarding 表示乘客可以登机或登船。

embark to get onto a ship 上（船）: *Will all foot passengers get ready to embark.* 请步行的乘客准备上船。◇ *The family embarked at Liverpool.* 全家人在利物浦上了船。▶ **embarkation** *n* [U]: *Embarkation will be at 14.20 hours.* * 14 点 20 分登船。

get in (sth) (also **get into sth**) to get inside a vehicle such as a car 上（车等）: *Rob got in beside me.* 罗布挨着我上了车。◇ *She checked the tyres and got back into the van.* 她检查了轮胎，然后回到客货车上。

get on (sth) (also **get onto sth**) to go onto or into a form of transport that carries several people, such as a plane, bus or boat; to move your body onto a form of transport such as a bicycle or horse 上（飞机、公共汽车、船、自行车、马等）: *It was time to get on the plane.* 到了登机的时候了。◇ *We can get on the bus at the end of the road.* 我们可在这条路的尽头乘公共汽车。◇ *He was stopped from getting onto the ferry at the port.* 他被人拦在码头上，没登上渡轮。

mount (sth) to get on a horse, bicycle, etc. in order to ride it 上（马、自行车等）: *He mounted his horse and rode away.* 他骑上马走了。◇ *Carla waved and mounted her bike again.* 卡拉挥了挥手，骑上了自行车。 NOTE The use of **mount** without a direct object usually relates to getting on a horse * mount 不接直接宾语，通常指骑上马: *Paul went up to the pony, mounted, and galloped off.* 保罗走到小马跟前，上马飞奔而去。

PATTERNS AND COLLOCATIONS

- to get in/get on/board/embark at ...
- to get on/mount a **horse/motorcycle/bicycle**
- to get on/board a **bus/plane/train**
- to get in a **car**

继续开会吧。◇ *She got on with the job quietly.* 她默不作声地开始工作了。◇ *If you're going to tell us, just get on with it!* 你想告诉我们，就说吧。◇ *I'd love to talk but I must get on.* 我倒想聊聊，可我必须继续工作了。◇ *All I want is to get on with my life.* 我只想继续生活。 **3 (in sth)** to be successful in your career （事业上）获得成功: *She's keen to get on in her career.* 她很想干一番事业。◇ *Having contacts is the only way to get on in the art world.* 建立关系网是在艺术界取得成功的唯一途径。 **4** (*also* ˌ**get aˈlong**) **(with sth)** used to talk about how well sb is doing a task, managing a situation, etc. （在…上）有进展: *How's Jan getting on at college?* 简在大学怎么样了？◇ *Are you getting on alright with your project?* 你的项目进展还顺利吧？◇ *I can get along without him easily.* 没有他我也能应付自如。◇ *I'm not getting on very fast with this job.* 我这项工作进展不太快。◇ *How did you get on in your exams?* 你考试怎么样了？ **5** (*often used in the progressive tenses* 常用于进行时) to leave a place, because you have lots to do （因要做的事情很多）出发，离开: *It's time we were getting on.* 我们该动身了。

→ see also GET ALONG 1

◆ v + adv

IDM be getting ˈon 1 (of a person 人) to be becoming old 年事渐高；上了年纪 **2** (of time 时间) to be becoming late 渐晚: *The time's getting on—we ought to be going.* 时候不早了 —— 我们该动身了。 **be ˌgetting ˈon for ...** to be near a particular time, age or number 接近，靠近（某个时刻、年龄或数字）: *It must be getting on for midnight.* 一定快到午夜了。◇ *I think he's getting on for 40.* 我想他将近 40 岁了。 **be ˌgetting ˈon towards/toward ...** (*especially AmE*) to be near a particular time, especially a time that is late 接近，将近（尤指较晚的时刻）: *It must be getting on toward midnight by now.* 现在一定快到午夜了。

ˌget ˈon; ˌget ˈon sth 1 (*also* ˌ**get ˈonto sth**) to get into a bus, plane, train, etc. 乘上，登上（公共汽车、飞机、火车等）: *How did he manage to get on the wrong plane?* 他怎么会上错飞机？◇ *Did Jack manage to get on?* 杰克最后上车了吗？◇ *Did anyone see Sue getting onto the bus?* 有没有人看见休上公共汽车？◇ *He got on his bike and rode off.* 他骑上自行车走了。 **OBJ plane, bus, train, bicycle SYN board, board sth** (*more formal*) **OPP get off, get off sth NOTE Enter sth** cannot be used with this meaning. * enter sth 不作此义。 **2** (*also* ˌ**get ˈonto sth**) to move your body so that you are standing, sitting or lying on sth 站（或坐、躺）到…上: *How did the rabbit get onto the table?* 兔子怎么跑到桌子上去了？ **OPP get off, get off sth 3** to leave one road and join another （从一条路）拐上（另一条路）: *You'll need to get on the motorway.* 你得上高速公路。

◆ v + adv ◆ v + prep

ˌget ˈon sth 1 (to sb) to pick up the telephone and try to call sb 拨打（电话）（给某人）: *Get on the phone (to them) and tell them you can't come.* （给他们）打个电话告诉他们你去不成了。 **OBJ phone, telephone, line OPP get off sth 2** (*also* ˌ**get ˈonto sth**) to be successful in being chosen to do sth such as be on a radio or television programme, etc. 被选中（上广播或电视节目等）: *She'd do anything to get on the telly.* 为了上电视，她可以不择手段。 **3** (*also* ˌ**get ˈonto sth**) to gain a place on a course, a committee, etc. 得到，获得（名额等）: *I was very lucky to get onto the course.* 能够上这门课程，我很幸运。 **4** (*also* ˌ**get ˈonto sth**) to be dropped, rubbed, etc. on sth; to fall on sth 掉到（或抹到等）…上；落到…上: *How did that mud get on the carpet?* 那块泥巴是怎么掉到地毯上去的？◇ *Be careful that the oil doesn't get onto your clothes.* 小心别把油蹭到衣服上。

◆ v + prep

ˈget on sth; ˈget sb on sth used especially in offices to mean to make telephone calls, or to contact sb by phone （尤指在办公室）打电话，打电话与（某人）联系: *I'll get on the phone and find out exactly what he wants.* 我来打个电话，问问他到底想要什么。◇ *I couldn't get him on the phone all day.* 我打了一天电话都联系不上他。◇ *Shall I get her on the line?* 要不要我打个电话给她？

NOTE Not used in the passive. 不用于被动语态。

◆ v + prep ◆ v + n/pron + prep

ˌget sth ˈon 1 to put on, or to manage to put on, an item of clothing, jewellery, etc. （设法）穿上，戴上: *Get your coat on and we'll go for a walk.* 穿上外套，我们散步去。◇ *My finger's swollen and I can't get my ring on.* 我的手指肿了，戒指戴不上。 **OBJ coat, shoes OPP get sth off 2** to start preparing or cooking a meal, a drink, etc. 开始准备，开始做（饭菜、饮料等）: *It's nearly six o'clock. I must get the dinner on.* 快到六点了。我得开始做晚饭了。◇ *Get the kettle on and make us a nice cup of tea.* 烧壶水，给我们沏杯香茶吧。 **OBJ dinner, kettle**

SYN put sth on

NOTE Not used in the passive. 不用于被动语态。

◆ **1** v + n/pron + adv ◆ v + adv + n (*less frequent*)

◆ **2** v + n/pron + adv

IDM ˌ**get it ˈon (with sb)** (*slang, especially AmE*) to have sex with sb （与某人）做爱

ˌget sb/sth ˈon sth (*also* ˌ**get sb/sth ˈonto sth** *less frequent*) **1** to manage to put sb/sth onto a place 设法把…放到…上面: *It took four people to get the piano on the stage.* 用了四个人才把钢琴搬上舞台。◇ *Get him onto a chair and call an ambulance.* 把他抬到椅子上，叫辆救护车。 **2** to make sth reach a particular state or condition 使（某物）达到（某种状态或状况）: *How did you get mud on your coat?* 你的外套怎么蹭上泥了？

NOTE Not used in the passive. 不用于被动语态。

◆ v + n/pron + prep

IDM get your ˈhands on sb/sth to find, obtain or catch sb/sth 找到；得到；抓到: *I'll need anything I can get my hands on.* 凡是能到手的东

西，我都用得着。◇ *Just wait until I get my hands on him!* 我会逮到他的，等着瞧吧！

,get 'on at sb to criticize sb a lot 不断批评：*She's always getting on at me.* 她动不动就唠唠叨叨地数落我。
◆ v + adv + prep

,get 'onto sb; ,get 'on to sb **1** (*informal*) to contact sb, especially by telephone or letter （尤指用电话或书信）与（某人）联系：*If you've got a complaint you'd better get onto the manager.* 想投诉，你最好找经理。 **2** to become aware of sb's activities, especially ones they want to keep secret 觉察，察觉，识破（某人的秘密活动）：*I don't want the police getting onto me.* 我不想被警方发现。→ see also BE ONTO SB
◆ v + prep ◆ v + adv + prep

,get 'onto sth **1** → GET ON STH 2,3,4 **2** (*also* **,get 'on to sth**) to begin to discuss a new subject 开始讨论，转而谈论（新的话题）：*We somehow got onto the subject of exams.* 我们不知怎么就谈起了考试。◇ *It's time we got onto the question of cost.* 我们该讨论成本问题了。 **OBJ** **subject, question** **3** (*also* **,get 'on to sth**) (*informal*) to start working on or thinking about sth 着手做，开始考虑（某事）：*I'll get onto it right away.* 我马上就开始。 → see also BE ONTO STH **4** → GET ON, GET ON STH 1,2
◆ v + prep

,get sb 'onto sth; ,get sb 'on to sth **1** to introduce sb to sth, especially sth harmful 使尝试（尤指有害的事）；教唆：*Who got her onto drugs in the first place?* 首先，是谁教她吸毒的？ **2** to make sb start discussing a particular subject 使开始讨论（某个话题）：*Don't get Ken onto politics or we'll be here all night!* 不要让肯谈起政治，否则我们就要在这里呆一夜了！
OPP **get sb off sth**
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + prep ◆ v + n/pron + adv + prep

,get sb/sth 'onto sth → GET SB/STH ON STH

,get 'out **1** if news, etc. **gets out**, it becomes known, even though people are trying to keep it a secret （消息等）泄露，泄漏：*If word gets out there'll be trouble.* 要是走漏了风声就麻烦了。◇ *When it got out that we'd won the lottery, we couldn't escape press photographers.* 我们中彩的事传出去后就躲不开摄影记者了。 **SYN** **leak out** **2** to have a social life outside your home 外出参加社交活动：*You need to get out more.* 你应该多出去社交。 **SYN** **go out** → see also GET AROUND 3 **3** **Get out!** (*AmE, informal*) used to show that you do not believe sth （表示难以置信）真的吗：*Get out! Ed actually said that?* 不会吧！埃德真的那么说？
◆ v + adv

🔑 **,get 'out; ,get 'out of sth** **1** to leave or go out of a place such as a car, a lift, a room or a house （从汽车、电梯、房间、屋子里等）出来，出去：*The car door opened and a tall man got out.* 车门开了，一个高个男人下了车。◇ *I have a lot of trouble getting out of bed in the mornings.* 我早晨总不想起床。◇ *Close the door to stop the heat getting out.* 把门关上，免得热气跑出去。◇ *Get out and don't come back!* 滚出去，别回来了！◇ *Do you need help getting out of the bath?* 你从浴缸出来要人帮忙吗？ **OPP** **get in, get into sth** ➲ note at GET OFF, GET OFF STH **2** to leave a car, etc. that you are travelling in 下（车等）：*A car drew up and a stranger got out.* 车停了下来，一个陌生人下了车。 **OPP** **get on, get on sth** → see also GET OFF, GET OFF STH 1 **3** to manage to find a way out of a place 设法找到出路；设法（从…）出去：*It's very difficult getting out of the city in the rush hour.* 交通高峰时间很难出城。◇ *The thieves must have got out through the window.* 窃贼一定是从窗户逃出去的。 **4** to leave a place, an organization, etc. in order to avoid difficulty or danger 离开（某个地方、机构等以避开困难或危险）：*They were able to get out of the country before the war started.* 在战争爆发前他们设法离开了这个国家。◇ *The company's in trouble—you should get out while you can.* 公司有麻烦了——你赶紧走人。
◆ v + adv ◆ v + adv + prep

,get sb 'out (in cricket 板球) to end the time when sb is hitting the ball, for example by forcing them to make a mistake 把（某人）杀出局：*If England can get Richards out, they might win the match.* 英格兰队如果能把理查兹杀出局，就有可能赢得比赛。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

,get sb 'out; ,get sb 'out of sth to help or make sb leave a place 帮助（或促使）某人离开（某处）：*Get everyone out* (= out of a building) *quickly!* 让大家赶快出来！◇ *I couldn't get the kids out of bed this morning.* 今天早晨我没法叫孩子们起床。◇ (*figurative*) *I can't get her out of my mind.* 我无法忘记她。
◆ v + n/pron + adv ◆ v + n/pron + adv + prep

,get sth 'out **1** to say sth with difficulty 困难地说出；勉强地说：*She was laughing so much she could hardly get the words out.* 她笑得几乎说不出话来。◇ *I wanted to tell him how I felt, but I couldn't get it out.* 我想告诉他我的感受，可我难以启齿。 **OBJ** **words** **2** to produce or publish sth 制作；发表；出版：*Will we get the book out by the end of the year?* 我们在年底前会出版这本书吗？
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

🔑 **,get sth 'out; ,get sth 'out of sth** **1** to remove or take sth out of a place, a container, etc. （从…处）移开；（从…中）拿出，取出：*Get your violin out and we'll start the lesson.* 拿出小提琴，我们要开始上课了。◇ *He started to get his wallet out (of his pocket) but I insisted on paying.* 他伸手（从衣兜）掏皮夹，可我坚持要付账。◇ *I'll need to get some money out* (= of the bank). 我需要（从银行）取点钱。◇ *She got out her cigarettes and offered me one.* 她拿出香烟，给了我一支。◇ *I'll try and get that book out of the library.* 我来试试把那本书从图书馆借出来。◇ (*figurative*) *I can't get the argument out of my mind.* 我忘不掉那次争吵。 **SYN** **take sth**

out, take sth out of sth 2 to remove a mark, etc. from sth 除去，擦掉（污痕等）：*Did you manage to get out that oil stain?* 你把那块油污弄掉了吗？◇ *I can't get the red wine out of the carpet.* 我除不掉地毯上的红酒污渍。OBJ **stain**
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
◆ v + n/pron + adv + prep

IDM **get sth out of your 'system** (*informal*) to do or say sth so that you no longer feel a very strong emotion or have a very strong desire 宣泄，排解，消解（强烈的感情或欲望）：*I need to get the anger out of my system.* 我得消消气。◇ *You'll feel better once you've got it all out of your system.* 你发泄完就会感觉好些的。

,get 'out of sth 1 (*also* **,get 'out of doing sth**) to avoid a responsibility or duty; to not do sth that you ought to do 逃避，规避，摆脱（责任或义务）：*We promised we'd go—we can't get out of it now.* 我们答应过要去的 —— 现在不能食言。◇ *I'll see if I can get out of going to the meeting.* 我来想想能否不去参加那个会。 **2** to stop having a particular habit 放弃，抛弃，戒除（习惯）：*I can't get out of the habit of waking up early.* 我早醒的习惯改不了。◇ *I don't want the children to get out of their routine.* 我不想孩子们乱了生活规律。◇ *Try to get out of the habit of eating between meals.* 尽量改掉正餐之间吃东西的习惯。 OBJ **habit, routine** OPP **get into sth 3** to escape from a difficult situation 摆脱，逃脱（困境）：*Sometimes I feel I'll never get out of debt.* 有时我觉得我的债永远也还不清。◇ *How are we going to get out of this mess?* 我们如何摆脱这种混乱局面？ OBJ **debt, mess, trouble** OPP **get into sth 4** to remove an item of clothing 脱下（衣服）：*Come in and get out of those wet clothes.* 进来把那些湿衣服脱了。

OPP **get into sth**
◆ v + adv + prep

▶ **'get-out** *n* [usually sing.] a way of avoiding sth; an excuse 回避（或逃避）的办法；借口：*They're looking for a good get-out.* 他们在找个好的托词。◇ *The agreement contains a number of **get-out clauses**.* 协议中有很多免责条款。

,get 'out of sth; ,get sb/yourself 'out of sth to escape from a particular state or condition, especially a bad or unpleasant one; to make or help sb do this （使）解脱出来，摆脱困境：*Jack always uses his wits to get out of trouble.* 杰克总能随机应变摆脱麻烦。◇ *The situation is getting out of control.* 局面即将失控。◇ *Who can get us out of this mess?* 谁能帮我们摆脱这种混乱局面？◇ *This new job should help me get out of debt.* 这份新工作应当能帮我还清债务。

OPP **get into sth; get sb/yourself into sth**
NOTE Not used in the passive. 不用于被动语态。
◆ v + adv + prep ◆ v + n/pron + adv + prep

,get sth 'out of sb to obtain sth from sb, usually by persuading or threatening them （通过劝说或威胁）从（某人处）得到：*The police have got a confession out of her.* 警方逼她招了供。◇ *It's not worth trying to get money out of him!* 求他给钱不值得！◇ *I couldn't get a word out of her.* 我从她那里探不到一点口风。
OBJ **word, money, the best**
◆ v + n/pron + adv + prep

,get sth 'out of sth; ,get sth 'out of doing sth to gain, obtain or achieve sth from a particular occasion, situation or activity 从…中获得：*She seems to get a lot out of life.* 她似乎从生活中获益良多。◇ *He gets a lot of pleasure out of buying presents for the children.* 给孩子们买礼物让他感到很快乐。◇ *I didn't get much out of the conference.* 这次会议我没有什么收获。◇ *I don't feel she's getting the most out of her studies.* 我觉得她的学习效果不够理想。◇ *John **gets a kick out of** (= gets a lot of pleasure and excitement from) driving fast cars.* 约翰觉得飙车很刺激。
OBJ **pleasure, enjoyment**
◆ v + n/pron + adv + prep

,get 'over (*also* **,get yourself 'over** *informal*) **[+adv/prep]** to go to a place or to arrive somewhere 去，到达（某地）：*How much will it cost you to get over to Ireland?* 到爱尔兰去要花多少钱？◇ *I'd better get over there right now to see her.* 我最好立刻到那里去见她。◇ *Get yourself over there now and tell him how you feel.* 你现在就去那里，把你的感受告诉他。
◆ v + adv ◆ v + pron + adv

,get 'over sb/sth to return to your usual state of health, happiness, etc. after the end of a relationship with sb, an illness, a shock, etc. 从（关系破裂、疾病、震惊等）中恢复过来：*He never really got over Jennifer* (= when their relationship finished). 自从和珍妮弗分手后，他从未真正恢复过来。◇ *I'm still getting over my cold.* 我感冒还没好呢。◇ *My pride was hurt, but I'll get over it.* 我的自尊心受到了伤害，不过我会想得开的。
◆ v + prep

,get 'over sth 1 to deal with or gain control of sth 解决；克服；控制：*Eddy's got to learn to get over his shyness.* 埃迪必须学会克服羞怯心理。◇ *I think the problem can be got over without too much difficulty.* 我想这个问题不太难解决。 OBJ **shyness, problem** SYN **overcome sth 2** (*informal*) (*usually used in a negative sentence with **can't** or **couldn't*** 通常与 can't 或 couldn't 连接，用于否定句) to believe that sth surprising or unexpected really did happen or is true 相信（令人吃惊或出乎意料的事）：*I can't get over* (= I'm very surprised by) *how much she's changed!* 她变化如此之大，难以置信！ **3** to climb or cross sth high 攀登，攀爬，越过（高处）：*Can you get over the wall on your own?* 你能自己翻过墙吗？
◆ v + prep

IDM **get 'over it** (*informal*) used to tell sb that they should stop worrying about sth which you think is not important or not their business （用于告诉别人不要为琐事或不相干的事瞎操心）不用操心，少管闲事：*These people don't like the way I dress. They should get over it!* 这些人不喜欢我的穿着。这不关他们的事！

,get 'over yourself (*informal*) to realize that you are not as good, important, etc. as you think you are 有自知之明；不再自以为是：*She needs to get over herself!* 她应该知道自己有几斤几两！
◆ v + prep

,get sb 'over [+adv/prep] to arrange for sb to go or come to a place 安排（某人）去（或来某处）：*Get a reporter over here straight away!* 马上找一名记者来！◇ *Shall we get my parents over for dinner tonight?* 我们今晚请我父母来吃饭好吗？
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv

,get sth 'over 1 → GET STH ACROSS (TO SB) **2** (*informal*) to complete sth necessary and usually unpleasant 完成，结束（令人不快但避免不了的事）：*Can we just get this test over?* 我们把这次考试考完好吗？◇ *Let's tell her the news now and **get it over with**.* 咱们现在把这件事告诉她算了。◇ *I'll be glad to **get the exam over and done with**.* 考试结束我就称心了。
NOTE Not used in the passive. 不用于被动语态。
◆ **1** v + n/pron + adv ◆ v + adv + n
◆ **2** v + n/pron + adv

,get yourself 'over [+adv/prep] → GET OVER

,get sb/sth 'over sth → GET SB/STH ACROSS STH

,get 'past; ,get 'past sb/sth (*also* **,get 'by, ,get 'by sb/sth** *less frequent*) **1** to manage to move past sb/sth（设法）超过，越过：*He tried to get past them and run for the door.* 他试图从他们身边穿过，向门口跑去。◇ *Once we get past this truck I can speed up.* 我们一超过这辆卡车，我就能提速了。 **2** to pass sb/sth without being noticed, caught or stopped 通过（而不被注意、抓住或拦下）：*It'll be difficult to get past the ticket collector without paying.* 不付钱很难瞒过检票员的。◇ *The movie will never get past the censors.* 这部电影一定不会通过审查。◇ *Very few goals get past the goalkeeper.* 很少有球能闯过这位守门员的十指关。
◆ v + adv ◆ v + prep

,get 'past sth → GET BEYOND STH 1, 2

,get sb/sth 'past sb/sth 1 to manage to move sb/sth past sb/sth（设法）使通过，弄过去：*I couldn't get the baby's buggy past the car parked on the pavement.* 人行道上停了辆车，我没法把婴儿车推过去。 **2** to make sb/sth go past sb/sth without being noticed, stopped or caught 使通过（而不被注意、拦下或抓住）：*You won't get any goals past him!* 你不可能把球踢进他的球门的！◇ *How did you get your article past the editor?* 你的文章是如何通过编辑审查的？
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + prep

,get 'round; ,get 'round sth (*BrE*) (*also* **,get a'round, ,get a'round sth** *AmE, BrE*) **1** (*sport*) to complete a course and return to the beginning（赛跑等）跑完一圈：*How long did it take you to get round (the course)?* 你跑完一圈用了多长时间？ **2** to fit in a circle around a table, etc.（在桌子等周围）围一圈，围拢：*Can we all get round (the table)?* 我们大家围着（桌子）能都坐下吗？
◆ v + adv ◆ v + prep

,get 'round sb (*also* **,get a'round sb** *especially AmE*) to persuade sb to let you do or have sth, or to do what you want, often by being nice to them（通过讨好卖乖）说服，使依顺：*I'll try and get round my dad tonight and persuade him to give us a lift.* 我今晚会想法哄爸爸开心，说服他让我们搭个便车。
◆ v + prep

,get 'round sth (*BrE*) **1** → GET AROUND STH 1 **2** → GET AROUND STH 2 **3** (*also* **,get a'round sth** *especially AmE*) to deal with a problem successfully; to avoid sth 成功对付；解决；回避：*There's no getting round it. We're just going to have to pay.* 逃不掉了。我们只能付钱了。◇ *A clever lawyer might be able to get round that clause.* 高明的律师也许能找到规避那个条款的办法。◇ *There must be a way these rules can be got round.* 肯定有办法绕开这些规定的。
◆ v + prep

🔑 **,get 'round/a'round to sth; ,get 'round/a'round to doing sth** to find the time to do sth 抽时间做：*I haven't got round to asking him yet.* 我还没顾得上问他呢。◇ *One of these days I'll get around to buying a new car.* 我这几天会抽空去买辆新车。◇ *I'm going to write to Uncle Joe, but I haven't got around to it yet.* 我要给乔叔叔写信，可就是抽不出时间。
◆ v + adv + prep

🔑 **,get 'through 1 (to sb)** to make contact with sb by telephone（接通电话）联系上（某人）：*I tried ringing you but I couldn't get through.* 我试着给你打电话，但没打通。◇ *We had great trouble getting through to the right person on the phone.* 我们费了好大周折，才通过电话联系到要找的人。 **2 (to sb)** to make sb understand or accept what you say to them, especially when you are trying to help them 传达信息（给某人，尤指为提供帮助）：*I don't feel I'm getting through (to her).* 我感觉我没有（向她）说清楚意思。◇ *Do you think the message is getting through?* 你认为意思传达清楚了吗？◇ *How can I **get it through to** him that he's wasting his life in that job?* 我怎样才能让他明白，他干那份工作是在浪费生命？ **3 (to sb/sth)** to succeed in reaching a place or a person 到达（某人处或某地）：*Thousands of refugees will die if these supplies don't get through (to them).* 如果这些物资运不到（他们）那里，数以千计的难民就会死去。 **4 (to sth)** to reach the next stage of a competition 进入（下一阶段比赛）：*Murray got through to the final.* 穆雷进入了决赛。◇ *I really wasn't expecting to get through!* 我真的没想到能进入下一轮比赛！
◆ v + adv

🔑 **,get 'through; ,get 'through sth 1** to survive a difficult or unpleasant experience or

period in your life 挺过去；挺过（难关）：*He wouldn't have got through (it) without her.* 要不是她，他不会挺过来的。◇ *I don't know how I got through the day.* 我不知道那一天我是如何熬过来的。◇ *These difficult times just have to be got through.* 这些艰难的日子只能硬挺过去。 OBJ **day** SYN **survive, survive sth** → see also GET SB THROUGH, GET SB THROUGH STH 1 **2** to be successful in an examination, a test, etc. 通过（考试等）：*Tom failed but his sister got through.* 汤姆考试不及格，可他姐姐顺利通过了。◇ *The whole class got through the exam.* 全班都通过了考试。 OBJ **exam** SYN **pass, pass sth** **3** to manage to pass through a hole, gap, etc. to reach the other side 设法穿过（洞穴、缺口等）：*The gap's not very wide. Do you think you can get through?* 豁口不太宽。你觉得你能钻过去吗？◇ *Sophie's probably small enough to get through the window.* 索菲个头小，应该可以从窗户钻过去。◇ *The sun was still trying to get through (the clouds).* 太阳仍未冲破云雾阻挡。 OBJ **window** → see also GET STH THROUGH, GET STH THROUGH STH 2 **4** to be officially approved or accepted 获得正式通过；获得采纳：*Do you think the bill will get through (Congress)?* 你认为此议案能（在国会）通过吗？ OBJ **Parliament, Congress** → see also GET STH THROUGH, GET STH THROUGH STH 1
◆ v + adv ◆ v + prep

🔑 **,get 'through sth 1** (*especially BrE*) to use up the amount or quantity of sth mentioned 用完；耗尽：*She gets through forty cigarettes a day.* 她每天抽四十支香烟。◇ *Have we got through all that milk already?* 我们把那些牛奶全喝光了吗？ **2** to manage to do or complete sth （设法）处理，完成：*I've got a lot of work to get through today.* 我今天有很多事要处理。◇ *We must get through the syllabus before the end of the year.* 年底前，我们必须完成教学大纲。◇ *There are a lot of jobs to be got through.* 有很多活儿要干。 OBJ **work**
◆ v + prep

,get sb 'through; ,get sb 'through sth 1 to help sb survive a difficult or unpleasant experience or period in their life 帮某人挺过去；帮某人挺过（难关）：*I'm depending on luck to get me through.* 我准备靠运气挺过去。◇ *A good breakfast will help you get through the morning.* 早餐吃好，能应付一上午。 SYN **bring sb through, bring sb through sth** (*AmE*) → see also GET THROUGH, GET THROUGH STH 1 **2** to help sb to be successful in an examination, a test, etc. 帮助某人通过（考试等）：*My mum got me through my driving test.* 我妈妈帮我顺利通过了驾照考试。◇ *These grades should just get me through.* 能得这些分数我就通过了。 → see also GET THROUGH, GET THROUGH STH 2 **3** (**to sth**) to help a player or team to reach the next stage of a competition 使（选手或队伍）进入（下一阶段比赛）：*He was responsible for getting them through that round.* 他负责帮助他们通过那轮比赛。◇ *A stroke of luck may get us through to the final.* 如果走运我们可能进入决赛。

NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv ◆ v + n/pron + prep

,get sth 'through (to sb/sth) to manage to send sth to a person or place 设法把…送抵（某人处或某地）：*I really need to get a message through to them.* 我真的需要给他们传条信息。◇ *We must get food through to the hungry.* 我们必须把食物送到忍饥挨饿的人们手中。
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv

,get sth 'through; ,get sth 'through sth 1 to make sth be officially approved or accepted 使（在…）获得通过（或采纳）：*I'm still trying to get the proposal through.* 我仍在努力使提案得以通过。◇ *Will he manage to get the bill through parliament?* 他能成功争取国会通过议案吗？ OBJ **bill 2** to cause sth to pass through sth 使通过（或穿过）：*Can you get your car through the gate?* 你能开车通过大门吗？◇ *My hair was so tangled that I couldn't get a comb through it.* 我的头发乱得梳不顺。
NOTE Not used in the passive. 不用于被动语态。
→ see also GET THROUGH, GET THROUGH STH 3
◆ v + n/pron + adv ◆ v + n/pron + prep

'get to sb (*informal*) to begin to annoy, anger, upset or affect sb, even though they try not to let it 开始影响（某人）的情绪；使厌烦；使生气；使困扰：*His constant nagging is beginning to get to her.* 他的唠叨不休开始使她不胜其烦。◇ *Don't let her get to you.* 别让她影响你的情绪。◇ *Seeing him so sad really got to me.* 看见他悲痛欲绝，我实在于心不忍。
◆ v + prep

🔑 **'get to sth** to arrive at a place or reach a particular situation, age, time, etc. 到达（某地）；到了（某一状态、年龄、时间等）：*The train gets to London at six o'clock.* 火车六点钟到伦敦。◇ *I didn't get to bed until after midnight last night.* 我昨晚半夜以后才上床。◇ *It's got to the stage/point where I don't want to go home.* 已经弄到我不想回家的地步了。◇ *When you get to my age you're a bit more relaxed about things.* 等到了我这个年纪，你对各种事情就会看得开一些了。◇ *It got to four o'clock and she still hadn't arrived.* 已经四点钟了，可她还没来。◇ *I wonder **where** Anthony's **got to*** (= where he is/what he is doing)? 不知道安东尼去哪儿了 / 怎么样了？
OBJ **bed, stage, point** ⊃ note at CATCH UP
◆ v + prep

'get to doing sth to reach the point where you do sth; to begin to do sth 做起（某事）来；开始做（某事）：*He got to thinking that perhaps she wouldn't come after all.* 他开始琢磨着也许她根本不会来了。
◆ v + prep

,get to'gether (with sb) 1 to meet with sb for social purposes or to discuss or organize sth （与某人）碰头，会面；聚集：*We must get together for a drink some time.* 我们什么时候得

聚一聚喝上一杯。◇ *The management should get together with the union to discuss their differences.* 资方应与工会一起开个会讨论他们的分歧。◇ *Local residents have got together and started a petition.* 当地居民集合起来发起请愿。 **2** to begin a relationship with sb （与某人）建立关系: *Did you two get together (with each other) at university?* 你们俩是上大学时（相互）结识的吗？ → see also GET BACK WITH SB, GET BACK TOGETHER

◆ v + adv

▶ **'get-together** *n* (*informal*) an informal social meeting; a small party （非正式）聚会: *a family get-together* 家庭团聚◇ *We're having a little get-together to celebrate Jane's exam results.* 我们要小聚一番，庆祝简考出了好成绩。

,get A and B to'gether to help two people begin a romantic relationship with each other 介绍（两人）开始谈恋爱；给（两人）做媒: *I was the one who got them together.* 是我给他们俩牵线的。

SYN **bring A and B together**

NOTE Not used in the passive. 不用于被动语态。

◆ v + n/pron + adv

,get sb/sth to'gether to bring people or things together in one place 召集，聚集（人员）；收集，汇集（物品）: *She's getting her things together ready to leave.* 她正在打点行装准备出发。◇ *Do you think you could get together a team for Saturday's match?* 你觉得你能召集起一支队伍参加星期六的比赛吗？◇ *We're getting a band together.* 我们正在组建一支乐队。◇ (*figurative*) *We'll need some time to* ***get our ideas together*** *and come up with a plan.* 我们需要点时间集思广益并制订出一个计划。◇ *Can you get the money together by Friday?* 你到星期五能把钱收齐吗？◇ *Do you think you can get together a proposal by next week?* 你觉得到下个星期你能拟出计划吗？◇ *I haven't got anything together for the trip.* 我根本没开始收拾旅行用品呢。

◆ v + n/pron + adv ◆ v + adv + n

IDM **get your 'act together** (*informal*) to become organized in order to be able to deal with or achieve sth 安排有序: *If he gets his act together he could be very successful.* 如果他做事有条不紊，就会大有作为。◇ *The government needs to get its act together on unemployment.* 政府需要有条理地应对失业问题。 **get it to'gether (with sb)** (*informal*) **1** to start a romantic or sexual relationship with sb （与某人）产生恋情，发生性关系: *I didn't know Bill and Gina had got it together!* 我还不知道比尔和吉娜好上了呢！ **2** to become organized in order to be able to deal with or achieve sth 安排有序: *The team needs to get it together if they want to win the match.* 该队如想赢得比赛，就需要作出周密的安排。

,get yourself to'gether to manage to control your feelings in a difficult situation 设法控制感情: *She paused outside the door to get herself together.* 她在门外停了一会儿，打算稳定一下情绪。

SYN **pull yourself together**

◆ v + pron + adv

,get 'up 1 to stand after sitting, lying, etc. 起身；站起来: *Everyone got up when the President came in.* 总统进来时，全体起立。◇ *He got up slowly from his chair.* 他从椅子上缓缓地站起身来。◇ *Get up off the floor!* 从地板上起来！ ➲ note at STAND UP **2 [+adv/prep]** to visit or travel to a place (usually somewhere further north in the country) 访问（或到达）一国的北部；北上: *When are you going to get up to Glasgow for a visit?* 你打算何时去格拉斯哥转一转？◇ *He doesn't get up to see me very often.* 他不常来看我。◇ *I won't be able to get up there until Wednesday.* 我星期三之前不能上那儿去。

OPP **get down 3** if the sea or the wind **gets up**, it increases in strength （风、浪等）增强，大作: *As the sun went down, a breeze got up.* 太阳落山时起风了。

◆ v + adv

▶ **,get-up-and-'go** *n* [U] (*informal*) the quality of being determined and full of energy 决心；干劲；进取心: *She's got lots of get-up-and-go.* 她干劲十足。

,get 'up; ,get sb 'up to get out of bed; to make sb get out of bed （使）起床: *What time do you usually get up?* 你通常几点起床？◇ *Could you get me up early tomorrow?* 明天你早点叫我起床行吗？◇ *Get up, you lazy thing!* 快起床，你这懒骨头！ ➲ note at WAKE UP, WAKE SB UP

◆ v + adv ◆ v + n/pron + adv

,get 'up ; ,get 'up sth to climb to the top of sth such as a hill, steps, etc. 爬上，登上（…的顶部）: *How did the cat get up there?* 那只猫是怎么爬到那上面的？◇ *He can't really get up the stairs on his own.* 他根本不可能自己爬上楼梯的。◇ *We used ropes to get up the mountain.* 我们用绳索登上了山顶。◇ *I had to get up on the desk and shout to get somebody's attention.* 我不得不爬到书桌上大喊，以引起大家的注意。

OBJ **mountain, hill, stairs, steps** OPP **get down, get down sth**

◆ v + adv ◆ v + prep

,get 'up sth 1 to make yourself feel excited, full of energy, etc. 振作（精神）；焕发（斗志）: *I'm trying to* ***get up the enthusiasm*** *to do some Christmas shopping.* 我正努力打起精神，准备圣诞节购物。 OBJ **enthusiasm, energy 2** to organize sth such as a public event or action 安排，组织（公众活动或行动）: *Parents are getting up a petition against the closure of the local school.* 家长正在发起请愿，反对关闭当地学校。◇ *We're getting up a party for her birthday.* 我们正在筹备她的生日聚会。

◆ **1** v + adv + n

◆ **2** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

IDM **get up 'speed** to start to go faster 开始加速: *We'll be able to get up speed once we get onto the motorway.* 我们一上高速公路就能提速了。

,get sb/sth 'up 1 (to sth) to send or move sb/sth to another place, often a place further

north in the country 派遣（某人）去（常指一国的北部）；运送（某物）去（常指一国的北部）；派遣（某人）北上；运送（某物）北上：*We need to get somebody up there straight away.* 我们需要立刻派人上那里去。◇ *How can we get all our equipment up to Leeds?* 我们怎么把所有的设备搬到利兹？ OPP **get sb/sth down** **2** (*also* **,get sb/sth 'up sth**) to move sb/sth from a lower position to a higher one 把…搬到（高处）；把…移到（高处）：*Can you get me up onto the chair?* 帮我坐到椅子上去好吗？◇ *How did you get the bed up the stairs?* 你是怎么把床搬上楼的？ OPP **get sb/sth down; get sb/sth down sth**

NOTE Not used in the passive. 不用于被动语态。

◆ v + n/pron + adv **2** also v + n/pron + prep

,get sth 'up 1 to build sth; to put sth into a standing position 建起；将…立起：*They got the building up in just a few months.* 他们只用了几个月就建成了那幢楼。◇ *Can you get the tent up while I go and find water?* 我去找水，你搭帐篷好吗？ **2** if sb **gets** their hopes **up**, they start to hope and believe that sth they want will happen 开始相信（愿望）可能实现；有盼头：*I don't want to get your hopes up, but there will probably be a place on the course for you.* 我不想让你期望过高，但这门课程很可能你可以上。

OBJ only **hopes**

NOTE Not used in the passive. 不用于被动语态。

◆ v + n/pron + adv

IDM **get sb's 'back up** (*informal*) to annoy sb 惹恼：*He really gets my back up when he behaves like that!* 他那么不懂规矩，真让我恼火！ **get it 'up** (*slang*) (of a man 男子) to become sexually excited 达到性兴奋；勃起

,get sb/yourself 'up as/in sth to dress sb/yourself in unusual or strange clothes （把…）化装成，装扮成：*She was got up as an Indian princess.* 她被打扮成了印度公主。

◆ v + n/pron + adv + prep

▶ **'get-up** *n* (*old-fashioned, informal*) a set of clothes, usually an unusual or strange one （通常指古怪的）一套服饰，穿戴，装束：*He looked ridiculous in that get-up!* 他穿着那身奇装异服显得很滑稽！

🔑**,get 'up to sth 1** to reach a particular point 到达（某一阶段）：*We got up to page 72 last lesson.* 我们上一节课学到第 72 页。◇ *I've got to get up to intermediate level in French in a year.* 我一年内必须达到法语中级水平。 **2** (*informal*) to be doing or be involved in sth, especially sth that is surprising or unpleasant 忙于，从事（尤指令人吃惊或不快的事）：*What on earth will he get up to next?* 他接下来究竟要干什么？◇ *What have you kids been getting up to?* 你们这些孩子在折腾什么？◇ *The boys are lively and* ***get up to mischief*** *all day.* 男孩子们活泼好动，整天都在调皮捣蛋。◇ *She's been getting up to her old tricks again!* 她又在故伎重演了！

◆ v + adv + prep

,get 'with sb to start a relationship with sb, usually a sexual relationship （与某人）发生关系，发生性关系：*She knew my brother was trying to get with her.* 她知道我弟弟在竭力追求她。

,get 'with sth (*informal*) to start to behave or think in a way that sb else wants you to behave or think; to accept sth as being true or right 对…亦步亦趋；随波逐流与…保持一致；全盘接受：*They never had a hit because they refused to get with the publicity machine.* 他们一直没有红极一时的曲目，因为他们拒绝听从宣传营销人员的摆布。◇ *He shook his head. 'I just cannot get with that.'* 他摇了摇头。"我恕难从命。"

IDM **get 'with it** (*informal*) to become aware of what is in fashion and start to follow it 跟上潮流；赶时髦；不落伍：*You need to get with it!* 你要跟上潮流！ **get with the 'programme** (*AmE* **get with the 'program**) (*informal*) used to tell sb to change their attitude and start doing what they are supposed to be doing 需要改变态度了；该做正事了：*You need to get with the programme!* 你要改一改了！

gin /dʒɪn/

,gin sth 'up (*AmE*) to invent sth or create sth that is artificial in order to achieve a goal 杜撰；编造；伪造：*Presidents will do anything in an election year to save the economy, including gin up inflation.* 在大选之年，总统会为拯救经济不择手段，包括制造通货膨胀。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ginger /'dʒɪndʒə(r)/

,ginger sb/sth 'up (*BrE*) to make sb/sth more active, interesting or exciting 使活泼；使有趣；使兴奋：*Some dancing would ginger up the party.* 跳跳舞可以活跃聚会气氛。◇ *They need some excitement to ginger them up a bit.* 需要来点刺激让他们打起精神。

◆ v + adv + n ◆ v + n/pron + adv

give /gɪv/ (gave /geɪv/, given /'gɪvn/)

,give sb a'way 1 (in a marriage ceremony 在婚礼上) to lead the woman who is getting married to the man she is going to marry and formally allow her to marry him 将（新娘）交给新郎：*Her father gave her away.* 她父亲把她交给了新郎。 **2** (*BrE*) to give a baby or a child to another person to take care of as their own child 把（婴儿或孩子）送人收养：*She had never understood why her mother had given her away.* 她一直不理解母亲为什么把她送给别人收养。 → see also GIVE SB UP 2

◆ v + n/pron + adv ◆ v + adv + n

🔑**,give sb/sth/yourself a'way** to do or say sth that shows sth about sb/sth/yourself that was a secret 泄露；吐露：*It was her eyes that gave her away* (= showed how she really felt). 她的眼睛流露出了她的真实情感。◇ *He never gives very much away about himself.* 他对自己的情况从不多言。◇ *She had given away state secrets to the enemy.* 她向敌人泄露了国家机密。

SYNONYMS 同义词辨析

give sb/sth away

betray sb/sth • disclose sth • divulge sth • give sb/sth away • reveal sth

These verbs all mean to give information about sb/sth to sb, especially when that information is supposed to remain secret. 这些动词都表示泄露、暴露、透露。

betray sb/sth to tell sb or make them aware of a piece of information or a feeling, usually without meaning to （通常指无意中）泄露，暴露: *His voice betrayed the worry he was trying to hide.* 他的嗓音使他的焦虑无法掩饰。◇ *She was terrified of saying something that would make her* ***betray herself*** (= show her feelings or who she was) . 她害怕说出的话会暴露自己。

disclose sth to make sth known to sb, especially sth that was previously secret 泄露；揭露；公开: *The spokesman refused to disclose details to the press.* 发言人拒绝向媒体披露详情。

divulge sth (*formal*) to give sb information that is supposed to be secret 泄露；透露: *Police refused to divulge the identity of the suspect.* 警方拒绝透露嫌疑人的身份。 NOTE **Divulge** is often used in the negative, or with a verb that has a negative meaning, like **refuse** . * divulge 常用于否定，或与 refuse 等具否定意义的动词连用。

give sb/sth away to make known sth that sb wants to keep secret 泄露；透露: *She gave away state secrets to the enemy.* 她向敌人泄露了国家机密。◇ *His voice gave him away* (= showed who he really was) . 他的嗓音透露出他的身份。

reveal sth to make sth known to sb, especially sth that was previously secret 泄露；揭露；公开: *The doctors did not reveal the truth to him.* 医生没有告诉他真实病情。◇ *It was revealed that important evidence had been suppressed.* 据透露，重要证据被隐瞒了下来。

WHICH WORD?

A person who **gives sth away** should really be keeping the information secret; a person who **divulges** information is more likely to have the authority to do so. **Disclose** is always rather formal; **reveal** can be used in formal or less formal contexts, including popular newspapers. * give sth away 指泄露本应当保守的秘密，divulge 指透露秘密者很可能有此权力。disclose 总是相当正式，reveal 可用于正式语境或大众报纸等不太正式的语境。

PATTERNS AND COLLOCATIONS

- to reveal/disclose/betray/divulge/give away sth **to sb**
- to reveal/disclose/betray/divulge/give away **that/who/where** ...
- to reveal/disclose/betray/divulge/give away a **secret**
- to reveal/disclose/give away **the truth**
- to reveal/disclose/divulge/give away **details** of sth

◇ *I found I could tell lies confidently without giving myself away.* 我发现自己能面不改色心不跳地说谎。
OBJ **nothing, anything, little** SYN **betray sb/sth/yourself** (*more formal*)
• v + adv + n • v + n/pron + adv
IDM ˌ**give the 'game away** to tell a secret, especially by accident; to show sth that has been hidden 不慎泄密；露出马脚；露馅: *I don't want to give the game away by telling you how the movie ends.* 我不想把电影的结局透露给你。
▸ '**giveaway** *n* (*informal*) sth that makes you guess the real truth about sth 暴露真相的事物: *He said he was French, but his accent was* ***a dead giveaway!*** (= showed clearly that he was not French) 他说他是法国人，可他的口音让他彻底露馅儿了！

give sth a'way 1 to give sth to sb as a gift 把…赠送出: *He decided to give most of his money away.* 他决定捐出他大部分的钱财。◇ *We have 200 tickets to give away free to our viewers.* 我们有 200 张票免费赠送给观众。 **2** (*AmE*) to do sth in an election or competition that allows the other side to win easily 让对手轻易取得（选举或竞赛）的胜利: *We could have won the play-offs if we'd tried, but we gave the final game away.* 我们如果尽力而为，原本可以赢下季后赛，但我们却将最后的胜利拱手送人。
• v + n/pron + adv • v + adv + n
▸ '**giveaway** *n* (*informal*) sth that a company gives free, usually with a product for sale, to persuade people to buy it （公司为推销产品搭送的）赠品
▸ '**giveaway** *adj* [only before noun] (*informal*) (of prices 价格) very low 低廉的

give sth 'back (to sb) 1 to return sth to its owner 归还，送还（原主）: *You can't have it. Give it back!* 你不能要。把它还给人家！◇ *Have you given back the money you borrowed from your father?* 借你父亲的钱，你还了吗？◇ *Can you lend me $20? I'll give it back to you later.* 你能借我 20 元吗？我以后还你。◇ *The new law gives some power back to the people.* 新法将部分权力还给了人民。◇ (*figurative*) *The operation gave him back the use of his legs.* 手术使他恢复了双腿的功能。 SYN **hand sth back (to sb); return sth (to sb)** (*more formal*) NOTE In informal language **give sb back sth** and, less often, **give sb sth back** are also used 非正式语言也说 give sb back sth 和 give sb sth back，但后

者不常用: *Could you give me back my pen?* 把笔还我好吗? ◇ *Could you give me my pen back?* 把笔还我好吗? **2** to do sth which benefits a group of people because they have done sth for you 回报，报答（众人）: *I'd like to give something back to the community.* 我愿意回报社会。
◆ v + n/pron + adv ◆ v + adv + n

'give sth for sth to pay or give a particular amount to have or do sth 以…支付；以…换取: *How much did you give for the car?* 你买这辆车花了多少钱? ◇ *I'd give anything for a cold beer.* 我愿意拿任何东西换瓶冰镇啤酒。
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + prep

🔑 **,give 'in (to sb/sth)** **1** to accept that you have been defeated or persuaded by sb （向…）屈服，认输: *I give in—you'll have to tell me the answer.* 我认输 —— 你得告诉我答案。◇ *Eventually I gave in to temptation and had an ice cream.* 我最后经不起诱惑，吃了冰激凌。 **2** to finally agree to do sth that you do not want to do （向…）低头，让步: *We mustn't give in to terrorist demands.* 我们一定不能对恐怖分子的要求让步。◇ *She gives in to the children all the time to avoid arguments.* 她一直让着孩子们，免得争吵。 OPP **hold out (against sb/sth)**
◆ v + adv

,give sth 'in (to sb) to hand sth to sb in authority, for example a teacher 呈上；交上: *Please give your test in (to the teacher) when you've finished.* 试卷做完后，请交上来（给老师）。
SYN **hand sth in (to sb)**
◆ v + n/pron + adv ◆ v + adv + n

'give of sth; 'give of yourself (*formal*) to give your time or money willingly to help other people without expecting them to do anything for you 贡献（时间或钱财）；奉献；献身: *She's always willing to give of her time to help the homeless.* 她随时愿意奉献自己的时间，帮助无家可归的人。◇ *The teacher encourages all the children to **give of their best**.* 老师鼓励所有的孩子把最好的贡献出来。
OBJ **time, best**
◆ v + prep ◆ v + prep + pron

🔑 **,give 'off sth** **1** to produce sth such as heat, light, smoke, etc. 发出，放出（热、光、烟等）: *Burning apple wood gives off a pleasing smell.* 燃烧苹果木会散发出悦鼻的香味。 OBJ **smell, aroma, light, gas** → see also GIVE STH OUT 2 **2** to give a particular impression by the way you look or behave 散发出，表现出（气质等）: *She gave off an air of confidence.* 她显得充满自信。
NOTE When the object of **give off** is a noun, it comes after **off**, but when the object is a pronoun, it comes between **give** and **off** * give off 的宾语如果是名词，应置于 off 之后；但如果是代词，应置于 give 和 off 之间: *They absorb radiation from the sun, then give it off at night.* 它们吸收太阳辐射，然后夜里释放出来。
◆ v + adv + n ◆ v + pron + adv (*less frequent*)

'give onto sth (*BrE*) if a door, a window, etc. **gives onto** sth, it has a view of it or leads directly to it （门、窗等）朝向，通往: *French windows give onto a balcony.* 落地窗通向阳台。
◆ v + prep

,give 'out **1** to come to an end; to be used up 耗尽；用完: *My patience finally gave out.* 我终于忍无可忍了。◇ *We were fine until the batteries in the torch gave out.* 手电筒的电池用光之前我们还好。 SYN **run out** **2** if an engine, a machine, etc. **gives out**, it stops working, especially because it is old or damaged （尤指机器等因老化或损坏而）停止运行，停止运转: *One of the plane's engines gave out.* 飞机的一个发动机停转了。◇ (*figurative*) *His heart gave out just before his eightieth birthday.* 在八十大寿即将来临之时，他的心脏停止了跳动。 SYN **break down**
◆ v + adv

🔑 **,give sth 'out** **1** to hand sth to a lot of people 分发；散发: *The teacher gave out the exam papers.* 老师发下了试卷。◇ *I'll write up the report and give it out to the whole department.* 我会写出报告，分发给全部门的人。 OBJ **cards, leaflets** SYN **hand sth out (to sb)** NOTE In informal spoken language **give sb out sth** is also used 非正式口语也说 give sb out sth: *I'll give you out the cards later.* 我过会儿给你们发牌。 **2** to produce sth, such as light or heat 发出，放出（光、热等）: *That lamp doesn't give out a lot of light.* 那盏灯不够亮。 OBJ **light, heat, noise** → see also GIVE OFF STH 1 **3** (*BrE*) to tell people sth or broadcast sth 宣布；播送: *No details of the accident have been given out yet.* 事故的详情尚未公布。◇ *The leader of the opposition has **given out that** she is resigning.* 反对派领导人已经宣布她即将辞职。 OBJ **information**
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

,give 'over (*BrE, informal*) used to tell sb to stop doing sth 住手；到此为止吧；别再…了: *Give over! I can't work with you shouting like that.* 打住吧！你那么嚷嚷让我无法工作。
◆ v + adv

,give sb/sth 'over to sb to let sb have sb/sth so that they can look after or have responsibility for them/it 把…托付给某人: *We gave the house over to my uncle when we went to live abroad.* 我们去国外生活时把房子交给我叔叔照看。
◆ v + n/pron + adv + prep ◆ v + adv + n + prep

,give sth 'over to sth to use sth only for a particular activity or purpose 把…专用于（某种活动或用途）: *The newspapers gave six pages over to the tragedy.* 报纸用了六个版面专门报道这一惨剧。◇ *Much of the countryside is given over to agriculture.* 乡下有许多土地用于农业。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv + prep ◆ v + adv + n + prep

ˌgive yourself ˈover/ˈup to sth; ˌgive yourself ˈover/ˈup to doing sth to spend all your time and energy on sth; to allow sth to completely control your life 致力于；沉溺于: *After his wife's death, he seemed to give himself over to despair.* 妻子亡故后，他似乎万念俱灰。◇ *I want to give myself over to writing full-time.* 我希望专事写作。
◆ v + pron + adv + prep

⚷ **ˌgive ˈup; ˌgive sth ˈup; ˌgive ˈup doing sth 1** to stop trying to do sth, usually because it is too difficult （常指因困难而）停止，放弃: *She doesn't give up easily.* 她不会轻易认输。◇ *I tried to fix the car myself, but gave up the attempt after a couple of hours.* 我试图自己修车，但几个小时后就作罢了。◇ *I've given up trying to understand her.* 我不再揣摩她的心思。→ see also GIVE IN (TO SB/STH) **2** to stop doing or having sth that is not good for your health 戒除，抛弃（对健康有害的做法或所有物）: *It's about time you gave up smoking.* 你该戒烟了。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*) ◆ v + adv + -ing

ˌgive sb ˈup 1 to stop having a friendship or a relationship with sb 与（某人）断绝关系；不再与（某人）交往: *I'm not going to give up all my friends just because I'm getting married.* 我不会只因为要结婚而疏远所有的朋友。◇ *He gave her up for a younger woman.* 他为了一个年轻女子而抛弃了她。 **2** to give a baby to sb else to bring up 把（婴儿）送人抚养: *She gave the baby up for adoption.* 她把婴儿送给别人收养。→ see also GIVE SB AWAY 2 **3** (*also* **ˌgive ˈup on sb** *especially AmE*) to stop hoping that sb will arrive or is still alive 不再期望（某人）的到来（或存活）: *Where have you been? We'd given you up!* 你去哪儿了？我们都以为你不来了！
◆ v + n/pron + adv ◆ v + adv + n **2** also v + adv + prep

IDM **give sb up for ˈlost/ˈdead** to no longer hope or expect that sb will arrive or is still alive 不再期望某人到来（或存活）

⚷ **ˌgive sth ˈup 1** to stop doing or having sth 停止；中止；放弃: *He's **given up the idea of** becoming a model.* 他打消了做模特的念头。◇ *She'd **given up all hope of** seeing him again.* 她已经不抱任何希望能再次见到他。 **2 (to sb)** to

SYNONYMS 同义词辨析

give sth up

give sth up • knock off (sth) • leave off (sth) • pack sth in • quit (sth) • stop (sth)

These verbs all mean to no longer continue to do sth. 这些动词都表示放弃、停止、中止。

give sth up to stop doing or having sth 停止；中止；放弃: *She didn't give up work when she had the baby.* 她生小孩那会儿并没有放弃工作。◇ *We'd given up hope of ever having children.* 我们已经对生孩子不抱希望了。◇ *He gave up medicine for a career in show business.* 他放弃行医，投身演艺界。

knock off (sth) (*informal*) to stop doing sth, especially work 停止；中断；（尤指）收工: *Do you want to knock off early today?* 你今天想早点下班吗？

leave off (sth) (*informal*) to stop doing sth, especially temporarily （尤指暂时）停止，中断: *Start reading from where you left off last time.* 从上次没读完的地方开始读。

pack sth in (*informal*) to stop doing sth 停止；放弃: *She decided to pack in her job.* 她决定辞职。

quit (sth) (*informal, especially AmE*) to stop doing sth 停止；放弃: *I'm still trying to quit smoking.* 我仍在努力戒烟。◇ *We only just started. We're not going to quit now.* 我们才刚刚开始。我们不想现在放弃。

stop (sth) to no longer continue to do sth; to make sth no longer happen （使）停止，中止: *Please stop crying and tell me what's wrong.* 请别哭了，告诉我怎么回事。◇ *He couldn't stop thinking about her.* 他无法停止对她的思念。◇ ***Stop it!** You're hurting me.* 住手！你弄疼我了。

WHICH WORD?

Give up, quit, leave off, knock off and **pack sth in** are all informal ways of saying 'stop doing sth'. **Knock off** is usually used about work, when you stop work at the end of the day or for a short time. You can **give up, quit** or **pack in** your job if you leave to do something else. If you *give up/quit work* you leave your job and don't get another one. **Leave off** is also usually used when you stop sth temporarily and expect to start again later. * give up、quit、leave off、knock off 和 pack sth in 都是"停止做某事"的非正式表达方式。knock off 通常用于指工作，表示收工或歇工。give up、quit 或 pack in 可表示放下工作去做其他事情。give up / quit work 指辞职并且不再工作。leave off 通常也用于指暂时停止并留待以后重新开始。

PATTERNS AND COLLOCATIONS

- to stop/give up/quit/leave off **doing sth/what ...**
- to give up sth **for/in favour of** sth else
- to stop/give up/quit/leave off/knock off **work**
- to give up/quit/pack in your **job**
- to stop/give up/quit **smoking**

let sb else have sth, sometimes because they need it more than you 把…让与（某人）: *Children rarely give up their seats to older people on buses now.* 现在的孩子在公共汽车上很少给年长者让座。 **3** **(to sb)** to hand sth over to sb else 把…交给（某人）: *Do I have to give up my old passport when I apply for a new one?* 申请新护照时，我需要交出旧护照吗？ **4** to spend time doing sth when you would normally be doing sth else 把（本应做其他事情的时间）用于: *Thanks for giving up your time to come and help us.* 感谢您花时间来帮我们。
OBJ **time, the morning, etc.** **5** **(for sb/to do sth)** to stop doing or having sth that you enjoy so that you can do or achieve sth that you consider more important （为某人 / 为做某事）放弃: *I gave up everything for my family.* 我为了家庭放弃了一切。◇ *She gave it all up to be with him.* 为了和他在一起，她什么都不要了。
NOTE Not often used in the passive. 不常用于被动语态。
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*) **3** v + n/pron + adv • v + adv + n
IDM **give it up for sb** (*informal, especially AmE*) to clap to show you approve of sb or have enjoyed sth 为（某人）鼓掌

ˌgive yourself ˈup **(to sb/sth)** to allow yourself to be arrested or captured 自首；投降: *After a week on the run he gave himself up to the police.* 逃跑一周后，他向警方投案自首了。
SYN **surrender (to sb/sth)**
• v + pron + adv

ˌgive ˈup on sb (*informal*) **1** to lose hope that sb will get better, change, etc. 对（某人）不再抱希望；不再指望（某人）改变: *I've given up on her. She never replies to my letters.* 我已经对她不抱希望了。她从不回我的信。◇ *His teachers seem to have given up on him.* 他的老师们似乎认为他不可救药了。 **2** (*especially AmE*) → GIVE SB UP 3
• v + adv + prep

ˌgive ˈup on sth (*informal*) to stop hoping that sth will be successful or will happen 对（某事）不再抱希望: *I haven't given up on my marriage yet.* 我对我的婚姻还抱有希望。◇ *Have you given up on the idea of emigrating?* 你打消了移民的念头了吗？
• v + adv + prep

ˌgive yourself ˈup to sth → GIVE YOURSELF OVER/UP TO STH

glam /glæm/ (-mm-)

ˌglam ˈup; **ˌglam yourself/sb ˈup** to make yourself/sb look attractive by wearing clothes, make-up, etc. that look expensive （穿戴昂贵的服饰）打扮: *We got all glammed up in preparation for our night out.* 为了准备晚上出去玩，我们个个打扮了一番。
• v + adv • v + n/pron + adv • v + adv + n

glance /glɑːns; *AmE* glæns/

ˌglance ˈoff sth if a ball, etc. **glances off** sth, it touches it lightly and moves away from it in a different direction （球等）擦过，掠过: *The ball glanced off the goalpost into the net.* 球擦着门柱入网。
• v + prep

ˌglance ˈoff/ˈon sth if light **glances off/on** sth, it flashes on a surface or is reflected from it （光）在…上闪烁，从…中反射: *the sun glancing on water* 水面波光粼粼
• v + prep

ˌglance ˈover/ˈthrough sth to look at or read sth very quickly and not very thoroughly 粗略地看；浏览: *Could you glance over this document for me?* 你能帮我把这份文件过目一下吗？◇ *I glanced through a magazine while I waited.* 我边等边翻阅杂志。
OBJ **book, list**
• v + prep

glare /gleə(r); *AmE* gler/

ˈglare at sb/sth to look at sb/sth in an angry way 怒视: *He glared at me with open hostility.* 他毫不掩饰敌意，对我怒目而视。
• v + prep

glaze /gleɪz/

ˌglaze ˈover if a person's eyes **glaze over**, the person begins to look very bored or tired （眼睛）变呆滞，发呆: *Her eyes glazed over when they started talking about football.* 他们开始谈足球时，她变得无精打采。◇ *I started to glaze over at that point.* 那时我就开始发愣了。
NOTE **Glaze** can also be used on its own * glaze 也可作单独使用: *Her eyes glazed with tears.* 她眼含泪水，目光呆滞。
• v + adv

glom /glɒm; *AmE* glɑːm/ (-mm-)

ˌglom ˈonto sth (*AmE, slang*) to become very interested in sth such as a new fashion or an idea 对（新款式、新想法等）产生浓厚兴趣；对…入了魔: *The whole nation glommed onto the scandal.* 举国上下都关注这一丑闻。
• v + prep

glory /ˈglɔːri/ (glories, glorying, gloried)

ˈglory in sth (*literary*) **1** to get great pleasure or enjoyment from sth 因…而喜悦；为…而欣喜: *He gloried in his son's success.* 他为儿子的成就而自豪。◇ *I gloried in the beauty of the scenery.* 美景使我流连忘返。 **2** to take pleasure in sth 以…为快；从…中得到快乐: *She seemed to glory in his failure.* 她似乎对他的失败幸灾乐祸。
• v + prep

gloss /glɒs; *AmE* glɔːs, glɑːs/

ˌgloss ˈover sth to treat sth such as a problem, mistake, etc. as if it was not important and avoid discussing it in detail 淡化处理；轻描淡写；掩盖: *The manager glossed over the team's recent defeat.* 主教练对该队最近的失败闪烁其词。◇ *The movie glosses over the real issues of the war.* 这部电影掩饰了战争的真

正问题。◇ *This question has been glossed over by politicians.* 政客们对这一问题遮遮掩掩。

◆ v + prep

gnaw /nɔː/

'gnaw at sb to make sb feel gradually more anxious or annoyed over a long period of time（长期）烦扰，折磨: *These doubts had been gnawing at him for some time.* 这些疑虑已经折磨他一段时间了。

◆ v + prep

,gnaw a'way at sth to gradually have a harmful effect on sth over a long period of time （长期）危害，侵蚀: *His attitude towards her gnawed away at her confidence.* 他对她的态度不断削弱她的自信。

◆ v + adv + prep

go /gəʊ; *AmE* goʊ/ (**goes** /gəʊz; *AmE* goʊz/, **went** /went/, **gone** /gɒn; *AmE* gɔːn, gɑːn/)

NOTE **Been** is used as the past participle of **go** when sb has gone somewhere and come back. 当表示去某处后已返回时，go 的过去分词用 been。

,go a'bout, etc. (*BrE*) → GO AROUND, ETC.

'go about sth to continue to do sth in your usual way, especially after sth unusual has happened; to keep busy with sth （尤指不同寻常的事情发生后）继续做某事，继续忙于某事: *Everybody was going about their business as usual.* 大家照常各忙各的事。

OBJ **your business, the business of … , work, task**

◆ v + prep

,go a'bout sth; ,go a'bout doing sth to start to work at sth; to approach or deal with sth 开始做；着手处理: *I want to help, but I don't know how to go about it.* 我想帮忙，可不知道如何帮。◇ *How should I go about finding a job?* 我该怎样着手找工作呢？◇ *You're not going about it the right way.* 你这样做不对头。◇ *It seems a strange way of **going about things**.* 这种处事方法好像很奇怪。

OBJ **things** SYN **set about sth, set about doing sth; tackle sth**

◆ v + prep

,go a'cross; ,go a'cross sth to cross a room, a road, a river, etc. in order to get to the other side 通过，穿过（房间、道路、河流等）: *We borrowed a boat and went across to the island.* 我们借了条船到岛上去。◇ *Can you go across the road to the store for me?* 你能替我到马路对面的商店去跑一趟吗？

◆ v + adv ◆ v + prep

,go 'after sb/sth 1 to chase or follow a person or an animal to try to catch them 追赶；跟在…后面: *He went after the burglars.* 他追赶那些窃贼。◇ *Aren't you going to go after her to see if she's all right?* 你要不要跟着她，看看她是不是没事？ **2** to try to get or obtain sb/sth 追求；谋求: *We're both going after the same job.* 我们俩都在谋求得到同一份工作。

◆ v + prep

,go a'gainst sb if a result, a judgement, etc. **goes against** sb, it is not in their favour or to their advantage （结果、判决等）对（某人）不利: *The jury's verdict went against him.* 陪审团的裁决对他不利。◇ *The war is going against us.* 战争变得对我们不利。

◆ v + prep

,go a'gainst sb/sth to resist or oppose sb/sth; to act in a different way from what sb tells you or advises you to do 反抗；反对；与…相背离: *Anyone who goes against me will be punished.* 任何人与我作对都将受到惩罚。◇ *He was going against his doctor's advice by continuing to work.* 他没有遵照医嘱，而是继续工作。◇ *Don't go against your parents' wishes.* 不要违背你父母的意愿。 ⊃note at STAND UP TO SB/STH

◆ v + prep

,go a'gainst sth to be opposed to sth; to not fit or agree with sth 违反；与…不符（或相悖）: *This goes against everything I believe in.* 这完全与我的信念背道而驰。◇ *Paying for my children's education goes against my principles.* 负担孩子们的教育费有违我的原则。

OBJ **principles, beliefs**

◆ v + prep

IDM **go against the 'grain** to be sth different from what is normal or natural for you and so sth you do not like doing 背离本性（或意愿）: *It went against the grain to have to agree with my brother.* 我同意我哥哥实属无奈。

🔑 **,go a'head 1** (*also* **,go a'head of sb**) to go in front of other people who are going in the same direction as you and arrive before them 走在（某人）前面；先走: *She went ahead of him into the house.* 她在他前面进了屋子。◇ *You go ahead and we'll follow when we're ready.* 你先走一步，我们准备好了随后就去。 **2** (of a plan, a project, a deal, etc. 计划、项目、交易等) to be carried out or happen 实施；进行: *The building of the new bridge will go ahead as planned.* 新桥的修建将按计划进行。◇ *Filming went ahead in spite of the bad weather.* 尽管天气不好，但电影的摄制照常进行。 SYN **proceed** (*formal*) **3** (**with sth**) if sb **goes ahead** with sth, they do it, although there may be a problem, or sb may have objected or expressed doubts （遇到困难、反对或障碍时仍然）进行: *In spite of her illness, Anna decided to go ahead with the wedding.* 尽管生了病，安娜还是决定照常举行婚礼。◇ *'May I start now?' 'Yes, go ahead* (= I give you permission).' "我现在可以开始了吗？" "可以，开始吧。" SYN **proceed (with sth)**

◆ v + adv **1** also v + adv + prep

▸ **the 'go-ahead** *n* [sing.] permission or approval for sth to start 准许；许可: *Has the boss **given** you **the go-ahead** for the project?* 老板批准你这个项目了吗？

▸ **'go-ahead** *adj* [usually before noun] (*BrE*) trying hard to be successful, often by using new methods and ideas 雄心勃勃的；锐意进取的；有开拓精神的: *a go-ahead company* 充满开拓精神的公司

,go a'long **1** to progress; to develop or improve 进展; 发展; 改进: *Things are going along nicely.* 进展良好。 **2 (to sth) (with sb)** to go somewhere or to an event with sb （陪某人）去（某处），去参加（某活动）： *I went along to the club a couple of times.* 我去过那家俱乐部几次。◇ *Sam said he'd go along to the party with us.* 萨姆说他要和我们一起去参加聚会。 **3** (*especially AmE*) to do what sb else suggests or does 听从建议; 效仿某人: *Whatever Ed said, Max went right along.* 埃德无论说什么，马克斯都照做。
◆ v + adv

IDM **as you go a'long** while you are doing sth 在做某事的同时: *He made the story up as he went along.* 这个故事是他现编现讲的。◇ *I was never taught how to use a computer. I just picked it up as I went along.* 从来没人教我如何使用计算机。我只是边用边学。

,go a'long; ,go a'long sth to move forward or from one end of sth towards the other 向前走; 沿着…移动: *The bus rattled as it went along.* 公共汽车咣啷咣啷地往前开着。◇ *I went along a dark narrow passage, past several doors.* 我沿着一条黑暗狭窄的通道向前走，经过了几道门。
◆ v + adv ◆ v + prep

,go a'long with sb/sth **1** (*especially BrE*) to agree with sb/sth 同意; 赞同: *I can't go along with you on that point.* 在那一点上我不敢苟同。 **2** to accept sth or do sth, especially when you do not really want to （不情愿地）接受，做（某事）: *They didn't like the idea, but they went along with it.* 他们不喜欢这个主意，可还是接受了。◇ *I didn't want to make him angry, so I just went along with him* (= I didn't argue with him). 我不想惹他生气，所以就不同他争辩。 SYN **fall in with sth** (*BrE*) ➲ note at AGREE TO STH
◆ v + adv + prep

,go a'round (*AmE*) → GO ROUND

,go a'round; ,go a'round sth (*BrE also* **,go 'round, ,go 'round sth**) **1** to visit a group of people or places, one by one 逐一见某人（或到某处）; 走遍: *I'll go around and check all the doors are locked.* 我挨处走走，看看所有的门都锁上了没有。◇ *We spent all afternoon going round the shops.* 我们整整一下午都在四处逛商店。◇ *She went round the table and said goodbye to everyone.* 她和一桌人一一道别。 **2** (of a note, etc. 字条等) to be sent round a group of people so that everyone can read it 被传阅: *A card's going around for people to sign.* 传给大家的一张贺卡是供签名用的。◇ *A memo went around the department.* 部门内传

SYNONYMS 同义词辨析

go around

circle (sth) ◆ **go round/around (sth)** ◆ **revolve (round/around sth)** ◆ **rotate** ◆ **spin (round/around sth)** ◆ **turn**

These verbs all mean to move around a central point. 这些动词都表示旋转、转动、绕转。

circle (sth) to move in a circle, especially in the air （尤指在空中）旋转，盘旋，环绕: *Birds were circling overhead.* 鸟儿在头顶上盘桓。◇ *The plane had to circle the airport for another 30 minutes before landing.* 着陆前，飞机不得不在机场上空又盘旋了 30 分钟。

go round/around (sth) to spin or move around in a circle （绕…）旋转，转动: *The wheel was going round and round.* 轮子在转个不停。◇ *The earth goes around the sun.* 地球围绕太阳转。

revolve (round/around sth) to move in a circle around a central point 旋转; 转动; 绕转: *People used to think that the sun revolved around the earth.* 过去人们认为太阳绕着地球转。◇ *The ceiling fan revolved slowly overhead.* 吊扇在头顶上慢慢转动。

rotate to move in a circle around a fixed central point 旋转; 转动; 绕转: *Make sure that the propeller can rotate freely.* 要确保螺旋桨能不受阻碍地旋转。

spin (round/around sth) to turn round and round quickly （绕…）快速旋转: *The dancers spun round and round.* 跳舞的人不停地旋转。◇ *The Earth spins around a central axis.* 地球绕中心轴旋转。

turn to move around a central point 旋转; 转动: *The wheels of the car began to turn.* 车轮开始转起来。

WHICH WORD?

When sth **rotates** or **spins**, it usually moves around its own centre; when sth **revolves**, it usually moves around a point outside itself. **Rotate**, **spin** and **turn** can be used with a direct object with the meaning of 'make sth go round' * rotate 或 spin 通常指围绕自身的中心转动; revolve 通常指围绕自身以外的中心点转动。rotate、spin 和 turn 可与直接宾语连用，表示"使转动": *Rotate the wheel through 180 degrees.* 将轮子旋转 180 度。◇ *Spin the coin.* 转动硬币。◇ *Turn the wheel slowly.* 慢慢转动轮子。

PATTERNS AND COLLOCATIONS

- to spin/circle/rotate/revolve **about** sth
- to spin/turn/rotate **faster (and faster)/rapidly/quickly**
- to spin/turn/circle/rotate/revolve **slowly**

阅了一份通知。 **3** (*BrE also* **ˌgo aˈbout, ˌgo aˈbout sth**) if a piece of news, an illness, etc. **goes around**, it spreads from one person to another （在…）流传，传播: *There's a rumour going around that Sam and Kate are having an affair.* 谣传萨姆和凯特之间关系暧昧。 ◇ *There's a nasty virus going round the school.* 一种恶性病毒正在这所学校传播。 SYN **float around, float around sth** **4** to move or be placed in a circle 旋转；转动: *The cyclist was going round the roundabout the wrong way.* 那个骑自行车的人在环形交叉路口拐错了弯。 ◇ *The earth goes round the sun.* 地球围绕太阳转。 ◇ (*figurative*) *We're going round in circles in this argument.* 我们一直在这个论点上兜圈子。 **5** to be enough for everyone to have a share 足够分给每个人；足够每人一份: *There aren't enough chairs to go round.* 椅子不够坐。 ◇ *Is there enough food to go around all the guests?* 食物够分给所有客人吗？ **6** to move around the outside of sth in order to get past sth or get to the other side 绕道；绕过: *We didn't go into the city. We went around it.* 我们没有进城。我们绕了过去。 ◇ *Because of the flood, we had to go round by the minor roads to get to school.* 由于洪水，我们只好走小道绕行去学校。 **7** to travel in a country or place and visit lots of different things 周游；遍览: *We travel around by bus.* 我们乘公共汽车到各处旅行。 ◇ *They're saving up to go around the world.* 他们正在攒钱准备周游世界。 ◇ *We're planning to go round visiting all the temples.* 我们打算游遍所有庙宇。 **8** to visit every part of a room or building （在房间或建筑物内）到处走动，看遍各处: *How long does it take to go around the museum?* 把这座博物馆转遍需要多长时间？ ◇ *A guide will go round with you.* 导游将带你去各处参观。

◆ v + adv ◆ v + prep

IDM **what ˌgoes around ˈcomes around** whatever happens now will have an effect in the future 种瓜得瓜，种豆得豆；善有善报，恶有恶报

ˌgo aˈround; ˌgo aˈround sth; ˌgo aˈround doing sth (*BrE also* **ˌgo ˈround/about, ˌgo ˈround/about sth, ˌgo ˈround/aˈbout doing sth**) to dress or behave in a particular way; to do sth regularly 以某种方式穿着（或行动）；经常做（某事）: *She goes around barefoot most of the time.* 她大部分时间光着脚。 ◇ *It's not safe to go about the streets alone.* 独自在大街上行走不安全。 ◇ *You can't go round spreading rumours like that.* 你不能那样传谣。 ◇ *The kids went around in gangs, dressed completely in black.* 孩子们穿着一身黑衣，结伙行动。

◆ v + adv ◆ v + prep

ˌgo aˈround sb/sth (*BrE also* **ˌgo ˈround sb/sth**) to surround or go in a circle around sb/sth 包围；环绕: *I felt his arm going around my shoulder.* 我感觉到他的胳膊搂着我的肩膀。 ◇ *The belt won't go round my waist!* 我的皮带不够长了！

◆ v + prep

ˌgo aˈround sth (*BrE also* **ˌgo ˈround sth**) to move or travel around a corner 绕过（拐角）: *The car's tyres screeched as it went round the bend.* 汽车转弯时，轮胎发出尖厉的声音。 ◇ *Maggie watched until Jess had gone around the corner and was out of sight.* 玛吉一直目送杰斯绕过拐角处，从视线中消失。

OBJ only **corner, bend**

◆ v + prep

IDM **go round the ˈbend/ˈtwist** (*informal, especially BrE*) to go crazy 发疯；疯狂: *If I have to stay in this place another day, I'll go round the bend!* 我要是非得在这个地方再呆上一天，我会疯掉的！

ˌgo aˈround with sb; ˌgo aˈround together (*BrE also* **ˌgo aˈbout/ˈround with sb, ˌgo aˈbout/ˈround together**) (*old-fashioned*) to spend a lot of time with sb or with a group of people 和（某人或一伙人）泡在一块儿: *Ann goes around with Sue.* 安和休形影不离。 ◇ *Ann and Sue go around together.* 安和休形影相随。 ◇ *These are the people I used to go around with.* 我以前就是和这些人经常混在一起。

SYN **hang around with sb, etc.**

◆ v + adv + prep ◆ v + adv + adv

ˈgo at sb to attack sb 进攻，攻击（某人）: *He went at me like a wild animal.* 他像头野兽一样向我扑来。

◆ v + prep

ˈgo at sth to make great efforts to do sth; to work hard and with enthusiasm at sth 拼命干；卖力干: *They went at the job as if their lives depended on it.* 他们玩命似的干起活来。 ◇ *He was going at the food as though he hadn't eaten for days.* 他狼吞虎咽，好像好几天没吃饭似的。

◆ v + prep

IDM **go at it ˌhammer and ˈtongs** if two people **go at it hammer and tongs**, they argue or fight with a lot of energy and noise （两人）激烈争吵（或厮打）

ˌgo aˈway **1** to leave a place or a person 离开；走开: *Go away! You're annoying me!* 走开！你烦死我了！ ◇ *Go away and think about it a bit.* 到一边去想一想。 **2** to leave home for a period of time, especially for a holiday/vacation 离家外出（尤指度假）: *They went away for the weekend.* 他们周末外出了。 ◇ *Are you going away on holiday this year?* 你今年要去度假吗？ ◇ *She goes away on business a lot.* 她经常出差。 **3** to disappear gradually 逐渐消失: *The smell still hasn't gone away.* 气味还没散。 ◇ *Has your headache gone away?* 你头不疼了吧？ ◇ *The longing never went away.* 这种渴望从未消失。

OPP **come back**

◆ v + adv

ˌgo aˈway with sth to leave a place with a particular feeling or impression 带着（某种感觉或印象）离开: *I don't want people to go away with the wrong idea.* 我不希望人们带着错误的想法离开。

◆ v + adv + prep

SYNONYMS 同义词辨析

go away

clear off • clear out • depart • get away • go away • leave (sth)

These verbs all mean to go away from a person or place. 这些动词都表示离开、离去、走开。

clear off (*informal*) to leave a place quickly because you do not want to be found there or sb does not want you there 迅速离开；溜走；逃走: *They cleared off as soon as the police arrived.* 警察一到他们便溜了。◇ *Clear off!* 快走开！

clear out (*informal*) to leave a place quickly, especially taking all your things with you （尤指携带所有个人物品）迅速离开: *He cleared out with the money and left her with the kids.* 他带着钱跑了，把孩子留给了她。

depart to leave a place, especially to start a trip 离开；（尤指）起程，动身: *She waited until the last of the guests had departed.* 她一直等到最后一位客人离去。

get away to succeed in leaving a place 得以离开；脱身: *I won't be able to get away from the office before seven.* 我七点钟前无法离开办公室。

go away (used especially in orders) to leave a person or place （尤用于命令）离开，走开: *Just go away and leave me alone!* 走开，别烦我！◇ *It's been over seven years since he went away.* 自他走后，已经七年多了。 NOTE **Go** can be used on its own * go 可单独使用: *I must be going now.* 我现在得走了。

leave (sth) to go away from a place 离开: *If we leave now, we should make it in time.* 现在动身的话，我们应该能赶得及。◇ *Are you ready to leave yet?* 准备好走了吗？◇ *John says he left the restaurant at around midnight.* 约翰说他午夜时分离开了饭馆。

WHICH WORD?

In ordinary speech, **depart** is formal, but it is the usual official word used about planes, trains, etc. that are leaving 在日常口语中，depart 属正式用语，但它通常用于表示飞机起飞、火车开动等: *This train will depart in three minutes.* 本次列车将在三分钟后发车。

PATTERNS AND COLLOCATIONS

- to leave/depart **for** ...
- **to plan to/be about to/be going to** leave/go/depart/go away
- **to decide to/intend to/refuse to** leave/go/go away
- **to be ready to/be forced to** leave/go/depart
- **to tell sb to** leave/go/go away/clear off
- to leave/go/depart/go away **at once/in a hurry/now/soon**

ˌgo ˈback 1 (to sth/ ...) to return to a place where you were before 回到，返回（原地）: *Can we go back inside?* 我们可以回到里面了吗？◇ *I made a cup of tea and went back to bed.* 我泡了杯茶，又回到床上。◇ *When are you going back to Australia?* 你什么时候回澳大利亚？ ➲ note at COME BACK **2 (to sth)** to return to school or work after a break （休假后）返校，回去工作: *The children have to go back to school next week.* 孩子们下个星期就得返校了。 **3 (to sb/sth)** to be in a situation that you were in before 回到（某人处）；恢复（从前的状态）: *We can never go back to how things were before* (= in a relationship, for example). 我们永远不可能回到从前了。◇ *Once you have taken this decision, **there's no going back**.* 你一旦作出这个决定就无法回头了。◇ *I don't think Emily will go back to her husband* (= live with him again). 我认为埃米莉不会回到丈夫的身边。 **4 (to sth)** to return to work after being on strike （罢工后）复工: *The strikers won't go back (to work) until they get a pay rise.* 罢工的人要得到加薪才肯复工。 **5 (to sth)** (*informal*) (of sth that you have bought or borrowed 买的或借的东西) to be returned to the place where you got it 被退回；被归还: *This toaster will have to go back to the shop—it doesn't work properly.* 烤面包机得退回商店去 —— 它是坏的。◇ *When does this video have to go back?* 这盘录像带什么时候要还？ **6** (of clocks and watches 钟表) to be set to an earlier time when the time changes at the end of summer （夏令时结束之际）拨回原来的时间: *The clocks go back tonight. We get an extra hour in bed.* 今晚时钟要拨回原来的时间了。我们可以多睡一个小时。 OPP **go forward**
• v + adv

ˌgo ˈback ... 1 if two people **go back** a period of time, they have known each other and have been friends for that time 相识，已认识（一段时间）: *Adam and I **go back a long way**.* 亚当和我是老相识了。 **2** (*also* **ˌgo ˈback to sth**) to have existed since a particular time in the past 追溯到；回溯到: *Our friendship goes back fifteen years.* 我们的友谊开始于十五年前。◇ *This tradition goes back to medieval times.* 这个传统可上溯到中世纪。 SYN **date back ... , date back to sth 3** (*also* **ˌgo ˈback to sth**) to consider sth that happened in the past 回忆起，回到（先前的事）: *To trace the origins of the problem, we have to go back to the 18th century.* 要对这个问题追根溯源，我们必须回到 18 世纪。◇ *I'm **going back a few years** now ...* (= I'm talking about sth that happened some years ago) 我现在要谈的是几年前的事…

• v + adv **2,3** also v + adv + prep

ˌ**go ˈback on sth** to fail to keep a promise; to change your mind about sth 违约；改变主意：*She never* ***goes back on her word*** (= fails to do what she has said she will do). 她从不食言。◇ *He went back on his promise.* 他违背了诺言。◇ *I don't like to go back on what I said.* 我不喜欢出尔反尔。

OBJ **your promise, your word**

• v + adv + prep

go ˈback over sth to think about sth again or often （再次或经常）忆起，回顾：*I went back over the day's events in my mind.* 我回想了一下当天发生的事。

• v + adv + prep

ˌ**go ˈback to sth 1** to start talking about sth again 回到，重谈（原来的话题）：*To go back to what you were saying before ...* 回到你之前的话题… SYN **return to sth 2** → GO BACK ... 2 **3** → GO BACK ... 3

• v + adv + prep

ˌ**go ˈback to sth**, ˌ**go ˈback to doing sth 1** to start doing sth again that you had stopped doing 重新开始；重操旧业：*Tom turned over and went back to sleep.* 汤姆翻了个身又睡着了。◇ *I wouldn't go back to living in the city.* 我不会回城里住的。◇ *She's decided to go back to teaching.* 她已决定重新执教。◇ *John's going back to college to get some more qualifications.* 约翰要重返大学继续深造。 **2** (of a situation 状况) to return to what it was before sth else happened 复原；恢复：*Things haven't gone back to normal yet.* 局势尚未恢复正常。

SYN **return to sth**

• v + adv + prep

ˌ**go beˈfore** (*literary*) (*not used in the progressive tenses* 不用于进行时) to exist or happen in an earlier time 先前存在；以往发生：*The present crisis is worse than any that have gone before.* 目前的危机比以往历次都严重。

NOTE **Go before** is usually used in the past or perfect tenses. * go before 通常用于过去时或完成时。

• v + adv

ˈ**go before sb/sth** (of a legal case, a proposal or an issue 案件、提议或议题) to be presented to sb/sth so that they can discuss it or make a decision or a judgement about it 提交给…审议（或作出决定、裁决）：*When does his case go before the judge?* 他的案子何时提交给法官审理？

• v + prep

ˌ**go beˈyond sth** to be greater, better, etc. than sth 超出；越出：*The price we got for the*

SYNONYMS 同义词辨析

go by

elapse • **go by** • **pass** • **progress** • **tick away** • **wear on**

These are all verbs that can be used to talk about time moving forward. 这些动词都表示时间流逝。

elapse (*not usually used in the progressive tenses*) (*formal*) (of time) to pass （时间）流逝，消逝：*Many years elapsed before they met again.* 过了很多年他们才重逢。

go by (of time) to pass （时间）逝去，过去：*Things will get easier* ***as time goes by.*** 随着时间的推移，事情会变得容易。◇ *The weeks went slowly by.* 时间一周一周慢慢过去了。

pass if an hour, day, year, etc. passes, it moves forward in time （小时、日、年等）流逝，过去：*Six months passed and we still had no news of them.* 六个月过去了，我们仍没有他们的音讯。

progress (of time, an event or an activity) to pass （时间）逝去；（事件或活动）进展，进行：*The weather became colder as the day progressed.* 天气一天天冷起来。

tick away (of time) to pass, especially when there is not much time to do sth （时间）流逝，过去（尤指时间紧迫时）：*I had to get to the airport by two, and the minutes were ticking away.* 我必须两点钟赶到机场，时间在一分一秒地过去。

wear on (of time) to pass, especially in a way that seems slow （时间尤其缓慢地）流逝，过去：*As the party wore on, she became more and more tired.* 随着聚会的进行，她越来越累。

WHICH WORD?

Wear on and **progress** are mainly used to say that a situation developed during a particular period of time * wear on 和 progress 主要用于表示在特定时期形成了某种局面：*The situation worsened as the year wore on.* 一年中，随着时间的流逝，局势更趋恶化。◇ *The visiting team's confidence increased as the game progressed.* 随着比赛的进行，客队场上信心越来越足。 You cannot usually use **progress** and **wear on** with *hours, days*, etc. as the subject. * progress 和 wear on 通常不可用 hour、day 等作主语。

PATTERNS AND COLLOCATIONS

- **a day/a night/a year/time** goes by/passes/elapses/wears on/progresses/ticks away
- **days/hours** go by/pass/elapse/tick away
- time goes by/passes/wears on/ticks away **slowly/uneventfully**
- time goes by/passes **quickly**

painting went beyond all our expectations. 那幅画卖出的价钱大大超出我们的预期。◇ *The matter has **gone beyond a joke*** (= has become very serious and is no longer amusing). 这件事已经不是闹着玩的了。
SYN **exceed sth** (*formal*)
◆ v + prep

,go 'by (of time 时间) to pass 流逝；过去: *As time goes by, my memory seems to get worse.* 随着时间的推移，我的记忆似乎每况愈下。◇ *The weeks went slowly by.* 时间一周一周慢慢过去了。◇ *Hardly a day went by without Anthony's name being mentioned.* 安东尼的名字几乎每天都被提到。
◆ v + adv

'go by; 'go by sb/sth **1** to pass sb/sth without stopping （从…旁边）路过，走过: *Did you see a boy go by on a bicycle?* 你见到过一个男孩骑自行车打这儿经过吗？◇ *We sat and **watched the world go by*** (= watched people passing). 我们坐在那儿看着眼前人来人往。◇ *They waved to us as we went by the window.* 我们经过窗口时，他们向我们招手。 SYN **pass by, pass by sb/sth** **2** (*AmE*) to stop somewhere or visit sb for a short time, often on your way to somewhere else （顺路）在…暂留，短暂拜访（某人）: *I'll **go by and** see him on my way home.* 我回家时将会顺便去看看他。◇ *Would you go by the grocery store for me?* 你顺便替我去趟杂货店好吗？ SYN **drop by; stop by**
◆ v + adv ◆ v + prep

'go by sth **1** to be guided or directed by sth; to form an opinion or a judgement from sth 遵循；依照；以…来判断: *That's a good rule to go by.* 参照这个规则准错不了。◇ ***If past experience is anything to go by**, Tom will be late!* 从以往的经验来看，汤姆会迟到的！ ◇ *I shall go entirely by what my solicitor says.* 我将完全照我律师说的做。 **2** to call yourself a particular name, which may not be your real name 自称为…（可能不是真名）: *For her crime novels, she goes by the name of Monica Simon.* 她的犯罪小说署名是莫妮卡·西蒙。OBJ only **the name of ...**
◆ v + prep

,go 'down **1** (**to ... /sth**) (**from ... /sth**) to travel from one place to another, especially from the north of a country to the south （从一处）到（另一处）（尤指南下）: *We're going down to London next week.* 我们下个星期要南下到伦敦去。 OPP **go up** **2** to fall to the ground 倒下；落下；倒在地上: *She tripped and went down with a bump.* 她绊了一下，重重摔倒在地上。 **3** to become lower or smaller; to fall 减低；变小；下降: *The price of petrol is going down/Petrol is going down (in price).* 汽油价格正在下跌。◇ *The temperature went down by ten degrees overnight.* 气温一夜间下降了 10 度。◇ *Rental costs have gone down (£50) since last year.* 去年以来，租金下降了（50 英镑）。◇ *The floodwaters are going down.* 洪水水位在回落。◇ *Membership numbers have gone down recently.* 会员人数最近减少了。◇ *The swelling has gone down a little.* 肿块稍微消了点。 SYN **drop; fall** OPP **go up** **4** (*AmE also* **,go 'over**) [+ **adv**] if a remark, a performance, an action, etc. **goes down** well or badly, etc., it gets a good or bad reaction from people （话语、演出、行为等）反响好（或差），受（或不受）欢迎: *Did your performance go down all right?* 你的演出反响不错吧？◇ *The movie went down well in America.* 这部电影在美国颇受欢迎。◇ *Jokes don't go down too well with my mother* (= she does not like them). 我母亲并不喜欢开玩笑。◇ *The band **went down a storm*** (= people liked them very much). 这支乐队引起了轰动。 **5** (of the sun and moon 日、月) to disappear below the point where the sky seems to meet the land or the sea (the **horizon**) 落到地平线下；落下: *We watched the sun go down.* 我们看着太阳落下。 SYN **set** OPP **come up; rise** **6** to get worse 变得更差；每况愈下: *The quality of the product has gone down since the company was sold.* 公司卖掉之后，产品质量下降了。◇ *He's certainly gone down in my estimation* (= I don't have the good opinion of him that I used to). 他确实不如我原先印象中那么好了。◇ *The food's gone down since the restaurant changed hands.* 餐厅转手之后，菜肴质量滑坡了。 SYN **deteriorate** (*more formal*) OPP **go up** **7** (*computing*) if a computer system **goes down**, it stops working temporarily 暂停作业；暂停运行: *I lost all my work when the computer went down.* 计算机死机了，我做的东西全丢了。 ➲ note at BREAK DOWN **8** (of food, a meal, etc. 食物、饭菜等) to be partly or completely dealt with by your body （全部或部分）消化: *Let your food go down before you go swimming.* 先消消食再去游泳。 **9** [+ **adv**] if food or drink will/will not **go down**, it is easy/difficult to swallow, or you enjoy it/do not enjoy it 容易（或难）吃（或喝）；喜欢（或不喜欢）吃（或喝）: *My drink **went down the wrong way** and I started coughing.* 我喝饮料呛得咳嗽起来。◇ *A cup of tea would go down nicely* (= I would like one). 能喝上一杯茶再好不过了。 **10** when the curtain in a theatre **goes down**, it is the end of the performance 落幕；演出结束: *The audience were cheering as the curtain went down.* 落幕时，观众报以热烈的欢呼声。◇ (*figurative*) *After 25 years, the curtain has finally gone down on his sparkling career.* * 25 年后，他终于告别了辉煌的职业生涯。 OPP **go up** **11** when lights **go down** in a theatre, the performance is about to start （剧院的灯光）熄灭；演出即将开始: *She quickly found a seat before the lights went down.* 她抢在熄灯开演之前迅速找了个座位。 OPP **go up** **12** [+ **adv/prep**] to reach down to a particular point 垂到，垂及（某点）: *Pepita's coat is so big it goes right down to her ankles.* 佩皮塔的外套很大，长及脚踝。 **13** (of a tyre 轮胎) to lose air 瘪下；泄气: *My tyre's gone down again.* 我的轮胎又没气了。 **14** (*BrE, informal*) to be sent to prison 被关进监狱；坐牢: *He's gone down for twenty years.* 他要蹲二十年监狱。 **15** (of a carpet 地毯) to be put on the floor 铺开；展开: *It'll feel a lot warmer*

SYNONYMS 同义词辨析

go down

decline • **decrease** • **drop** • **fall** • **go down** • **slump**

These verbs are all used to talk about a reduction in amount, level or number. 这些动词都表示下降、下跌、下滑。

decline to become lower or less in level, number, size, strength or importance （水平、数字、大小、实力或重要性）下降，下滑，衰落: *The number of tourists visiting the resort declined by 10% last year.* 去年该度假地的游客人数下降了 10%。

decrease to fall in number or level （数字或水平）减少，下跌: *The number of students decreased from 210 to 160 this year.* 今年学生从 210 人减少到 160 人。◇ *Donations have decreased significantly in recent years.* 近年捐赠显著减少。

drop (*not used in the progressive tenses*) to become lower or less in level, number, or strength （水平、数字或实力）下降，降低: *The temperature has dropped considerably.* 气温已大幅下降。◇ *The team have dropped to fifth place.* 该队排名下滑到第五位。◇ *The wind dropped.* 风小了。

fall to become lower or less in level, number, or strength （水平、数字或实力）下降，降低: *Their profits have fallen by 30%.* 他们的利润下滑了 30%。◇ *The temperature fell sharply in the night.* 夜间气温骤降。◇ *Share prices fell 30p.* 股票价格跌了 30 便士。

go down to become less in level or value （水平或价值）下降，降低，下跌: *The temperature sometimes goes down to minus thirty.* 气温有时会降到零下三十度。◇ *Coffee is going down in price.* 咖啡价格正在下跌。
NOTE **Come down** is used when prices, etc. return to their previous level * come down 用于指价格等回落到先前的水平: *The price of gas is coming down again.* 煤气价格又降了。

slump (*not used in the progressive tenses*) (*especially business*) to fall in price, value or number, suddenly and by a large amount （价格、价值或数字）突降，锐减，暴跌: *Profits slumped by over 50%.* 利润暴跌了 50% 以上。

WHICH WORD?

In many cases you can use any of these verbs 在多数情况下，这些动词可通用: *Sales have fallen/declined/dropped by 20%.* 销售额下降了 20%。 They can all be used to talk about numbers, levels, rates, prices, profits and sales. To talk about a loss of economic strength, use **decline** 这些动词都可用于谈论数字、水平、比例、价格、利润和销售额。若谈及经济活力的丧失，用 decline: *The market has declined.* 市场陷入衰退。

PATTERNS AND COLLOCATIONS

- **numbers/levels/rates** fall/decline/drop/decrease
- **prices/profits/sales** fall/decline/drop/slump/decrease
- **figures/temperature** fall/drop
- to fall/decline/drop/decrease **sharply/significantly/considerably**
- to fall/drop/decline/decrease **slightly/slowly/gradually/steadily**

when the carpet goes down. 铺了地毯后，就会感觉暖和多了。 **16** (of a plane 飞机) to fall from the sky; to be brought to the ground 坠落；被迫降落: *'The plane's going down!' he cried.* "飞机要坠毁了！" 他喊道。 **17** (of a ship 船只) to sink 下沉；倾覆: *Hundreds died when the ferry went down.* 渡轮沉没，数百人丧生。 **18** to fail; to behave badly and lose people's respect 失败；丢脸: *If the business goes down, we go down with it.* 要是企业破产，我们一起完蛋。 **19 (to sb)** to be defeated by sb, especially in a sports game or competition （尤指体育比赛或竞赛中）败北，落败: *Liverpool went down 2-0 to Everton.* 利物浦队以 0:2 输给了埃弗顿队。 **20 (to sth)** (*especially BrE*) to be made to move to a lower position, rank, class, status, etc. （职务、官衔、级别、地位等）降低: *We need to win the next two games to avoid going down.* 我们得赢下随后的两场比赛才能避免降级。 OPP **go up** **21 (in sth) (as sth)** to be written down; to be recorded or remembered in a particular way 写在，载入（…中）；记录，记载（为…）: *Everything I said went down in his little book.* 我说的话全记在他的小本子上。◇ *1998 will go down as the company's best year.* * 1998 年将成为公司业绩最好的一年。◇ *He will go down in history as a great statesman.* 他将作为伟大的政治家名垂青史。 **22** (*slang, especially AmE*) to be happening 正在发生；正在进行: *She always knows what's going down.* 她消息灵通。◇ *What's going down?* 出什么事了？ **23 (from ...)** (*BrE, formal*) to leave a university (especially Oxford or Cambridge) at the end of a term or after finishing your studies （大学学期结束或毕业后）离校（尤指牛津或剑桥）: *She went down (from Cambridge) in 2004.* 她 2004 年（自剑桥）大学毕业。 OPP **go up**
• v + adv

,go 'down; ,go 'down sth to move from a higher position to a lower one; to go along sth from one end towards the other （从高处）下去；（沿着…）过去: *One end of the see-saw goes up while the other end goes down.* 跷跷板

一头起来，另一头就下去。◇ *The pain goes down my arm.* 疼痛传遍了我的胳膊。◇ *I've just got to go down to Jim's office with these papers.* 我得把这些文件送到吉姆的办公室去。◇ *Will we go down any steep hills?* 我们会沿陡峭山坡下山吗？◇ *You'll see the museum if you go down the road a bit.* 沿路往前走一点，就看到博物馆了。◇ *It was hard enough to get up here* (= a mountain, for example), *and now we've got to go down!* 爬上来就够呛了，现在我们又得下去！◇ *Their company has decided to* ***go down the same path*** (= do the same things) *as ours.* 他们的公司已决定走我们的路子。◇ *I* ***went down on my hands and knees*** *to look for the pen.* 我趴在地上找钢笔。◇ *I'm not going to go down on my knees and beg him to forgive me.* 我不会奴颜婢膝，乞求他原谅我。

OBJ **road, stairs, hill** OPP **go up, go up sth**

◆ v + adv ◆ v + prep

IDM **go down the 'drain** (*BrE also* **go down the 'plughole**) to be wasted; to get much worse 付诸东流；白白浪费；每况愈下 **go down 'that road** to follow a particular course of action, especially a difficult or harmful one 踏上那条道；采取（尤指艰难或有害）的做法：*He said he'd never used drugs because he'd seen too many talented kids go down that road.* 他说他从不吸毒，因为他见过太多有才华的孩子走上那条路。

,go 'down on sb (*slang*) to perform a sex act on sb with your mouth 为（某人）口交

◆ v + adv + prep

,go 'down to sth to go to a place near where you are, or a place you often go to 去，前往（附近或常去的地方）：*Shall we go down to the beach for a swim?* 我们去海滩游泳吧？◇ *I'm going down to the corner shop for some milk.* 我要去拐角处的商店买牛奶。

◆ v + adv + prep

,go 'down with sth (*especially BrE*) to become ill/sick with sth 患，得（病）：*I think I'm going down with a cold.* 我想我感冒了。

SYN **come down with sth; sicken for sth; catch sth; get sth**

◆ v + adv + prep

'go for sb/sth 1 to attack sb/sth 攻击；袭击：*She went for him with a knife.* 她手持尖刀向他刺去。◇ (*figurative*) *The newspapers really went for him over his defence of terrorism.* 各家报纸强烈抨击他为恐怖主义辩护。 **2** to apply to sb/sth; to be true of sb/sth 适用于；（某种情况）也如此：*What I said about Tim helping goes for you too, Alex.* 我说让蒂姆帮忙，这话也适用于你，亚历克斯。◇ *We may have high unemployment, but the same goes for many other countries.* 我们的失业率或许很高，不过其他很多国家也都一样。◇ *Terry needs to relax more, and* ***the same goes for you.*** 特里需要放松些，你也一样。 **3** to go to get sb/sth 去带回（某人）；去取回（某物）：*Shall I go for a doctor?* 要我去请医生吗？◇ *She's gone for some milk.* 她买牛奶去了。 **4** to be attracted by sb/sth; to like or prefer sb/sth 为…所吸引；喜欢；偏爱：*He's not the type I usually go for.* 他不是我喜欢的那种人。◇ *Children usually go for colourful packaging.* 儿童一般喜欢色彩鲜艳的包装。

◆ v + prep

IDM **(have) a lot, nothing, etc. 'going for it/you** (to have) many/not many advantages 有（或没有）诸多有利条件：*She has a good job, she's attractive and intelligent—she has a lot going for her.* 她有份好工作，妩媚可人，聪明伶俐 —— 她有很多有利条件。◇ *The town doesn't really have much going for it.* 这座小镇着实不具备太大优势。

'go for sth 1 to choose sth 选择：*I think I'll go for the steak.* 我想要牛排。◇ *Which computer system are they going for?* 他们要选哪套计算机系统？ **2** to try to get or achieve sth 努力获取；努力实现：*Did you go for that job?* 你争取过那份工作吗？◇ *He's going for the world record.* 他力争打破世界纪录。◇ ***Go for it!*** *You've got nothing to lose.* 尽力争取吧！你不会失去什么。◇ *That's a great idea!* ***Go for it!*** 想法很棒！努力去实现吧！ **3** to be sold for the price mentioned （以所提价格）出售；索价：*These computers usually go for under £1 000.* 这类计算机一般卖不到 1 000 英镑。

◆ v + prep

,go 'forth (*literary*) to leave a place and go somewhere, especially in order to do sth good or brave （尤指为做有益的或需要勇气的事情）动身去，起程

◆ v + adv

,go 'forward 1 to make progress; to begin to happen or be successful 取得进展；开始发生；初见成效：*The project is going forward nicely.* 项目进展十分顺利。◇ *Now that we have his agreement, the deal can go forward.* 既然我们得到了他的许可，就可以进行交易了。 **2** (of clocks and watches 钟表) to be set one hour ahead at the beginning of summer （夏令时开始之际）拨快一小时：*The clocks go forward tonight. We have an hour less in bed.* 今晚时钟要拨快。我们少睡一小时。 OPP **go back 3** to be suggested as a candidate for a job or an elected position, etc. 获提名；列为候选人：*Her name has gone forward for the job.* 有人提名她出任该职。 **4 (to sth)** to win one stage of a competition, etc. and be able to take part in the next stage （比赛等）获胜进入下一阶段：*Which teams will go forward to the second round?* 哪几个队会进入第二轮比赛呢？

◆ v + adv

,go 'in 1 (of the sun or moon 日、月) to disappear behind a cloud 躲进云里；被云掩盖：*The sun went in and it grew colder.* 太阳躲到云后，天更冷了。 OPP **come out 2** (*informal*) (of facts, information, etc. 事实、信息等) to be absorbed, understood and remembered 被吸收；被理解；被记住：*I keep studying, but these dates just won't go in.* 我不断复习，但这些日期就是记不住。 SYN **sink in 3** (of a piece of equipment, furniture, etc. 设备、家具等) to be built or fitted in a place 装入；嵌入：*The*

SYNONYMS 同义词辨析

go in

come in • enter (sth) • go in • set foot in/on sth

All these words mean to come or go into sth. 这些动词都表示进来或进去。

come in (also **come into sth**) to enter a place, especially a building, room, etc. 进来；进入（楼内、室内等）: *It's getting cold. Why don't you come in now?* 天冷了。为什么现在不进来呢？ ◇ *Come in!* (= used to give sb permission to enter a room) 进来！

enter (sth) (*formal*) to come or go into a place 进入；走进: *Please knock before you enter.* 进来之前请敲门。◇ *Where did the bullet enter the body?* 子弹打中身体什么部位了？

go in (also **go into sth**) to enter a place, especially a building, room, etc. 进去；进入（楼内、室内等）: *It's getting cold. Let's go in.* 天冷了。我们进去吧。◇ *They went into the dining room.* 他们进了餐厅。

set foot in/on sth to enter or visit a place 进入，踏上，访问，参观（某地）: *He was the first person to set foot on the moon.* 他是第一个登上月球的人。◇ *I vowed never to set foot in the place again.* 我发誓再也不去那个地方。◇ *It was the first time I'd set foot on African soil.* 那是我首次踏上非洲的土地。

WHICH WORD?

Come in implies movement in the direction of the speaker; **go in** implies movement in the opposite direction * come in 指朝说话者的方向移动； go in 指朝相反的方向移动: *Come in and help me tidy up.* 进来帮我收拾一下。◇ *The door was open but we were too scared to go in.* 门是敞开的，但我们吓得不敢进去。 **Enter** can imply movement in either direction. * enter 可指朝任一方向移动。

PATTERNS AND COLLOCATIONS

- to enter/come into/go into/set foot in a **room/building/country/town**
- to enter/come in/go in **by/through** sth
- to **allow sb/permit sb/give permission for sb** to enter/come in/go in

kitchen will be finished once the fridge has gone in. 冰箱放进去后，厨房就安排停当了。
◆ v + adv

🔑 **,go 'in; ,go 'in sth; ,go 'into sth 1** to enter a room, a house, etc. 进去；进入（室内、屋内等）: *It's getting cold; let's go in.* 天冷了；我们进屋去吧。◇ *Let's go in the kitchen—it's warmer.* 我们进厨房吧 —— 厨房暖和些。◇ *Why did you go into my office?* 你为什么进我的办公室？ ◇ *Are you going into town today?* 你今天要进城吗？ **2** to fit into a container, etc. 能放进（容器等）: *The suitcase is full already—those shoes definitely won't go in.* 手提箱已经满了 —— 那些鞋子肯定放不下了。◇ *I'm amazed that all the luggage went in the car.* 行李全都放进车里了，我颇感惊奇。◇ *All the photos will go into this box.* 所有照片都会放进这盒子里。 **3** (*informal*) to join an organization, especially one of the armed forces or the police 加入，参加（某一组织，尤指军队或警察部门）: *He was 17 when he went in the army.* 他 17 岁入伍。◇ *Ed wants to go into the Marines.* 埃德想加入海军陆战队。 **4** (of the ball in sports played with a ball, etc. 运动所用的球等) to enter the goal, net, hole, etc. and score points 进（门、网、洞等）；进球得分: *Did you see if the ball went in?* 你看见球进了没有？ ◇ *He kicked the ball hard enough to go into the back of the goal.* 他用力把球踢进了球门里。
◆ v + adv ◆ v + prep

,go 'in; ,go 'into sth 1 to go to an office or another place of work in order to work, do a particular task, have some work done for you, etc. 去办公室，去工作单位（上班、办事、找人服务等）: *I've got to work tomorrow, but I can always go in late.* 我明天要上班，但我总还可以迟到。◇ *The car needs to go in* (= into the garage) *for a service.* 车子需要去（修理厂）维修了。◇ *Are you going into work tomorrow?* 你明天要去工作吗？ **2** to go to a hospital to receive treatment, tests, etc. 去医院（接受治疗、检测等）: *I'm going in on Friday for an X-ray.* 我星期五要去医院做 X 光检查。◇ *When is Cara going into hospital?* 卡拉什么时候上医院？ **3** (of soldiers, an army, etc. 士兵、部队等) to go to a place where there is fighting or a war and become involved in it 上战场；参战: *Troops are going in tonight.* 部队今晚上战场。
◆ v + adv ◆ v + prep

🔑 **,go 'in for sth** (*especially BrE*) **1** to take part in a competition; to take an exam 参加（竞赛或考试）: *She goes in for all the competitions in the magazines and never wins anything.* 她参加了杂志上登的所有比赛，却从未获奖。◇ *Which events are you going in for at the school sports?* 学校运动会你打算参加什么项目？ ◇ *She's going in for the Cambridge First Certificate.* 她准备参加剑桥初级证书考试。 **2** → GO INTO STH 3: *He decided to go in for politics.* 他决定从政。
SYN **enter sth**
◆ v + adv + prep

,go 'in for sth; ,go 'in for doing sth to like sth and regularly use it, do it, etc.; to have sth as an interest or a hobby 喜欢；有…兴趣；以…为业余爱好: *She goes in for very bright colours.* 她喜爱鲜艳的色彩。◇ *He doesn't really*

go in for making long speeches. 他不太喜欢做长篇讲话。◇ *We don't go in for that sort of thing.* 我们不喜欢那种事。◇ *She never went in for dancing.* 她对跳舞从不感兴趣。
◆ v + adv + prep

,go 'in with sb (on sth) to join sb in a particular project, activity, business, etc. 与（某人）联合（完成某个项目、参加某个活动、做生意等）: *Jack went in with some friends to start a car hire business.* 杰克和一些朋友做起了汽车租赁生意。◇ *I'll go in with you on* (= I'll give you some money for) *Mary's present.* 我和你凑份子给玛丽买件礼物。◇ *My brothers are opening a garage and they want me to go in with them.* 我的几个兄弟要开汽车修理厂，想拉我入伙。
◆ v + adv + prep

,go 'into sth 1 (of a vehicle 交通工具) to hit sth violently; to crash into sth 猛地撞上: *The car skidded and went into a tree.* 车子打滑，猛地撞到树上。 **2** (of a vehicle or driver 交通工具或驾驶员) to start a particular movement 开始以某种方式移动; 开始某种动作: *The truck went into a spin on a patch of ice.* 卡车在冰面上打起转来。◇ *The plane went into a nosedive.* 飞机俯冲下来。 **3** (*also* **,go 'in for sth**) to decide to do a particular kind of work as your job or career 决定从事，投身（某种行业）: *When did you decide to go into politics?* 你何时决定从政的？◇ *She's going into publishing.* 她要从事出版业。◇ *Sanjay's gone into business with his father.* 桑贾伊跟随父亲经商了。 OBJ **politics** SYN **take sth up 4** to begin to be in a particular state or situation 进入（某种状态或状况）: *She went into a coma after the accident.* 事故后她陷入昏迷。◇ *The country is going into a decline.* 该国日益衰落。◇ *The company has gone into liquidation.* 公司在停业清算。◇ *The family has gone into hiding.* 这家人躲了起来。 OBJ **liquidation, production, decline, hiding, exile, a coma 5** to begin to act or behave in a particular way （以某种方式）开始行动，开始行事: *He went into a long explanation of the affair.* 他对那件事长篇大论解释起来。◇ *Divers were there, ready to **go into action** if the stunt went wrong.* 潜水员在那里待命，如果特技动作出现差错，他们会马上入水救险。 **6** to examine or discuss sth carefully 仔细考虑; 深入探讨: *I won't **go into details** now.* 我现在不谈细节。◇ *We need to go into the question of costs.* 我们需要研究一下成本问题。◇ *She's not coming, for reasons which I won't go into now.* 她不来了，原因我现在不作解释。 **7** (*also* **,go 'into doing sth**) (of money, time, effort, etc. 金钱、时间、精力等) to be spent on sth; to be used to do sth 投入; 用于: *More money needs to go into rebuilding the inner cities.* 重建市中心旧城区，需要投入更多的资金。◇ *I can see that a lot of time and effort has gone into your project.* 我可以看出这个项目你花了很多时间和精力。◇ *A huge amount of work went into making the occasion a success.* 为确保这个活动的成功，做了大量的工作。◇ *A lot of skill, love and work had gone into the garden.* 这座花园凝聚了高超的技艺、很多的爱心和辛劳。 **8** to start taking part in an exam, a competition, an election, etc. 参加（考试、竞赛、竞选等）: *I can't go into the exam unprepared.* 我不能毫无准备去参加这次考试。 **9** if one number **goes into** a larger number, it is contained in that number the number of times mentioned （一数字）除尽，整除（另一较大数字）: *5 goes into 25 five times.* * 5 除 25 得 5。◇ *Does 13 go into 39?* * 13 能整除 39 吗？
◆ v + prep

,go 'off 1 (to sth) to leave a place, especially in order to do sth 离开，离去（尤指去做某事）: *You go off and have fun.* 你去玩吧。◇ *When are you going off on your trip?* 你何时动身去旅行？◇ *Have the children gone off to school yet?* 孩子们去上学了吗？◇ *Everyone went off happy.* 大家都高高兴兴地离开了。◇ *I can't believe Ed went off without saying goodbye!* 我无法相信埃德竟然不辞而别！◇ *My parents have just gone off to bed.* 我父母刚去睡下。 **2** (of a weapon, etc. 武器等) to be fired; to explode 开火; 爆炸: *The gun went off by accident.* 枪走火了。◇ *The bomb went off in a crowded street.* 炸弹在熙来攘往的大街上爆炸了。 SUBJ **gun, bomb 3** (of an alarm 警报器或闹钟) to make a sudden loud noise or flash 突然响起; 突然闪烁: *She got up as soon as the alarm clock went off.* 闹钟一响，她就一骨碌起床了。◇ *The thieves ran away when the burglar alarm went off.* 防盗器警报声大作，窃贼们立刻逃走了。 SUBJ **alarm, alarm clock, fire alarm 4** if a light, the electricity, etc. **goes off**, it stops working （电灯）熄灭; （供电等）中断; 停止运行: *Suddenly all the lights went off.* 所有的灯突然熄灭了。◇ *The heating goes off at nine.* 九点钟停止供暖。 SUBJ **lights** OPP **come on; go on 5 [+ adv]** if a performance, etc. **goes off** well/badly, it is successful/not successful （演出等）成功 / 不成功: *The show went off very well.* 演出大获成功。◇ *How did the concert go off?* 音乐会开得怎么样？◇ *The performance **went off without a hitch*** (= without any problems at all). 演出十分顺利。 **6** (*BrE*) if food or drink **goes off**, it becomes bad and not fit to eat or drink （食物或饮料）变质，变坏: *This milk has gone off.* 牛奶馊了。 SUBJ **milk, meat 7** (*especially BrE*) to become worse in quality （质量）下降，滑坡: *Her books have gone off in recent years.* 她近年出的书质量下滑了。 **8** (*informal, especially BrE*) to fall asleep 入眠; 入睡: *Hasn't the baby gone off (to sleep) yet?* 宝宝还没睡着吗？ SYN **drop off**
◆ v + adv

,go 'off; ,go 'off sth 1 to move away from sth large or important and go in a different direction 偏离（主干事物）; 岔开: *The road you want goes off on the right.* 你要走的路往右边岔开去。◇ (*figurative*) *She's always going off the point* (= not talking about the main topic). 她讲话老是跑题。 **2** to leave the stage, the sports field, etc. during a play or a game （演出或比赛中）下场，退场: *Hamlet goes off in the middle of the scene.* 哈姆雷特在该场剧的中场阶

段退场。◇ *Johnson went off at half-time.* 约翰逊中场休息时下场了。
◆ v + adv ◆ v + prep

,go 'off (on sb) to suddenly become angry with sb（对某人）突然发怒，大发脾气: *He just went off on her and started yelling.* 他突然对她发火，大声叫嚷起来。◇ (*BrE*) *I spilt coffee on the sofa and my mum **went off on one**.* 我把咖啡洒在了沙发上，妈妈立刻发了火。
◆ v + adv

,go 'off sb/sth (*informal, especially BrE*) to lose interest in sb/sth; to stop liking sb/sth 失去对…的兴趣；不再喜欢: *I think she's going off me.* 我觉得她对我没兴趣了。◇ *He's gone off his food.* 他厌食了。◇ *I've gone off the idea of a holiday in Scotland.* 我已经没有去苏格兰度假的兴致了。
◆ v + prep

,go 'off with sb to leave your husband, wife, etc. in order to have a relationship with sb else 与（新欢）私奔: *Eddie's gone off with his wife's best friend.* 埃迪跟他妻子的闺蜜私奔了。
SYN run away/off with sb
◆ v + adv + prep

,go 'off with sth to leave a place with sth that does not belong to you 擅自拿走（他人之物）: *Who's gone off with my new pen?* 谁顺手牵羊拿走了我的新钢笔？
SYN make off (with sth)
◆ v + adv + prep

🔑 **,go 'on 1** (of a situation or a state of affairs 情况或事态) to continue to happen or exist without changing 继续下去；维持不变: *We can't let this dispute go on.* 我们不能继续这样争执下去。◇ *Things can't go on as they are.* 事情不能再像目前这样继续下去了。◇ *In spite of everything, life must go on.* 无论如何，生活还是要继续。◇ *We **can't go on like this**!* 我们不能这样继续下去！ **SYN carry on; continue 2** to last for a particular time 持续，延续（一段时间）: *The meeting went on for hours.* 会开了好几个小时。◇ *How much longer will this hot weather go on (for)?* 这样炎热的天气还会持续多久？ **SYN carry on; last 3 (with sth)** to continue an activity, especially after a pause or a break（尤指停顿或中断后）继续做（某事）: *I'm sorry I interrupted. Go on with your story.* 对不起，打断你了。继续讲你的故事吧。◇ *The children quietly went on with their work.* 孩子们继续安静地做功课。◇ *Let's take a break. We'll go on when you're ready.* 咱们休息一下吧。你们准备好了我们再继续。 **SYN carry on (with sth) 4 (with sth)** (*also* **,go 'on doing sth**) to continue an activity without stopping（不停顿地）继续做（某事）: *When I came into the room, the boss just went on with what she was doing and didn't look up.* 我进房间时，老板头也没抬，只是继续忙她手里的活儿。◇ *I could have gone on listening to Ted's stories all night.* 特德的故事我可以一直听上一夜。◇ *I'd prefer to go on doing things my own way.* 我宁愿按照自己的方式做事。 **SYN carry on (with sth), carry on doing sth 5** to continue speaking after a short pause（短暂停顿后）继续说: *'You know', he went on, 'I never liked her.'* "你知道的，"他接着说，"我从没喜欢过她。" ◇ *Go on then! Tell me what happened!* 那么快说吧！告诉我发生了什么事！◇ *She hesitated for a moment, and then went on.* 她犹豫了一会儿，然后继续往下说。 **SYN carry on 6** (of a light, the electricity, etc. 电灯、供电等) to start to work; to be switched on 打开；接通；开始运行: *Suddenly all the lights went on.* 突然所有的灯都亮了。 **OPP go off 7** (of time 时间) to pass 流逝；过去: *Things will improve as time goes on.* 随着时间的推移，情况会好转的。◇ *She became more miserable as the evening went on.* 夜渐深，她越来越难受。 **SYN go by 8** (*usually used in the progressive tenses* 通常用于进行时) to take place; to happen 发生；出现: *What's going on here?* 这里发生什么事儿了？◇ *Who knows what goes on when I'm away.* 谁知道我外出期间会出什么事。◇ *There must be a party going on next door.* 隔壁一定是在举行聚会。◇ *She ignores a lot of what goes on.* 她对很多事情都视而不见。 **9 (to sth/to do sth)** to do sth after you have finished sth else（完成某事后）接着做（另一件事）: *Do all the students go on to work in catering?* 是不是所有的学生都接着在餐饮业工作？◇ *Let's go on to the next item on the agenda.* 咱们接着进行下一项议程吧。◇ *The boys went on to a club, but I decided to go home.* 男孩子们接着去夜总会，可我决定回家。 **10 ,go 'on!** (*informal*) used to encourage or dare sb to do sth（用于鼓励或激将）来吧: *Go on! Have another cake.* 来吧！再吃一块蛋糕。◇ *Go on! Try it!* 来吧！试试嘛！◇ *Go on! Ask her out! I dare you!* 去呀！约她出来呀！我谅你也不敢！ **11 (about sb/sth)** to continue talking to sb for a long time about the same person or thing, usually in an annoying way 唠叨；说个没完: *They keep going on about their trip.* 他们没完没了地讲他们的旅行。◇ *What is she going on about?* 她在啰唆啥呢？◇ *My parents **went on and on** about how successful my sister is.* 我父母不停地唠叨我姐姐多么有出息。 **SYN bang on about sb/sth** (*BrE, informal*) **12 (at sb) (about sth)** (*especially BrE*) to complain to sb about their behaviour, work, etc.（为某事）（向某人）唠叨，埋怨，指责: *My dad went on at me about not having a job.* 我爸爸责备我没工作。◇ *Stop going on at me!* 别数落我了！◇ *She keeps going on at me to dress better.* 她没完没了地唠叨着，让我穿得体面些。 **SYN carry on (at sb) (about sth); criticize sb 13** to continue to travel in the direction you are going（按原来的方向）继续旅行，继续行进: *I'm too tired to go on.* 我累得走不动了。◇ *They had an accident and couldn't go on.* 他们出了意外，无法继续行程。 **SYN carry on 14 (ahead/to sth)** to travel in front of sb else 先走一步；先行: *Jack's going on ahead to get the house ready.* 杰克要提前出发，去把房子收拾好。◇ *Shall we wait for Ray or shall we go on into town without him?* 我们等一等雷，还是不等他先去城里？ **15** (of a road, a piece of land, etc. 道路、土地等) to cover a particular distance in a particular

direction 延伸；延续：*The desert seemed to go on forever.* 沙漠一望无际。 **16** (of an actor or a performer 演员或表演者) to walk onto the stage to begin their performance 上场；登台：*She doesn't go on till Act 2.* 她要到第二幕才出场。 **17** (*sport*) (of a player 运动员) to join a team instead of another player during a game 替补上场：*Allen went on (in place of Brown) just before half-time.* 上半场即将结束前，艾伦上场（替换下了布朗）。 **18 go on** (*informal, especially BrE*) used to agree to do or allow sth that you do not really want to do or allow, after sb has persuaded you （表示勉强同意）行吧，可以吧：*'Are you sure you won't come?' 'Oh go on then, but I won't be able to stay long.'* "你真的不来了吗？" "喔，那还是去吧，可我不能呆很久。" **19 go on!** (*old-fashioned, BrE, informal*) used to show that you do not believe what sb is saying （表示不相信）真的吗：*Go on! You didn't eat it all yourself!* 不会吧！你不可能一个人把它全吃光的！ SYN **get away (with you)**

◆ v + adv **4** also v + adv + -ing

◆ **5** also v + adv + speech

IDM **be ˌgoing ˈon (for) sth** (*BrE*) to be nearly a particular age, time or number 接近，将近（某个年龄、时间或数字）：*It was going on (for) midnight.* 快到午夜了。◇ *She's 20, going on 21.* 她现在 20 岁，马上 21 了。 **enough, plenty, etc. to be going ˈon with** enough, plenty, etc. for our present needs 足够目前所需；绰绰有余：*That should be enough food to be going on with.* 食物应该足够现在吃的了。

▶ **ˌgoings-ˈon** *n* [pl.] (*informal*) activities or events that are strange or amusing 异常情况；有趣的活动（或事情）：*There have been some strange goings-on at their house.* 最近他们家发生了点儿有趣的事。

▶ **ˈongoing** *adj* [usually before noun] continuing to exist or develop 继续存在的；仍在进行的；不断发展的：*an ongoing process* 持续的过程◇ *the ongoing debate* 持续的辩论◇ *an ongoing situation* 不断发展的状况◇ *The problem is ongoing.* 这个问题尚未解决。

ˌgo ˈon; ˌgo ˈon sth to fit or be put on top of another object （大小等）合适；放到…顶部；盖上：*The lid won't go on.* 盖子盖不上。◇ *This shoe won't go on my foot at all.* 这只鞋根本不合我的脚。

◆ v + adv ◆ v + prep

ˈgo on sth 1 (*used in negative sentences and questions* 用于否定句和疑问句) to base an opinion or a judgement on sth 以…为依据；凭…来判断：*The police don't have much evidence to go on.* 警方证据不够充分。◇ *I'm only going on what she told me.* 我只以她对我说的话为依据。 **2** to begin doing, following, enjoying or using sth 开始（做、遵循、享受或使用）：*to go on a course/trip* 开始一门课程 / 旅行◇ *I'm going on a diet on Monday.* 我星期一开始节食。◇ *When are you going on holiday?* 你什么时候去度假？◇ *to go on the dole* (= to start to receive government unemployment benefit) 开始领取失业救济金◇ *When do the band go on tour?* 乐队何时开始巡回演出？

◆ v + prep

ˈgo on sth; ˈgo on doing sth (of money, time, energy, etc. 金钱、时间、能源等) to be spent or used for sth 花在…上；用于：*All his money goes on drink.* 他的钱全用来喝酒了。◇ *Most of the electricity we use goes on running the computers.* 我们所用的电大多耗费在运行计算机上。

→ see also GO ON 4

◆ v + prep

ˌgo ˈout 1 (for/to sth) to leave your house to go to social events, etc. 出门参加社交活动；外出交际：*Shall we go out for a meal tonight?* 我们今晚出去吃饭好吗？◇ *Ellie goes out a lot.* 埃利经常外出参加社交活动。◇ *She goes out dancing most weekends.* 她周末多半在外跳舞。◇ *Jenny usually goes out with her friends on Friday evenings.* 珍妮通常在星期五晚上和朋友外出娱乐。 OPP **stay in 2 (with sb/together)** (*informal*) (especially of young people 尤指年轻人) to spend time with sb and have a romantic or sexual relationship with them （与…）约会，谈情说爱：*Sam has been going out with Kate for six months.* 萨姆与凯特相恋六个月了。◇ *How long have Sam and Kate been going out together?* 萨姆与凯特相恋多久了？◇ *When did they start going out?* 他们什么时候开始约会的？ SYN **date, date sb 3** (of a letter, a message, etc. 信件、信息等) to be sent, announced, etc. 寄出；发送出；公布：*Have the invitations gone out yet?* 请柬发出去了吗？◇ *A memo went out about the director's resignation.*

SYNONYMS 同义词辨析

go out

burn (itself) out ◆ die down ◆ go out

These verbs all mean to stop burning. 这些动词都表示熄灭。 *See also* **put sth out**.

burn (itself) out to stop burning because there is nothing more to burn 燃尽；熄灭：*The fire had burnt (itself) out before the fire engines arrived.* 消防车赶到时，火已经灭了。

die down to burn less strongly （火势）变弱；渐渐熄灭：*As the flames died down he felt cold air on his face.* 火焰小了，他感到脸上阵阵寒气。

go out to stop burning 熄灭：*The candles had all gone out and I was left in darkness.* 蜡烛全灭了，我陷入黑暗之中。

PATTERNS AND COLLOCATIONS

- a **fire/blaze** goes out/burns (itself) out/dies down
- **flames** go out/die down
- a **candle/cigarette** goes out
- to **gradually** burn (itself) out/die down
- to **suddenly** go out

备忘录上发布了主管辞职的消息。 **4** (of news, information, etc. 新闻、消息等) to be made public; to be published 公布；发布；刊行: *Word went out that the Prime Minister had resigned.* 首相据传已经辞职。◇ *The magazine goes out six times a year.* 这份杂志每年出版六期。 **5** (*especially BrE*) (of a radio or television programme 广播或电视节目) to be broadcast 播送；播出: *The first episode goes out next Friday at 8.00 p.m.* 第一集下周五晚上八时播出。◇ *The show will go out live from the studio.* 节目将在演播室现场直播。 **6** (of a fire or a light 火或灯光) to stop burning or shining 熄灭: *The fire has gone out.* 火灭了。◇ *There was a power cut and all the lights went out.* 断电了，所有的灯都熄了。 SUBJ **lights, fire** SYN **be extinguished** (*formal*) **7** if money **goes out**, it is spent on bills and expenses （钱）用掉，花掉: *We need to have more money coming in than going out.* 我们要多挣少花。 OPP **come in** **8 (to ...)** to leave your country and travel to another one, especially one far away 出国（尤指去遥远的国度）: *We went out to see him when he was living in Australia.* 他住在澳大利亚时，我们曾出国去看望他。◇ *Have you been out to India recently?* 你最近去过印度吗？ **9** if the **tide goes out**, the sea moves away from the land 退潮；落潮: *When does the tide go out?* 什么时候退潮？
SUBJ only **the tide** SYN **ebb** (*more formal*) OPP **come in** **10** to fail in a competition, contest, etc. （竞赛等中）遭淘汰，出局: *She went out in the first round of the tournament.* 她在锦标赛第一轮即遭淘汰。
◆ v + adv
IDM **go out like a 'light** to fall asleep very quickly 迅速入睡: *I went out like a light as soon as my head hit the pillow.* 我头一挨到枕头，就睡着了。
▶ **'outgoing** *adj* **1** very friendly and liking to meet and talk to other people 友好的；开朗的；爱交际的: *Annie's sister is much more outgoing than she is.* 安妮的姐姐比她外向多了。 **2** [only before noun] about to leave a position of responsibility 即将卸任的；即将离职的: *the outgoing government* 任期即将届满的政府 **3** [only before noun] going away from a particular place 向外的；离开的: *outgoing calls/flights/passengers* 打出的电话 / 离港航班 / 出发旅客 ◇ *the outgoing tide* 退潮
▶ **'outgoings** *n* [pl.] (*BrE*) the money which a person or a company spends regularly on bills and other necessary expenses 开支；经常性支出: *They haven't got enough money to cover their outgoings.* 他们入不敷出。

,go 'out; ,go 'out of sth 1 to leave a room, building, etc. 出门；出去: *It's too cold to go out.* 天冷得迈不出门。◇ *The talking started as soon as the teacher went out of the room.* 老师刚走出教室，大家就开始说话。◇ *It isn't a good idea to go out alone at night.* 夜间不宜独自外出。◇ *I'm going out for a walk.* 我出去散步了。◇ *He's just gone out to get a newspaper.* 他刚出去买报纸去了。◇ *My grandmother never **went out to work*** (= away from the home). 我奶奶从没离开家门出去工作过。◇ *She went straight out and spent £200 on a new coat.* 她立马出去花 200 英镑买了件新外套。 OPP **go in, go in sth, go into sth** **2** to become no longer fashionable or used 不再流行；不再使用: *That hairstyle **went out of fashion** years ago.* 那种发型多年前就不时兴了。◇ *Styles like that have completely gone out now.* 那样的款式现在完全过时了。◇ *The word 'leathern' has gone out of use in modern English.* 现代英语已经不用 leathern 一词了。 OPP **come in, come in sth, come into sth**
◆ v + adv ◆ v + adv + prep

,go 'out for sth (*AmE*) to try to gain a place in a sports team, a band or a group that does some other activity 争取加入（运动队、乐队等团体）: *I had to talk Greg into going out for the basketball team.* 我得说服格雷格加入篮球队。◇ *'Did she make the band?' 'She didn't go out for it.'* “她是乐队成员吗？” “她没想参加。”
SYN **try for sth** (*especially BrE*), **try out (for sth)** (*especially AmE*)
◆ v + adv + prep

,go 'out of sb/sth (of a quality or feeling 品质或感觉) to no longer be present in sb/sth; to disappear from sb/sth 在…中不复存在；从…中消失: *He relaxed and the tension went out of him.* 他放松下来，紧张顿消。◇ *The heat had gone out of the day.* 白天的热气已经散尽。
◆ v + adv + prep

,go 'out to sb if you say that your heart, thoughts, prayers, etc. **go out to** sb, you are expressing sympathy for them 同情，怜悯（某人）: *Our hearts go out to all the victims of the disaster.* 对所有受灾者，我们深表同情。
◆ v + adv + prep

,go 'over 1 (to sb/sth) to move towards sb/sth, especially crossing a room, etc. （尤指通过房间等）（向…）走去: *He went over to the window for a closer look at the parade.* 他走到窗前，就近观看游行队伍。◇ *I went over and sat beside Jane.* 我走过去坐在简身边。 **2 (to sth)** to visit sb for a short time, usually at their house （到别人家）短暂拜访，探望: *I'm going over to my daughter's for lunch.* 我要去女儿家吃午饭。
→ see also GO ROUND 1 **3 (to ...)** to travel to a place in another country, especially by sea （到海外）旅行: *My family live in Belgium and I'm going over to see them next week.* 我家人住在比利时，我下星期要去看望他们。 **4 [+ adv]** (*AmE*) → GO DOWN 4: *My suggestion didn't go over well with my boss.* 老板对我的建议不以为然。◇ *The news of her promotion went over well with her colleagues.* 她提升的消息受到同事们的欢迎。
◆ v + adv

,go 'over; ,go 'over sth to pass above or over the top of sb/sth 从…上方经过: *Planes were going over all night.* 飞机整夜在上空飞来飞去。◇ *We were shaken as the car went over the bumps in the road.* 车子在坑坑洼洼的路面上开过，把我们颠个不停。

◆ v + adv ◆ v + prep

🔑 ,**go 'over sth** **1** to do more, spend more, etc. than a particular amount or than you are allowed to do 超出，越出（某一数量或允许范围）: *Don't go over the speed limit.* 不要超过限速。◇ *Did you go over budget on your project?* 你的项目超出预算了吗？ SYN **exceed sth** (*more formal*) **2** to examine the details of sth; to check sth 检查细节；审核: *I'll go over the figures again to make sure they're right.* 我要再核对一下数据，以免有误。◇ *Go over your work carefully before you hand it in.* 交作业前要仔细检查一下。 ⊃ note at CHECK SB/STH OVER **3** to study sth carefully; to repeat sth 反复研究；仔细琢磨: *I've gone over and over what happened in my mind.* 我心里反复琢磨所发生的事。◇ *She went over her lines* (= in a play) *until she knew them perfectly.* 她反复记诵台词，直到滚瓜烂熟。 **4** to look at or check sth carefully 细查；检查: *Police went (back) over all the evidence again.* 警方再次仔细察看了所有证据。◇ *My dad went over the car thoroughly and advised us not to buy it.* 父亲彻底检查了那辆车，然后建议我们不要买。 **5** to draw, paint, etc. over the top of sth that has already been drawn or painted 描摹；临摹: *I've gone over the original drawing in pen.* 我用钢笔描摹了原画。 **6** to clean sth by passing sth across the surface 打扫干净；擦拭干净: *He went over the surfaces with a duster.* 他用抹布擦干净了表面。
◆ v + prep

▶ ,**going-'over** *n* [sing.] (*informal*) **1** an act of examining, cleaning or repairing sth thoroughly （彻底）检查，打扫，维修: *I've given the flat a good going-over* (= a thorough clean). 我把公寓打扫得一尘不染。◇ *The garage gave the car a thorough going-over* (= a careful check). 汽修厂彻底检查了这辆车。 **2** a serious attack on sb, physically or in words 毒打；痛骂: *The gang gave him a real going-over.* 那帮流氓毒打了他一顿。

,**go 'over to sb/sth** **1** to leave a group of people in order to join a competing group; to change from one side, opinion, habit, system, etc. to another; to start using sth different 转向（另一团体、立场、见解、习惯、体系等）；开始启用（不同事物）: *Two MPs went over to the opposition.* 两名议员转投反对党。◇ *We've recently gone over to semi-skimmed milk.* 我们最近开始喝半脱脂牛奶。 **2** (in broadcasting 广播) to transfer to a different person, place, etc. for the next part of a programme 切换到（另一人物、地点等）: *Let's go over to the news desk for an important announcement.* 我们现在播报新闻，有一条重要通告发布。
◆ v + adv + prep

,**go 'past** (of time 时间) to pass 流逝；过去: *Half an hour went past while we were sitting there.* 我们在那里坐了半个小时。
◆ v + adv

🔑 ,**go 'past**; ,**go 'past sb/sth** to pass in front of sb/sth 在（…）面前经过: *I stood back to let Jack go past.* 我往后站了站，让杰克过去。◇ *The shop is empty whenever I go past it.* 我每次经过商店时，里面都空无一人。
◆ v + adv ◆ v + prep

🔑 ,**go 'round** (*BrE*) (*AmE* ,**go a'round**) **1 (to sth)** to visit sb for a short time, usually at their house （常指到别人家里）探望一下: *Why don't you go round and see Annie?* 你为什么不去看看安妮呢？◇ *I've got to go around to my sister's* (= to her house) *in the morning.* 我早上得去姐姐家里看看。 → see also GO OVER 2 **2** to spin or turn 旋转；转动: *When I found the bicycle, the wheels were still going round.* 我找到自行车时，轮子还在转呢。◇ (*figurative*) *I've got so many ideas going around in my head at the moment.* 我现在脑子里涌现出各种各样的想法。
→ see also GO AROUND, ETC.
◆ v + adv

,**go 'through** **1 (to sth)** (*informal*) used especially to ask sb to enter a room, etc. （尤用于邀请）进来，进去: *Shall we go through to my office?* 我们去我的办公室好吗？◇ *Go through and make yourself comfortable.* 进来随便坐吧。 **2** if a law, a contract, etc. **goes through**, it is officially approved, accepted or completed （法律、合同等）获得通过，获得批准: *The bill went through without any objections.* 议案全票通过。◇ *The adoption* (= of a child) *has finally gone through.* 收养一事终获批准。 **3** if a business deal, etc. **goes through**, it is completed successfully （商业交易等）达成，成功: *We are almost certain the deal will go through.* 我们几乎可以肯定这笔交易能谈成。◇ *If the merger goes through, we may lose our jobs.* 如果合并谈成，我们可能会丢掉工作。 **4 (to sth)** to pass to the next stage of a competition, etc., having won the first part(s) 获胜进入（下一阶段比赛等）: *Four teams will go through to the semi-final.* 四支队伍将进入半决赛。
◆ v + adv

,**go 'through**; ,**go 'through sth** to enter and cross a room, an area of land, a town, a country, etc.; to pass through sth 穿过，越过（房间、地域、城镇、国家等）: *The gates opened and we went through.* 大门开了，我们走了进去。◇ *Lots of huge trucks go through the town.* 镇子里的大卡车川流不息。◇ *You have to go through the lounge to reach the kitchen.* 到厨房去得通过客厅。◇ *The defence was weak, and the ball went through into the goal.* 防守薄弱，球射入了球门。◇ *The bullet went straight through the window.* 子弹直接射进了窗户。◇ *This is the hole where the bullet went through.* 这就是子弹射穿的孔。
◆ v + adv ◆ v + prep

,**go 'through sb** **1** if a feeling **goes through** you, it passes through your body （感觉）传遍全身: *A shudder went through her.* 她浑身一阵战栗。 **2** if a particular type of food **goes through** you, your body cannot deal with it easily and it is emptied from your body quickly or in liquid form （某种食物）使腹泻: *I can't eat sushi—it goes right through me.* 我不能吃寿司——一吃就拉肚子。
◆ v + prep

'go through sb/sth to ask a person or an organization to deal with sth for you or give you permission to do sth 通过（他人或机构）处理；向…提出申请: *If you want to book the cruise, you'll have to go through a travel agent.* 预订乘船游览得通过旅行社代办。
◆ v + prep

,go 'through sth 1 to pass through sth from one end to the other 从…的一端到另一端；穿过: *We went through the woods to get to the lake.* 我们穿过丛林来到湖边。◇ (*figurative*) *What went through your mind when you saw her?* 你见到她的时候，心里是怎么想的？ **2** if you **go through** an event, a period of time, etc., you pass through it from the beginning to the end 自始至终经历（某一事件、时期等）；经过: *He went through the day in a state of shock.* 他惊魂未定挨过了这一天。◇ *She can't* ***go through life*** *always depending on her parents.* 她不能一辈子都依赖父母。 **3** to experience or suffer sth 经历；遭受: *You don't realize what I've been going through.* 你不了解我的遭遇。◇ *She's been through a bad patch recently.* 最近她连触霉头。◇ *We've been through a lot together.* 我们甘苦与共。◇ *It's a phase/stage all teenagers go through.* 这是所有青少年都要经历的一个阶段。 OBJ **phase, experience, a bad, difficult, etc. patch** SYN **undergo sth** (*more formal*) **4** to look at, check or examine sth closely and carefully, especially in order to find sth 仔细找遍；仔细查遍；仔细搜遍: *I've gone through all my pockets but I can't find my keys.* 我翻遍所有衣兜也找不到钥匙。◇ *After his death, his daughter had to go through his papers.* 他去世后，女儿不得不仔细阅读整理他的文件。 OBJ **pockets, papers 5** to discuss or study sth in detail, especially repeating it （尤指反复地）详细探讨，仔细研究: *Let's go through the arguments again.* 咱们再详细研究一下这些论据吧。◇ *Could we go through Act 2 once more?* 我们把第二幕戏再过一遍好吗？ SYN **run through sth 6** to perform a series of actions; to follow a method 经过（一套程序、所有步骤等）: *This is the process you have to go through to become a club member.* 这是成为俱乐部会员必须办理的手续。◇ *I made a mistake when I was logging out and had to go through the whole process again.* 我退出系统时出了差错，只好从头再来一遍。◇ *Have you seen him go through his exercise routine in the mornings?* 他每天早晨的例行体育锻炼，你见过吗？ OBJ **process, routine, procedure 7** to use up sth 用完；耗尽: *I seem to be going through a lot of money at the moment.* 我现在好像花钱如流水。◇ *Have we gone through all that milk already?* 我们把那些牛奶全喝光了吗？ SYN **get through sth 8** to wear or make a hole in sth 磨破；穿破: *I've gone through the elbows of my jumper.* 我毛衣的肘部都磨破了。
◆ v + prep

IDM **go through the 'motions (of sth/of doing sth) 1** to pretend to do sth 假装，佯装（做某事）；装出…的样子: *He just went through the motions of being a poet.* 他不过装作是个诗人。 **2** to do or say sth without being serious or sincere about it 走过场；敷衍了事；装模作样: *Her heart wasn't in the game—she was just going through the motions.* 她心思不在比赛上——只不过是在应付差事。 **go through the 'roof 1** (of prices, etc. 价格等) to rise very quickly 飙升；陡升；猛涨: *House prices have gone through the roof.* 房价暴涨离了谱。 **2** to become very angry 震怒；暴怒: *My mum will go through the roof if she finds out!* 我妈妈要是知道了会火冒三丈的！

,go 'through with sth to do what is necessary to complete sth or achieve sth, even though it may be difficult or unpleasant 做完，完成（艰难或令人不快的事）: *She decided not to go through with the operation* (= she decided not to have it). 她决定不动手术。◇ *He says he'll take us to court, but he'll never go through with it.* 他说要起诉我们，但他绝不会费这个劲。
◆ v + adv + prep

,go 'to it (*AmE, informal*) used to tell sb to start doing sth 开始吧；动手吧: *You need to get it finished by six. Go to it!* 你要在六点前完成。快去办吧！◇ *We better go to it before it gets dark.* 我们最好赶在天黑前动手。
◆ v + prep + it

'go to sb/sth 1 to be given to sb/sth; to pass to sb else when sb dies 给予；归于；（去世后）遗留给: *Proceeds from the concert will go to charity.* 音乐会的收入将捐赠慈善事业。◇ *Some of the credit for the book should go to the illustrator.* 本书获得的赞誉应部分归功于插图绘制者。◇ *The first prize went to Peter.* 一等奖颁给了彼得。◇ *The contract has gone to a private firm.* 合同被一家私营公司拿到了。◇ *The property went to his eldest daughter* (= when he died). 他的遗产留给了长女。 **2** to approach sb/sth for help or information; to ask sb for sympathy or advice 向…求助（或咨询）；希望获得（某人）的同情（或建议）: *Sue goes to her friends for support rather than her family.* 休向朋友而不是家人寻求支持。◇ *He's the only person I can go to for advice.* 我能够咨询意见的人仅他而已。◇ *I always go to my dictionary when I come across a word I don't know.* 每当遇到生词，我总是查阅字典。 SYN **turn to sb/sth**
◆ v + prep

▶ **'go-to** *adj* [only before noun] (*AmE, informal*) a **go-to** guy, etc. is one that you can approach for help, information, etc. 可以求助的；可以咨询的: *Jimmy's the* ***go-to guy*** *if you're looking for advice about your car.* 想要获得汽车方面的建议，可找吉米。

'go to sth 1 to start to do sth; to begin to be in a particular state or condition 开始着手（某事）；进入，陷入（某种境地或状况）: *The two countries are set to* ***go to war*** *over the dispute.* 为了解决这场争端，两国准备开战。◇ *I hate to see food* ***going to waste***. 我痛恨糟蹋食物。◇ *My brain* ***went to work on*** (= started to think about) *what I should do next.* 我开始考虑下一

步的打算。 OBJ only **war**, **waste**, **work** **2** to make a lot of effort, spend a lot of money, etc. in order to do or achieve sth 花费（精力、金钱等）做: *Don't **go to any trouble** on my behalf.* 不要为我费心。◇ *Why **go to the expense** of buying a car?* 为什么花钱买车呢? ◇ *He **went to great pains** to persuade us.* 他苦口婆心地规劝我们。◇ *It's amazing the lengths people will go to to get a job.* 人们为找份工作煞费周章，令人惊叹。 OBJ only **trouble**, **expense**, **pains**, **lengths**

• v + prep + n

IDM **go to the 'dogs** (*informal*) to get into a very bad state 衰落; 没落: *Some people think this country is going to the dogs.* 有人认为这个国家正走向没落。 **go to sb's 'head 1** (of alcohol 酒) to make sb feel drunk 使醉; 上头 **2** (of success, praise, etc. 成功、赞扬等) to make sb feel very proud of themselves, especially in a way that other people find annoying （使）冲昏头脑，扬扬自得，忘乎所以 **go to 'pieces** (*informal*) if sb **goes to pieces**, they become so upset or frightened that they cannot live or work normally 萎靡不振; 崩溃; 心慌意乱: *It seems he goes to pieces in a crisis.* 他好像危机临头就吓破了胆。 **go to 'pot** (*informal*) to be spoiled because people are not working hard or taking care of things （因不努力或不上心而）荒废，完蛋: *His plan to make money had gone to pot.* 他赚钱的计划泡汤了。 **go to 'sleep 1** to fall asleep 入睡; 睡着 **2** if part of your body **goes to sleep**, you lose the sense of feeling in it （身体部位）麻木，毫无知觉 **go to 'town (on sth)** to do sth with a lot of energy and enthusiasm, especially spending a lot of money （尤指花大钱）大干一番，全力以赴: *They hadn't got a garden, so they really went to town on indoor plants.* 他们没有花园，所以十分热衷于栽培室内植物。 **go to the 'wall** if a company or a business **goes to the wall**, it fails because of a lack of money （公司或企业因缺乏资金而）走投无路，倒闭，破产

,go to'gether 1 (of two or more things 两个或多个事物) to exist at the same time; to be often found together 并存; 相伴而生: *Money and happiness don't always go together.* 金钱并不总是意味着幸福。 → see also GO WITH STH 2 **2** to look, taste, sound, etc. good together; to combine well with sth （外形、味道、声音等）和谐，相配: *These colours go together well.* 这些色彩十分协调。◇ *Curry and pasta don't go together.* 咖喱和通心粉不对味。 NOTE **Go** is also used * go 也作此义: *Curry and pasta don't really go.* 咖喱和通心粉实在是不对味。◇ *These colours don't really go.* 这些色彩实在是不协调。 → see also GO WITH STH 1 **3** (*old-fashioned, especially AmE*) (*usually used in the progressive tenses* 通常用于进行时) (of two people 两人) to spend time with each other and have a romantic or sexual relationship 相恋; 相好: *They haven't been going together long.* 他们谈恋爱没多久。 → see also GO OUT 2

• v + adv

'go towards sth; **'go towards doing sth** to be used as part of the payment for sth; to be used as part of sth 成为…的部分付款; 用于…（作为其中的一部分）: *The money will go towards buying a computer.* 这笔钱会用来支付购买一部计算机的部分费用。◇ *All these marks go towards my final diploma.* 这些分数都计入我的毕业文凭成绩。

• v + prep

,go 'under 1 to sink below the surface of the water 沉入水中; 沉没: *They had to swim to shore when the boat went under.* 船沉下去了，他们只好向岸边游。◇ *Someone rushed to help him when he went under.* 他落水后，有人急忙下水去救他。 **2** (*informal*) to fail, lose power, etc.; to be unable to pay what you owe 失败; 垮台; 破产: *A large number of small companies have gone under.* 小公司大批倒闭。

• v + adv

'go under sth to be known by a particular name or title 名为; 称为: *Does he go under any other names?* 他有其他名字吗?

OBJ **the name of ...**, **a different, etc. name**, **the title of ...**

→ see also GO BY STH 2

• v + prep

,go 'up 1 to become higher in price, level, etc.; to rise （价格、水平等）上升，增长: *The price of cigarettes is going up.* 香烟价格在上涨。◇ *Cigarettes are going up (in price).* 香烟在涨价。◇ *My pension has gone up (by) £5 a week.* 我的养老金每周涨了 5 英镑。 SUBJ **price**, **temperature** SYN **rise** OPP **come down**; **go down** **2 (to sb/sth)** to go towards sb/sth 走向; 前往: *He went up to the house and knocked on the door.* 他走到屋前敲门。 **3 (to ...)** to travel from one place to another, especially from the south of a country to the north （尤指从一国南部某处）去（北部某处）; 北上: *She's gone up to Scotland to see her son.* 她北上苏格兰去看儿子。◇ *Are you going up to London tomorrow?* 你明天去伦敦吗? **4** to be built; to be put up 建起; 竖起: *New office blocks are going up everywhere.* 到处都在兴建新办公楼。 **5** to be destroyed by fire or an explosion 焚毁; 炸掉: *If one of the gas tanks goes up, there will be massive damage.* 如果其中一个燃气罐爆炸，将会造成巨大破坏。◇ *The whole building **went up in flames**.* 整幢建筑毁于大火。 **6** to be fixed in a public place 张贴; 张挂: *Notices have gone up all over the university.* 大学校园到处张贴着通知。 **7** if the curtain across the stage in a theatre **goes up**, it is raised or opened （剧院舞台的帷幕）升起，拉开: *The stage was empty when the curtain went up.* 幕布升起时，舞台上空空荡荡。 SUBJ **curtain** OPP **come down** **8** if a loud sound such as a shout **goes up**, it is made by lots of people （喊声等）响起，爆发: *A huge cheer went up from the crowd.* 人群中爆发出雷鸣般的欢呼声。 SUBJ **cheer**, **cry** **9 (to/into sth)** (of a sports team or a student 运动队或学生) to move to a higher rank, position or class 晋级; 升级: *Oxford went up into the second division.* 牛津队晋升到了二级联赛。◇

SYNONYMS 同义词辨析

go up

climb • **go up** • **grow** • **increase** • **rise**

These are all verbs that can be used when an amount, level or number of sth gets bigger or higher. 这些动词都表示上涨、上升、增长。 *See also* **put sth up**, **shoot up**.

climb to become greater in level or value （水平或价值）上升，上涨: *The dollar/temperature/price of oil has been climbing all week.* 整整一周，美元汇率 / 气温 / 油价节节攀升。

go up to become greater in level or value （水平或价值）上升，上涨: *The price of cigarettes is going up.* 香烟价格在上涨。◇ *Do you think interest rates will go up again?* 你认为利率会再次提高吗?

grow to become greater in size, number or strength （大小、数字）上升；（强度）增强: *The company profits are expected to grow by 5% next year.* 公司利润明年有望增长 5%。◇ *She is growing in confidence all the time.* 她的信心越来越足。

increase to become greater in amount, level, number, degree, value, size or strength 上升；上涨；增长: *The population has increased from 1.2 million to 1.8 million.* 人口从 120 万增长到 180 万。◇ *The rate of inflation increased by 2%.* 通货膨胀率上升了 2%。

rise to become greater in number, level or amount （数字、水平或数量）上升，增长: *rising fuel bills/crime rates* 不断上升的燃料费 / 犯罪率◇ *Unemployment has risen by 3%.* 失业率上升了 3%。◇ *Gas rose sharply in price.* 煤气价格快速上涨。

WHICH WORD?

Rise is most often used to talk about the number or level of sth; **grow** and **increase** can also be used about size and strength * rise 常用于指数字或水平； grow 和 increase 也可用于指大小和强度: *Profits/Numbers have risen/grown/increased.* 利润增长 / 数字攀升 *Her confidence/fear grew/increased.* 她的信心 / 恐惧增强了。 **Climb** is usually used about a number rather than an amount. * climb 通常用于指数字，而非数量。

PATTERNS AND COLLOCATIONS

- the **price/number** rises/increases/climbs/goes up
- the **level/cost/temperature** rises/increases/goes up
- the **size/amount** grows/increases
- to rise/grow/increase/climb/go up **slightly/steadily/slowly/rapidly/dramatically/sharply**
- to rise/grow/increase/go up **significantly/substantially/considerably**

Is she going up into the sixth form this year? 她今年要升入六年级吗? OPP **go down 10 (to ...)** (*BrE*) to begin your studies at a university, especially Oxford or Cambridge; to begin a term at university 上大学（尤指牛津或剑桥）；进入大学新学期: *She went up (to Oxford) in 1996.* 她 1996 年上的（牛津）大学。 OPP **go down**
• v + adv

,go 'up; **,go 'up sth** to move from a lower position to a higher one or upstairs in a building 上去；上来；上楼；沿…上去: *The lift goes up and down all day.* 电梯整天上上下下的。◇ *Go up the ladder.* 顺梯子爬上去。◇ *She went up the stairs very slowly.* 她慢悠悠地爬上楼梯。◇ *Julie's gone up to her room to change.* 朱莉到她楼上的房间去换衣服。
OBJ **stairs, hill, road** SYN **ascend, ascend sth** (*formal*) OPP **go down, go down sth; descend, descend sth** (*formal*)
• v + adv • v + prep

,go 'up against sb/sth (*AmE, informal*) to face sb/sth difficult, for example in a competition 面临，应对（难以对付的人或事物）: *He went up against the champion in the second round.* 他在第二轮遭遇冠军。◇ *In a consumer taste test, Coke went up against Pepsi.* 在一次消费者品尝测验中，可口可乐与百事可乐狭路相逢。
• v + adv + prep

,go 'up to sth to come close to a particular point or time, or go in a particular direction 接近（某一地点或时间）；通向: *This diary only goes up to November.* 这本日记只写到 11 月。◇ *The road goes up to the school.* 这条路通往学校。
• v + adv + prep

'go with sb (*old-fashioned, informal*) to have a sexual or romantic relationship with sb; to have sex with sb 与某人谈恋爱；与某人发生性关系: *She's been going with him for quite a while.* 她和他恋爱已好一阵子了。
→ see also GO OUT 2
• v + prep

'go with sb/sth (*informal, especially AmE*) to support a plan, an idea, etc. or the person suggesting it 支持，赞同（计划、想法、提议者等）: *I'm prepared to go with her decision.* 我愿意支持她的决定。◇ *I like Ted's idea. Let's go with it.* 我赞成特德的主意。大家来支持吧。◇ *Which candidate shall we go with?* 我们该投哪个候选人的票?
• v + prep

'go with sth 1 to look, taste, sound, etc. good with sth; to combine well with sth （外形、味

道、声音等）和谐，相称: *This sauce goes well with lamb.* 这种调味汁和羊肉很对味。◇ *Does this skirt go with my jumper?* 这条裙子和我的套衫搭配吗？ → see also GO TOGETHER 2 **2** (of two or more things 两个或多个事物) to exist at the same time or in the same place as sth; to be often found together 并存；相伴而生: *Disease often goes with poverty.* 疾病与贫困常常相伴而生。◇ *She loves all the attention that goes with being famous.* 她享受名气所带来的关注。 → see also GO TOGETHER 1 **3** to be included with or as a part of sth 附属于；是…的一部分: *A new car goes with the job.* 这份工作配有一辆新车。

◆ v + prep

🔑 **,go with'out; ,go with'out sth; ,go with 'out doing sth** to manage without sth which you usually have 没有…而勉强应付；没有…也行: *I never want the children to have to go without.* 我总是对孩子有求必应。◇ *She went without sleep for three days.* 她熬了三天没睡觉。

SYN **do without, do without sth**

◆ v + adv ◆ v + prep

goad /gəʊd; AmE goʊd/

,goad sb 'on to drive and encourage sb to do sth 驱使；怂恿；刺激: *They goaded him on to break the window.* 他们唆使他打破窗户。◇ *The boxers were goaded on by the shrieking crowd.* 拳击运动员听见观众的尖叫就来劲儿了。

◆ v + n/pron + adv

gobble /ˈgɒbl; AmE ˈgɑːbl/

,gobble sth 'down/'up (*informal*) to eat food very quickly 飞快地吃: *I gobbled down my breakfast and ran out of the house.* 我狼吞虎咽地吃完早饭跑出屋子。

SYN **wolf sth down**

◆ v + adv + n ◆ v + n/pron + adv

,gobble sth 'up (*informal*) **1** to use all of sth, especially money, very quickly 一下用光，很快耗尽（尤指金钱）: *The rent gobbles up half his earnings.* 租金用去了他一半的收入。 **2** if a business, company, etc. **gobbles up** a smaller one, it takes control of it 吞并，兼并（公司）: *Small family businesses are being gobbled up by larger firms.* 小型家庭企业正被大公司吞并。

SYN **swallow sth up**

◆ v + adv + n ◆ v + n/pron + adv

goof /guːf/

,goof a'round (*informal, especially AmE*) to waste your time doing silly or stupid things 浪费光阴做傻事: *Come on, quit goofing around—this is serious.* 快点儿，别浪费时间了 —— 这是正经事。

SYN **mess around**

◆ v + adv

,goof 'off (*AmE, informal*) to waste time when you are supposed to be working 闲荡；偷懒；混日子

◆ v + adv

▸ **'goof-off** *n* (*AmE, informal, disapproving*) a lazy person who does not work hard 懒汉；懒鬼；懒虫

,goof 'up (on sth), ,goof sth 'up (*AmE, informal*) to make a mistake; to spoil sth by making a mistake or doing it badly 出差错；（把…）毁掉，搞糟: *He always goofs up (on exams).* 他总是考砸。◇ *He really goofed up his exam.* 他考得实在糟糕。

SYN **mess up, mess sth up**

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

gouge /gaʊdʒ/

,gouge sth 'out; ,gouge sth 'out of sth to remove sth, or form sth, by digging into a surface with a sharp tool, your fingers, etc. （在…中）挖出，抠出: *I wanted to gouge her eyes out.* 我当时想把她的眼珠子给抠出来。◇ *Glaciers gouged out valleys from the hills.* 冰川在丘陵地带冲刷出一条条峡谷。

OBJ **eyes**

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + adv + prep

grab /græb/

'grab at sb/sth to try to take hold of sb/sth 试图抓住；试图握住: *She grabbed at the branch, missed and fell.* 她想抓住树枝，却失手跌落下来。

SYN **clutch at sb/sth**

◆ v + prep

'grab at sth to take advantage of an opportunity to do or have sth 抓住，利用（机会）: *He'll grab at any excuse to avoid doing the dishes.* 他会找出任何借口来逃避洗碗。

OBJ **chance, opportunity, excuse** **SYN** **seize on sth**

◆ v + prep

grapple /ˈgræpl/

'grapple with sth to try to deal with a difficult situation or solve a difficult problem 设法应付（困境）；竭力解决（难题）: *I've spent all afternoon grappling with these accounts.* 我用了整整一下午处理这些账目。◇ *This is an issue that is being grappled with by the council.* 这个问题正由市议会寻求解决。

OBJ **problem, issue** **SYN** **wrestle with sth**

◆ v + prep

grasp /grɑːsp; AmE græsp/

'grasp at sth/sb to try to take hold of sth/sb in your hands 尽力抓住；尽力握住: *She grasped at his coat.* 她使劲抓住了他的外套。

SYN **catch at sth/sb; clutch at sth/sb**

◆ v + prep

'grasp at sth to try to take advantage of an opportunity, especially because you are unhappy with the present situation （尤指因不满现状）急切抓住（机会）: *He grasped at any hope of escape.* 他不放过任何逃生的希望。

SYN **clutch at sth**

◆ v + prep

IDM **grasp at 'straws** to try very hard to find a solution to a problem or some hope in a difficult situation, even though this seems very unlikely （在危难中）捞救命稻草，不放过些许希望

grass /grɑːs; *AmE* græs/

,grass sth 'over to cover an area of ground with grass 使长满草；在…上种草：*The garden had been grassed over.* 花园里长满了草。
NOTE Often used in the passive. 常用于被动语态。
• v + adv + n • v + n/pron + adv

,grass sb 'up (*BrE, informal*) to inform the police or sb in authority about a crime or sth bad that sb has done （向警方或当局）告发，检举：*My girlfriend grassed me up.* 女友出卖了我。
NOTE It is also possible to say 也可说：*My girlfriend grassed (on me).* 女友出卖了我。
• v + n/pron + adv • v + adv + n

gravitate /ˈgrævɪteɪt/

'gravitate to/toward(s) sb/sth to move towards sb/sth that you are attracted to 被吸引到；受吸引而转向：*Most visitors to New York gravitate to Times Square.* 大多数来纽约的游客都被吸引到时代广场。
• v + prep

grey (*BrE*) (*AmE* **gray**) /greɪ/

,grey sth 'out (*computing*) to show writing, etc. in a faint colour on a computer screen to show that a particular option cannot be chosen（在计算机屏幕上）以灰色显示（表示该选项不可选）：*That option is greyed out.* 那个选项是灰色的，不可用。
NOTE Usually used in the passive. 通常用于被动语态。
• v + adv + n • v + pron + adv • v + n + adv (*rare*)

grind /graɪnd/ (**ground, ground** /graʊnd/)

,grind sb 'down to treat sb in an unkind way or annoy them for a long time until they can no longer defend themselves or fight back （长期）折磨，欺压：*Don't let your colleagues grind you down!* 别让你的同事欺负你！ ◇ *The villagers had been ground down by years of poverty.* 多年来村民饱受贫困之苦。
SYN **wear sb down**
• v + n/pron + adv • v + adv + n

,grind sth 'down to rub sth against a hard surface in order to make it smooth and shiny 打磨；磨光；研磨
SYN **wear sth down**
• v + n/pron + adv • v + adv + n

,grind 'on to continue for a long time in a boring or unpleasant way 磨蹭；缠磨：*The negotiations ground on for months.* 谈判拖拖拉拉持续了几个月。
• v + adv

,grind sth 'out 1 to produce sth in large quantities over a long period of time, especially sth that is not interesting or of good quality 大量生产；粗制滥造：*He grinds out a novel a month.* 他每月都拼凑出一部小说。 SYN **churn sth out 2** to press a burning cigarette down firmly with your hand or your foot in order to stop it burning 捻灭，踩灭（烟蒂）：*He ground out the cigarette with his heel.* 他用鞋跟踩灭了香烟。 SYN **stub sth out**
• v + adv + n • v + n/pron + adv

,grind sth 'up to break or crush sth into very small pieces 碾碎；磨碎：*I ground up the nuts to put in the cake.* 我把坚果仁碾碎，掺入蛋糕里。
• v + n/pron + adv • v + adv + n

grope /grəʊp; *AmE* groʊp/

'grope for sth to try hard to find sth 摸索；搜索：*I stepped in the door and groped for the light switch.* 我迈进门，摸索着寻找电灯开关。◇ (*figurative*) *'Yes, but ...' He was groping for words.* "是啊，可是…" 他搜肠刮肚找词儿。
OBJ **light, word, answer**
• v + prep

'grope towards sth (*rare*) to try to find an agreement, an answer to a problem, etc. 努力达成（协议）；试图找到（答案）：*The two parties are groping towards a compromise.* 双方正在努力寻求妥协。
• v + prep

gross /grəʊs; *AmE* groʊs/

,gross sb 'out (*informal, especially AmE*) to make sb feel disgusted 使恶心；使嫌恶：*His greasy hair really grosses me out!* 他油乎乎的头发实在令我恶心！
• v + n/pron + adv • v + adv + n (*less frequent*)
▶ **'gross-out** *adj* [only before noun] (*informal, especially AmE*): *Hollywood's latest gross-out comedy* 好莱坞最新推出的令人作呕的喜剧

ground /graʊnd/

be 'grounded in/on sth to be based on sth 以…为基础；基于：*Is the story grounded in fact?* 这是真人真事吗？
• be + v + prep

,ground 'out (*AmE*) (in baseball 棒球) to hit a ball along the ground, which is then caught by an opposing player and thrown to first base before you can run there, so that you are out （击出地滚球后在一垒）被杀出局：*Miller singled and grounded out.* 米勒击出一垒安打，然后击出地滚球被杀出局。
• v + adv

grow /grəʊ; *AmE* groʊ/ (**grew** /gruː/, **grown** /grəʊn; *AmE* groʊn/)

,grow a'part to become less close to sb in a relationship 逐渐疏远；变得生疏：*We used to be good friends, but we've grown apart.* 我们曾经很要好，可现在疏远了。
• v + adv

ˌgrow aˈway from sb to come to have a less close relationship with sb; to depend on sb less 与…的关系渐淡；逐渐疏远；减少对…的依赖: *She has grown away from her parents.* 她不再那么依赖父母了。
◆ v + adv + prep

ˌgrow ˈback if hair, fur, etc. **grows back**, it starts to grow again after it has been cut or damaged （毛发等剪去或受损后）重新长出: *His hair grew back thicker after it fell out.* 他头发脱落后，新长出的头发反而更密了。 SUBJ **hair**
◆ v + adv

ˌgrow ˈinto sth 1 to gradually become sth over a period of time 逐渐长成: *She had grown into a beautiful young woman.* 她出落成了一个漂亮的姑娘。 **2** if a child **grows into** clothes, he/she becomes big enough to fit into them （小孩）长大至穿（衣服）合身: *This coat's too big for him now, but he'll grow into it.* 这件外套他现在穿太大，不过再长大些就合身了。 OBJ **coat, trousers, etc.** OPP **grow out of sth 3** to become familiar with and confident in a new job, activity, etc. 逐渐适应，开始熟悉（新事物）: *He needs time to grow into the job.* 他需要时间适应这份工作。 OBJ **job, role**
◆ v + prep

ˈgrow on sb if sb/sth **grows on** you, you gradually like them/it more and more 逐渐被…喜爱；越来越被…喜欢: *That painting's really grown on me.* 那幅画实在让我越来越喜欢了。
◆ v + prep

ˌgrow ˈout if the colour or style of your hair **grows out**, it disappears as your hair grows （头发染色或发型）因头发长长而消失: *I had my hair coloured six weeks ago, but it's growing out now.* 我六个星期前染了头发，可现在新发又长出来了。
◆ v + adv

ˌgrow sth ˈout to let your hair grow so that the colour or style changes or disappears 让头发长长使（头发染色或发型）消失: *I've decide to grow the layers out.* 我决定把我剪出层次的头发留长。
◆ v + n/pron + adv ◆ v + adv + n

ˌgrow ˈout of sth 1 if a child **grows out of** clothes, he/she becomes too big to wear them （小孩）长大至穿不进（衣服）: *She grows out of her clothes so fast!* 她这么快就长得穿不下她的衣服了！ OBJ **coat, trousers, etc.** SYN **outgrow sth** OPP **grow into sth 2** to stop doing sth or suffering from sth as you become older 长大至不再（做某事或受…之苦）: *He grew out of his eczema as he got older.* 他长大点后湿疹就好了。◇ *He was a very rebellious teenager, but he **grew out of it**.* 他十几岁时非常叛逆，但长大后就好了。 SYN **outgrow sth 3** to develop from sth 产生于；源自: *These laws grew out of a need to protect children.* 这些法律是为保护儿童而制定的。
◆ v + adv + prep

🔑 **ˌgrow ˈup 1** when a person **grows up**, they become an adult 长大成人: *Kate's growing up fast.* 凯特长得很快。◇ *Oh, grow up* (= behave in a more sensible way) *and stop making such a fuss!* 喂，懂事点，别这么闹了！◇ *He was a difficult teenager, but grew up to be a responsible adult.* 他十几岁时很难相处，可长大成人后很有责任心。 **2 [+adv/prep]** to spend the time you are a child in a particular place or in a particular way （在某地或以某种方式）成长，长大: *He grew up in Portugal.* 他在葡萄牙长大。◇ *Mel and I grew up together.* 梅尔和我是一起长大的。◇ *This generation has grown up on MTV.* 这代人是看音乐电视长大的。 **3** to develop gradually 逐渐发展；日渐形成: *The town had grown up around the abbey.* 这座小镇是环绕修道院发展起来的。◇ *A cult had grown up around him.* 逐渐形成了一种对他的狂热崇拜。 SYN **develop**
◆ v + adv

▶ **ˌgrown-ˈup** *adj* (*informal*) **1** mentally and physically an adult 长大成人的；成年的: *He has two grown-up children.* 他有两个已成年的孩子。 **2** like an adult in behaviour 老成的；成熟的: *Susie is very grown-up for her age.* 相对她

SYNONYMS 同义词辨析

grow up

develop ◆ grow up ◆ mature ◆ shoot up

These verbs are all used to talk about children becoming bigger or more adult. 这些动词都表示长大、成人。

develop to gradually become bigger, stronger and more like an adult 逐渐长大；成长: *The child is developing normally.* 这小孩发育正常。

grow up to develop into an adult 长大；成长: *My children have grown up and left home.* 我的孩子都长大离家了。◇ *Children grow up fast.* 孩子们长得很快。

mature to develop emotionally and start to behave like a sensible adult 变成熟: *He has matured a lot over the past year.* 过去一年他成熟了很多。

shoot up to become bigger very quickly 快速长大；蹿高: *The kids have shot up since I last saw them.* 自我上次见到他们以来，孩子们长高了不少。

WHICH WORD?

Grow up never means 'to become larger in size'. Use **grow** instead. * grow up 从不表示"个头变大"，表示此义用 grow。

PATTERNS AND COLLOCATIONS

- to grow up **fast/quickly/rapidly**
- to develop/mature **quickly/rapidly**
- to develop/mature **emotionally/physically**
- to grow up/develop/mature **into an adult, etc.**

的年龄来说，苏茜非常成熟。

▶ 'grown-up *n* (*informal*) (*used especially by adults when talking to children, or by children* 尤用于成年人对儿童说话或作儿童用语) an adult person 大人；成人: *The grown-ups will sit at one table and the children at another.* 大人坐一桌，小孩坐另一桌。

grub /grʌb/ (-bb-)

,grub sth 'out/'up (*rare*) to dig sth out of the ground （从地里）掘出，挖出: *Thousands of miles of hedgerows have been grubbed up.* 几千英里的树篱被挖了出来。

SYN **dig sth out; dig sth up**

◆ v + adv + n ◆ v + n/pron + adv

guard /gɑːd; *AmE* gɑːrd/

'guard against sth; 'guard against doing sth to do sth to prevent sth happening or to protect yourself from sth 防止（某事）；避免（做某事）: *Clean the wound to guard against the danger of infection.* 清洗伤口，以防感染。◇ *We should guard against the possibility of this happening again.* 我们应该提防此类事情再次发生。◇ *Regular exercise can help to guard against heart disease.* 经常锻炼有助于预防心脏病。◇ *This danger must be guarded against.* 必须防范这一危险。

OBJ **danger, risks, possibility**

◆ v + prep

guess /ges/

'guess at sth to try to imagine sth or make a judgement without knowing all the facts 猜想；估计；臆断: *We can only guess at the reason for his actions.* 我们只能推测他行动的原因。◇ *Her feelings can only be guessed at.* 她的感觉如何，只能猜测。

◆ v + prep

gulp /gʌlp/

,gulp sth 'back (*rare*) to stop yourself showing that you are upset by swallowing hard （以吞咽方式）抑制，忍住（消极情绪）: *She gulped back her tears.* 她强忍泪水。

OBJ **tears**

◆ v + adv + n ◆ v + n/pron + adv

,gulp sth 'down to swallow sth quickly and noisily 狼吞虎咽；匆匆吞下（或喝下）: *He gulped down a glass of water.* 他把一杯水咕咚咕咚一饮而尽。

OBJ **water, coffee, etc.**

NOTE **Gulp sth** can also be used on its own with a similar meaning. * gulp sth 可单独使用也作相近含义。

◆ v + adv + n ◆ v + n/pron + adv

gum /gʌm/ (-mm-)

,gum sth 'up (*BrE, informal, rare*) to fill sth with a sticky substance so that it cannot move or work （用黏性物质）粘住，黏住: *My eyes were all gummed up.* 我的眼睛睁不开了。◇ *The substance gummed the machine up.* 这东西把机器粘得转不动了。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

gun /gʌn/ (-nn-)

,gun sb 'down (*informal*) to shoot sb, especially so as to kill or seriously injure them 枪击；枪杀；开枪打伤: *He was gunned down outside his home.* 他在自家门前遭到枪击。◇ *Terrorists gunned down six people in the town last month.* 上月，恐怖分子在城里开枪，六人伤亡。

SYN **shoot sb; shoot sb down** ⊃ note at SHOOT SB/STH DOWN

NOTE Often used in the passive. 常用于被动语态。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

be 'gunning for sb (*informal*) (*only used in the progressive tenses* 只用于进行时) to try to blame sb or cause trouble for them 伺机指责；伺机为难: *She's been gunning for me since I came to work here.* 我来这里工作后，她一直借机找茬。

◆ v + prep

be 'gunning for sth (*informal*) (*only used in the progressive tenses* 只用于进行时) to try hard to get sth; to aim for sth 力争；瞄准（目标）: *They are both gunning for places in the championship.* 双方都在竭力争取入围锦标赛。

◆ v + prep

gussy /'gʌsi/ (gussies, gussying, gussied)

,gussy sb/sth 'up; ,gussy yourself 'up (*AmE, informal*) to dress sb/yourself in special, attractive clothes; to decorate sth to make it look attractive 打扮（某人）；装饰（某物）: *She gussied herself up for the big party.* 为参加盛大聚会她把自己打扮得光彩照人。◇ *Jim's got all gussied up!* 吉姆穿戴一新啊！◇ *My dress was plain, but I gussied it up with some jewellery.* 我的连衣裙较素淡，可我戴了些首饰来装点。◇ *The city was gussied up for the President's visit.* 这座城市张灯结彩，迎接总统来访。

SYN **doll yourself up; be/get dolled up**

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + adv + n ◆ v + pron + adv

gut /gʌt/ (-tt-)

,gut it 'out (*AmE, informal*) to work in a very determined way to achieve sth, often despite great problems or physical pain （常指克服艰难困苦）拼命干，坚持到底，撑到最后: *Those kids went into the game and gutted it out. And they won!* 那些孩子参加了比赛，一直拼到最后，他们最终赢了比赛！

SYN **tough it out**

◆ v + it + adv

H h

hack /hæk/

ˌhack sth aˈbout (*BrE, informal, disapproving*) to cut or change sth in a rough and careless way 乱砍；乱剪；（粗暴或随意地）改变：*The hairdressers have hacked her hair about a bit.* 理发师把她的头发削得有点儿乱。◇ (*figurative*) *The script was hacked about by several people before the movie was finished.* 电影拍完之前，剧本已被几个人删改得面目全非。
◆ v + n/pron + adv

ˈhack at sth; **ˌhack aˈway (at sth)** to try to cut sth using strong rough blows with a knife, scissors, etc. 猛砍；猛剪；乱劈：*She's really hacked at my hair. It's a complete mess.* 她实在是对我的头发下了狠手，剪得一塌糊涂。◇ *He was hacking away at the trees with an axe.* 他用斧子对着那些树猛砍。◇ *Don't hack at it! Cut it carefully!* 不要乱剪！剪得仔细些！
◆ v + prep ◆ v + adv

ˌhack sth ˈdown to cut a tree, etc. roughly so that it falls to the ground 砍倒，砍伐（树木等）：*They are hacking down the forests to sell the timber.* 他们在砍伐森林以售卖木材。
OBJ **tree** SYN **chop sth down**
◆ v + n/pron + adv ◆ v + adv + n

ˌhack ˈinto sth (*computing*) to find a way of looking at or changing the information on sb else's computer without their knowledge or permission 非法侵入（他人计算机信息系统）：*A teenage girl managed to hack into the bank's computer.* 一名十几岁的女孩设法侵入了这家银行的计算机。
◆ v + prep

ˌhack sb ˈoff (*BrE, informal*) to make sb feel extremely annoyed or irritated 使极其恼怒；使非常生气：*He was hacked off with the whole situation.* 他对整个局面大为恼火。◇ *She always wants me to be there. That really hacks me off.* 她总是要我呆在那儿。这让我苦恼不已。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌhack sth ˈoff; **ˌhack sth ˈoff sth** to cut sth off sth with rough heavy blows 把…（从…上）砍下来；（从…上）削掉：*They hacked off the dead branches.* 他们把枯树枝砍掉了。◇ *He hacked the padlock off the door.* 他把门上的挂锁砸掉了。◇ *She was always threatening to hack her lovely long hair off with the kitchen scissors.* 她总是威胁说要用厨房剪刀剪去她那头漂亮的长发。
SYN **chop sth off, chop sth off sth**
◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

ˌhack sth ˈup to cut sth very roughly into large pieces 把…剁成大块：*He hacked up the meat with a large knife.* 他用大刀把肉剁成大块。
SYN **chop sth up**
◆ v + adv + n ◆ v + n/pron + adv

hail /heɪl/

ˈhail from … (*formal*) (*not used in the progressive tenses* 不用于进行时) to come from or to live in a particular place 来自；住在：*Which part of Ireland does he hail from?* 他来自爱尔兰的哪个地方？
◆ v + prep

ham /hæm/ (-mm-)

ˌham it ˈup (*informal*) to act in a deliberately artificial or exaggerated way 表演得夸张做作；表演得过火：*The actors were really hamming it up.* 演员们表演得太夸张。
◆ v + it + adv

hammer /ˈhæmə(r)/

ˌhammer aˈway at sth to work hard in order to finish or achieve sth; to repeat sth again and again 不懈努力；孜孜以求；重复论及：*He kept hammering away at the same point all through the meeting.* 他开会自始至终都在再三强调同一观点。
◆ v + adv + prep

ˌhammer sth ˈin; **ˌhammer sth ˈinto sb** to force sb to learn sth by repeating it many times （向…）反复灌输：*I'll manage to hammer the point in somehow.* 我将设法反复强调这一点。◇ *They have had English grammar hammered into them.* 他们通过接受反复灌输学会了英语语法。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌhammer sth ˈout **1** to discuss a plan, a deal, etc. for a long time and with great effort, until sth is decided or agreed on 反复讨论出（一致意见）；充分研讨出（决定）：*It took weeks to hammer out an agreement.* 经过多个星期的反复讨论才达成协议。OBJ **deal, agreement, policy** **2** to play music loudly, especially on a piano （尤指在钢琴上）敲打出：*She hammered out 'Happy Birthday' on the piano.* 她在钢琴上敲敲打打，弹奏出了《生日快乐》。
◆ v + adv + n ◆ v + n/pron + adv

hand /hænd/

ˌhand sth aˈround (*especially AmE*) → HAND STH ROUND

🔑 **ˌhand sth ˈback (to sb)** **1** to give sth back to the person, country, etc. who used to have it or who owns it legally 把…归还（给原先或合法的拥有者、国家等）：*The territory was*

handed back to Egypt. 领土归还给了埃及。◇ *We will not press charges if the stolen money is handed back.* 如果把偷走的钱还回来，我们就不起诉。 OBJ **money, control** **2** to give sth back to the person who gave it to you 把…归还（给原主人）: *She looked quickly at my passport and then handed it back.* 她看了一下护照就还给了我。 OBJ **passport, letter, glass** NOTE In informal spoken language **hand sb back sth** and, less often, **hand sb sth back** are also used 非正式口语也说 hand sb back sth 和 hand sb sth back，但后者不太常用: *I handed her back her pen.* 我把笔还给了她。◇ *I handed her her pen back.* 我把笔还给了她。
SYN **give sth back (to sb); return sth (to sb)**
• v + n/pron + adv • v + adv + n

,hand sth 'down **1** (*also* **,hand sth 'on**) (**to sb**) to give or leave sth to a younger person 把…传下去（给年轻的人）；流传（后世）: *All my clothes were handed down to me by my brother.* 我所有的衣服都是我哥哥传给我的。◇ *These skills have been handed down from generation to generation.* 这些技术一直世代相传。◇ *He's got no one to hand the family house on to.* 他没有后代继承他家的房子。 OBJ **tradition, custom, skills** SYN **pass sth down (to sb)** NOTE Usually used in the passive. 通常用于被动语态。 **2** (*especially AmE*) (of a court, etc. 法庭等) to announce an official decision 宣布，公布（决定）: *The judge handed down a sentence of six years.* 法官宣布判处六年徒刑。 OBJ **decision, sentence, verdict**
• v + n/pron + adv • v + adv + n
▶ **'hand-me-down** *n* [usually pl.] (*especially AmE*) clothing that is no longer wanted and is given to sb else, especially a younger brother or sister （传给弟弟妹妹的）旧衣物: *I had to wear my brother's hand-me-downs.* 我不得不穿我哥哥传下来的旧衣服。

,hand sth 'in (to sb) **1** to give a piece of work to sb, such as a teacher, so that they can correct, read or deal with it; to give sth to sb in authority because it belongs to them or is lost 提交，呈交，上交（书面材料、失物等）: *Make sure you hand in your homework on time.* 一定要按时交家庭作业。◇ *Hand your room keys in by 10 a.m.* 上午 10 点前交房间钥匙。 OBJ **essay, homework** SYN **give sth in (to sb)** **2** to tell sb officially that you intend to leave your job 递交（辞呈）: *I've just handed in my notice.* 我刚刚提交了辞职报告。 OBJ only **your notice, your resignation** SYN **give sth in (to sb); resign**
• v + adv + n • v + n/pron + adv

,hand sb 'off (*BrE, sport*) to push away a player who is trying to stop you, with your arm straight 用手推挡（对方防守队员）
• v + adv + n • v + n/pron + adv

,hand sth 'on (to sb) **1** to send or give sth to another person after you have finished with it 把…转交（给某人）（使用或处理）: *Hand on the magazine to your friends.* 把杂志给你的朋友传阅。◇ *The task has been handed on to me.* 这项任务交给了我继续处理。 **2** → HAND STH DOWN 1
SYN **pass sth on (to sb)**
• v + adv + n • v + n/pron + adv

,hand sth 'out (to sb) **1** to give sth to each person in a group 把…分发（给某人）: *She handed textbooks out to the new students.* 她把课本发给新生。 OBJ **leaflets, money** SYN **give sth out; pass sth out (to sb)** **2** to give advice, criticism, a punishment, etc. to sb （对某人）提出，给予（建议、批评、惩罚等）: *The courts are handing out tough sentences to frequent offenders.* 法庭现在对惯犯予以重判。 OBJ **information, punishment, sentence** SYN **dish sth out (to sb)** (*informal*)
• v + n/pron + adv • v + adv + n
▶ **'handout** *n* **1** sth that is given free to people, especially food, money or clothes 免费分发品（尤指食物、钱款或衣服）；施舍物；救济品 **2** a document giving information about sth, especially one that is given to a group or a class by a teacher, speaker, etc. （尤指发给学生、听众等的）讲义

,hand 'over to sb; ,hand sb 'over to sb (*especially BrE*) to give sb else a turn to speak when you have finished talking （讲话结束后）请（其他人）讲话，让（某人）听（另一个人）讲话: *I'd like to hand over now to our guest speaker.* 现在有请我们的特邀演讲人发言。◇ *I'll hand you over to Dad for a chat.* 请你跟我爸爸聊聊。
• v + adv + prep • v + n/pron + adv + prep

,hand 'over to sb; ,hand sth 'over to sb to give sb else your position of power or authority; to give sb else the responsibility for dealing with a particular situation 向…移交（权力或责任）: *I am resigning and handing over to my deputy.* 我要辞职了，由我的副手接任。◇ *My father has handed over the business to me.* 我父亲把企业交给了我。
• v + adv + prep • v + adv + n + prep • v + n/pron + adv + prep
▶ **'handover** *n* [C, U] the act of moving power or responsibility from one person or group to another; the period during which this happens （权力或责任的）移交，交接期

,hand sb/sth 'over (to sb), ,hand yourself 'over (to sb) to give sb/sth officially to sb else, especially sb in authority 把…交出（给当局）；引渡；自首: *They handed him over to the police.* 他们把他移交给了警方。◇ *He forced me to hand over the keys.* 他逼我交出钥匙。
SYN **deliver sb/sth over/up (to sb), deliver yourself over/up (to sb)** (*more formal*)
• v + n/pron + adv • v + adv + n
▶ **'handover** *n* [C, U] the act of giving a person or a thing to sb in authority 交出；引渡；自首

,hand sth 'round (*especially BrE*) (*AmE usually* **,hand sth a'round**) to offer or pass sth (especially food and drink) to each person in a group of people or in a room 分发，传递（尤指食物和饮料）: *Could you hand round the*

sandwiches, please? 请分发一下三明治好吗?
◆ v + adv + n ◆ v + n/pron + adv

hang /hæŋ/ (**hung**, **hung** /hʌŋ/)

ˌhang aˈbout, etc. (*BrE*) **1** (*informal*) → HANG ON 3 **2** → HANG AROUND, ETC.

ˌhang aˈbout with sb; ˌhang aˈbout together (*BrE*) → HANG AROUND WITH SB, HANG AROUND TOGETHER

ˌhang aˈround (*BrE also* **ˌhang aˈbout/ˈround**) (*informal*) **1** to wait 等待; 等候: *Sorry to keep you hanging around for so long.* 对不起, 让你等了这么久。◇ *I won't hang about for you if you're late.* 你要是来晚了, 我就不等你了。 SYN **wait around (for sb/sth)** **2** to delay doing sth; to be slow to do sth 拖延; 慢悠悠: *Have you finished already? You don't hang about do you?* 你已经完成了? 你挺麻利呀, 是不是?
◆ v + adv

ˌhang aˈround; ˌhang aˈround sth (*BrE also* **ˌhang aˈbout/ˈround, ˌhang aˈbout/ˈround sth**) (*informal*) to spend time somewhere, without doing very much 转悠; 闲荡: *We spent most of the day hanging about doing nothing.* 我们那天大部分时间都在闲逛。◇ *Children hang around the streets because there's nowhere for them to play.* 孩子们在街上东游西逛, 是因为他们没有地方玩。◇ *Why are they always hanging round our house?* 他们为什么总是在我们的房子附近转悠?
◆ v + adv ◆ v + prep

ˌhang aˈround with sb; ˌhang aˈround together (*BrE also* **ˌhang aˈbout/ˈround with sb, ˌhang aˈbout/ˈround together**) (*informal*) to spend a lot of time with sb or with a group of people (和某人) 常呆在一起, 泡在一块儿: *Bob hangs around with Tim.* 鲍勃和蒂姆形影不离。◇ *Bob and Tim hang around together.* 鲍勃和蒂姆形影相随。◇ *I don't like the kind of people she hangs about with.* 我不喜欢她交往的那种人。
SYN **go around with sb, go around together**
◆ v + adv + prep ◆ v + adv + adv

ˌhang ˈback **1** to not move forwards because you are nervous or afraid 畏缩不前; 望而却步: *She hung back, afraid to go near the dog.* 她站在原地, 不敢走近那条狗。 **2** to stay behind in a place such as a school or an office after most of the other people have left 留下; 留在原处: *My friends rushed out, but I hung back to talk to the teacher.* 朋友们急忙跑出去了, 可我留下来找老师谈话。 **3** to be unwilling to do sth; to hesitate 退缩; 迟疑: *This is a great opportunity. We can't afford to hang back.* 这是个绝好的机会。我们可不能再犹豫了。
◆ v + adv

ˌhang ˈon **1** (**to sb/sth**) to hold sb/sth firmly 抓牢; 握紧: *Hang on tight and you won't fall off.* 你抓紧就不会掉下去。◇ *The horse suddenly galloped off and I tried to hang on as best as I could.* 马突然飞奔起来, 我拼命抓住缰绳。◇ *Hang on to my hand while we cross the road.* 过马路时拉紧我的手。 → see also HANG ONTO STH/SB; ⊃ note at HOLD ON **2** (*BrE, informal*) used to ask sb to wait for a short time 等一下; 停一下: *Hang on a minute—I'm nearly ready.* 稍等一下 —— 我快准备好了。◇ *The line's engaged. Would you like to hang on?* 电话占线。请稍等一会儿好吗? **3** (*BrE also* **ˌhang aˈbout**) (*informal*) used to tell sb to stop what they are doing or saying, because you have just realized sth, or because you do not understand sth (用于突然有所悟或没明白对方的言行时) 停一下, 等一等: *Hang on! I've had an idea.* 等等! 我想到一个主意。◇ *Hang on! How much did you say it was?* 等一下! 你说这个多少钱? ◇ *Hang on! That's not what I said!* 稍停一下! 我可没那么说! **4** to continue doing sth even when the situation is difficult (困境中) 坚持不懈: *How much longer can their troops hang on in that position?* 他们的部队还能在那个阵地坚持多久? **5** to wait for sth to happen 等待, 等候 (某事发生): *I need an answer soon—don't keep me hanging on.* 我需要马上得到答复 —— 别让我一直等着。
SYN **hold on**
◆ v + adv
IDM **hang (on) ˈin there** (*informal*) to continue trying to do sth, even though it is very difficult 坚持下去: *Hang on in there! The exams will soon be over.* 坚持住! 考试很快就结束了。

ˈhang on sth to depend on sth 有赖于; 视…而定: *My whole future hung on his decision.* 我的未来完全取决于他的决定。
OBJ **decision** SYN **depend on sth**
◆ v + prep
IDM **hang on sb's words/sb's every word** to listen with great attention to sb you admire 全神贯注地聆听, 热切地倾听 (某人的话语)

ˈhang sth on sb (*informal, especially AmE*) to blame sb for sth, often unfairly (常指不公正地) 为…责备某人, 把…归罪于某人: *You can't hang the damage to your computer on me—I wasn't even there!* 你的计算机坏了不能赖我 —— 我当时根本不在场! ◇ *They tried to hang the blame on me.* 他们试图归咎于我。
◆ v + n/pron + prep

ˌhang ˈon to sb/sth (*informal*) to keep sb/sth; to not sell, give away or lose sth 保留; 不卖掉; 不放弃; 不丢失: *Hang on to the receipt in case you want to change the dress.* 留着发票, 万一你想退换连衣裙时用。◇ *You can hang on to the book for a bit longer if you want.* 你想的话, 可以暂时留着这本书。◇ *I hope she manages to hang on to her job.* 我希望她能保住那份工作。◇ *The company seems to be incapable of hanging on to its staff.* 公司似乎无法留住员工。◇ *He's a great guy—you should hang on to him!* 他是个很不错的小伙子 —— 你应该牢牢抓住他!
SYN **hold onto sb/sth, hold on to sb/sth**
◆ v + prep ◆ v + adv + prep
▸ **ˌhanger-ˈon** *n* a person who tries to be friendly with a famous person or who goes to important events, in order to get some advantage 逢迎献媚者; 攀附权贵之徒: *It's not the monarchy I object to, it's all the hangers-on that go with it.* 我反对的不是君主制, 而是该制度催

生的那些趋炎附势之辈。

ˌhang ˈout (*informal*) **1 [+adv/prep]** to spend a lot of time in a place or with a person or a group of people 泡在某处；（和某人或群体）泡在一起: *Where does he hang out these days?* 他这些天常去哪儿？◇ *She used to hang out with the Beatles in the sixties.* 在六十年代，她常常和披头士乐队泡在一块儿。 **2** to spend time relaxing, doing very little 闲散；歇闲: *We've just been hanging out and listening to music.* 我们闲来无事，在听音乐。
◆ v + adv
▶ **ˈhang-out** *n* (*informal*) a place where you live or enjoy spending time with friends 住处；（和朋友）常去之处: *a popular hang-out for teenagers* 常有青少年流连聚集的地方

ˌhang sth ˈout to attach things that you have washed to a piece of string or rope outside so that they can dry; to attach sth such as a flag outside a window or in a street 把（衣服）晾出去；把（旗帜等）挂出去: *Have you hung the washing out?* 你把洗好的衣服晾出去了吗？◇ *Many houses hung out a banner supporting the march.* 很多住房外悬挂了支持游行的横幅。
OBJ **washing, clothes, flags, banner**
→ see also HANG UP, HANG STH UP 1
◆ v + n/pron + adv ◆ v + adv + n

ˌhang ˈover sb/sth if a problem, a threat or sth sad **hangs over** you, you think about it or worry about it a lot 困扰；使苦恼: *A question mark hangs over the future of the club* (= no one knows what is going to happen). 俱乐部的未来还是个问号。◇ *The threat of dismissal hung over our heads.* 解雇的威胁悬在我们心头。 SUBJ **question mark, threat**
OBJ **head, future**
◆ v + prep

ˌhang ˈround, etc. (*BrE, informal*) → HANG AROUND, ETC.

ˌhang toˈgether 1 to be well organized and fit together well; to have parts that all agree with each other 连贯；相符；一致: *The book doesn't really hang together.* 这本书结构不太紧密。◇ *This account of what happened doesn't hang together.* 对事件的这一描述前后矛盾。 **2** (*especially AmE*) when people **hang together**, they support or help one another 相互支持；互帮互助: *We need to all hang together against those who want to remove our freedoms.* 我们需要紧密团结，反对妄图剥夺我们自由的人。
SYN **cooperate; pull together; stick together** (*informal*)
◆ v + adv

ˌhang ˈup; ˌhang sth ˈup 1 to attach sth from the top to a hook, a piece of string, etc. so that the lower part is free or loose; to be attached in this way （把…）悬挂起来: *My dress is hanging up in the wardrobe.* 我的连衣裙挂在衣柜里。◇ *Shall I hang your coat up?* 我帮你把外套挂起来好吗？◇ *He took off his suit and hung it up carefully.* 他脱掉西装，小心地挂了起来。 OBJ **coat, clothes** → see also HANG STH OUT **2 (on sb)** to end a telephone conversation, often very suddenly, by putting down the part of the telephone that you speak into (the **receiver**) or switching the telephone off （突然）挂断（某人的）电话: *She hung up on me.* 她挂断了我的电话。◇ *Don't hang up. I'd like to talk to Dad too.* 别挂电话。我还想和爸爸谈谈。◇ *I was so upset I hung up the phone.* 我十分生气，挂断了电话。 OBJ **phone, receiver**
3 to finish using sth for the last time; to give up a particular activity, profession, etc. 终止使用（某物）；结束（某种活动）；不再从事（某职业）: *After twenty years playing football, he's finally hanging up his boots.* 踢了二十年足球，他终于挂靴了。 OBJ **boots**
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

be/get ˌhung ˈup 1 (on/about sth/sb) (*informal, disapproving*) to be very worried about sth/sb; to think about sth/sb too much 担忧；思念: *You're not still hung up on that girl?* 你不会仍在迷恋那位姑娘吧？◇ *Don't get too hung up about fitness.* 不要对健康过于焦虑。 **2** (*AmE*) to be delayed 耽搁；延误: *I got hung up in traffic.* 我遇上了交通堵塞。◇ *Sorry I'm late—I got hung up at the office.* 对不起，我来晚了——我在办公室脱不开身。
◆ get + v + adv
▶ **ˈhang-up** *n* **1** an emotional problem about sth that makes you embarrassed or worried （令人尴尬或烦恼的）情感问题，心理障碍: *He's got a real hang-up about his height.* 他对自己的身高确实有心理障碍。 **2** (*AmE*) a problem that delays sth being agreed or achieved 悬而未决的问题；障碍

ˈhang with sb (*AmE, slang*) to spend a lot of time with sb （和某人）泡在一块儿，厮混: *Are you still hanging with those loser guys?* 你还和那些不成器的家伙混在一起吗？
◆ v + prep

hanker /ˈhæŋkə(r)/

ˈhanker after/for sth to want sth very much 渴望得到；渴求: *He hankered after city life.* 他向往城市生活。
SYN **long for sth**
◆ v + prep

happen /ˈhæpən/

ˌhappen aˈlong/ˈby (*informal*) to arrive or appear unexpectedly 意外来到；碰巧出现: *A police car happened along just at that moment.* 就在那时，一辆警车出乎意料地出现了。
◆ v + adv

ˈhappen on/upon sb/sth (*old-fashioned*) to find or meet sb/sth by chance 偶然发现（某物）；碰巧遇见（某人）: *I happened upon the book I wanted in a second-hand bookshop.* 在一家二手书店我碰巧发现了我想要的那本书。
SYN **come across sb/sth**
◆ v + prep

hark /hɑːk; *AmE* hɑːrk/

ˈhark at sb (*humorous*) used only in the form **hark at** sb, to show that you think what sb

has just said is stupid, or shows too much pride （只用于 hark at sb 的形式）听听某人的蠢话，看看某人的狂样儿: *'I need to lose some weight.' 'Hark at her! She's so thin I can hardly see her!'* "我需要减减肥。" "听听她的话有多傻！她瘦得我都快看不见她人了！"
◆ v + prep

ˌhark ˈback to sth **1** to talk about or remember sth that happened in the past or was mentioned before 重提，忆起（过去的事）: *You can't keep harking back to the past.* 你不能没完没了地念叨从前。 OBJ **the past, youth**
NOTE Often used in the progressive tenses. 常用于进行时。 **2** (*BrE*) to be like sth in the past 和（过去的事物）相似: *The melody harks back to one of his earlier symphonies.* 这首曲子与他早期的一首交响曲有些像。 NOTE Not used in the progressive tenses. 不用于进行时。
◆ v + adv + prep

harp /hɑːp; *AmE* hɑːrp/

ˌharp ˈon (about sth), ˈharp on sth (*informal*) to keep talking about sth in a way that other people find annoying 喋喋不休地谈论；啰唆个没完: *He's still harping on about his accident.* 他还在唠叨他出事故的事儿。◇ *He's always harping on the same theme.* 他总是翻来覆去地念叨同一个话题。
SYN **go on (about sth)**
◆ v + adv ◆ v + prep

harsh /hɑːʃ; *AmE* hɑːrʃ/

ˈharsh on sb (*AmE, slang*) to criticize sb 批评；责难: *In his blog he harshed on actresses who jump on the anti-war bandwagon.* 他在博客上指责了那些追随反战潮流的女演员。
◆ v + prep

hash /hæʃ/

ˌhash sth ˈout (*AmE, informal*) to discuss sth in detail for a long time in order to reach an agreement 仔细商定: *They are still hashing out the details of the contract.* 他们还在反复商讨合同的细节。
SYN **thrash sth out**
◆ v + adv + n ◆ v + n/pron + adv

ˌhash sth ˈover (*AmE, informal*) to discuss sth for a long time in a lot of detail 仔细商谈；反复讨论: *We hashed over the events of the previous evening, but couldn't come up with any answers.* 我们详细讨论了前一天晚上发生的事情，但仍找不出任何答案。
◆ v + adv + n ◆ v + n/pron + adv

hatch /hætʃ/

ˌhatch ˈout (*BrE*) when a bird, an insect, etc. **hatches out**, it comes out of the egg; when an egg **hatches out**, it breaks open and a bird, an insect, etc. comes out （鸟、虫等）孵出，破壳而出；（蛋）孵化: *The chicks hatch out after fifteen days.* 小鸡的孵化期是十五天。◇ *Have the eggs hatched out yet?* 那些蛋孵化了吗？◇ *When will the caterpillars hatch out?* 幼虫什么时候孵化出来？
NOTE **Hatch** is used on its own instead of **hatch out** in American English. It can also be used in British English. 美国英语中 hatch 单独使用，而非 hatch out。hatch 也可用于英国英语。
◆ v + adv

haul /hɔːl/

ˌhaul sb beˈfore sb/sth (*also* **ˌhaul sb ˈup before sb/sth**) (*informal*) to make sb appear in court to be judged 把某人提交法庭审判: *They were hauled before the courts.* 他们被移交法庭审判。◇ *They hauled her up in front of senior officers.* 他们把她送交高级军官查办。
SYN **bring sb before sb/sth** (*more formal*)
NOTE **In front of sb/sth** can be used instead of **before** 可用 in front of sb / sth 代替 before: *They hauled her up in front of senior officers.* 他们把她送交高级军官查办。 Often used in the passive. 常用于被动语态。
→ see also HAUL SB UP
◆ v + n/pron + prep

ˌhaul sth ˈin (*AmE, informal*) to win or earn sth 赢得；挣得: *The thirty-year-old hauled in five gold medals.* 这位三十岁的选手摘得五枚金牌。
◆ v + n/pron + adv ◆ v + adv + n

ˌhaul sb ˈoff (to sth/ ...) (*informal*) to take sb somewhere by force 强行带走某人（到某处）: *They hauled him off to jail.* 他们押送他去了监狱。
SYN **drag sb off (to sth)**
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

ˌhaul sb ˈup (*informal*) to make sb appear in court to be judged 把某人提交法庭审判: *He was hauled up on a charge of dangerous driving.* 他被控危险驾驶，交由法院审判。
NOTE Often used in the passive. 常用于被动语态。
→ see also HAUL SB BEFORE SB/STH
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

have /həv, əv, hæv/ (has, having, had, had)

NOTE Phrasal verbs with **have** are not normally used in the passive. * have 构成的短语动词一般不用于被动语态。

ˌhave sth aˈgainst sb/sth (*also* **have ˌgot sth aˈgainst sb/sth**) (*not used in the progressive tenses* 不用于进行时) to dislike sb/sth for a particular reason 因…而不喜欢…: *I've got **nothing against** her family personally!* 我本人对她的家庭并无不满！◇ *I don't know what she had against me.* 我不知道她反感我什么。
OBJ **nothing, anything, something**
◆ v + pron + prep

ˌhave sb aˈround (*especially AmE*) → HAVE SB OVER

ˌhave it aˈway (with sb) (*BrE, slang*) → HAVE IT OFF (WITH SB)

ˌhave sb ˈback (*especially BrE*) **1** to allow a husband, wife or partner that you are separ-

ated from to return 允许（分手的配偶或伙伴）回头；愿（与某人）重修旧好：*He had his wife back time and time again.* 他一再向妻子表达复合愿望。 SYN **take sb back 2** to invite sb to your house after you have been somewhere with them （一起相聚后）邀请某人回自己家：*After the cinema we had everybody back for coffee.* 看完电影，我们请大家到家里喝咖啡。 SYN **ask sb back; invite sb back** (*more formal*)
• v + n/pron + adv

,have sth 'back to receive sth that has been borrowed or taken from you 收回，要回（借出或被拿走的东西）：*Can I have the book back by Thursday?* 星期四之前能把书还给我吗？
• v + n/pron + adv • v + adv + n (*rare*)

,have sb 'down as sth (*especially BrE*) to think that sb is a particular type of person, especially when in fact they are not （尤指错误地）以为某人是（某类人）：*I didn't have you down as the jealous type.* 我没认为你是爱嫉妒的那种人。
• v + n/pron + adv + prep

,have sb 'in (*also* **have ,got sb 'in**) to have sb doing some work in your home or office 让某人来（家里或办公室）工作：*They've got the builders in all week.* 他们让建筑工来干了整整一星期了。◇ *We had the inspectors in on Tuesday.* 我们星期二接受检查员检查了。
• v + n/pron + adv

,have sth 'in (*also* **have ,got sth 'in**) (*not used in the progressive tenses* 不用于进行时) to have a supply of sth in your home, etc. 存有，备有（某物）：*Do we have enough food in for the holiday?* 我们的食物足够整个假期之用吗？◇ *I wanted to get a new swimsuit, but the store didn't have any in yet.* 我想买件新游泳衣，可商店还没进货。
• v + n/pron + adv

have it 'off (*also* **,have it a'way (with sb)**) (*BrE, slang*) to have sex with sb （和某人）发生性关系
• v + it + adv

,have sb 'on (*informal*) (*usually used in the progressive tenses* 通常用于进行时) to joke with sb by pretending sth is true when it is not （作为玩笑）哄骗，欺骗：*'We've won a new car!' 'You're having me on!'* "我们赢了辆新车！""你是在哄我吧！"
• v + n/pron + adv

,have sth 'on (*also* **have ,got sth 'on**) **1** (*not used in the progressive tenses* 不用于进行时) to be wearing sth 穿着；戴着：*She's got her best dress on.* 她穿着她最漂亮的连衣裙。◇ *He had nothing (= no clothes) on!* 他一丝不挂！◇ *He had on a blue and white checked shirt and jeans.* 他上身穿了件蓝白格子衬衣，下穿一条牛仔裤。 OBJ **clothes, coat, hat, etc.** SYN **be wearing sth 2** to have a piece of electrical equipment switched on 让（电器）开着：*I didn't hear you come in because I had the radio on.* 我开着收音机，没听见你进来。 OBJ **television, radio 3** to have sth planned or arranged 有…安排（或计划）：*I've had a lot on recently.* 我最近安排得很满。◇ *What do you have on (for) tomorrow?* 你明天有什么安排？ OBJ **nothing, something, a lot**
• v + n/pron + adv **1** also v + adv + n (*less frequent*)

,have sth 'on sb/sth (*also* **have ,got sth 'on sb/sth**) (*informal*) (*not used in the progressive tenses* 不用于进行时) to know sth bad about sb/sth that can be used against them/it

SYNONYMS 同义词辨析

have sth on

dress up • get dressed • have sth on • put sth on • wear sth

These verbs mean to put or have clothes on your body. 这些动词表示穿（戴）上或穿（戴）着。

dress up to wear clothes that are more formal than those you usually wear; to put on special clothes or a costume 身着正装（或盛装）；乔装打扮：*I like to dress up on a Saturday night.* 我喜欢周六晚上穿得正式点。◇ *We decided to dress up as fairies.* 我们决定装扮成仙女。

get dressed to put clothes on yourself 穿上衣服：*I got up and got dressed.* 我起床穿衣。
NOTE **Dress** can be used on its own with this meaning, but is more formal. It is also used to talk about the kind of clothes a person wears * dress 可单独使用也作此义，但更为正式。dress 也用于指所穿的某类衣服：*She always dresses well.* 她总是衣着得体。

have sth on (*not used in the progressive tenses*) to be wearing sth 穿着；戴着：*She had a red jacket on.* 她身穿红色夹克衫。◇ *He had nothing on.* 他一丝不挂。

put sth on to dress yourself in sth 穿；戴：*Put your coat and scarf on!* 穿上外套，戴上围巾！

wear sth to have clothes on your body 穿着；戴着：*He was wearing a tie.* 他打着领带。◇ *I don't know what to wear.* 我不知道穿什么才好。

PATTERNS AND COLLOCATIONS

- to wear/put on/have on a **dress/hat/jacket**
- to **tend to/refuse to/be entitled to** wear sth
- to get dressed/put sth on **hurriedly/quickly/carefully**
- to dress **casually/elegantly/fashionably/neatly/nicely/smartly/well**

抓有…的把柄；掌握…的证据：*The police had nothing on him* (= no evidence that he had committed a crime). 警方没掌握他什么证据。
OBJ **something, nothing**
◆ v + n/pron + prep

ˌhave sth ˈout **1** to have a tooth or an organ of your body removed 拔（牙）；切除（身体器官）：*I had to have a tooth out.* 我只好拔掉一颗牙。 OBJ **tooth, appendix, tonsils** **2** **(with sb)** to talk to sb openly to try to settle a disagreement （跟某人）把话说开，打开天窗说亮话：*She finally decided to* ***have it out with*** *him.* 她最终决定跟他把话敞开说。
◆ v + n/pron + adv

ˌhave sb ˈover (*also* **ˌhave sb aˈround** *especially AmE*) (*BrE also* **ˌhave sb ˈround**) to invite sb to come to your house 请某人来家里：*They had some friends over last night.* 他们昨晚请了些朋友到家里来。◇ *We're having people round for dinner tonight.* 我们今晚有客人来家里吃饭。
◆ v + n/pron + adv

ˌhave sb ˈup **(for sth)** (*BrE, informal*) to accuse sb of sth and bring them to court to be examined by a judge 使（为某事）出庭受审：*He was had up for dangerous driving.* 他因危险驾驶被送上法庭。
◆ v + n/pron + adv

hawk /hɔːk/

ˌhawk sth aˈbout/aˈround/ˈround; ˌhawk sth aˈbout/aˈround/ˈround sth (*BrE*) to try to sell things by going from place to place asking people to buy them 沿街叫卖；（在…）兜售：*Pirate copies of their CD were being hawked around.* 有人在街上兜售他们 CD 的盗版碟。◇ *They hawked their newsletter around student bars.* 他们在学生小卖部推销他们的小册子。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
◆ v + n/pron + prep

head /hed/

ˈhead for/towards sth (*also* **be ˈheaded for/towards sth** *especially AmE*) (*often used in the progressive tenses* 常用于进行时) **1** to be going in a particular direction or to a particular place 朝…方向（或地点）行进；前往：*It's time I was heading for home.* 到我该回家去的时候了。◇ *Jane headed for the door.* 简走向门口。 SYN **make for sb/sth** **2** to be likely to experience sth, especially sth bad 可能遭受，会招致（尤指不幸或不祥的事）：*They're heading for trouble.* 他们要惹麻烦的。◇ *The country is headed for an economic disaster.* 国家将要陷入经济灾难。
OBJ **trouble, defeat, disaster, victory, a fall**
◆ v + prep ◆ be + v + prep

ˌhead ˈoff to leave a place to go somewhere else or do sth else 出发；起程：*It's time we headed off to get the train.* 我们该动身去赶火车了。
◆ v + adv

ˌhead sb ˈoff to get in front of sb in order to make them turn back or go in a different direction 拦挡某人使改变方向：*Police tried to head off the demonstrators before they got to the city hall.* 警方试图在游行示威者到达市政厅之前拦截他们。
SYN **intercept sb** (*more formal*)
◆ v + adv + n ◆ v + n/pron + adv

ˌhead sb/sth ˈoff to prevent sth; to stop sb from doing sth 防止（某事发生）；阻止（某人做某事）：*Their attempts to head off criticism have failed.* 他们阻止别人批评的努力失败了。
◆ v + adv + n ◆ v + n/pron + adv

ˈhead towards sth, etc. → HEAD FOR/TOWARDS STH, ETC.

ˌhead ˈup sth to be in charge of sth such as a department, a company, an organization, etc. 领导，掌管（某个部门、公司、机构等）：*She heads up our finance division.* 她是我们的财务部门主管。◇ *The new company will be headed up by Graham Hart.* 新公司将由格雷厄姆·哈特执掌。
OBJ **operation, company**
NOTE When the object of **head up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **head** and **up** * head up 的宾语如果是名词，应置于 up 之后；但如果是代词，应置于 head 和 up 之间：*This new company—who will head it up?* 这家新公司——将由谁来执掌？
NOTE **Head sth** is also used on its own * head sth 也单独使用：*She heads our finance division.* 她是我们的财务部门主管。
◆ v + adv + n ◆ v + pron + adv

heal /hiːl/

ˌheal ˈup/ˈover if a cut, a wound, etc. **heals up/over**, it closes and becomes healthy again （伤口等）愈合，痊愈：*Her leg took a long time to heal up.* 她的腿过了很久才痊愈。◇ *The cut has healed over now.* 伤口现已愈合。
NOTE **Heal** is often used on its own with the same meaning. * heal 常单独使用作此义。 ⊃ note at PULL THROUGH
◆ v + adv

heap /hiːp/

ˈheap A on B; ˈheap B with A (*also* **ˈheap A upon B** *more formal*) **1** to put a lot of sth in a pile on sth 在…上堆放（很多东西）：*She heaped food on my plate.* 她往我的盘子里放了很多食物。◇ *The food was heaped on the plate.* 盘子里盛满了食物。◇ *The chairs were heaped with cushions.* 椅子上摞着垫子。 **2** to offer or give sb a lot of sth, especially praise or criticism 大量地给某人；（尤指）对某人大加赞扬（或批评）：*They heaped scorn upon his proposal.* 他们对他的建议大加嘲讽。◇ *Praise was heaped on the police for their handling of the case.* 警方对这一案件的处理广受赞扬。 OBJ **praise, scorn**
NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

ˌheap sth ˈup to put sth into a pile 堆放: *A huge pile of washing was heaped up in a corner.* 角落里放了一大堆待洗衣物。

SYN **pile sth up**

◆ v + n/pron + adv ◆ v + adv + n

hear /hɪə(r); *AmE* hɪr/ (**heard, heard** /hɜːd; *AmE* hɜːrd/)

ˈhear about sb/sth to be told news or information about sb/sth 得知；获知: *I'm so sorry to hear about your mother* (= for example, that she is ill). 听到你母亲的事儿，我很难过。◇ *Have you heard about your job yet* (= if you have got it)*?* 你的工作有消息了吗？ ⊃ note at FIND OUT, FIND SB OUT

◆ v + prep

ˈhear from sb; ˈhear sth from sb 1 to receive news or information from sb, usually by letter or telephone 收到某人的来信；接到某人的电话: *Do you ever hear from any of your school friends?* 你收到过校友的信吗？◇ *I look forward to hearing from you.* 我期待你的回信。◇ *I haven't heard anything from Kate for ages.* 凯特很长时间没有和我联系了。 **2** to formally get sb's opinion about sth or their description of sth that has happened, such as an accident, etc. 听取（某人的意见或汇报）: *Can we hear from some of the women in the audience?* 我们能否听听一些女性听众的看法？◇ *The police would like to hear from anyone who witnessed the accident.* 警方希望所有事故目击者都能提供证言。◇ *I'd like to hear something from somebody who's had experience of studying abroad.* 我想听听有出国留学经历的人的意见。

◆ v + prep ◆ v + n/pron + prep

ˈhear of sb/sth to know about sb/sth because you have been told about them/it 听说；得知: *I've heard of the Alexander technique, but I don't know anything about it.* 亚历山大技巧我听说过，但一点都不了解。◇ *I've never heard of him.* 我从未听说过他。

NOTE **Hear of sb** is often used in the present perfect tense with *have*. * hear of sb 常与 have 连用，用于现在完成时。

◆ v + prep

ˈhear of sb/sth; ˈhear sth of sb/sth to have news of sb/sth 得知；获悉: *I was sorry to hear of your accident.* 得知你遇到了意外，我很难过。◇ *He was last heard of in Liverpool.* 最后一次有他的消息时，他在利物浦。◇ *You're going abroad? This is **the first I've heard of it**!* 你要出国？这可是我第一次听说这件事！◇ ***From what I've heard of** Andy, he's become very successful.* 从我掌握的有关安迪的情况来看，他已经十分成功。◇ *I expect we'll hear more of this band in the future.* 我认为今后能更多地听到这支乐队的消息。

NOTE Often used in the passive. 常用于被动语态。

→ see also NOT HEAR OF STH, ETC.

◆ v + prep ◆ v + n/pron + prep

▶ **unˈheard-of** *adj* that has never been known or done; surprising 前所未闻的；前所未有的；惊人的: *It's almost unheard-of for it to rain there in July.* 那里 7 月下雨很罕见。

not ˈhear of sth; not ˈhear of sb doing sth to not allow sth or not allow sb to do sth 不允许，拒绝考虑（某事或某人做某事）: *I offered to go but she wouldn't hear of it.* 我自告奋勇要去，但她不允许。◇ *They wouldn't hear of us postponing the trip.* 他们就是不同意我们推迟旅行。

◆ v + prep

ˌhear sb ˈout to listen until sb has finished saying what they want to say 听某人把话讲完: *I know you don't believe me, but please hear me out!* 我知道你不相信我，可是请听我说完！

◆ v + n/pron + adv

heat /hiːt/

ˌheat ˈup (*AmE*) → HOT UP

ˌheat ˈup; ˌheat sth ˈup to become warm or hot; to make sth warm or hot （使）变暖，变热: *The pipes will expand as they heat up.* 管子变热就会膨胀。◇ *We can heat up the soup in the microwave.* 我们可以把汤放在微波炉里热一热。

SYN **warm up, warm sth up**

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

hedge /hedʒ/

ˌhedge sth aˈbout/aˈround/ˈround with sth (*BrE, formal*) to surround and limit sth with conditions or restrictions （以…）限定，限制: *Employment is hedged around with legislation nowadays.* 如今雇工受法律约束。

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + n/pron + adv + prep

ˌhedge sb/sth ˈin to surround sb/sth with sth; to restrict the freedom of sb to do sth 围绕着；约束住: *The cathedral is hedged in by other buildings.* 大教堂四周有建筑物环绕。◇ *He felt hedged in by all the rules and regulations.* 他觉得被各种规章制度束缚了手脚。

SYN **fence sb in; hem sb/sth in**

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

help /help/

ˌhelp sth aˈlong to try to make sth happen more quickly or easily 加速；促进: *My mother always says that a cup of tea **helps things along**.* 我母亲总是说喝杯茶效率高。◇ *His father's name helped along his career in the early days.* 他父亲的名气为他早年的事业铺平了道路。

◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

ˌhelp sb ˈoff/ˈon with sth to help sb to take off or put on a piece of clothing, such as a coat 帮某人脱去 / 穿上衣服: *Can I help you off with your coat?* 我帮你脱外套好吗？◇ *She helped him on with his dressing gown.* 她帮他穿上了晨衣。

◆ v + n/pron + adv + prep

ˌhelp ˈout (with sth), ˌhelp sb ˈout (with sth) to help sb in order to make things easier for them, for example by doing some of their work or by giving them money （以…）提供协助，减轻某人的负担: *Thank you for helping out.* 感谢你帮我解围。◇ *My dad said he'd help me out with money.* 我爸爸说他会借钱给我救急的。

NOTE **Help (with sth)** and **help sb (with sth)** can be used with the same meaning. * help (with sth) 和 help sb (with sth) 可作此义。

• v + adv • v + n/pron + adv • v + adv + n (*rare*)

ˈhelp sb to sth; ˈhelp yourself to sth to give sb/yourself some food or drink 为（某人或自己）取用（食物或饮料）: *Can I help anyone to more chicken?* 再给哪位来点鸡肉好吗？◇ *Please help yourselves to salad.* 吃色拉请自己来。

• v + n/pron + prep

hem /hem/ (-mm-)

ˌhem sb/sth ˈin to surround sb/sth with sth so that they cannot move freely 包围；框住；制约: *The thick trees hemmed them in on all sides.* 他们四周密林环绕。◇ *The ship was hemmed in by the ice.* 船的四周都是冰。◇ (*figurative*) *We felt hemmed in by restrictions.* 我们觉得被条条框框束缚了手脚。

SYN **fence sb in**

NOTE Often used in the passive. 常用于被动语态。

• v + n/pron + adv • v + adv + n

herd /hɜːd; *AmE* hɜːrd/

ˌherd toˈgether; ˌherd sb/sth toˈgether to move or make sb/sth move in a particular direction （使）成群结队移动: *They were herded together into trucks and driven away.* 他们被一起赶上卡车带走了。

NOTE Often used in the passive. 常用于被动语态。

• v + adv • v + n/pron + adv • v + adv + n

hew /hjuː/ (hewed, hewed or hewn /hjuːn/)

ˈhew to sth (*AmE*) to agree with or match sth closely （与…）保持一致，完全相符: *His comments hewed to the line of other senior government officials.* 他的评论与其他高级政府官员的说法并无二致。

• v + prep

hide /haɪd/ (hid /hɪd/, hidden /ˈhɪdn/)

ˌhide aˈway; ˌhide yourself aˈway to go to a place secretly because you do not want anyone to find you 躲起来；躲藏: *She used to hide away in her room when she got depressed.* 她以前心情沮丧时就躲进自己的房间。◇ *She hid herself away until she felt better.* 她躲了起来，直到心情好些。

• v + adv • v + pron + adv

▸ **ˈhideaway** *n* a place where sb goes to be alone 藏身处；独处的地方

ˌhide sb/sth aˈway to put sb/sth in a secret place so that no one else can find them/it 把…藏起来: *You won't find your present—I've hidden it away!* 你找不到你的礼物的 —— 我藏起来了！

• v + n/pron + adv • v + adv + n (*less frequent*)

ˌhide ˈout to go to a secret place to escape from sb who is trying to find you 躲避，隐匿（以避开某人）: *He hid out in the woods.* 他藏在树林中。

• v + adv

▸ **ˈhideout** *n* a place where sb goes when they do not want to be found 藏身处

hike /haɪk/

ˌhike sth ˈup 1 (*informal*) to lift or pull up a piece of clothing that you are wearing 拉起，提起（衣服）: *He hiked up his trousers and waded into the water.* 他提起裤子趟进水里。SYN **hitch sth up 2** to increase a price or rate suddenly and by a large amount 大幅提高（价格或收费）: *They hiked up the price by 40%.* 他们把价格猛涨了 40%。SYN **jack sth up** (*informal*); **put sth up** NOTE **Hike sth** is used on its own less often with this meaning. * hike sth 单独使用也作此义，但不常见。

• v + adv + n • v + pron + adv • v + n + adv (*rare*)

hinge /hɪndʒ/

ˈhinge on sth (*also* **ˈhinge upon sth** *more formal*) if an action, a result, etc. **hinges on/upon** sth, it depends on it completely or is strongly influenced by it 随…而定；受…影响；依…而定: *My whole career could hinge on the results of these exams.* 我一生的职业很可能就取决于这些考试的成绩。◇ *The success of the project hinges on how well everyone works together.* 这个项目能否成功取决于大家的合作情况。

• v + prep

hint /hɪnt/

ˈhint at sth to suggest in an indirect way that sth is true or likely 暗示；示意；透露: *In his speech the Prime Minister hinted at an early election.* 首相在讲话中暗示会提前举行选举。◇ *The problem was only hinted at.* 这个问题只是从侧面提到过。

• v + prep

hire /ˈhaɪə(r)/

ˌhire sb ˈout; ˌhire yourself ˈout (to sb) (as sth) to arrange for sb to work for sb else; to arrange to work for sb 安排聘用；（作为…）受雇（于）: *The agency hires out cleaning staff.* 这家代理公司派出清洁人员提供服务。◇ *He hires himself out to farmers at harvest time.* 到了收获季节，他就给农场主当雇工。◇ *He had been hired out to them as an expert.* 他曾经以专家身份被他们聘用。

• v + adv + n • v + n/pron + adv

ˌhire ˈon; ˌhire sb ˈon (*AmE*) to take a particular job or position; to give sb a job 受雇（担任某职位）；雇用（某人）：*I'm just trying to do what I hired on to do.* 我不过是尽职尽责而已。◇ *She **hired on as** a claims adjuster with an insurance company.* 她受聘于一家保险公司任理赔核算员。◇ *We've hired on thirty new staff members this month alone.* 仅在本月我们就聘用了三十名新员工。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌhire sth ˈout (to sb) to allow sb to use sth for a short period of time in return for payment 出租；把…租给某人：*The club will hire out tennis rackets to guests.* 俱乐部向客人出租网球拍。
OBJ **equipment, boat** SYN **let sth out (to sb); rent sth out (to sb)**
◆ v + adv + n ◆ v + n/pron + adv

hit /hɪt/ (hitting, hit, hit)

ˌhit ˈback (at sb/sth) to criticize or attack sb who has criticized or attacked you 反驳；回击：*In an interview she hit back at her critics.* 在访谈中，她驳斥了批评她的人士。
SYN **bite back (at sb/sth); strike back (at/against sb/sth)**
◆ v + adv

ˈhit sb for sth (*also* **ˌhit sb ˈup for sth**) (*slang, especially AmE*) to ask sb for sth, especially money 向某人索要（尤指金钱）：*They hit us for a commission as well.* 他们还向我们索取佣金呢。◇ *She's always hitting me up for the cab fare home.* 她总是要我出打车回家的钱。◇ *Does he always hit you for cash when he wants new clothes?* 他想买新衣服时总是向你伸手要钱吗？
◆ v + n/pron + prep ◆ v + n/pron + adv + prep

ˌhit it ˈoff (with sb) (*informal*) if two people **hit it off** with each other, they like each other and become friendly immediately（和某人）一见如故，投缘，合得来：*We hit it off from the start.* 我们一开始很投缘。◇ *She didn't really hit it off with the office manager.* 起初她和办公室经理真有点合不来。
◆ v + it + adv

ˈhit on sb (*AmE, slang*) to talk to sb in a way that shows you are sexually attracted to them（与某人）搭讪，调情：*He was hitting on my girlfriend!* 他居然调戏我的女友！
◆ v + prep

ˈhit on sth (*also* **ˈhit upon sth** *more formal*) (*not used in the progressive tenses* 不用于进行时)

SYNONYMS 同义词辨析

hit out (at sb/sth)

attack sb/sth • condemn sb/sth • criticize sb/sth • denounce sb/sth • hit out (at sb/sth)

These verbs all mean to say that you disapprove of sb/sth, especially because you think they have done sth bad. 这些动词都表示批评、抨击、斥责。

attack sb/sth (*used especially in newspapers*) to criticize sb/sth strongly, especially in order to make people stop respecting them（尤用于报章）（尤指为了诋毁）严厉抨击，痛斥：*Newspapers attacked the minister for her stance.* 报界猛烈抨击部长的立场。

condemn sb/sth (*used especially in newspapers*) to express very strong disapproval of sb/sth, usually for moral reasons（尤用于报章）（通常指出于道义）强烈谴责：*The government issued a statement condemning the killings.* 政府发表声明，强烈谴责杀戮。

criticize sb/sth (*BrE* also **criticise**) to say that you disapprove of sb/sth; to say what you do not like or think is wrong about sb/sth 批评；非议：*The decision was criticized by the unions.* 这一决定遭到工会的诟病。◇ *Who are they to criticize my dress sense?* 那些指摘我的衣着品位的人当自己是谁啊？

denounce sb/sth (*formal*) to criticize sb/sth strongly, usually in public（常指公开）斥责，谴责：*She denounced the government's handling of the crisis.* 她痛斥政府对危机应对失据。

hit out (at sb/sth) (*used especially in newspapers*) to criticize sb/sth strongly, especially because you think their views or actions are bad or because they have criticized you unfairly（尤用于报章）（尤指为了指摘错误或反击不公的批评）严厉抨击，强烈驳斥：*The Duchess has hit out at journalists who criticize her dress sense.* 公爵夫人言词驳斥那些批评她衣着品位的记者。

WHICH WORD?

You **denounce** things because you think they are wrong, not just because you do not like them. * denounce 是为了指正错误，而非仅仅出于主观嫌恶。

PATTERNS AND COLLOCATIONS

- to criticize/condemn/attack/denounce sb/sth **for sth**
- to criticize/condemn/attack/denounce **the government/the President/a decision**
- to criticize/condemn/attack/denounce sb/sth **strongly/publicly**
- to be **severely/roundly** criticized
- to be **widely** blamed/criticized/condemned/attacked/denounced

to think of a plan, a solution, etc. suddenly or by chance 突然想出，偶然想到（主意、计划等）: *She hit on an idea for raising money.* 她灵机一动，想到了个筹款的主意。◇ *I realized I'd hit upon a solution to one of our main problems.* 我意识到我碰巧找到了解决一个主要问题的方法。
OBJ **idea, method, formula, solution** SYN **light on/upon sb/sth** ⊃ note at THINK STH UP
• v + prep

,hit 'out (at sb/sth) 1 to attack sb violently, especially sb who is trying to hit or capture you 猛烈攻击（尤指想打或想抓自己的人）: *She hit out at the policeman as he tried to arrest her.* 她对来逮捕她的警察大打出手。◇ *I just hit out blindly in all directions.* 我只是四下乱打一气。SYN **strike out (at sb/sth) 2** to criticize sb or sth strongly 严厉抨击: *He hit out at the government's decision.* 他痛斥政府的决定。
SYN **lash out (at sb/sth)**
• v + adv

,hit sb 'up for sth (*AmE*) → HIT SB FOR STH

'hit upon sth → HIT ON STH

hitch /hɪtʃ/

,hitch sth 'up to pull up a piece of your clothing 拉起，提起（衣服）: *We hitched up our skirts and climbed over the wall.* 我们提起裙子，翻墙而过。
SYN **hike sth up** (*informal*)
• v + adv + n • v + n/pron + adv

hive /haɪv/

,hive sth 'off (into/to sth) (*business*) to separate sth from a larger group; to sell part of a company 把（一部分）分离出来；卖掉（公司的一部分）: *Some of the firm's operations have been hived off into a separate company.* 公司的部分业务已经剥离出来，成立了一家公司。
NOTE Often used in the passive. 常用于被动语态。
• v + adv + n • v + pron + adv • v + n + adv (*rare*)

hoe /həʊ; *AmE* hoʊ/

,hoe 'in (*AustralE, informal*) to eat with enthusiasm 尽情地吃
• v + adv

hoist /hɔɪst/

,hoist sb/sth 'up; ,hoist yourself 'up to raise sb/sth/yourself to a higher position or level, often with difficulty or using ropes or special equipment （用绳索等特殊装置或费劲地）升起，扯起: *She hoisted the box up onto the shelf.* 她吃力地把箱子搬到搁板上。⊃ note at LIFT SB/STH UP
• v + n/pron + adv • v + adv + n

hold /həʊld; *AmE* hoʊld/ (held, held /held/)

,hold sth a'gainst sb to allow sth bad that sb has done to make you like or respect them less 对某人记仇（或抱有成见）: *I was stupid—I hope you won't **hold it against** me.* 过去我很愚蠢——希望你别因此而看不起我。◇ *Do you hold any grudges against him?* 你怨恨他吗？◇ *I don't **hold it against** him **that** he lied to me.* 他对我说过谎，但我并不计较。
OBJ **it, grudge**
NOTE **Hold sth against sb** is often used with a negative such as *don't* or *won't*. * hold sth against sb 常与 don't、won't 等否定词连用。
• v + n/pron + prep

,hold 'back (from doing sth), ,hold sb 'back (from doing sth) to hesitate, or to make sb hesitate （使）犹豫，踌躇: *Don't hold back! This opportunity is too good to miss!* 别犹豫了！大好机会不容错失啊！◇ *Phil walked forward confidently but something held Ben back.* 菲尔信心十足地走向前去，本却徘徊不决。◇ *I nearly told him what I thought of him, but I held back.* 我差点把我对他的看法告诉了他，但我没有开口。
• v + adv • v + n/pron + adv

🔑 **,hold sb/sth 'back 1** to prevent sb/sth from moving forward or from entering or leaving a place 阻挡，阻拦（前进或出入）: *The police were unable to hold back the fans.* 警察拦不住那些崇拜者。 **2** to prevent the progress or development of sb/sth 阻碍，妨碍（进步或发展）: *Now that he's got this job, there'll be **no holding him back**.* 既然他已经得到了这份工作，就没什么能拦住他的事了。◇ *Teaching all the children together can hold the brighter children back.* 所有孩子放在一起教，会妨碍聪明些的孩子进步。◇ *Low rates of investment will hold back technical progress.* 投资率低会阻碍技术进步。◇ *Parents claim the tests are being used to hold children back* (= not let them progress to the next class). 家长们声称这些测试是用来阻止孩子们升级的。
• v + n/pron + adv • v + adv + n

🔑 **,hold sth 'back 1** to stop yourself from expressing or showing how you feel 抑制，克制（感情）: *They couldn't hold back their laughter.* 他们忍不住大笑起来。◇ *He struggled to hold back his tears.* 他强忍住眼泪。OBJ **your tears, your laughter** SYN **keep sth back; contain sth** (*more formal*) **2** to not tell sb sth that you wish to keep secret 隐瞒，保守（秘密）: *I think he's holding something back; he knows more than he's admitting.* 我认为他有所隐瞒；他还有事情没有交代。OBJ **something, anything, information** SYN **withhold sth** (*more formal*) **3** to keep sth such as money to use later 留出，留下（金钱等供日后之用）: *£1 000 of the grant will be held back until the project is completed.* 拨款中将扣留 1 000 英镑，等项目完成之后再发放。NOTE Often used in the passive. 常用于被动语态。
• v + adv + n • v + n/pron + adv

,hold 'back on sth to try to spend only a little time, money, etc. on sth; to show control in what you do 节省；节制；克制: *She never held back on the tea and cakes when we visited.* 我们去拜访她时，她从不吝惜茶点。◇ *She held back on her questioning* (= she did not ask too

many questions). 她的提问很有节制。
◆ v + adv + prep

ˌhold sb ˈdown to prevent sb from having their freedom or rights 剥夺（某人的自由或权利）
SYN **oppress sb**
◆ v + adv + n ◆ v + n/pron + adv

ˌhold sb/sth ˈdown to use force to hold sb/sth in a particular position and stop them/it from moving 按下；摁住: *He was held down and kicked by the two men.* 两个男人按住他，踢他了几脚。◇ *Hold the mouse button down as you move the cursor.* 移动光标时，按住鼠标键。
◆ v + n/pron + adv ◆ v + adv + n

ˌhold sth ˈdown **1** to manage to keep a job, position, etc. even though it may be difficult for you to do so 努力保住（工作、职位等）: *He doesn't seem able to hold down a full-time job.* 他似乎无力保住一份全职工作。 OBJ **a job** **2** (*especially BrE*) to keep sth at a low level 使维持在低水平: *The company is trying to hold down costs.* 公司正在力图维持低成本。◇ *The rate of inflation must be held down.* 通货膨胀率必须控制在低水平上。 OBJ **prices, wages, inflation, costs** SYN **keep sth down** **3** (*AmE, informal*) to limit sth, especially a noise 限制（尤指噪声）: ***Hold it down,*** *will you? I'm trying to sleep!* 小点声行吗？我要睡觉！ **4** (*usually used in negative sentences* 通常用于否定句) to be able to eat food without bringing it back out of your mouth 咽下不吐出来: *She hasn't been able to hold any food down since the operation.* 手术后她一吃东西就吐。 OBJ **food** SYN **keep sth down** **5** to not allow yourself to show or express a strong emotion 抑制，克制（强烈感情）: *I had to hold down the urge to hit him.* 我不得不强忍住要揍他的冲动。
◆ v + adv + n ◆ v + n/pron + adv

ˌhold ˈforth (on/about sth) (*formal* or *humorous*) to speak for a long time and often in a boring or annoying way （对某事物）喋喋不休，大发议论: *He was holding forth about how successful his business is.* 他滔滔不绝地大谈特谈他的公司如何红火。
◆ v + adv

ˌhold sth ˈin **1** to keep sth inside a place so that it cannot fall out or escape 把…固定在里面: *The straps hold the baby in securely.* 带子把婴儿安全地系在里面。◇ *I had to hold my stomach in* (= pull the muscles flat) *to zip up my jeans.* 我得收腹才能拉上牛仔裤的拉链。 OBJ **your stomach, your tummy** **2** to not show or express how you feel 克制，忍住（感觉）: *I couldn't hold in my anger any longer.* 我怒不可遏。 OPP **let sth out**
◆ v + n/pron + adv ◆ v + adv + n

ˌhold ˈoff **1** if rain or a storm, etc. **holds off**, it does not start （降雨、风暴等）不来，延迟: *I hope the rain holds off for the wedding.* 我希望这场雨能拖到婚礼结束后再下。 SYN **keep off** **2** (*also* **ˌhold ˈoff sth, ˌhold ˈoff (from) doing sth**) to delay doing sth 推迟，拖延（做某事）: *I need to make a decision soon, but I'll hold off until next week.* 我得很快作出决定，但我会拖到下个星期。◇ *The committee will hold off their decision until they receive the report.* 委员会将在收到报告后再作决定。◇ *I'm holding off buying a dress until the sales start.* 我要等开始降价时再买件连衣裙。 NOTE **Hold off** is not used with a pronoun object. * hold off 不与代词宾语连用。
◆ **1** v + adv
◆ **2** v + adv ◆ v + adv + n ◆ v + adv + -ing

ˌhold sb/sth ˈoff to resist an attack by an enemy or an opponent 抵抗；抗击: *How long do you think you can hold off the attack?* 你认为这轮进攻你能顶多长时间？◇ *He held off a late challenge from Davies to win the race.* 他在后程较量中顶住了戴维斯的冲击，赢得了比赛。
◆ v + adv + n ◆ v + n/pron + adv

ˌhold ˈon **1** (*informal*) used to ask sb to wait or stop for a short time 等一下；停一下: *Hold on a minute—I'm not ready.* 稍等一下——我还没准备好呢。◇ *Hold on! That doesn't sound right.* 等一会儿！这听上去不对劲。 **2** to survive in a difficult or dangerous situation; to continue doing sth although it is difficult （从困境或险境中）生存下来；坚持住；挺住: *They managed to hold on until help arrived.* 他们总算撑到了救援到来。
SYN **hang on**
◆ v + adv

ˌhold ˈon (to sth/sb) to hold sth/sb tightly; to not let go of sth/sb 抓紧；不松手: ***Hold on tight****—I'm going to speed up!* 抓牢——我要加速了！◇ *Hold on to your hat or it'll blow away.* 捂住帽子，免得被吹跑了。
SYN **hang on**
NOTE **Hold on to sth** can also be spelt **hold onto sth** * hold on to sth 也可写作 hold onto sth: *I had to hold onto the chair for support.* 我只好抓着椅子来撑住。
◆ v + adv ◆ v + prep ◆ v + adv + prep

ˌhold sth ˈon to keep sth in position so that it cannot fall off 固定（某物的位置）: *It is these nuts and bolts that hold the wheels on.* 就是这些螺母和螺栓把轮子固定住了。
◆ v + n/pron + adv ◆ v + adv + n

ˌhold ˈonto sb/sth; ˌhold ˈon to sb/sth to keep sth/sb; to not lose sth/sb 把…留下来；不失去: *Hold on to the magazines for as long as you like.* 尽量把杂志保存久一点。◇ *The party will hold on to its majority at the next election.* 该党在下次选举中将保持其多数优势。◇ *She's a good worker. You should hold on to her.* 她很能干。你应该把她留住。◇ *You must pass the ball and not hold onto it.* 你得把球传给别人，不要黏球。
SYN **hang onto sb/sth, hang on to sb/sth** (*informal*)
→ see also HOLD ON
◆ v + prep ◆ v + adv + prep

ˌhold ˈout **1** if money or supplies, etc. **hold out**, they last or remain （钱款、供应品等）持续保有，未耗尽: *I'm staying here for as long as*

SYNONYMS 同义词辨析

hold on (to sth/sb)

clasp sth • cling to sth • clutch sth • grip sth • hang on (to sth) • hold on (to sb/sth)

These verbs all mean to have sb/sth in your hands, arms, etc. 这些动词都表示抓紧、握紧、抱紧。

clasp sth to hold sb/sth tightly in your hand or in your arms 握紧；抱紧：*He leaned forward, his hands clasped tightly together.* 他探身向前，双手紧握。◇ *She clasped the children in her arms.* 她将孩子们拥在怀中。

cling to sth to hold sb/sth tightly, especially with your whole body 抓紧；抱紧：*Survivors clung to pieces of floating debris.* 幸存者紧紧抱着漂浮的残骸碎片。

clutch sth to hold sb/sth tightly, especially in your hand; to take hold of sth suddenly （一把）抓住，握住；抓紧；握紧：*She clutched her bag tightly in one hand.* 她一只手死死抓住她的包。

grip sth to hold sth very tightly with your hand 抓紧；握紧：*Grip the rope as tightly as you can.* 尽量抓牢绳子。 ▸ grip [C, usually sing.] *Keep a tight grip on the rope.* 紧紧抓牢绳子。◇ *The climber slipped and lost his grip.* 登山者失足，松开了手。

hang on (to sth) to hold sth very tightly, especially in order to support yourself or stop yourself from falling （尤指为了获得支撑或避免摔倒）抓牢，握紧：*I hung on to him for support.* 我抓紧他，靠他撑住我。◇ *She was standing at the top of the stairs, hanging on to the banister.* 她站在楼梯顶端，紧紧抓着栏杆。

hold on (to sth/sb) (also **hold onto sb/sth**) to continue to hold sb/sth; to put your hand on sb/sth and keep it there 抓紧；不松手：*Hold on and don't let go.* 抓牢，别放开。◇ *It's very windy—you'd better hold on to your hat.* 风很大——你最好捂住帽子。◇ *He held on to the back of the chair to stop himself from falling.* 他抓住椅背，避免摔倒。

PATTERNS AND COLLOCATIONS

- to clutch/grip/clasp sth in your **hand/hands/arms**
- to hold on to/cling to/clutch/grip/clasp/hang on to sb/sth **tight/tightly/firmly**
- to hold on to/cling on to/clutch/grip/clasp/hang on to sb's **hand**

my money holds out. 我要在这里一直呆到我的钱花光。◇ *Do you think the fine weather will hold out?* 你认为好天气会持续下去吗？ SYN **last out 2 (against sb/sth)** to resist an attack 抵抗；抗击：*The town continues to hold out against enemy bombing.* 全镇人继续抵御敌人的轰炸。 **3 (against sth)** to refuse to accept sth that you do not agree with 拒绝；拒不接受：*We can't hold out against industrialization any longer.* 我们不能再拒绝工业化了。 OPP **give in (to sb/sth)**
• v + adv
▸ **ˈholdout** *n* a person or group of people that resists an attack, an enemy or an opponent, or refuses to accept sth 抵抗者；拒绝接受者

ˌhold ˈout sth to offer a chance, hope or possibility of sth 提供（机会）；给予（希望）；使有可能：*He may come, but I don't **hold out much hope**.* 他也许会来，可我不抱很大希望。◇ *This method seems to hold out the greatest promise of success.* 这种方法似乎最有希望成功。
OBJ **the promise/prospect/possibility of ..., hope**
NOTE **Hold out** is never used with a pronoun object. * hold out 不与代词宾语连用。
• v + adv + n

ˌhold sth ˈout to hold sth such as your hand or sth in your hand, in front of you towards sb else 伸出；递出：*She held her cup out for more coffee.* 她递过杯子，要求再添点咖啡。◇ *'You must be Kate,' he said, holding out his hand.* "你一定是凯特。" 他说着，伸出手来。
OBJ **hand**
• v + n/pron + adv • v + adv + n

ˌhold ˈout for sth to deliberately delay reaching an agreement in the hope that you will gain sth; to refuse to accept anything less than what you are asking for （为得到更大利益）拖延达成协议；拒绝让步：*Union leaders are holding out for a better deal.* 工会领导人拒不让步，以期达成更有利的协议。
• v + adv + prep

ˌhold ˈout on sb (*informal*) to refuse to tell or give sb sth 拒绝告诉（或给予）某人：*You promised to give me the money. Stop holding out on me.* 你答应过给我钱的。不许赖。
• v + adv + prep

ˌhold sth ˈover 1 to leave sth to be dealt with later 搁置；推迟：*We decided to hold the matter over until the next meeting.* 我们决定将此事延迟到下次会议处理。 SYN **postpone sth 2** (*AmE*) to show a film/movie or play for longer than planned because it is so successful 延长（电影或戏剧）的上演期；加演；加映：*The show is being held over for another month.* 该演出会再加演一个月。
NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + adv • v + adv + n
▸ **ˈholdover** *n* (*AmE*) a person who keeps a position of power, for example sb who had a

particular position in one government and who still has it in the next 留任人员；（曾任职于上届政府的）留任官员

,hold sth 'over sb to use sth that you know about sb in order to threaten them and to make them do what you want 抓住某人的把柄；揪住某人的小辫子: *I don't want to give him anything to hold over me.* 我不想给他留下任何把柄来要挟我。

◆ v + n/pron + prep

'hold to sth if you **hold to** an opinion, a belief, etc., you do not change it 坚持（意见、信念等）: *She always holds to her principles.* 她始终坚持自己的原则。

SYN **keep to sth; stick to sth**

◆ v + prep

'hold sb to sth 1 to make sb keep a promise 要求遵守（诺言）: *'I promise I'll take you out to dinner if we win.' 'I'll hold you to that!'* "如果我们赢了，我保证请你出去吃饭。" "你得说话算数啊！" **2** (*sport*) to stop your opponent in a sports competition winning more points than you 压住（对手）；不让（对方得分超过自己）: *Spain held France to a 1-1 draw.* 西班牙队 1:1 逼平了法国队。

◆ v + n/pron + prep

'hold sth to sth to place sth close to sth else 把…靠近…放；把…放在…旁边: *He held a knife to her throat.* 他用刀顶着她的喉咙。

◆ v + n/pron + prep

,hold to'gether; ,hold sth to'gether 1 to remain, or to keep sb/sth, united （使）保持团结: *The coalition has held together for longer than expected.* 联盟坚持的时间超出预料。◇ *Strong bonds of loyalty hold the family together.* 忠诚的纽带有力地把全家人凝聚在一起。 **2** if ideas, arguments, etc. **hold together**, or sth **holds them together**, they are logical and the parts agree with each other （思想、论点等）合乎逻辑，相互一致: *His ideas don't really hold together.* 他的观点有些散。◇ *Words like 'however', 'therefore', 'although', etc. can hold your text together.* "可是"、"因此"、"尽管"等词能使文章前后连贯。 **3** to remain in one piece; to stay in good condition 未破碎；完好无损: *It's a miracle that his car is still holding together.* 他的车依然完好，真是个奇迹。◇ *His trousers were held together by safety pins.* 他的裤子是用安全别针别在一块儿的。

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

,hold 'up 1 to remain healthy, in good condition or working effectively, especially when there are difficulties 支持住；承受住；支撑住: *Sales have held up well, in spite of economic difficulties.* 尽管遇到了经济困难，销售额还相当可观。◇ *How did your tent hold up in the storm?* 你的帐篷是如何挺过风暴的？ **2** if an idea, an argument, etc. **holds up**, it remains strong when you analyse it carefully （想法、论据等）经得起推敲: *I don't think his argument really holds up.* 我认为他的论证实际上站不住脚。 **SYN** **stand up**

◆ v + adv

🔑 **,hold sb/sth 'up 1** to raise sb/sth in the air 升起；举起: *She held up her hand to stop him.* 她抬起手阻挡他。◇ *He held up his trophy as the crowd applauded.* 在众人的掌声中，他举起奖杯。 **2** to support sb/sth and prevent it/them from falling 支撑；使不垮下: *Her trousers were held up with string.* 她的裤子是用带子吊着的。◇ *The two pillars were holding the ceiling up.* 这两根柱子支承着天花板。 **SYN** **keep sth up 3** to block or delay the progress of sb/sth 阻挡；耽搁: *Roadworks on the motorway are holding up traffic.* 高速公路施工阻塞了交通。◇ *She phoned to say she'd been held up at the office.* 她打来电话说，她在办公室脱不开身。◇ *I don't want to hold you up.* 我不想耽误你的时间。 **4** to rob a person, a bank, a shop/store, etc. using a gun 持枪抢劫（人、银行、商店等）: *Have they caught the people who held up the bank?* 他们抓到持枪打劫银行的人了吗？

NOTE Often used in the passive. 常用于被动语态。

◆ v + adv + n ◆ v + n/pron + adv **4** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

▶ **'hold-up** *n* **1** a delay or sth which causes a delay 延误；阻滞: *What's the hold-up?* 遇到什么障碍了？ **2** an act of robbing a person, a bank, a shop/store, etc. using a gun 持枪抢劫

,hold sb/sth 'up as sth to present sb/sth as an example of sth 将…作为…的例子: *My mother held up my cousin as an example of a good student.* 我母亲把我表哥看作优秀学生的典范。

◆ v + n/pron + adv + prep ◆ v + adv + n + prep

'hold with sth to agree with or approve of sth 同意；赞成: *I don't hold with these new theories on education.* 我不赞同这些新的教育理论。

NOTE **Hold with sth** is only used in negative sentences and questions. * hold with sth 只用于否定句和疑问句。

◆ v + prep

hole /həʊl; *AmE* hoʊl/

,hole 'up; be ,holed 'up (*informal*) to hide somewhere 躲藏: *The thieves holed up in an empty warehouse.* 盗贼躲在一个空仓库里。◇ *The police couldn't find out where the gang were holed up.* 警方查不到那个团伙的藏身处。

◆ v + adv ◆ be + v + adv

hollow /ˈhɒləʊ; *AmE* ˈhɑːloʊ/

,hollow sth 'out 1 to make a space inside sth by removing part of it 挖空；挖出（孔、洞等）: *We hollowed out the pumpkin and put a candle in it.* 我们把南瓜挖空，在里面插了根蜡烛。◇ *a hollowed-out tree trunk* 中空的树干 **2** to form sth by making a hole in sth else 挖洞（成某物）: *The waves have hollowed out caves along the cliff.* 海浪拍击峭壁，形成了一个个岩洞。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

home /həʊm; *AmE* hoʊm/

ˌhome ˈin on sb/sth **1** to move or be aimed straight towards sb/sth 移向；朝向；导向：*She homed in on me as soon as she saw me.* 她一看见我就向我直奔过来。 **2** to turn all your attention to sth 把注意力集中于；全神贯注于：*The lawyer homed in on the inconsistencies in her story.* 律师将注意力集中在她的陈述中前后矛盾的地方。
◆ v + adv + prep

hook /hʊk/

ˌhook sb ˈinto sth; ˌhook sb ˈinto doing sth (*AmE, informal*) to persuade sb to do sth when they do not want to 说服某人做某事：*I didn't want to be involved but I got hooked into helping.* 我原本不想参与，可架不住劝，还是帮了忙。◇ *He tried to hook me into going with them.* 他试图劝我跟他们一道去。
NOTE Nearly always used in the passive. 几乎总是用于被动语态。
◆ v + n/pron + prep

ˌhook ˈup (with sb) **1** (*informal*) to agree to work with sb 同意（与某人）搭档工作：*We've hooked up with a firm in Ireland.* 我们答应了和爱尔兰的一家公司合作。 **2** (*informal, especially AmE*) to meet sb and spend time with them （与某人）结识，联系上：*On vacation we hooked up with some Texans.* 度假时我们结交了一些得克萨斯人。◇ *Let's hook up when you get back from your trip.* 等你旅行归来我们再聚聚。 **3** (*informal, especially AmE*) to start a relationship with sb, especially a sexual relationship （与某人）开始建立关系（尤指性关系）：*They hooked up at Kyle's party.* 他们是在凯尔的聚会上好上的。◇ *Judith hoped to hook up with a cowboy at the rodeo.* 朱迪丝希望在骑术竞技大会上钓上一个牛仔。
▶ **ˈhook-up** *n* (*AmE, informal*) a new relationship with sb, especially a sexual relationship （与某人的）新搭上的关系（尤指性关系）：*The magazine has all the latest gossip about celebrity hook-ups.* 这本杂志刊登关于名人绯闻的所有最新八卦消息。
◆ v + adv

ˌhook ˈup; ˌhook sb/sth ˈup (to sth) to connect sb/sth to a piece of electronic equipment or to a power supply （使）接通（电子设备或电源）：*All the speakers hook up to a single amplifier.* 所有喇叭都接在同一个扩音器上。◇ *The boat was hooked up to the shore power supply.* 船与岸上的电源接通了。◇ *They've hooked him up to a life-support machine.* 他们给他接上了呼吸机。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv
▶ **ˈhook-up** *n* a connection between two or more pieces of equipment （设备的）连接：*an international phone hook-up* 国际电话联网

ˌhook sb ˈup with sth (*AmE, informal*) to give sb a valuable gift because of their job or position 用（贵重礼物）向（某人）行贿：*My clients from the music industry often hook me up with free tickets.* 音乐界的客户经常用赠票巴结我。
◆ v + n/pron + adv + prep

hoover /ˈhuːvə(r)/

NOTE A **Hoover™** (*BrE*) is an electric machine that cleans floors, carpets, etc. by sucking up dirt and dust. * hoover 指真空吸尘器。

ˌhoover sth ˈup (*BrE*) **1** to remove dust, dirt, etc. from a carpet or floor with a Hoover 用真空吸尘器吸（灰尘等）：*to hoover up all the dust* 用真空吸尘器吸去所有灰尘 **2** get or collect sth in large quantities 得到（大部分）；席卷：*The US and Canada usually hoover up all the gold and silver medals.* 美国和加拿大通常会囊括所有金银牌。
◆ v + adv + n ◆ v + n/pron + adv

hop /hɒp; *AmE* hɑːp/ (-pp-)

be/get ˌhopped ˈup (on sth) (*AmE, informal*) **1** to be behaving in a very excited or enthusiastic way 激动难耐；兴奋不已：*I remember the first time they came to my office, hopped up on their new ideas for the Internet.* 我记得他们第一次来我的办公室时，我为他们关于互联网的新构想兴奋不已。 **2** to be behaving in an excited or unusual way because of the effects of alcohol or drugs （饮酒或吸毒后）非常兴奋，表现异常：*Some psycho hopped up on heroin pulled a gun.* 有个吸食了海洛因的神经病拔出了枪。
◆ get + v + adv
▶ **ˌhopped-ˈup** *adj* [only before noun] (*AmE, informal*): *a hopped-up crowd at Dodger Stadium* 道奇体育场里兴高采烈的一群人 ◇ *hopped-up street thugs* 吸毒后发狂的街头暴徒

horn /hɔːn; *AmE* hɔːrn/

ˌhorn ˈin (*AmE*) **1 (on sb/sth)** to rudely interrupt sb when they are speaking （粗暴地）打断（别人的谈话）：*She kept trying to horn in on our conversations.* 她老是无礼地打断我们的交谈。 **2 (on sb/sth)** to interfere in a situation that does not concern you 干涉（与己无关的事情）：*Stop horning in on my private life!* 不要干涉我的私生活！
◆ v + adv

horse /hɔːs; *AmE* hɔːrs/

ˌhorse aˈround (*BrE also* **ˌhorse aˈbout**) (*informal*) to play in a noisy and careless way that is likely to damage sth or hurt sb 胡闹；哄闹；瞎闹：*If you two don't stop horsing around you'll hurt yourselves.* 你们俩要是继续疯下去的话，会把自己弄伤的。
SYN **mess around** (*BrE*)
◆ v + adv

hose /həʊz; *AmE* hoʊz/

NOTE A **hose** is a long rubber or plastic tube. * hose 是橡胶或塑料的软管。

ˌhose sth ˈdown (*AmE also* **ˌhose sth ˈoff**) to wash or clean sth using water from a hose 用水管冲洗：*I hosed the car down to get rid of the mud.* 我用水管冲掉了车上的泥。◇ *She stood in*

the driveway hosing off her newly washed car. 她站在车道上，用水管冲她刚洗过的车。
• v + n/pron + adv • v + adv + n

hot /hɒt; *AmE* hɑːt/ (-tt-)

ˌhot ˈup (*BrE*) (*also* **ˌheat ˈup** *informal*) to become more lively or exciting 更趋活跃；激烈起来: *Things are hotting up as the election approaches.* 随着选举临近，渐渐出现了一片热闹的景象。◇ *As the pace hotted up, he dropped back into third place.* 随着节奏加快，他滑落到了第三名。
• v + adv

hound /haʊnd/

ˌhound sb ˈout; ˌhound sb ˈout of sth; ˈhound sb from sth to force sb to leave a place or their job 逼迫某人离开（某地或某职位）: *They were hounded out of the town.* 他们被逐出镇子。◇ *She was hounded from politics by her rivals.* 她被对手挤出了政坛。
NOTE Usually used in the passive. 通常用于被动语态。
• v + n/pron + adv • v + adv + n (*rare*) • v + n/pron + adv + prep • v + n/pron + prep

huddle /ˈhʌdl/

ˌhuddle toˈgether to move, stand or sit close to one another for warmth or protection 靠拢在一起（以取暖或寻求保护）: *We huddled together for warmth.* 我们挤在一起取暖。
• v + adv

ˌhuddle ˈup (against/to sb/sth) to press yourself into a small space for warmth or protection 蜷缩，紧挨着（以取暖或寻求保护）: *She huddled up against him to keep warm.* 她蜷起身紧挨着他来保暖。
• v + adv

hunger /ˈhʌŋɡə(r)/

ˈhunger after/for sth (*literary*) to have a strong desire for sth and try to get it 渴望得到；渴求: *She hungers after wealth and prestige.* 她渴求名利。
• v + prep

hunker /ˈhʌŋkə(r)/

ˌhunker ˈdown (*especially AmE*) **1** to sit on your heels with your knees bent up in front of you 蹲坐: *We hunkered down around the fire.* 我们围绕火堆蹲坐着。 SYN **squat** **2** to refuse to change an opinion, a way of behaving, etc. 拒绝改变，顽固坚持（观点、习性等）: *The Democrats have hunkered down and won't be moved.* 民主党人顽固不化，不肯让步。 **3** to start to work at sth or study very hard 开始努力（工作或学习）: *It's time you hunkered down and started studying.* 你该全身心地投入学习了。
• v + adv

hunt /hʌnt/

ˌhunt sb ˈdown to search for sb until you find or catch them 追捕；抓捕: *He vowed to hunt down the killer.* 他发誓要捉拿凶手。
• v + adv + n • v + n/pron + adv

ˌhunt sth ˈdown/ˈout to find sth after a long and difficult search （经过千辛万苦）搜寻出，寻找到: *I managed to hunt out those files you wanted.* 我总算找到了你要的文件。◇ *Can you hunt down his phone number for me?* 你能帮我查到他的电话号码吗？
SYN **dig sth out; root sb/sth out**
• v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˈhunt for sb to look for sb in order to catch them or harm them 追捕；捉拿: *Detectives are hunting for thieves who broke into a warehouse yesterday.* 侦探正在设法将昨天闯入仓库的一伙窃贼缉拿归案。
• v + prep

ˈhunt for sb/sth to look for sth that is difficult to find 寻找；寻求: *She is still hunting for a new job.* 她仍在寻觅一份新工作。 ⊃ note at SEARCH FOR SB/STH
• v + prep

ˌhunt sb/sth ˈup to search for sb/sth, especially sb/sth that is hidden or difficult to find 搜寻；搜索；搜求: *We hunted up anyone who might have known him.* 我们找遍了所有可能认识他的人。
• v + adv + n • v + pron + adv • v + n + adv (*rare*)

hurry /ˈhʌri; *AmE* ˈhɜːri/ (**hurries, hurrying, hurried**)

ˌhurry sb/sth aˈlong to do or say sth to make sb move or work faster; to do sth to make sth happen faster 催促（某人）；加快（某事）: *Hurry the kids along or we'll miss the train.* 让孩子们抓紧点，否则我们就赶不上火车了。◇ *Try to **hurry things along** a bit.* 尽量加快点速度。
• v + n/pron + adv

ˌhurry ˈon (to sth) to continue speaking, without allowing anyone to interrupt or speak 喋喋不休（不让别人开口）: *She hurried on to the next topic before I could object.* 我还没来得及提出异议，她就继续讲下一个话题了。◇ *'Just leave that to me,' she hurried on.* "把那个交给我就行了。" 她匆忙说道。
• v + adv • v + adv + speech

🔑 **ˌhurry ˈup** used to tell sb to move or do sth more quickly 赶快；麻利点: *Hurry up, we have to leave in five minutes!* 利索一点，我们五分钟后就得走了！◇ *I wish the bus would hurry up and come.* 我希望公共汽车能快点来。◇ *I wish the waiter would hurry up with our soup.* 我希望服务员能快些把我们的汤端上来。
• v + adv

ˌhurry sb/sth ˈup to encourage sb to move or work faster; to do sth to make sth happen faster 催促（某人）；加快（某事）: *Hurry your*

brother up or we'll be late. 催一下你弟弟，不然我们要迟到了。◇ ***Hurry it up**—we haven't got all day!* 抓紧点 —— 我们可没有一整天的时间！◇ *Is there a way of **hurrying things up**?* 有没有办法把事情往前赶？

◆ v + n/pron + adv ◆ v + adv + n (*rare*)

hush /hʌʃ/

,hush sth 'up to hide information about a situation, especially sth bad or shocking, because you do not want people to know about it 隐瞒，遮掩（丑闻等）: *The government tried to hush the affair up.* 政府试图隐瞒此事。◇ *The scandal was hushed up.* 这桩丑行被捂住了。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

hype /haɪp/

,hype sb/sth 'up (*informal*) to advertise or talk about sb/sth in an exaggerated way in order to get a lot of public attention for them/it 夸张地宣传；大肆炒作: *His latest movie is being hyped up by the media.* 媒体正大肆炒作他最新的电影。

NOTE Often used in the passive. 常用于被动语态。 **Hype sb/sth** is also used on its own. * hype sb / sth 也单独使用。

◆ v + n/pron + adv ◆ v + adv + n

▶ **,hyped 'up** *adj* (*informal*) **1** (of a person 人) very excited or worried about sth 十分兴奋的；十分担忧的: *She gets very hyped up before a race.* 她一到赛跑前就万分紧张。 **2** (of a film/movie, a book, an event, etc. 电影、书、活动等) advertised or talked about in an exaggerated way to get public attention 大做广告的；受到吹捧的: *a hyped-up movie* 被大肆炒作的电影

Ii

ice /aɪs/

ˌice sth ˈdown (*AmE*) to put ice on, around, or in sth to keep it cold 冰冻；冰起来：*Have you iced down the champagne?* 香槟你冰镇了没有？

◆ v + adv + n ◆ v + n/pron + adv

ˌice ˈover/ˈup; be ˌiced ˈover/ˈup to become covered by a layer of ice 覆盖着一层冰；结冰：*The road had iced over during the night.* 道路夜间结了冰。◇ *The windscreen had iced up.* 挡风玻璃上结了一层冰。◇ *The lake was iced up.* 湖面结冰了。

SYN **freeze over, freeze up**

◆ v + adv ◆ be + v + adv

identify /aɪˈdentɪfaɪ/ (identifies, identifying, identified)

iˈdentify with sb/sth to feel that you can understand and share the feelings of sb else 对…感同身受；对…有同感：*He's a character that readers feel they can identify with.* 他是一个让读者感觉能产生共鸣的人物。

◆ v + prep

iˈdentify sb with sb/sth to consider sb to be sth or to be closely connected with sb/sth 认为某人是…；认为某人与…有密切联系：*The last thing she wanted was to be identified with her parents.* 她最讨厌别人将她和父母联系在一起。◇ *Many of these artists were closely identified with Cubist painting.* 这些艺术家中的很多人被看作属于立体主义画派。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

iˈdentify sth with sth to consider sth to be the same as sth else 认为…等同于：*Beauty is often identified with youth.* 美貌与青春常常被等同看待。

◆ v + n/pron + prep

iˈdentify yourself with sb/sth; be iˈdentified with sb/sth to support sb/sth; to be closely connected with sb/sth 支持；与…关系密切：*He refused to identify himself with the new political party.* 他拒绝支持新政党。

→ see also IDENTIFY SB WITH SB/STH

idle /ˈaɪdl/

ˌidle sth aˈway to spend time doing nothing very important 混时间；无所事事：*They idled away their time watching television.* 他们看电视消磨时间。

OBJ **day, time**

◆ v + adv + n ◆ v + n/pron + adv

imbue /ɪmˈbjuː/

imˈbue sb/sth with sth to fill sb/sth with a strong feeling, quality, etc. 赋予（某特点）；灌输，使充满（强烈感情等）：*He managed to imbue his employees with team spirit.* 他成功地激发了员工的团队精神。◇ *The painting is imbued with energy and life.* 这幅画充满活力与生机。

SYN **infuse B with A**

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

immerse /ɪˈmɜːs; *AmE* ɪˈmɜːrs/

imˈmerse sb/yourself in sth to become, or to make sb become, completely involved in sth （使）沉浸于，醉心于，投入：*He immersed himself in his studies.* 他潜心研究。◇ *I was completely immersed in the story.* 我完全沉浸在故事中。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

impact /ɪmˈpækt/

imˈpact on sb/sth (*also* **imˈpact upon sb/sth** *more formal*) to have an effect on sb/sth 影响：*Government cuts will impact directly on education.* 政府削减经费将直接影响教育。◇ *This decision may impact on the unemployed.* 这一决定可能会影响失业人群。

SYN **affect sb/sth**

◆ v + prep

impinge /ɪmˈpɪndʒ/

imˈpinge on sb/sth (*also* **imˈpinge upon sb/sth** *more formal*) to have a strong effect on sb/sth, especially a bad one 对…造成严重影响（尤指负面影响）：*She didn't allow her personal problems to impinge on her work.* 她不让个人问题妨碍工作。

SYN **affect sb/sth**

◆ v + prep

impose /ɪmˈpəʊz; *AmE* ɪmˈpoʊz/

imˈpose on sb to expect sb to do sth for you or spend time with you when they do not have much time, or when it may not be convenient for them 强人所难；勉强某人：*Tim never says 'No', so people are always imposing on him.* 蒂姆从不拒绝别人，所以别人常常要他做这做那。

◆ v + prep

impress /ɪm'pres/

im'press sth on sb (*also* **im'press sth upon sb** *more formal*) to emphasize to sb how important or serious sth is 向某人强调（某事的重要性或严重性）: *I wanted to impress on him that it was a very serious offence.* 我想向他强调，这是一项很严重的罪名。◇ *She impressed on her staff the importance of keeping accurate records.* 她向员工强调准确记录的重要性。

NOTE The object of **impress** usually comes after **on sb**. * impress 的宾语通常置于 on sb 之后。

* v + n/pron + prep

im'press sth/itself on sth (*also* **im'press sth/itself upon sth** *more formal*) if sb **impresses sth on** or sth **impresses itself on** your mind, memory, etc., it has a great effect on you so that you do not forget it 给…留下深刻印象；使铭记: *Her beauty impressed itself on everyone who met her.* 她的美貌让每个见过她的人都难以忘怀。◇ *His words impressed themselves on my memory.* 他的话我铭记在心。

* v + n/pron + prep

imprint /ɪm'prɪnt/

im'print A in/on B; im'print B with A **1** to have a great effect on sth so that it cannot be forgotten, changed, etc. 对…产生不可磨灭的影响；牢记…（在心）: *The scene was imprinted on my mind.* 这一场景在我脑海里挥之不去。◇ *The picture is imprinted with his own style.* 这幅画彰显了他的个人风格。 **2** to print or press a mark or design on sth 在…上印上（标记）；压印（图样）: *T-shirts imprinted with the logos of sports teams* 印有运动队标识的 T 恤衫

NOTE Often used in the passive. 常用于被动语态。

* v + n/pron + prep

improve /ɪm'pruːv/

im'prove on sth (*also* **im'prove upon sth** *more formal*) to achieve or produce sth of a better standard or quality than sth else 完善；改进: *There are a few points in your work that you could improve on.* 你的工作中有几个地方有待改进。◇ *The Kenyan girl improved on her previous best performance* (= in a race). 那名肯尼亚女选手超越了自己以往的最好成绩。◇ *These results cannot be improved upon.* 这些成果无法超越。

* v + prep

impute /ɪm'pjuːt/

im'pute sth to sb/sth (*formal*) to say, often unfairly, that sb/sth is responsible for sth, or has a particular quality （常指不公平地）将…归咎于，认为…具有（某种特质）: *Why do you impute selfish motives to her?* 为什么你认为她是出于私心？

* v + n/pron + prep

incline /ɪn'klaɪn/

in'cline to/towards sth; in'cline sb to/towards sth (*formal*) to tend to think or behave in a particular way; to make sb do this （使）倾向于: *I incline to the view that we should take no action.* 我倾向于认为我们不应采取任何行动。◇ *Her love of languages inclined her towards a career as a translator.* 她对语言的热爱促使她当了翻译。

* v + prep * v + n/pron + prep

indulge /ɪn'dʌldʒ/

in'dulge in sth **1** to allow yourself to have or do sth that you like, often sth that is bad for you 沉迷于；沉湎于；沉溺于: *She indulged in the luxury of a long bath.* 她在浴缸里泡了很久，好好享受了一番。◇ *He now has time to indulge in his favourite hobby: photography.* 现在他有时间醉心于他的最大嗜好 —— 摄影。◇ *It's a luxury that can only be indulged in from time to time.* 这种奢侈只能偶尔享用一下。◇ *I'm going to indulge in a chocolate cake!* 我要享用巧克力蛋糕了！ **2** to take part in an activity, especially sth bad or illegal 参加，参与（尤指不良或非法活动）: *We shouldn't indulge in speculation as to what really happened.* 到底发生了什么事，我们不应妄加猜测。

* v + prep

inform /ɪn'fɔːm; *AmE* ɪn'fɔːrm/

in'form on sb to give evidence about sb or accuse sb of sth, to the police or sb in authority 举报；告发: *One of the gang informed on the rest.* 团伙中的一人告发了其他人。

* v + prep

infringe /ɪn'frɪndʒ/

in'fringe on sth (*also* **in'fringe upon sth** *more formal*) to limit sb's freedom, rights, etc. 限制，侵害，侵犯（某人的自由、权利等）: *The media is accused of infringing on people's privacy.* 媒体被指责侵犯人们的隐私。

OBJ **liberty, rights**

* v + prep

infuse /ɪn'fjuːz/

in'fuse A into B; in'fuse B with A (*formal*) to fill sb/sth with a particular quality 赋予，注入，使充满（某种特质）: *His arrival infused new life and energy into the team.* 他的到来为团队注入新的生气和活力。◇ *Her work is infused with anger.* 她的作品充满了激愤。

SYN **imbue sth with sth**

* v + n/pron + prep

ink /ɪŋk/

ink sth 'in (*BrE*) to write or draw in ink over sth that has been written or drawn in pencil 在（铅笔字或画上）用墨水加描，上墨: *I did the answers in pencil first and then inked them in.* 我先用铅笔作答，然后用墨笔描出来。◇ (*figurative*) *The company has inked in June 1st* (= made it definite) *for the launch.* 公司已

确定 6 月 1 日推出该产品。
◆ v + n/pron + adv ◆ v + adv + n

inquire /ɪnˈkwaɪə(r)/

inˈquire into sth, etc. (*especially AmE*) → ENQUIRE

insinuate /ɪnˈsɪnjueɪt/

inˌsinuate yourself ˈinto sth (*formal, disapproving*) to get yourself into a position of advantage, especially by clever talk or by gaining the favour or respect of sb important 钻营巧取，耍手段（以取得有利地位）: *She cleverly insinuated herself into his family.* 她设法巧妙地混入了他的家庭。
◆ v + pron + prep

insist /ɪnˈsɪst/

inˈsist on sth; inˈsist on doing sth (*also* **inˈsist upon sth, inˈsist upon doing sth** *more formal*) to demand sth and refuse to be persuaded to accept anything else 坚决要求；坚持主张: *They are insisting on a meeting tomorrow.* 他们坚持明天开会。◇ *I always insist on skimmed milk.* 我从来只喝脱脂牛奶。◇ *He insisted on walking home with her.* 他执意要和她一起走回家。◇ *This format must be insisted on.* 必须使用这一格式。
◆ v + prep

inˈsist on doing sth (*also* **inˈsist upon doing sth** *more formal*) to continue doing sth even though other people find it annoying 坚持做，继续做（烦人的事）: *She will insist on shouting at the top of her voice.* 她会一直放声大喊的。
◆ v + prep

insure /ɪnˈʃʊə(r), -ˈʃɔː(r); AmE -ˈʃʊr/

inˈsure against sth **1** to buy an insurance policy which will pay you money if the event mentioned happens 购买…保险；投保: *Everyone needs to insure against fire.* 每个人都需要投保火险。 **2** to take action to prevent sth unpleasant happening 采取预防措施；防止…发生: *This is to insure against a repetition of previous disasters.* 这是为了避免过去灾难的重现。
◆ v + prep

interest /ˈɪntrəst, -trest/

ˈinterest sb in sth to persuade sb to buy, do or eat sth 劝某人做某事；使某人对某事感兴趣: *Could I interest you in this model* (= of car), *Sir?* 先生，您有兴趣看看这款车吗？
◆ v + n/pron + prep

interfere /ˌɪntəˈfɪə(r); AmE ˌɪntərˈfɪr/

interˈfere with sb (*BrE*) to touch a child in a sexual way （出于猥亵目的）触摸（幼童）
◆ v + prep

interˈfere with sth **1** to get in the way of sth; to prevent sth from being done or making progress 妨碍；阻碍；干扰: *Don't let anything interfere with your training.* 不要让任何事情影响你的训练。◇ *We don't want to interfere with your plans.* 我们不想打乱你的计划。 **2** to

SYNONYMS 同义词辨析

interfere with sth

disrupt sth ◆ interfere with sth ◆ interrupt sth ◆ upset sth

These verbs all mean to make it difficult for sth to continue in the normal or planned way. 这些动词都表示干扰、打乱、妨碍。

disrupt sth to make it difficult for sth to continue in the normal way or in the way that was planned 打乱；扰乱；妨碍: *Demonstrators succeeded in disrupting the meeting.* 示威者成功地搅乱了会议。

interfere with sth to prevent sth from succeeding or from continuing as normal or as planned 妨碍；阻碍；干扰: *She doesn't allow her personal feelings to interfere with her work.* 她不让私人感情妨碍工作。 ▶ interference *n* [U]: *We will not allow any interference with the normal democratic processes.* 我们不允许正常民主程序受到任何干扰。

interrupt sth to stop the continuous progress of sth for a short time 暂停；中断；打断: *The game was interrupted several times by rain.* 比赛因雨中断了好几次。◇ *We interrupt this programme to bring you an important news bulletin.* 本节目暂停，为您插播重要新闻简报。 ▶ interruption *n* [C,U]: *The service was maintained without interruption throughout the war.* 在战争期间，这项服务得以维持，未曾中断。

upset sth to make a plan, event or situation go wrong 打乱；扰乱；使出错: *He arrived an hour late and upset all our arrangements.* 他迟到了一个小时，打乱了我们所有的安排。◇ *The disagreement further upset relations between the two countries.* 这一分歧进一步损害了两国的关系。

PATTERNS AND COLLOCATIONS

- to disrupt/interfere with/interrupt **work**
- to disrupt/interrupt **services/a meeting**
- to disrupt/interfere with/upset **plans**
- to interfere with/upset **arrangements**
- to disrupt/interfere with **sb's life**

touch, adjust or change sth without permission, and damage it （未经允许）摆弄，改动，擅弄（而造成损坏）: *Who's been interfering with the clock?* 是谁乱动过这钟？ ◇ *The evidence has been interfered with.* 有人对证据动了手脚。 SYN **tamper with sth** **3** if sth **interferes with** radio or sound waves, etc., it stops them being heard easily or clearly 干扰（无线电波、声波等）: *The computer is interfering with the radio.* 计算机正对广播产生干扰。
◆ v + prep

inure /ɪˈnjʊə(r); *AmE* ɪˈnjʊr/

iˈnure sb/yourself to sth to make sb/sth get used to sth unpleasant so that they are no longer strongly affected by it 使习惯于，使适应（令人不快的事物）: *The prisoners quickly became inured to the harsh conditions.* 囚犯很快便适应了恶劣的条件。
◆ v + n/pron + prep

invalid /ˈɪnvəlɪd, ˈɪnvəliːd/

ˌinvalid sb ˈout; ˌinvalid sb ˈout of sth (*BrE*) to make sb leave a job, especially in the armed forces, because they are ill/sick or injured 使（因病或因伤）离职（或退役）: *He was invalided out of the army because of his injuries.* 他因伤从部队退役了。
NOTE Usually used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

inveigh /ɪnˈveɪ/

inˈveigh against sb/sth (*formal*) to criticize sb/sth strongly 猛烈抨击；痛骂: *The article went on to inveigh against political correctness and all the perceived evils of the modern world.* 该文继而痛斥"政治正确"这一观念以及现代社会各色罪恶。
◆ v + prep

invest /ɪnˈvest/

inˈvest in sth (*informal, often humorous*) to buy sth or spend money on sth useful, especially sth expensive 购买（有用之物，尤指贵重物品）: *It's time we invested in a new sofa—this one is falling to bits.* 我们该买新沙发了——这一套都快散架了。
◆ v + prep

inˈvest sb/sth with sth (*formal*) to make sb/sth seem to have a particular quality 使似乎具有（某种特质）: *Being the boss invests her with a certain glamour.* 当上老板似乎为她平添了几分魅力。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

invite /ɪnˈvaɪt/

inˌvite sb aˈlong to ask sb if they would like to go with you to an event or activity 邀请某人一起参加；请某人同行: *Shall I invite Dave along (to the concert)?* 我该不该邀请戴夫一起去（听音乐会）？
SYN **ask sb along** (*less formal*)
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

inˌvite sb aˈround (*AmE*) → INVITE SB OVER/ROUND

inˌvite sb ˈback (to sth) (*especially BrE*) to ask sb to go back to your home after you have been out somewhere together （一起在外聚会后）邀请某人回自己家: *She invited me back to her place for coffee after the movie.* 看完了电影，她邀我去她家喝了杯咖啡。
SYN **ask sb back (to sth); have sb back** (*less formal*)
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

⚷ **inˌvite sb ˈin/ˈup** to politely ask sb to enter a room, your house, etc. 邀请某人（进屋、回家等）: *Aren't you going to invite me in for a coffee?* 你不打算请我进去喝杯咖啡吗？
SYN **ask sb in/up** (*less formal*)
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

⚷ **inˌvite sb ˈout** to ask sb to go out with you, especially as a way of beginning a romantic relationship 邀请某人外出约会（尤指有意发展恋情）: *We've been invited out for dinner this evening.* 今晚有人约我们出去吃饭。 ◇ *He eventually found the courage to invite Julia out.* 他终于鼓起勇气约朱莉娅出来。
SYN **ask sb out** (*less formal*)
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

⚷ **inˌvite sb ˈover/ˈround** (*BrE*) (*AmE* **ˌinvite sb aˈround**) to ask sb to come and visit you in your home 邀请某人来家做客: *I've invited a few friends round to watch the game with us on TV.* 我约了几个朋友来我家一起看电视转播的比赛。 ◇ *We ought to invite the new neighbours over for coffee.* 我们应该请新邻居来家里喝杯咖啡。
SYN **ask sb over/round** (*less formal*)
◆ v + n/pron + adv

inˌvite sb ˈup → INVITE SB IN/UP

involve /ɪnˈvɒlv; *AmE* ɪnˈvɑːlv/

inˈvolve sb in sth to make sb experience or do sth, especially sth unpleasant 使经历，使陷入（尤指不快之事）: *The new exams have involved teachers in a lot of extra work.* 新的考试给老师们带来大量额外工作。
◆ v + n/pron + prep

iron /ˈaɪən; *AmE* ˈaɪərn/

ˌiron sth ˈout **1** to remove the folds that you do not want from clothes, etc. by using an iron 熨平，烫平（衣服等的皱褶）: *Iron out all the creases.* 熨平所有的褶皱。 OBJ **creases** **2** to get rid of any problems or difficulties that are affecting sth 消除，解决（问题或困难）: *We must iron out the problems before next week.* 我们下周前必须解决这些问题。 OBJ **difficulties, problems** SYN **resolve sth** (*more formal*)
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

issue /ˈɪʃuː; *BrE also* ˈɪsjuː/

ˈissue from sth (*formal*) to come, go or flow out of sth or somewhere 从…中出来；从…流出: *I could see smoke issuing from the window.* 我看到烟正从窗户冒出来。

* v + prep

itch /ɪtʃ/

ˈitch for sth (*usually used in the progressive tenses* 通常用于进行时) to want sth very much 渴望；热望；极想得到: *They were just itching for a fight.* 他们摩拳擦掌，想打上一架。

OBJ **a fight, a chance**

NOTE **Itch to do sth** can also be used with the same meaning * itch to do sth 也可作此义: *He was itching to find out more.* 他迫切想了解更多情况。

* v + prep

Jj

jab /dʒæb/ (-bb-)

'jab at sb/sth (with sth) to push a sharp or pointed object quickly or roughly into sb/sth or in the direction of sb/sth （用尖锐物体）捅，戳，刺: *He kept jabbing at the paper cup with his pencil.* 他不断地用铅笔扎着纸杯。◇ *She jabbed at the papers with her finger.* 她用手指戳了戳文件。
◆ v + prep

jabber /'dʒæbə(r)/

,jabber a'way (*informal*) to speak or talk quickly in an excited way 急促兴奋地说话: *She jabbered away, trying to distract his attention.* 她喋喋不休，想分散他的注意力。◇ *He was jabbering away in Russian.* 他叽里咕噜地说着俄语。
◆ v + adv

jack /dʒæk/

,jack sb a'round (*AmE, informal*) to treat sb in a way that is deliberately not helpful to them or wastes their time 搪塞；怠慢；浪费某人的时间: *Let's go. We're being jacked around here.* 我们走。这里的人在敷衍我们。
SYN **mess sb around** (*informal*)
◆ v + n/pron + adv

,jack 'in; ,jack 'into sth (*informal*) to connect to a computer system 连接上（计算机系统）: *I'm jacking into the Internet now.* 我现在正连接互联网。
◆ v + adv ◆ v + prep

,jack sth 'in (*BrE, informal*) to stop doing sth, especially your job 停止，放弃（尤指工作）: *She decided to jack in her job.* 她决定辞职。◇ *After such a bad day I feel like **jacking it all in**.* 这么倒霉的一天下来，我什么都不想干了。
OBJ **job** SYN **chuck sth in/up; pack sth in**
NOTE Not used in the passive. 不用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

,jack 'off (*AmE*, ⚠, *slang*) if a man **jacks off**, he gives himself sexual pleasure by rubbing his sexual organs （男子）手淫，自慰
◆ v + adv

,jack 'up (*slang*) to take an illegal drug by putting it into your body using a needle 注射毒品
◆ v + adv

,jack sth 'up 1 to lift sth such as a vehicle off the ground using a special device (a **jack**) 用千斤顶托起（车辆等） OBJ **car 2** (*informal*) to increase the cost or the price of sth 增加，提高（成本或价格）: *The wholesalers have jacked up their prices.* 批发商提价了。 OBJ **cost, price**
SYN **put sth up; increase sth** (*more formal*) ⊃ note at PUT STH UP
◆ v + adv + n ◆ v + n/pron + adv

be/get ,jacked 'up (*AmE, slang*) **1** to be ruined or spoiled 毁坏；损坏: *My PC is all jacked up right now.* 我的电脑现在完全坏了。 **2** to be nervous or excited 紧张；激动: *The whole school is jacked up about the game tonight.* 全校的人都为今晚的比赛兴奋不已。 **3** to be drunk 喝醉: *Don't drive if you're too jacked up.* 喝得烂醉了就别开车。
◆ get + v + adv

jam /dʒæm/ (-mm-)

,jam sth 'on if you **jam on the brakes** of a vehicle, you operate them suddenly and with force 猛踩（刹车）: *A child ran into the road and I jammed on the brakes.* 有个小孩跑到马路上，我急忙踩刹车。
OBJ only **the brakes, the handbrake** SYN **slam sth on**
◆ v + adv + n ◆ v + n/pron + adv

,jam ''up; ,jam sth 'up (with sth) (*especially BrE*) if a machine, a road, etc. **jams up**, or sth **jams it up**, it becomes blocked, stops working, etc. （使）（机器等）卡住，停止运转；（使）（道路等）拥塞，阻塞: *Let's get moving before the traffic jams up.* 咱们赶在交通拥堵前出发吧。◇ *People were jamming up the aisles in their rush to get out of the theatre.* 大家冲出剧院，把过道堵塞了。◇ *That photocopier is always getting jammed up.* 这台复印机总卡纸。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

jazz /dʒæz/

,jazz sth 'up (with sth) (*informal*) **1** to make sth more lively or interesting 使活泼；使有趣: *Jazz up that plain dress with some jewellery.* 佩戴些首饰，让那件素淡的连衣裙鲜亮一点。 SYN **liven sth up; spice sth up** (*more formal*) **2** to make a piece of music sound more modern, or more like jazz or popular music 改编（音乐）使有现代元素（或有爵士乐风格、流行乐色彩）: *jazzed-up Bach* 改编的巴赫作品
◆ v + adv + n ◆ v + n/pron + adv

jerk /dʒɜːk; *AmE* dʒɜːrk/

,jerk sb a'round (*informal, especially AmE*) to treat sb badly and cause them problems, especially by not telling the truth （尤指通过隐瞒真相）为难，刁难: *He won't give us an answer—he keeps jerking us around.* 他不会给我们答复的——他一直刁难我们。
SYN **mess sb about/around** (*BrE*)
◆ v + n/pron + adv ◆ v + adv + n

ˌ**jerk 'off** (⚠, *slang*) if a man **jerks off**, he gives himself sexual pleasure by rubbing his sexual organs （男子）手淫，自慰
◆ v + adv

jet /dʒet/ (-tt-)

ˌ**jet 'off** (to ...) to fly somewhere, especially somewhere far away 乘飞机去（尤指远方）：*They're jetting off to Florida tomorrow.* 他们明天要飞往佛罗里达。
◆ v + adv

jibe /dʒaɪb/

'**jibe with sth** (*AmE*) to agree with sth; to be the same as sth or match sth （与…）相符，一致，匹配：*Her story didn't jibe with the witnesses' account.* 她的说法和证人的描述有出入。
◆ v + prep

jockey /'dʒɒki; *AmE* 'dʒɑːki/

'**jockey for sth** to try very hard to gain an advantage, a favour, etc. for yourself and stop other people getting it 争夺；谋求：*Several employees are jockeying for the manager's position.* 几个雇员正在角逐经理职位。
OBJ **position, power**
◆ v + prep

jog /dʒɒg; *AmE* dʒɑːg/ (-gg-)

ˌ**jog a'long** (*BrE, informal*) to continue in a steady way, with little or no excitement or progress 缓慢平稳地进行：*For years the business just kept jogging along.* 多年来生意一直不温不火。
◆ v + adv

join /dʒɔɪn/

ˌ**join 'in (with sb/sth)**, ˌ**join 'in sth** to become involved in sth; to take part in an activity with other people （与…一同）参加，加入：*Can I join in (the game)?* 我可以参加（比赛）吗？◇ *We all joined in with the singing.* 我们都齐声歌唱。
SYN **participate (in sth)** (*more formal*)
◆ v + adv ◆ v + prep

ˌ**join 'up 1 (with sb/sth)** to meet or combine with sb/sth to do sth together （与…）会合，联合：*They joined up with the rest of the party later.* 他们后来与团队的其他人会合了。 **2** to become a member of the armed forces 入伍；参军：*We both joined up in 1939.* 我俩都是 1939 年入伍的。 SYN **enlist** (*more formal*)
◆ v + adv

ˌ**join 'up**; ˌ**join sth 'up** (*especially BrE*) to be connected to sth; to connect sth to sth （使）连接，结合：*The dots join up to form a solid line.* 小点连接起来形成实线。◇ *Join up the dots to see the picture.* 把这些点连接起来就能看出图形了。
SYN **connect (sth)** (*more formal*)
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

▶ ˌ**joined 'up** *adj* [usually before noun] (*especially BrE*) things that are **joined up** are connected or linked together 相互连接的；连成一体的：*joined-up writing* 连笔字 ◇ (*figurative*) *joined-up thinking* 连贯思维 ◇ (*figurative*) *the government's joined-up policy on health care* 政府对医疗保健的一体化政策

'**join with sb (in sth/in doing sth)** (*formal*) to do or say sth with sb else or with a group of people 和某人一起（做某事）：*I'm sure you'll join with me in congratulating Jo and Mark.* 我相信各位会和我一道祝贺乔和马克。◇ *Parents joined with teachers to protest against the closure of the school.* 家长和教师联合抗议关闭学校。
◆ v + prep

joke /dʒəʊk; *AmE* dʒoʊk/

ˌ**joke a'round** (*AmE*) to make jokes or do things to make people laugh 开玩笑；逗乐子：*I'm always joking around, trying to lighten the mood.* 我总是开玩笑，尽量放松心情。
◆ v + adv

jolly /'dʒɒli; *AmE* 'dʒɑːli/ (jollies, jollying, jollied)

ˌ**jolly sb a'long** (*BrE, informal*) to keep encouraging sb in a friendly way 一直给…鼓劲：*She tried to jolly him along but he couldn't forget his problems.* 她一直鼓励他，但他忘不掉自己的问题。
◆ v + n/pron + adv

ˌ**jolly sb/sth 'up** (*BrE*) to make sb/sth brighter or more cheerful 使生气勃勃；使喜气洋洋：*Do you think you can jolly Anthony up a bit?* 你觉得你能让安东尼打起点精神吗？
SYN **cheer sb/sth up; liven sb/sth up**
◆ v + n/pron + adv ◆ v + adv + n

jostle /'dʒɒsl; *AmE* 'dʒɑːsl/

'**jostle for sth** to compete strongly with other people for sth 争夺；争抢：*People in the crowd were jostling for the best positions.* 这群人在竞相抢占最好的位置。
◆ v + prep

jot /dʒɒt; *AmE* dʒɑːt/ (-tt-)

ˌ**jot sth 'down** to write sth down quickly 草草记下；匆匆记下：*I'll jot down their address before I forget it.* 我得赶快把他们的地址写下来，免得忘了。
SYN **note sth down**
◆ v + adv + n ◆ v + n/pron + adv

juice /dʒuːs/

ˌ**juice sth 'up** (*informal, especially AmE*) **1** to make sth more lively, exciting or interesting 使更生动；使更激动人心；使更有趣：*Juice up your talk with pictures.* 用图片使你的演讲更活泼些。 SYN **jazz sth up 2** to make sth more powerful 加强…的功效：*I can juice up the engine for you.* 我能给你的发动机加大马力。 SYN **soup sth up 3** to put petrol in a vehicle 给

（车辆）加油：*We need to juice up the car before we leave.* 出发前我们要给车加油。 OBJ car SYN **fill sth up**
• v + adv + n • v + n/pron + adv

jumble /ˈdʒʌmbl/

ˌjumble sth ˈup/toˈgether to mix things up in a confused way 使混乱；使杂乱：*Make sure you don't jumble everything up.* 一定不要把东西全都弄乱了。◇ *The details of the accident were all jumbled together in his mind.* 他把事故细节记得颠三倒四。
SYN **mix sth up** ⊃ note at MIX STH UP
NOTE Often used in the passive 常用于被动语态：*All her papers had been jumbled up.* 她的文件都搞乱套了。
• v + n/pron + adv • v + adv + n

jump /dʒʌmp/

ˈjump at sb (*AmE*) → JUMP ON SB

ˈjump at sth to accept an opportunity, a chance, etc. with enthusiasm 迫不及待地接受，抢着接受（机会等）：*I jumped at the chance of a trip to Italy.* 我急不可待地抓住机会去意大利旅行。
OBJ **chance, idea** SYN **leap at sth**
• v + prep

ˌjump ˈin 1 (with sth) to interrupt a conversation 打断谈话；插嘴：*I jumped in while there was a brief pause in the conversation.* 我趁着谈话间隙插了句话。 **2** to become involved in a situation suddenly or quickly 匆忙行动；踊跃参与：*She had jumped in to help while he was ill.* 他生病时她立刻去帮忙。
• v + adv

ˈjump on sb (*AmE also* **ˈjump at sb**) (*informal*) to criticize sb sharply 尖锐批评；厉声斥责：*She jumped on me before I had a chance to explain.* 我还没来得及解释，她便对我破口大骂。
• v + prep

ˌjump ˈout at sb to be very easy to see; to be noticeable （对某人来说）非常显眼，显而易见：*The headline jumped out at me.* 我一眼就看见了醒目的标题。◇ *The mistakes are so obvious they jump out at you.* 这些错误十分显眼，一眼就看到了。
SYN **leap out at sb**
• v + adv + prep

ˌjump ˈup to stand quickly and suddenly when you have been sitting （坐着）突然起身，一跃而起：*He jumped up off the floor.* 他一下子从地板上站了起来。
SYN **leap up**
• v + adv
▸ **ˈjumped-up** *adj* [only before noun] (*BrE, informal, disapproving*) thinking that you are more important than you really are, particularly when you have risen in social status but do not deserve to （尤指高升或发迹后）妄自尊大的，自视过高的：*I won't take orders from a jumped-up office girl!* 我不会容忍一个新升职的办公室女职员对我发号施令！

jut /dʒʌt/ (-tt-)

ˌjut ˈout (from sth), ˌjut ˈout of sth to stand out from sth; to stick out further than the surrounding surface （从…）突出，伸出：*The tops of the flooded houses jutted out of the water.* 遭水淹的房屋只有屋顶露出水面。
SYN **stick out, stick out of sth**
• v + adv • v + adv + prep

Kk

keel /kiːl/

ˌkeel ˈover 1 (*informal*) to fall over 倒下: *I'm so tired, all I want to do is keel over and sleep for a week.* 我累极了，只想倒头睡上一个星期。 SYN **collapse 2** (of a boat 船) to turn on its side 倾覆；翻倒: *The boat keeled over in the strong winds.* 船在大风中翻了。 SYN **capsize**
◆ v + adv

keep /kiːp/ (**kept, kept** /kept/)

ˌkeep ˈafter sb (about sth/to do sth) (*AmE*) to ask or tell sb repeatedly to do sth 一再要求，反复提醒（某人做某事）: *She keeps after me to fix the TV.* 她总是唠叨着让我修电视机。
→ see also KEEP ON 2
◆ v + prep

ˌkeep aˈhead; ˌkeep aˈhead of sb/sth to continue to be more advanced or successful than other people, groups, etc. 保持领先（于…）的位置: *We need to keep ahead of our competitors.* 我们得继续领先于我们的对手。◇ *If you want to keep ahead in this industry, you have to be ruthless.* 要想在这个行业一直做领头羊，你就不能心慈手软。
SYN **stay ahead, stay ahead of sb/sth**
◆ v + adv ◆ v + adv + prep

ˌkeep ˈat sth; ˌkeep sb ˈat sth to continue to work hard at sth, or to make sb work hard at sth, particularly sth which is difficult or takes a long time （使）继续努力，坚持干: ***Keep at it**, you've nearly finished!* 别松劲，你马上就要完成了！◇ *He kept them at the job until it was finished.* 他让他们一直干到把活干完。
◆ v + prep ◆ v + n/pron + prep

ˌkeep aˈway (from sb/sth) to not go near sb/sth 避免靠近；远离: *Keep away from me!* 离我远点！◇ *The police told us to keep well away from the area.* 警察让我们避开那个地区。
SYN **stay away (from sb/sth)**
◆ v + adv

ˌkeep sb/sth aˈway (from sb/sth) to prevent sb/sth from going near sb/sth 不让…靠近；使远离: *Keep him away from the kitchen while we make his birthday cake.* 我们给他做生日蛋糕时，不要让他进厨房。◇ *We turned off the lights to keep the mosquitoes away.* 我们关了灯，以免招蚊子。◇ *Her parents are keeping her away from school for a few days.* 她的父母让她这几天不去上学。◇ (*figurative*) *A healthy diet can help to keep colds and flu away.* 健康饮食有助于预防伤风和流感。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
▶ ˈ**keep-away** *n* [U] a game, usually played by children, in which two or more people throw a ball and try to stop another person from catching it 儿童投球游戏；拦截球游戏

ˌkeep ˈback (from sb/sth) to remain at a distance from sb/sth （与…）保持距离: *Keep back or I'll shoot!* 不许过来，不然我开枪了！◇ *I kept well back from the road.* 我远离公路。
SYN **stay back**
◆ v + adv

ˌkeep sb ˈback 1 (*BrE*) → KEEP SB IN 1: *I was kept back after school for being cheeky.* 我因为不懂礼貌而要课后留校。 **2** (*AmE*) → KEEP SB DOWN 1

ˌkeep sb/sth ˈback (from sb/sth) to make sb/sth remain at a distance from sb/sth; to prevent sb from moving forwards 使（与…）保持距离；避免…走近: *Keep the children back from the fire.* 别让小孩靠近炉火。◇ *The police were trying to keep back the crowds.* 当时警察正设法阻挡人群靠近。
◆ v + n/pron + adv ◆ v + adv + n

ˌkeep sth ˈback 1 (*especially BrE*) to keep a part of sth to use later 保留；预留: *Have you kept some money back to pay the bills?* 你留出付账单的钱了吗？◇ *Keep a piece of cake back for Alex.* 给亚历克斯留块蛋糕。 **2 (from sb/sth)** to refuse to tell sb sth; to hold sth back 不告诉；隐瞒: *I'm sure she's keeping something back (from us).* 我肯定她有什么事儿瞒着（我们）。
OBJ **something, anything, nothing** SYN **withhold sth** (*more formal*) **3** to try not to let other people see or know how you feel 抑制，克制（感情等）: *He could hardly keep back the tears.* 他难以忍住泪水。 OBJ **tears** SYN **hold sth back**
◆ **1,2** v + n/pron + adv ◆ v + adv + n
◆ **3** v + adv + n ◆ v + n/pron + adv

ˌkeep sb beˈhind (*AmE*) → KEEP SB IN 1

ˌkeep ˈdown to hide yourself by not standing up straight 隐伏；卧倒隐蔽；蹲下藏身: *Keep down! Don't let anybody see you.* 蹲下！不要让人看见你。
SYN **stay down**
◆ v + adv

ˌkeep sb ˈdown 1 (*BrE*) (*AmE* **ˌkeep sb ˈback**) to make a student repeat a year at school, college, etc. because of poor marks/grades 让（学生）留级: *I was kept down because I failed the exam.* 我因为考试不及格被要求留级。 **2** to control a people, a nation, etc. so that they have no power or freedom 压制，控制，限制（人民、国家等）: *The people have been kept down for years by a brutal regime.* 多年来人们一直受到残暴政权的压制。 SYN **repress sb**
◆ **1** v + n/pron + adv
◆ **2** v + n/pron + adv ◆ v + adv + n

ˌkeep sth ˈdown 1 to make sth remain at a low level; to avoid increasing sth 使保持在低水平；抑制…的增长: *We're trying to keep costs*

down. 我们正努力保持低成本。◇ *He exercises a lot to keep his weight down.* 他一个劲地锻炼，以控制体重。◇ *Keep your voice down!* 小点声！◇ ***Keep it down*** (= Make less noise)! *I'm trying to concentrate.* 安静点！我要集中注意力。 OBJ **costs, prices, voice, noise** SYN **hold sth down** **2** to manage to keep food or drink in your stomach and avoid bringing it back through your mouth 不使（胃中食物）吐出；吃（或喝）下去不吐：*He can't keep anything down.* 他吃什么都吐。 OBJ **food** SYN **hold sth down** **3** to not raise a part of your body 不抬起（身体部位）：*Keep your head down!* 别抬头！◇ *She kept her eyes down while he was talking.* 他讲话时她一直没抬眼。 OBJ **eyes, head, face**
NOTE Not used in the passive in meanings 2 and 3. 作第 2 及第 3 义时不用于被动语态。
• **1,2** v + n/pron + adv • v + adv + n
• **3** v + n/pron + adv
IDM **keep/get your 'head down** to avoid attracting attention 避免引起注意；保持低调；不张扬

'keep from doing sth; 'keep yourself from doing sth to prevent yourself from doing sth 忍住不做某事：*She bit her lip to keep from laughing.* 她咬着嘴唇，以免笑出来。
• v + prep • v + pron + prep

'keep sb from sth; 'keep sb from doing sth to prevent sb from doing sth 阻止某人做某事：*Don't let me keep you from your work.* 我可不想妨碍你工作。◇ *I've been trying to keep him from finding out the truth.* 我一直没让他找出真相。◇ *Her pride kept her from crying in front of them.* 她的自尊心不允许她在他们面前哭出来。
• v + n/pron + prep

'keep sth from sb to avoid telling sb sth 不告诉；隐瞒：*I think he's keeping secrets from me.* 我想他有秘密瞒着我。◇ *Are you keeping something from us?* 你有什么事儿瞒着我们吗？
OBJ **secrets, something**
• v + n/pron + prep

,keep 'in (*BrE*) to stay near the edge of the road or path while you are driving, walking, etc. 靠路边（开车、行走等）：*If you keep in, the van can overtake.* 你往路边靠一下，小货车就能开过去。
• v + adv

,keep sb 'in (*especially BrE*) **1** (*BrE also* **,keep sb 'back**) (*AmE also* **,keep sb be'hind**) to make a child stay after normal school hours as a punishment 罚（学生）课后留校：*The teacher kept them all in after school.* 老师罚他们全部课后留校。 **2** to not allow a child to go outdoors 不许（孩子）出门；留（孩子）在室内：*I'm keeping the children in because it's raining outside.* 外面下着雨，所以我让孩子们呆在屋里。 **3** to keep sb in hospital 不让出院；使继续住院：*She's much better, but they're keeping her in overnight.* 她好多了，但他们让她在医院住一夜。
• v + n/pron + adv

,keep sth 'in **1** to stop yourself expressing an emotion 克制，抑制（感情）：*He could hardly keep in his anger.* 他几乎掩饰不住愤怒之情。 SYN **restrain sth** **2** to not allow sth to escape, be lost or taken out 不让…逃脱（或遗失）；保留：*Close the door to keep in the warmth.* 关上门，别跑了热气。◇ *She wanted to cut the sex scene* (= in a play or film/movie), *but we kept it in.* 她想剪掉性爱场面，可我们保留了。 OBJ **warmth, heat** **3** to not allow an animal to go outdoors 不让（动物）出屋
• v + n/pron + adv • v + adv + n
IDM **keep your 'hand in** to do an activity occasionally so that you do not lose your skill at it （不时操练以）保持技巧熟练：*I play squash from time to time, just to keep my hand in.* 我偶尔打打壁球，以免技术生疏。

'keep sb/yourself in sth (*informal*) to give or allow sb/yourself a regular supply of sth 使常有（某物的供应）；向…供给（某物）：*This part-time job keeps me in cigarettes.* 这份兼职工作够我买烟抽了。
• v + n/pron + prep

,keep 'in with sb (*BrE*) to continue to be friendly with sb, especially in order to gain some advantage for yourself 与…保持友好关系；不断讨好：*He keeps in with anyone who might be useful to him.* 只要是对他可能有用的人，他就一直巴结着。
• v + adv + prep

,keep 'off (*especially BrE*) if rain, snow, etc. **keeps off**, it does not fall, even though it looks as if it might （雨、雪等）未下：*The party will go ahead provided the rain keeps off.* 如果不下雨，聚会将照常举行。
SYN **hold off**
• v + adv

,keep 'off; ,keep 'off sth to not go onto a particular area 不去（某处）：*Keep off (the grass)!* 勿践踏（草坪）！◇ *We kept off the main roads to avoid the traffic.* 为避开车流，我们没有上干线公路。
OBJ **grass**
• v + adv • v + prep

,keep 'off sth; ,keep sb 'off sth **1** to not eat, drink or smoke sth; to not let sb eat, drink or smoke sth （使）戒忌食物（或饮料、香烟）：*The doctor's told me to keep off red meat.* 医生建议我不要吃牛羊肉。 **2** to not mention a particular topic; to stop sb talking about a particular topic 回避（某一话题）；不让（某人）谈论（某一话题）：*It's best to keep off the subject of politics with my father.* 最好不要和我父亲谈论政治话题。◇ *Keep her off the subject of teenage girls!* 不要让她谈少女这个话题！ OBJ **subject, topic**
SYN **stay off sth**
• v + prep • v + n/pron + prep

,keep sb/sth 'off; ,keep sb/sth 'off sb/sth to stop sb/sth from coming near or going into (a place); to stop sb/sth from touching or harming sb/sth 使不靠近；使不进入；避免…接触（或伤害）：*He covered the*

sandwiches to keep the flies off. 他盖上了三明治，免得招苍蝇。◇ *Keep your animals off my land!* 别让你的牲口进我的地界！◇ *Working helps* ***keep my mind off*** *my problems.* 工作有助于让我忘掉烦恼。◇ *I kept the children off (school) until they felt better.* 直到孩子们感觉好了点，我才让他们上学。
OBJ **flies, hands, mind, eyes**
• v + n/pron + adv • v + n/pron + prep

,keep 'on 1 (*also* **,keep 'on doing sth**) to continue without stopping 继续，持续（做某事）: *He'll get into trouble if he keeps on like this!* 他照这样下去会惹麻烦的！◇ *Keep on trying—don't give up!* 继续努力 —— 不要放弃！◇ *The rain kept on all night.* 雨整夜下个不停。 SYN **carry on (with sth), carry on doing sth 2 (at sb) (about sb/sth)** (*BrE*) to continue to talk about sb/sth in a boring or annoying way （对某人）（关于…）喋喋不休，唠哩唠叨: *Don't keep on (about it)!* 别唠叨（这件事儿）了！◇ *My mum keeps on at me to cut my hair.* 妈妈没完没了地催我理发。 SYN **go on (about sb/sth)** → see also KEEP AFTER SB (ABOUT STH/TO DO STH)
• v + adv **1** also v + adv + -ing

,keep 'on; ,keep 'on sth to continue to follow a particular route 沿路继续走: *Keep on until you come to the road.* 一直往前走到公路。◇ *Keep on the path until you see a gate.* 沿这条小路往前，直到看见一道大门。
• v + adv • v + prep

,keep sb 'on to continue to employ sb, even though circumstances have changed 继续雇用: *We can only afford to keep a few workers on.* 我们只能续聘少数几名工人。
• v + n/pron + adv • v + adv + n (*less frequent*)

,keep sth 'on 1 to continue to wear sth; to not take sth off 继续穿着；不脱下；不取下: *It was so cold that we kept our socks on in bed.* 天气很冷，我们在床上没脱袜子。◇ *Keep the lid on while the tea is brewing.* 沏茶时不要打开盖子。 OPP **take sth off 2** to not switch sth off 一直开着: *Do you keep the heating on all day?* 你整天开着暖气吗？ SYN **leave sth on** OPP **switch sth off 3** to stop sth coming or falling off 避免掉落；使固定住: *How do you keep that bandage on?* 绷带怎么缠牢？ **4** to continue to rent or be the owner of a house, flat/apartment, etc. 继续租用，保留（房屋、公寓等）: *Can you afford to keep this place on while you're abroad?* 出国期间，你有能力继续租用这个地方吗？
• v + n/pron + adv • v + adv + n (*less frequent*)
IDM **keep your 'hair on** (*BrE, informal*) used to tell sb not to become angry 冷静下来；别发脾气

'keep sth on sb/sth if you **keep** your mind, eyes, etc. **on** sb/sth, you fix your attention on them/it 集中注意力于；专注于: *I can't keep my mind on my work.* 我没法集中精力工作。◇ *She kept one eye on the traffic and the other on the map.* 她一边留心来往车辆，一边看地图。
OBJ **mind, attention, eye**
• v + n/pron + prep

IDM **keep an eye on sb/sth** (*informal*) to watch or check sb/sth to make sure that they are safe, etc.; to look after sb/sth 照看；留神；留意: *Will you keep an eye on the baby for five minutes?* 你照看婴儿五分钟好吗？

,keep 'out; ,keep 'out of sth to not enter a place; to remain outside 不进入（某处）；留在…外面: *There was a sign saying 'Keep out!'.* 告示牌上写着"禁止入内！" ◇ *Please keep out of the office while I'm working.* 我工作时请不要进办公室。
• v + adv • v + adv + prep

,keep 'out of sth; ,keep sb 'out of sth 1 to avoid sth; to prevent sb/yourself from being affected by sth 避免；（使）免受…的影响: *The doctor has advised me to keep out of the sun.* 医生建议我不要晒太阳。◇ *They always kept their daughter out of the spotlight* (= away from the public). 他们总是不让女儿抛头露面。◇ *I try to keep out of his way.* 我尽量躲着他。 OBJ **the sun, sight, sb's/the way 2** to avoid becoming involved in sth; to stop sb from becoming involved in sth 避免（让…）参与；（使）置身事外: *Keep out of this! It's got nothing to do with you!* 别掺和！这不关你的事！◇ *Try to keep the kids out of mischief while I'm out.* 我外出时别让孩子们胡闹。 SYN **stay out of sth**
• v + adv + prep • v + n/pron + adv + prep

,keep sth 'out to not put sth away that you have taken out of a cupboard, etc.; to keep sth ready to use 不收走（从橱柜等拿出的东西）；把…预备好: *Keep the butter out for your dad's breakfast.* 把黄油留下，给你爸爸吃早餐用。
OPP **put sth away**
• v + n/pron + adv • v + adv + n (*less frequent*)

,keep sb/sth 'out; ,keep sb/sth 'out of sth to prevent sb/sth from entering a place 使不进入（某处）；防止…进入（某处）；把…关在（…的）外面: *We hung a curtain at the door to keep out the cold.* 我们在门上挂了条帘子，以防冷气进来。◇ (*figurative*) *She tried to keep the anger out of her voice.* 她尽量使自己的声音不流露出怒气。
• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

'keep to sth 1 to not leave a path, a road, etc. 不偏离，不离开（道路等）: *Keep to the footpath.* 顺着人行道走。◇ *Keep to the left* (= on a road, etc.). 靠左边行走。 OBJ **path 2** to talk or write only about a particular subject 不偏离，不脱离（主题）: *Keep to the point!* 别跑题！◇ *Will you please keep to the subject under discussion?* 请不要偏离讨论的主题好吗？
OBJ **subject, point 3** to follow a plan, an agreement, a rule, etc. exactly as you are supposed to do 信守，严格遵守（计划、协议、规则等）: *She hasn't kept to the agreement, so neither will I.* 她没有遵守协议，所以我也不会遵守的。◇ *We must keep to the schedule.* 我们必须按日程进行。◇ *He never keeps to the speed limit.* 他从不遵守速度限制。◇ *Was the agenda kept to at the meeting?* 开会时是否严格遵守了

议程？ OBJ **rules, agreement, schedule** SYN **adhere to sth** (*formal*)
SYN **stick to sth**
◆ v + prep

,keep to your'self; ,keep your'self to your'self to avoid meeting people socially or becoming involved in other people's affairs 不与人往来；离群索居；不管闲事：*He keeps (himself) to himself and nobody knows very much about him.* 他很少和人交往，所以谁对他都不太了解。
◆ v + prep + pron ◆ v + pron + prep + pron

'keep to sth; 'keep sth to sth to use only one thing or a limited number or amount of sth; to make sure that the number or amount of sth does not become any bigger than a particular size 仅使用（一种或数量有限的东西）；将（数量）控制在（一定范围内）：*We've decided to keep to pale colours for the bedroom.* 我们决定卧室只用淡颜色。◇ *I'm trying to keep the number of guests to a minimum.* 我正设法把来宾人数控制在最少。
◆ v + prep ◆ v + n/pron + prep

,keep sth to your'self to not tell anyone about sth or what you think about sth 对…秘而不宣；不将…说出来：*I know who's won, but I'm keeping it to myself.* 我知道谁赢了，但我会保密的。◇ *Keep your opinions to yourself in future!* 今后把你们的意见藏在肚子里！◇ (*figurative*) *Keep your hands to yourself!* (= do not touch me) 别碰我！
OBJ **opinions**
◆ v + n/pron + prep + pron

,keep to'gether; ,keep sb/sth to'gether to remain together in a group; to make sb/sth do this （使）在一起，不分开：*Keep together, kids, when we cross the road.* 孩子们，咱们过马路时一起走。◇ *Use a paper clip to keep your papers together.* 用纸夹把你的文件夹在一块儿。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

,keep sb 'under (*BrE*) to control sb 控制；压制：*The local people are kept under by the army.* 当地居民受军队管制。
SYN **oppress sb** (*more formal*)
◆ v + n/pron + adv

🔑 **,keep 'up 1** if rain, snow, etc. **keeps up**, it continues without stopping （雨、雪等）持续不停：*The rain kept up all afternoon.* 雨下了整整一下午。 **2 (with sb/sth)** to move at the same rate or speed as sb/sth （与…）齐步前进：*I had to run to keep up with him.* 我得跑步才能跟上他。 OPP **fall behind, fall behind sb/sth 3** to work at the necessary speed so that you progress at the same speed as other people （与…）进度相同；跟上进度：*She's having trouble keeping up with the rest of the class.* 她跟不上同班同学。◇ *Do keep up! I can't keep repeating everything.* 跟上，我不能每句话都重复。 **4 (with sth)** to rise at the same rate as sth else （与…）同步上升：*Salaries are not keeping up with inflation.* 工资的增长赶不上通货膨胀。 **5 (with sth)** to do all the work necessary in order to finish on time or deal successfully with a situation that changes rapidly 按时完成（必要的任务）；处理好（瞬息万变的局面）：*We're finding it hard to keep up with demand.* 我们觉得难以及时满足需求。◇ *Things were happening too fast to keep up with.* 事态发展太快，令人跟不上趟儿。
◆ v + adv

,keep sb 'up to prevent sb from going to bed or from sleeping 使熬夜；使不睡觉：*I hope we're not keeping you up.* 但愿我们没有耽误你睡觉。◇ *The baby kept us up half the night.* 孩子弄得我们半夜才睡。
◆ v + n/pron + adv

🔑 **,keep sth 'up 1** to continue sth at the same, usually high, level; to continue to practise or observe sth 使保持（高）水准；继续实行（或遵守）：*Keep up the good work!* 继续好好干吧！◇ *You're doing a great job! **Keep it up!*** 你干得很好！继续努力！◇ *We kept up a fast pace all the way.* 我们一路上一直走得很快。◇ *We're having difficulty keeping up our mortgage payments.* 我们难以继续按期偿还按揭贷款。◇ *The press is keeping up the pressure on the government.* 报界继续向政府施压。◇ *Do you still keep up your Portuguese?* 你的葡萄牙语还在学着吧？ OBJ **it, pace, pressure, tradition 2** to prevent sth from falling down 使不掉下：*You'll have to wear a belt to keep your trousers up.* 你得系皮带，以免裤子掉了。 OBJ **trousers/pants** SYN **hold sth up 3** to make sth stay at a high level 使处于高水平；使不低落：*High transport costs are keeping food prices up.* 高昂的运费使食品价格居高不下。◇ *They sang songs to keep their spirits up.* 他们唱歌以保持情绪昂扬。 OBJ **price, spirits, strength, morale 4** to keep a house, garden/yard, etc. in good condition by spending money on it or working hard on it 维修，维护，保养（房屋、花园等）：*The house is becoming too expensive for them to keep up.* 他们渐渐难以负担房子昂贵的维修费用。 SYN **maintain sth**
◆ v + n/pron + adv ◆ v + adv + n

IDM **keep up ap'pearances** to hide the true situation and pretend that things are better than they are 保持体面；维持门面：*There's no point keeping up appearances when everyone knows we've lost.* 大家都知道我们遭受了损失，没必要打肿脸充胖子。 **keep your 'chin up!** (*informal*) used to tell sb to remain cheerful in difficult circumstances 振作起来；别气馁

▶ **'upkeep** *n* [U] **1** the cost or process of keeping a building, piece of land, etc. in good condition （建筑、土地等的）保养（费），维修（费）：*Who is responsible for the day-to-day upkeep of the house?* 谁负责房屋的日常维护？ **2** the cost or process of giving a child or an animal the things that they need 抚养（费）；饲养（费）

,keep 'up with sb to continue to be in contact with sb by writing, phoning or seeing them regularly 与（某人）保持联系：*How many of your old school friends do you manage to*

keep up with? 你还和多少老同学保持联络？
• v + adv + prep

,keep 'up with sth **1** to learn about the news, events, etc. that are happening 了解（最新消息、形势等）：*I try to keep up with current affairs.* 我尽可能了解时事。◇ *Susie likes to keep up with the latest fashions.* 苏茜喜欢追逐时尚。 **2** to continue to pay or do sth regularly 继续按时支付；继续定时做（某事）：*He couldn't keep up with the repayments on the loan.* 他无力继续偿还贷款。◇ *Are you keeping up with your homework?* 你还在按时写作业吗？
• v + adv + prep

key /kiː/

,key sth 'in; ,key sth 'into sth to put information into a computer, using a keyboard （用键盘）输入（信息）；把（信息）键入（计算机）：*Key in your personal number.* 输入你的个人号码。◇ *All the information has been keyed into the computer.* 所有信息均已输入计算机。
OBJ **data, information** SYN **enter sth (into sth)**
• v + adv + n • v + n/pron + adv • v + n/pron + prep

,key 'in on sth → KEY ON STH

,key 'into sth **1** to use a computer or information stored on a computer 调用，使用（计算机或计算机内存信息）：*A hacker keyed into a vital database at the newspaper's office.* 一名黑客侵入了这家报社的重要数据库。 SYN **access sth** (*more formal*) **2** if sth **keys into** sth else, it goes well with it and agrees with it, producing a good result 适合；匹配：*remedies that key into the body's basic metabolism* 调节身体基本新陈代谢的各种疗法
• v + prep

'key on sth (*also* **key 'in on sth**) (*AmE*) to focus on sth or begin to pay attention to it 聚焦于；开始关注：*Keying on the public's interest in the first airplane flight, the Pilots Association launched a new ad campaign today.* 利用公众对飞机首航的关注，飞行员协会今天启动了一个新的广告活动。◇ *Police dogs keyed in on a briefcase left in the baggage area.* 警犬盯上了落在行李区的一个公文包。
• v + prep • v + adv + prep

'key sth to sth/sb to make sth suitable for sth/sb; to link sth with sth else 使适合；使与…相关：*The farm was keyed to the needs of the local people.* 这个农场注意满足当地人的需求。◇ *The timing of the concerts was keyed to the World Cup soccer games.* 这些音乐会是配合世界杯足球赛来安排时间的。
NOTE Usually used in the passive. 通常用于被动语态。
• v + n/pron + prep

kick /kɪk/

'kick against sth to protest about sth or resist sth 抗议；抵抗：*It's no use kicking against the system.* 反抗体制是没有用的。
• v + prep

,kick a'round; ,kick a'round sth (*BrE also* **,kick a'bout, ,kick a'bout sth**) (*informal*) **1** (*usually used in the progressive tenses* 通常用于进行时) to be present or lying somewhere not being used 闲置不用；闲置于（某处）：*His letter is kicking about somewhere.* 他的信不知搁哪儿了。◇ *The idea has been kicking around for years.* 这个想法好多年没人提起了。 **2** (of a person 人) to be somewhere, or to go from one place to another, with no particular purpose （漫无目的地）闲逛，四处游荡：*I decided to kick around the States for a couple of months.* 我决定在美国转悠几个月。
SYN **knock around, knock around sth**
• v + adv • v + prep

,kick sb a'round (*BrE also* **,kick sb a'bout**) (*informal*) to treat sb in an unkind or unfair way 粗暴（或不公正地）对待：*Don't let the boss kick you around.* 别让老板欺负你。
SYN **push sb around**
• v + n/pron + adv

,kick sth a'round (*BrE also* **,kick sth a'bout**) **1** to play with a ball by kicking it with your foot 踢（球）：*They were kicking a ball around in the street.* 他们在街上踢球。 OBJ **ball** **2** (*informal*) to discuss plans, ideas, etc. in an informal way 非正式地讨论；随便聊聊：*They're kicking around the idea of a merger.* 他们在聊合并的想法。 OBJ **idea** SYN **discuss sth** (*more formal*); **knock sth around**
• v + n/pron + adv • v + adv + n

,kick 'back (*AmE, informal*) to relax 放松；休闲：*I spent the evening kicking back in the hotel's piano bar.* 我晚上在旅馆的钢琴酒吧娱乐放松。
• v + adv

,kick sth 'back (to sb) (*AmE, informal*) to pay money illegally in order to get some advantage for yourself 拿出（一定金额）作回扣（给某人）：*Contractors winning construction jobs had to kick back two per cent of the contract price to the mafia.* 赢得建筑工程的承包商得抽出合同成交价款的百分之二作为回扣给黑手党。
• v + adv + n • v + n/pron + adv
▸ **'kickback** *n* (*informal, especially AmE*) money that is paid to sb in order to get an advantage for yourself 回扣；贿赂

,kick sth 'down to break sth and make it fall by kicking it 踢破；踢倒：*If you don't open up, we'll kick the door down.* 你要是不开门，我们就踹开。
OBJ **door**
• v + n/pron + adv • v + adv + n

,kick 'in (*informal*) to start to work or have an effect 开始运作；开始见效：*After a couple of minutes the emergency electricity supply kicked in.* 几分钟后，应急供电系统开始运行了。◇ *You'll feel better when the antibiotics kick in.* 抗生素一起作用，你就会感觉好些的。
• v + adv

,kick sth 'in to break sth and make it fall by kicking it 踢破；踢倒：*They had kicked the*

front door in. 他们把前门踹开了。

OBJ **door**

• v + n/pron + adv • v + adv + n (*less frequent*)

IDM **ˌkick sb's ˈhead/ˈteeth in** (*informal*) to kick sb very violently 猛踢；狠踢

ˌkick ˈoff 1 (in football/soccer 足球) when a game or team **kicks off**, the game starts 开球；开赛：*The game kicks off at 7.30.* 比赛 7 点 30 分开始。 **2 (with sth)** (*informal*) to start （以…）开始：*The tour kicks off with a concert in Nottingham.* 巡回演出以诺丁汉的音乐会为起点。 ➲ note at START OFF **3** (*BrE, informal*) to start fighting 开始打架；打起来：*Jamie is always kicking off and causing trouble.* 杰米老是打架，总惹麻烦。

• v + adv

▸ **ˈkick-off** *n* **1** [C, U] (in football/soccer 足球) the start of a game 开球；开赛：*It's an afternoon kick-off.* 足球赛下午开始。 **2** [C] (*BrE*) a fight 打架：*There were kick-offs in the town centre every Friday night.* 每个星期五晚上市中心都有人打架。

ˌkick sb ˈoff; ˌkick sb ˈoff sth 1 (*informal, computing*) to break the connection between sb's computer and the Internet, so that they can no longer use the Internet 断开某人的（互联网）连接：*I keep getting kicked off the Internet.* 我上网时总是掉线。 OBJ **the Internet, server, website** SYN **disconnect sb (from sth) 2** (*especially AmE*) to force sb to stop being a member of a team or organization, usually because they have done sth wrong 开除（出…）：*He was kicked off his college team for using steroids.* 他因服用类固醇被踢出了校队。

OBJ **team**

NOTE Usually used in the passive. 通常用于被动语态。

• v + n/pron + adv • v + n/pron + prep

ˌkick sth ˈoff 1 to remove sth by kicking 踢开；踢掉：*She kicked off her shoes and lay down on the bed.* 她踢掉鞋子，躺倒在床上。 **2 (with sth)** to begin a meeting, an event, etc. （以…）开始（会议、活动等）：*Who's going to kick off the discussion?* 谁来起头讨论？

• v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˌkick ˈon (*BrE, sport*) to continue playing 继续踢；继续比赛：*We need to kick on and take advantage of our lead.* 我们需要继续踢下去，利用好我们的领先地位。◇ (*figurative*) *Kick on, I thought. Don't get left behind.* 我想，要坚持下去。别掉队。

• v + adv

ˌkick ˈout (at sb/sth) 1 to kick your foot into the air to try to hit sb, especially because you are angry or upset （尤指因愤怒或不安）（向…）踢去：*She kicked out wildly at him as he tried to grab her.* 正当他想一把拽住她时，她发疯一般地踢他。 **2** to react violently to sb/sth that makes you angry or upset 作出强烈反应：*She kicked out against traditional ideas about painting portraits.* 她猛烈抨击肖像画创作的传统观念。

• v + adv

ˌkick sb ˈout; ˌkick sb ˈout of sth (*informal*) to make sb leave; to send sb away by force 使离开；逐出：*His parents kicked him out* (= made him leave home) *when he was seventeen.* 他十七岁时父母就把他赶出了家门。◇ *They were kicked out of the nightclub for fighting.* 他们因为打架被撵出了夜总会。

SYN **boot sb out, etc.** (*informal*); **throw sb out, etc.**

NOTE Often used in the passive. 常用于被动语态。

• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

ˌkick sth ˈover to make sth fall on its side by kicking it 踢翻：*She almost kicked the bucket over.* 她差点踢翻了水桶。

SYN **knock sth over**

• v + n/pron + adv • v + adv + n

ˌkick ˈup if a wind, a storm, etc. **kicks up**, it becomes stronger （风、风暴等）增强，变猛

SUBJ only **wind, storm**

• v + adv

ˌkick sth ˈup to make dust, sand, etc. rise into the air 扬起（尘埃、沙子等）：*The horse kicked up a cloud of dust.* 马蹄踏过扬起一片尘土。

OBJ **dirt, dust, sand**

• v + adv + n • v + pron + adv • v + n + adv (*rare*)

IDM **ˌkick up a ˈfuss/ˈstink etc. (about sth)** to complain loudly about sth （因某事）大声抱怨，大发牢骚

kid /kɪd/ (-dd-)

ˌkid aˈround (*informal, especially AmE*) to behave in a silly way; to joke 做傻事；装傻相；开玩笑：*A lot of what I said was just kidding around, but people took me seriously.* 我说的很多话不过是在开玩笑，可大家当真了。

SYN **mess around**

• v + adv

kill /kɪl/

ˌkill sb/sth ˈoff 1 to make a lot of plants, animals, etc. die 大量杀死（动植物等）：*Antibiotics should kill off the bacteria.* 抗生素应能杀死这种细菌。◇ *The plant life was killed off by air pollution.* 空气污染导致植物大面积死亡。 **2** to get rid of sb/sth; to stop sth 除掉；停止：*The hero is killed off in the last chapter.* 主人公在最后一章被干掉了。◇ *It is difficult to kill off old traditions or myths.* 很难消除旧有传统或错误观念。 NOTE Often used in the passive. 常用于被动语态。

• v + adv + n • v + pron + adv • v + n + adv (*rare*)

kip /kɪp/ (-pp-)

ˌkip ˈdown (*BrE, informal*) to sleep in a place that is not your own bed （在别处）睡下，投宿，过夜：*Is there anywhere to kip down for the*

night? 晚上有没有地方睡觉?
◆ v + adv

kiss /kɪs/

ˌ**kiss sth aˈway** to stop sb feeling sad or angry by kissing them 吻去（悲伤或怒气）: *Let mummy kiss away your tears.* 让妈妈吻掉你的眼泪吧。
OBJ **tears, worries**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌ**kiss ˈoff** (*AmE, informal*) used to tell sb rudely to leave or stop bothering you （粗鲁的说法）滚蛋，别烦: *If he asks me for any more money I'll tell him to kiss off.* 他如果再向我要钱，我就叫他滚。
◆ v + adv
▶ ˈ**kiss-off** *n* [sing.] (*informal*): *He had just bought her a ring, and she* ***gave him the kiss-off*** (= told him she did not want to have a relationship). 他刚给她买了个戒指，她让他别痴心妄想了。

ˌ**kiss sb/sth ˈoff (as sth)** to consider that sb/sth is a failure or not important 认为…很失败（或不重要）: *The record companies kissed us off as a second-rate punk band.* 唱片公司认为我们是二流朋克乐队。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv

ˌ**kiss ˈup to sb** (*AmE, informal*) if you **kiss up to** sb in authority, you try to please them in order to gain an advantage for yourself 巴结；讨好
SYN **suck up to sb**
◆ v + adv + prep

kit /kɪt/ (-tt-)

ˌ**kit sb/sth ˈout** (*also* ˌ**kit sb/sth ˈup** *less frequent*) **(in/with sth)** (*BrE*) to supply sb/sth with the clothes or equipment that they need for a particular purpose （为…）整理行装，配置设备: *The kids are all kitted out for the new school year.* 孩子们新学年的文具都准备齐了。◇ *The studio is kitted out with modern sound equipment.* 演播室配备了现代音响设备。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

kneel /niːl/ (knelt, knelt /nelt/, *AmE also* kneeled, kneeled)

ˌ**kneel ˈdown** to get into a position where one or both knees are resting on the ground 跪下；跪着: *He knelt down beside the chair.* 他跪倒在椅子旁。◇ *She was kneeling down, looking for something on the floor.* 她跪在地板上找东西。
◆ v + adv

knit /nɪt/ (-tt-)

ˌ**knit toˈgether** (***Knit*** *is usually used for the past tense and past participle* 过去时和过去分词通常用 knit) when broken bones **knit together**, they grow together again （断骨）愈合，接合: *The ribs are broken, but they'll knit together.* 肋骨断了，可它们会愈合的。
NOTE **Knit** is also used on its own. * knit 也单独使用。
◆ v + adv

knock /nɒk; *AmE* nɑːk/

ˌ**knock aˈround;** ˌ**knock aˈround sth** (*BrE also* ˌ**knock aˈbout,** ˌ**knock aˈbout sth**) (*informal*) **1** (*especially BrE*) (*often used in the progressive tenses* 常用于进行时) used to say that sb/sth is in a particular place, but is not doing anything or being used （某人在某处）游荡；（某物在某处）闲置: *These chocolates have been knocking around since New Year.* 这些巧克力从新年起就一直丢在这儿。◇ *His book was knocking around the lounge for ages.* 他的书被扔在起居室好长时间了。◇ *There were a few kids knocking about in the street outside.* 有几个小孩在外面街上闲荡。 **2** to travel and live in various places 漫游；漂泊: *He spent a few years knocking about Europe.* 他花了几年时间在欧洲游历。◇ *Jeff will know what to do—he's knocked about a bit* (= has had a lot of experience of different situations). 杰夫会有办法的 —— 他见多识广。
SYN **kick around, kick around sth**
◆ v + adv ◆ v + prep

ˌ**knock sb aˈround** (*BrE also* ˌ**knock sb aˈbout**) (*informal*) to hit sb again and again 经常打: *Her husband knocks her about.* 她的丈夫动不动就打她。
◆ v + n/pron + adv

ˌ**knock sth aˈround** (*BrE also* ˌ**knock sth aˈbout**) **1** to treat sth roughly; to hammer or hit sth 粗暴对待；锤击；敲打: *The builders have started knocking our kitchen about.* 建筑工人开始在我们的厨房大动干戈。 **2** (*BrE*) to kick sth around 把…踢来踢去: *We spent a few hours knocking a ball about.* 我们把球踢来踢去踢了几个小时。 OBJ **a ball** SYN **kick sth around 3** (*informal*) to discuss an idea or a suggestion with several people （和几个人）讨论，商量: *We knocked a few ideas about at the meeting.* 我们在会议上讨论了几个想法。
OBJ **idea** SYN **kick sth around**
◆ v + n/pron + adv ◆ v + adv + n
▶ ˈ**knockabout** *n* (*BrE*) a period of time spent kicking a ball around with other people 一起踢球: *We had a knockabout in the park.* 我们在公园踢了会儿球。
▶ ˈ**knockabout** *adj* [usually before noun] (*BrE*) **knockabout** entertainment involves people acting in a deliberately silly way, for example falling over or hitting other people, in order to make the audience laugh 闹剧的；喧闹的

ˌ**knock aˈround/aˈbout with sb;** ˌ**knock aˈround/aˈbout together** (*BrE, informal*) to spend a lot of time with sb （和…）长时间呆在一起，泡在一块儿: *She knocks around with Sahan.* 她成天和萨汉在一起。◇ *She and Sahan knock around together.* 她和萨汉成天在一起。◇

He knocks about with some strange people! 他结交了些古怪的人！
SYN **hang around with sb, etc.**
• v + adv + prep • v + adv + adv

ˌknock sb ˈback **1** to prevent sb from achieving sth or making progress, especially by rejecting them or sth that they suggest or ask 阻碍；拒绝；驳回：*He had been knocked back twice by the selection committee.* 他曾两度遭评选委员会拒绝。 **2** to surprise or shock sb 使惊讶；使震惊：*The news really knocked me back.* 这消息着实让我大吃一惊。
• v + n/pron + adv • v + adv + n (*rare*)
▸ **ˈknock-back** *n* (*BrE*) an occasion when sb rejects you or sth that you suggest or ask; a refusal 拒绝；回绝；挫折：*I don't think I could stand another knock-back.* 要是再受挫，我相信我真的吃不消了。

ˌknock sb ˈback sth (*BrE, informal*) to cost sb a particular amount of money 用掉某人一笔钱：*Those books knocked me back £50.* 那些书花了我 50 英镑。◇ *That car must have knocked you back a bit!* 那辆车一定花了你不少钱！
SYN **set sb back sth**
NOTE Not used in the passive. 不用于被动语态。
• v + n/pron + adv + n

ˌknock sth ˈback (*informal*) to drink sth quickly 很快喝掉；一口喝下：*He knocked back two pints of beer.* 他一口气喝了两品脱啤酒。
OBJ **beer, coffee, etc.** SYN **swig sth**
• v + adv + n • v + n/pron + adv

ˌknock sb ˈdown **1** if a car or another vehicle **knocks sb down**, it hits them, often killing or injuring them （汽车等）撞倒，撞死，撞伤：*She was knocked down by a bus.* 一辆公共汽车把她撞倒在地。 SYN **run sb over**
NOTE Often used in the passive. 常用于被动语态。 **2** to hit or push sb so that they fall to the ground or the floor 撞倒；打倒；推倒：*The wind was strong enough to knock you down.* 风大得能把你吹倒。◇ *He knocked down his opponent in the first round* (= in boxing). 他第一回合就将对手击倒了。
→ see also KNOCK SB OVER
• v + n/pron + adv • v + adv + n
IDM **you could have knocked me down with a ˈfeather** used to express great surprise （表示非常惊讶）太离奇了，难以置信
▸ **ˈknock-down** *n* (in boxing, etc. 拳击等) an occasion when one person taking part hits the other so hard that they fall to the ground 击倒
▸ **ˈknock-down** *adj* [only before noun] **1** using a lot of force 强有力的；大力的：*a knock-down punch* 猛力一击 **2** very convincing 有说服力的：*a knock-down argument* 令人信服的论证
▸ **ˌknock-down-ˈdrag-out** *adj* [only before noun] (*AmE, informal*) (of a fight or an argument) very aggressive and unpleasant （打斗或争论）激烈的，咄咄逼人的，狂暴的

ˌknock sb/sth ˈdown to persuade sb to accept a lower price for sth; to make the price of sth lower 说服…降价；使降价：*He knocked Simon down to $5.* 他让西蒙把价格降到了 5 英镑。◇ *We knocked the price down to £10.* 我们把价格砍到了 10 英镑。◇ *How did you manage to knock them down from $5 000 to $4 000?* 你是如何说服他们从 5 000 英镑降到 4 000 英镑的？◇ *He managed to knock the price down from £350 to £320.* 他设法把价格从 350 英镑杀到了 320 英镑。
SYN **beat sb/sth down**
NOTE **Knock sb down (by) sth** and **knock sth down (by) sth** can also be used 也可以说 knock sb down (by) sth 和 knock sth down (by) sth: *We should be able to knock them down (by) a few pounds.* 我们应该能让他们降几英镑。◇ *He knocked the price down (by) five dollars.* 他把价格砍下了五元。
• v + n/pron + adv • v + adv + n (*less frequent*)
▸ **ˌknock-down** *n* sth that has been reduced in price 降价商品；特价商品：*I can never resist a knock-down.* 我总是不能抵制削价商品的诱惑。

ˌknock sth ˈdown **1** to destroy sth and make it fall down 推倒；拆毁：*If you don't open up, I'm going to knock the door down.* 你不开门，我可要踹门了。◇ *These old houses are going to be knocked down.* 这些旧房将要拆除。 OBJ **house, door** SYN **demolish sth** (*more formal*) **2** (**to sb**) to sell sth to the person who offers most money at a public sale (an **auction**) （拍卖会上）卖出；拍卖（给某人）：*The painting was knocked down to me for £5 000.* 那幅画我以 5 000 英镑拍下。 **3** (*AmE*) to take sth apart, especially furniture, so that it can be sent or carried somewhere more easily 拆卸，拆开（尤指家具）
• v + n/pron + adv • v + adv + n
▸ **ˈknock-down price** *n* a much lower price than usual 低价；特价：*I got these books at a knock-down price.* 我以优惠价买到了这些书。

ˌknock sth ˈin; **ˌknock sth ˈin/ˈinto sth** **1** to make sth enter sth by hitting it, for example with a hammer 把…锤进；把…敲入：*She knocked some nails into the wall.* 她把一些钉子钉在墙上。 OBJ **nail** **2** to make sth go into sth by hitting or kicking it 把…击入；把…踢进：*Barnes knocked in two goals.* 巴恩斯踢进两球。◇ *She knocked the ball into the net.* 她击球入网。 OBJ **goal, ball**
• v + n/pron + adv • v + adv + n • v + n/pron + prep

ˌknock sth ˈin sth to make sth such as a hole in sth by hitting 在…上打出（洞等）：*They knocked a hole in the wall for the window.* 他们在墙上凿了个洞开窗户。
OBJ **hole**
• v + n/pron + prep

ˌknock ˈoff; **ˌknock ˈoff sth** (*informal*) to stop doing sth, especially work 停止；中断；（尤指）下班，收工：*What time do you knock off (work) today?* 你今天几点下班？

SYNONYMS 同义词辨析

knock sth down

demolish sth • knock sth down • pull sth down • tear sth down

These are all verbs that can be used to talk about destroying buildings or trees. 这些动词都表示拆除、拆毁、拆掉。

demolish sth to destroy a building or part of a building by breaking its walls, usually deliberately 拆除，拆毁，拆掉（建筑物）：*The old slums are being demolished to make way for a new housing project.* 旧贫民窟正在拆除，以让地给新的住宅项目。 ▶ **demolition** *n* [U,C]: *The whole row of houses is scheduled for demolition.* 整排房屋都将按计划拆除。

knock sth down to deliberately destroy a building, wall or fence 拆毁，拆掉（建筑物、墙壁或栅栏）：*These old houses are going to be knocked down.* 这些旧房将要拆除。◇ *You could knock this wall down and make one large room.* 你可以拆了这面墙，改成一个大房间。

pull sth down to deliberately destroy a building or part of a building by breaking its walls 拆除，捣毁，拆掉（建筑物）：*This tower is being pulled down in a few weeks' time.* 几个星期后，这座塔将要拆毁。

tear sth down to deliberately destroy a building, wall or barrier 拆除，拆毁，捣毁（建筑物、墙壁或栅栏）：*They're tearing down these old houses to build a new office block.* 他们正在拆除这些老屋，准备建造新办公楼。◇(*figurative*): *We need to tear down the barriers that divide the two communities.* 我们必须消除这两个社区之间的隔阂。

WHICH WORD?

Buildings are usually **demolished** deliberately, because they are not safe or are no longer needed, or the land is needed for sth else. In informal usage, especially in American English, buildings, vehicles and other objects can be **demolished** by accident * demolish 通常指建筑物因为不安全、不再需要或该地需作他用而有意拆除。在非正式用法中，尤其在美国英语中，demolish 可指建筑物、车辆以及其他物体毁于事故：*The hurricane demolished trailers and blew roofs off houses.* 飓风摧毁了拖车式活动房，掀翻了房顶。 **Tear sth down** can suggest that unnecessary violence was used, or that the speaker has negative feelings about what was done. **Demolish, knock sth down** and **pull sth down** are neutral in meaning. * tear sth down 可暗示使用了不必要的暴力，或者说话者对发生之事持有否定态度。demolish、knock sth down 和 pull sth down 在含义上不带有倾向性。

PATTERNS AND COLLOCATIONS

- to demolish/tear down/knock down/pull down a **building/house/factory/wall**
- to be **due to be** demolished

OBJ work ⊃ note at GIVE UP, GIVE STH UP
• v + adv • v + prep

,knock it 'off (*informal*) used to tell sb to stop doing sth annoying 别闹了；别烦人：*Knock it off! I'm trying to concentrate!* 别吵了！我要集中注意力！
• v + it + adv

,knock sb 'off (*slang*) **1** to murder sb 杀死；除掉：*He was knocked off by another gang.* 他被另一个团伙干掉了。 SYN **bump sb off** (*informal*) **2** (*BrE*, ⚠, *slang*) to have sex with sb 和某人性交 **3** (*AmE*, *informal*) to defeat sb in a competition or election 击败；打败：*She easily knocked off her Republican opponent in the last election.* 上次选举中她轻松战胜共和党的对手。
• v + n/pron + adv • v + adv + n

,knock sb 'off; ,knock sb 'off sth to make sb fall off sth by hitting them 把某人（从…上）撞倒：*I was knocked off my bike this morning* (= by a car). 我今天早晨被（一辆车）从自行车上撞了下来。
• v + n/pron + adv • v + n/pron + prep

,knock sth 'off 1 (*also* **,knock sth 'out**) (*informal*) to complete sth quickly and without much effort 迅速轻松地完成：*They expect me to knock off* (= write) *a thousand words a day.* 他们指望我一天赶出一千字。 **2** (*BrE*, *slang*) to steal sth 偷窃：*He's knocking off TVs and video recorders.* 他在偷电视机和录像机。◇ *These bikes have been knocked off.* 这些自行车被盗了。 **3** (*AmE*, *informal*) to make a copy of a popular product to sell at a cheaper price, often illegally 复制；仿冒；盗印
• v + adv + n • v + n/pron + adv
▶ **'knock-off** *n* (*AmE*, *informal*) a copy, often illegal, of a popular product sold at a cheaper price 复制产品；仿冒产品；盗版产品

,knock sth 'off; ,knock sth 'off sth 1 to reduce the price, value, etc. of sth 降低（价格、价值等）；（从…）减去：*We've knocked £20 off the price.* 我们已减价 20 英镑。◇ *The short cut knocks about half an hour off the journey.* 抄近道节省了大约半小时的行程。◇ *That hairstyle knocks years off your age.* 那个发型让你年轻了好几岁。 **2** to remove sth, and usually make it fall to the ground, by hitting it（从…）打落，敲掉：*Who knocked that glass off the table?* 谁把桌上的玻璃杯碰掉了？◇ *She knocked my glasses off.* 她把我的眼镜撞掉了。
• v + n/pron + adv • v + adv + n • v + n/pron + prep

IDM **I'll knock your 'block/'head off** (*BrE*,

informal) used to show that you are very angry with sb, by threatening to hit them（用于表示非常气愤）我要打掉你的脑袋，我要揍扁你 **knock/blow sb's 'socks off** to impress or surprise sb very much 给某人留下深刻印象；使某人感到万分惊奇

knock sb 'out 1 (*also* **,knock yourself 'out**) to make sb/yourself fall asleep or become unconscious 使入睡；使昏迷: *The bump on the head **knocked** me **out cold**.* 我头上撞了一下，晕了过去。◇ *He ran straight into a lamp post, knocking himself out.* 他在灯柱上撞了个正着，不省人事。◇ *That sleeping pill knocked me out.* 那片安眠药使我睡得很沉。 **2** (in boxing 拳击) to hit an opponent so hard that they fall to the ground and cannot get up within a limited time, so losing the fight 打倒（或击倒）…而获胜：*He was knocked out in the seventh round.* 他在第七回合被击倒落败。 **3** (*also* **,knock yourself 'out**) to make sb/yourself very tired, ill/sick, etc. 使筋疲力尽；使病倒: *The course completely knocked me out.* 这门课把我累垮了。◇ *She's knocking herself out with all that work.* 那么多的工作让她吃不消了。 **4** (*informal*) to surprise sb very much; to have a strong emotional effect on sb 使大吃一惊；使激动: *The movie was fantastic. It knocked me out.* 这部电影棒极了，着实令人震撼。 SYN **blow sb away** (*informal*); **bowl sb over**
• **1,2,3** v + n/pron + adv • v + adv + n (*less frequent*)
• **4** v + n/pron + adv
▸ **'knockout** (*also* **'knock-out**) *n* **1** a person, a piece of clothing, a performance, etc. that is extremely attractive or impressive 引人注目（或令人印象深刻）的人（或服装、演出等）：*Her daughter's an absolute knockout.* 她的女儿绝对令人倾倒。 **2** (in boxing 拳击) a blow that is so hard that your opponent falls to the ground and cannot get up within a limited time, so losing the fight 击倒对手的一击；击倒对手获胜

knock sb/sth 'out; ,knock sb/sth 'out of sth (*sport*) to defeat a person or a team so that they cannot continue in the competition 把…淘汰（出比赛）：*France knocked Belgium out of the European Cup.* 法国队将比利时队淘汰出了欧洲杯赛。
• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep
▸ **'knockout** (*also* **'knock-out**) *n* (*especially BrE, sport*) a competition in which the winning player or team at each stage goes on to the next stage, but the losing one no longer takes part in the competition 淘汰赛: *the European cup knockout* 欧洲杯淘汰赛◇ *a knockout competition* 淘汰赛

,knock sth 'out 1 → KNOCK STH OFF 1: (*informal*) *Can you knock out a quick report for me?* 你能不能给我赶写一份报告？ **2** to remove sth with a hard blow 使劲打落；猛敲掉: *She knocked out her front teeth in the fall.* 她摔了一跤，磕掉了门牙。 OBJ **teeth 3** to stop a machine, system, etc. from working 使（机器、系统等）停止运转: *The hurricane knocked out power to over a million customers.* 飓风使一百多万用户用电中断。◇ *Scientists are now able to knock out this gene.* 科学家现在能够剔除这一基因。
• v + adv + n • v + n/pron + adv

,knock yourself 'out 1 → KNOCK SB OUT 1 **2** → KNOCK SB OUT 3 **3** (*informal, humorous, especially AmE*) used to encourage sb to do sth they have said they would like to do, even though you do not understand why they want to do it（用于鼓励）来试试吧，好吧: *You want to help? Great, knock yourself out!* 你想帮忙？太好了，来吧！◇ *Sure you can take over the cooking—knock yourself out!* 你当然可以接手做饭啦——来试试看吧！
• v + pron + adv

,knock sth 'out of sb to make sb lose their breath, because of a fall, a blow, etc.（由于摔倒、打击等）使喘不上气: *The force of the impact knocked the breath out of her.* 她给撞得上不来气了。
OBJ **breath, wind**
• v + n/pron + adv + prep
IDM **knock the 'stuffing out of sb** (*informal*) to make sb lose their energy, enthusiasm or confidence 使失去活力（或热情、信心）；使受重创；使一蹶不振

,knock sb 'over if a car or another vehicle **knocks sb over**, it hits them and often kills or injures them（汽车等）撞倒，撞死，撞伤: *He got knocked over by a bus.* 他给公共汽车撞了。
SYN **run sb/sth over**
NOTE Often used in the passive. 常用于被动语态。 **Knock sb over** is not used as often as **knock sb down** or **run sb over**. * knock sb over 不如 knock sb down 或 run sb over 常用。
→ see also KNOCK SB DOWN
• v + n/pron + adv • v + adv + n

knock sth 'over 1 to push or hit sth, making it fall or turn on its side 推倒；打翻: *You've knocked my drink over!* 你把我的饮料打翻了！◇ *I'll put the candle here so that it doesn't get knocked over.* 我把蜡烛放在这里，免得碰倒。 **2** (*AmE, informal*) to rob a bank or other business 抢劫（银行等）：*The two men were wanted for knocking over a bank.* 这两名男子因打劫银行遭到通缉。 OBJ **bank**
• v + n/pron + adv • v + adv + n

,knock 'through (*BrE*) to knock down the wall between two rooms 打通（房间的墙壁）：*I intend to knock through on the ground floor.* 我打算把底楼的墙壁打通。
• v + adv

,knock to'gether (*especially BrE*) if two things **knock together**, they touch each other with some force and make a sound （两物）相撞，碰撞: *His knees were knocking together with fright.* 他吓得两腿直哆嗦。
• v + adv

,knock sth to'gether 1 (*also* **,knock sth 'up**) to make or complete sth quickly and often not very well 草草做成；匆匆拼凑成: *I'll quickly*

knock some lunch together. 我来赶紧弄午饭。 **2** (*BrE*) to join two or more rooms or houses to make a single one 打通（房间或房屋）: *They've knocked the two rooms together to make one big living room.* 他们把两个房间打通，弄成一个大起居室。
◆ v + n/pron + adv ◆ v + adv + n

ˌknock ˈup (*BrE, sport*) (in tennis, etc. 网球等) to practise for a short time before the beginning of a game 赛前练习: *We knocked up for a few minutes before the match.* 我们赛前练了几分钟。
◆ v + adv
▶ **ˈknock-up** *n* (*BrE*) (in tennis, etc. 网球等) a short practice before a game 赛前练习

ˌknock sb ˈup (*informal*) **1** (*BrE*) to wake sb by knocking on their door 敲门唤醒: *Would you like me to knock you up in the morning?* 你想让我早晨敲门叫你起床吗？ **2** (*especially AmE*) to make a woman pregnant 使怀孕
◆ **1** v + n/pron + adv
◆ **2** v + n/pron + adv ◆ v + adv + n

ˌknock sth ˈup → KNOCK STH TOGETHER 1

know /nəʊ; *AmE* noʊ/ (knew /njuː; *AmE* nuː/, known /nəʊn; *AmE* noʊn/)

ˈknow sb/sth as sth to call sb/sth by a particular name; to think that sb/sth has a particular characteristic or is a particular type of person or thing 把…称为；认为…具有（某种特质）；把…看成（某种类型的人或事物）: *She is known to her friends as Beth.* 她的朋友们叫她贝丝。◇ *It became known as the worst local company to work for.* 它成了雇员公认的当地最差公司。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + prep

be ˈknown for sth to be well known because of a particular characteristic, achievement or feature 因…而闻名；因…众所周知: *The town is best known for its ancient university.* 这座镇子最出名的是一所历史悠久的大学。◇ *He is not known for his tact!* (= he is often rude) 他常常出言不逊！
◆ be + v + prep

ˈknow A from B to be able to recognize the difference between two things 能区分，能辨别（两事物）: *She doesn't know a Rolls Royce from a Renault.* 她分辨不出劳斯莱斯车和雷诺车。
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + prep
IDM **not know your ˌarse from your ˈelbow** (*BrE*, ⚠, *slang*) to be very stupid or completely lacking in skill 蠢笨至极；屁都不懂: *He doesn't know his arse from his elbow.* 他是个大白痴。

ˈknow of sb/sth to have heard of sb/sth, but not have very much information about or experience of them/it 听说过；对…略知一二: *'Has he ever been in trouble with the police?' 'Not that I know of.'* "他曾被警察抓过吗？" "据我所知没有。" ◇ *I know of one student who failed the exam twice.* 我听说过一个学生两次没通过这个考试。◇ *I know of her, but we've never actually met.* 我对她有所耳闻，可未曾谋面。
◆ v + prep

knuckle /ˈnʌkl/

ˌknuckle ˈdown (to sth) (*informal*) to begin to work seriously at sth, usually after a period when you have not worked hard 开始收心下功夫（做某事）: *It's time to knuckle down (to some hard work).* 现在得开始努力（刻苦工作）了。
SYN **buckle down (to sth)**
◆ v + adv

ˌknuckle ˈunder (to sb/sth) (*informal*) to accept or admit defeat and do what you are told or what you have to do （向…）屈服，认输，低头: *Those who refused to knuckle under were imprisoned.* 不肯妥协的人被关了起来。
◆ v + adv

kowtow /ˌkaʊˈtaʊ/

kowˈtow to sb/sth (*informal*) to show sb/sth too much respect and be too willing to obey them （对…）卑躬屈膝，俯首帖耳，百依百顺: *I refuse to kowtow to anyone.* 我绝不会屈从于任何人。
◆ v + prep

Ll

labour (BrE) (AmE labor) /ˈleɪbə(r)/

ˈlabour under sth (*BrE, formal*) **1** (*often used in the progressive tenses* 常用于进行时) to believe sth that is not true 为…所蒙蔽；误信：*to be labouring under a delusion* 有错觉◇ *She was labouring under the impression that he loved her.* 她以前一直有错觉，以为他爱她。 OBJ **misapprehension, delusion, impression 2** to find a situation very difficult because of sth 因…陷入困境；为…苦恼：*The new government is labouring under a huge debt.* 新一届政府负债累累，举步维艰。
◆ v + prep

lace /leɪs/

NOTE **Laces** (or **shoelaces**) are strings that go through the holes on a shoe to fasten it. * laces（或 shoelaces）指鞋带。

ˌlace ˈup; ˌlace sth ˈup to be fastened with laces; to fasten sth with laces 把鞋带系紧：*She laced her shoes up.* 她系好了鞋带。
OBJ **shoes, boots** SYN **do up, do sth up**
NOTE **Lace sth** is also used on its own. * lace sth 也单独使用。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈlace-up** *n* [usually pl.] (*BrE*) shoes fastened with laces 系带鞋：*As a child, she always wore lace-ups.* 她小时候总是穿系带鞋。◇ *lace-up shoes* 系带鞋

ˈlace sth with sth 1 to put a small amount of sth, such as alcohol, a drug, poison, etc. into a drink 给（饮料）掺（少许酒、药、毒物等）：*Someone had laced the cat's milk with alcohol.* 有人在给猫吃的奶里加了点酒。 **2** (*especially BrE*) to put a lot of a particular quality into sth such as a speech, a piece of writing, etc. 使（演说、文章等）具有（某种特色）：*The show is laced with black humour.* 这个节目颇具黑色幽默意味。◇ *She laces her stories with irony.* 她的故事含讥带讽。 NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + prep

ladle /ˈleɪdl/

NOTE A **ladle** is a large deep spoon with a long handle. * ladle 指长柄大勺子。

ˌladle sth ˈout 1 to serve food with a ladle, etc., or in large quantities（用大勺）舀出，盛出（很多食物）：*He ladled out the soup.* 他用大勺分汤。 **2** (*sometimes disapproving*) to give sb a lot of sth, especially money or advice 大量给予，大量提供（尤指金钱或建议）
◆ v + adv + n ◆ v + n/pron + adv

lag /læg/ (-gg-)

ˌlag beˈhind; ˌlag beˈhind sb/sth 1 to be behind sb/sth because you are walking more slowly 落后；落在…后面：*Everyone ran down to the beach, but Amy lagged behind.* 大家都向海滩奔去，只有埃米落在后面。◇ *Susie lagged behind the other children.* 苏茜落在其他孩子后面。 **2 (in sth/in doing sth)** to progress or develop more slowly than others（在…方面）进展比…缓慢；滞后：*We are lagging far behind our European competitors in using new technology.* 在采用新技术方面，我们远远落后于欧洲的竞争对手。
◆ v + adv ◆ v + prep

lager /ˈlɑːgə(r)/

be/get ˌlagered ˈup (on sth) (*BrE, informal*) to be behaving in an excited or violent way because of the effects of alcohol（因醉酒）举止兴奋，行为粗暴：*They just sit in front of the TV, getting lagered up and shouting at the referee.* 他们就坐在电视机前，喝得醉醺醺的，对裁判大喊大叫。
◆ be/get + v + adv
▶ **ˌlagered-ˈup** *adj* [only before noun] (*BrE, informal*): *The town centre is full of lagered-up lads looking for a fight.* 镇中心到处是酩酊大醉的年轻小伙，找茬要与人打架。

land /lænd/

ˈland in sth; ˈland sb/yourself in sth (*informal*) to get sb/yourself into trouble or a difficult situation（使）处于，陷入（困境）：*She landed in court for stealing a car.* 她因为偷车而要出庭受审。◇ *Being too outspoken landed her in trouble.* 她过于直率，惹了麻烦。◇ *How did I land myself in such a mess?* 我怎么卷入了这样的乱局？◇ *He really **landed** us **in it**!* (= got us into trouble) 他可把我们害惨了！
◆ v + prep ◆ v + n/pron + prep

ˈland on sb (*AmE, informal*) to criticize sb angrily 怒斥；痛骂：*My professor really landed on me for turning my paper in late.* 因为我论文交得晚了，教授狠狠训了我一顿。
◆ v + prep

ˌland ˈup (*BrE, informal*) **1 [+adv/prep]** to reach a final position or situation 终于到达（某个位置）；最终落到（某种境地）：*She landed up in hospital with a broken leg.* 结果她断了一条腿，住进了医院。◇ *The train was diverted and we landed up in York.* 火车改变了路线，我们最后到了约克。◇ *The dish slipped out of my hands and landed up on the floor.* 盘子从我手中滑落，掉到了地板上。◇ *I landed up with more work than I could manage.* 到头来我的活儿多得难以应付。 **2 land up doing sth** to

end by doing sth or having to do sth that you had not planned to do 最终要做（意料之外的事情）收场；以做（计划外的事）告终：*They landed up paying for the damage.* 最后他们只得赔偿了损失。◇ *We landed up spending the night at the airport.* 我们最后只好在机场过夜了。

SYN **end up; finish up**

◆ **1** v + adv

◆ **2** v + adv + -ing

ˈland sb/yourself with sb/sth; ˈland sb/yourself with doing sth (*informal, especially BrE*) to give sb/yourself an unpleasant or difficult task to deal with 把（苦差或重担）留给：*We've landed ourselves with the most boring job of the lot.* 我们承担了其中最枯燥乏味的工作。◇ *I got landed with clearing up the mess.* 收拾乱摊子的活儿落到了我的肩上。◇ *They landed the organization with a huge bill.* 他们给这个机构留下了巨额账单。

SYN **saddle sb/yourself with sb/sth, etc.**

NOTE Often used in the passive, usually with **get** 常用于被动语态，通常与 get 连用：*Guess who got landed with washing the dishes?* 猜猜洗碗的活儿落到谁头上了？

◆ v + n/pron + prep

lap /læp/ (-pp-)

ˌlap sth ˈup 1 to receive sth such as praise or a kind remark with pleasure without thinking about whether it is true or not 欣然接受，全盘接受（赞扬、美言等）：*The baby was lapping up the attention he was getting.* 这个小孩受到别人关注就开心了。◇ *She lapped up his flattery.* 他的恭维话她照单全收了。 **2** to drink all of sth with great enjoyment 开怀畅饮；高兴地喝干：*The cat lapped up the cream.* 猫津津有味地把奶油舔得一干二净。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

lapse /læps/

ˈlapse into sth 1 to pass gradually into a worse or less active state or condition （逐渐）进入，陷入：*They lapsed into silence.* 他们陷入沉默。◇ *The country lapsed into chaos.* 国家陷入混乱。◇ *to lapse into unconsciousness/a coma* 逐渐失去知觉 / 陷入昏迷 OBJ **silence, unconsciousness** **2** to start speaking or behaving in a different way, often one that is less acceptable （言行）出现（异常）：*She lapses into English when she can't think of a word in French.* 她想不出法语词时就用英语。

◆ v + prep

lard /lɑːd; *AmE* lɑːrd/

ˈlard sth with sth (*often disapproving*) to include particular words or expressions in a speech or in a piece of writing （言语或文章中）夹杂，穿插（某类语汇）：*His conversation was larded with Russian proverbs.* 他的谈话穿插了许多俄国谚语。

NOTE Nearly always used in the passive. 几乎总是用于被动语态。

◆ v + n/pron + prep

lark /lɑːk; *AmE* lɑːrk/

ˌlark aˈbout/aˈround (*old-fashioned, informal, especially BrE*) to enjoy yourself by behaving in a silly way 胡闹；傻玩；玩乐：*Some kids were larking about in the shopping centre.* 一些孩子在购物中心嬉戏。

SYN **mess around**

◆ v + adv

lash /læʃ/

ˌlash ˈdown if rain **lashes down**, it falls heavily （雨）下得大，下得猛：*The rain lashed down.* 大雨倾盆而下。

◆ v + adv

ˌlash ˈout (at sb/sth) 1 to make a sudden violent attack on sb （突然）狠打，痛揍：*He lashed out at us.* 他突然对我们大打出手。◇ *Jim lashed out with both fists.* 吉姆突然双拳猛挥起来。 **2** to criticize sb/sth in an angry way 怒斥；痛骂：*She lashed out at the company for treating her so badly.* 她大骂公司太亏待她。

SYN **hit out (at sb/sth)**

◆ v + adv

ˌlash ˈout on sth (*BrE, informal*) to spend a lot of money on sth （在…上）大手大脚，大肆挥霍

SYN **splash out (on sth)**

◆ v + adv + prep

last /lɑːst; *AmE* læst/

ˌlast ˈout; ˌlast sth ˈout 1 to survive for a period of time 存活，活过（一段时间）：*How long can we last out without water?* 我们不喝水能活多长时间？◇ *The doctors thought he might not last out the night.* 医生们认为他可能撑不过那晚。 **2** to continue in the same situation or manage to do sth for a particular length of time （在某段时间内）坚持下去，坚持做某事：*He made it to the summit, but at one point I thought he wasn't going to last out.* 他成功登上了山顶，可我一度以为他坚持不下来。◇ *She lasted out for a week without smoking.* 她坚持了一个星期不抽烟。◇ *Can you last out the day without using your phone?* 你能坚持一天不用电话吗？ **3** to be enough for a particular length of time （在某段时间内）够用，够维持：*Our supplies should last out until the end of the month.* 我们的储备应该可以维持到月底。◇ *Will the food last out the week?* 食物够这个星期吃的吗？

SYN **hold out**

NOTE Not used in the passive. 不用于被动语态。 **Last** and **last sth** are used frequently on their own with the same meanings. * last 和 last sth 常单独使用作此义。

◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌlast sb ˈout (*often humorous*) to live or continue longer than sb else 活过，寿命超过（某

人）：*My grandmother is so fit and healthy she'll probably last us all out!* 我奶奶身体这么硬朗健康，她可能比我们大家都长寿！
◆ v + n/pron + adv

latch /lætʃ/

ˌlatch ˈon; ˌlatch ˈonto sb (*also* **ˌlatch ˈon to sb**) (*informal*) to follow sb around, often when they do not want you with them 纠缠；缠住: *He latched onto us and we couldn't get rid of him.* 他缠着我们，甩也甩不掉。
◆ v + adv ◆ v + prep ◆ v + adv + prep

ˌlatch ˈon; ˌlatch ˈonto sth (*also* **ˌlatch ˈon to sth**) **1** to become attached to sth 依附；附着在…上: *The virus latches onto the red blood cells.* 这种病毒附着在红细胞上。 **2** to be interested in an idea, a fashion, etc. and use it for your own purposes 对…产生兴趣（并加以利用）: *The government have latched onto environmental issues to win votes.* 政府大谈环境问题以争取选票。◇ *They have a reputation for latching onto all the latest crazes.* 大家都知道他们对所有的最新时尚都会跟风。◇ *Young children latch onto phrases and repeat them over and over.* 小孩子喜欢成语，还一遍遍地重复。 **3** (*BrE, informal*) to understand an idea, what sb is saying, etc. 理解；懂得: *It took him a while to latch onto their style of humour.* 过了一会儿他才领会他们的幽默风格。◇ *She soon latched onto the idea.* 她很快就领悟了这个想法。◇ *It was a difficult concept to grasp, but Sam latched on very quickly.* 那个概念很难掌握，但萨姆很快就理解了。
◆ v + adv ◆ v + prep ◆ v + adv + prep

laugh /lɑːf; *AmE* læf/

ˈlaugh at sb/yourself to make sb/yourself seem stupid by making jokes about them/yourself; to not be too serious about sb/yourself 嘲笑；讥笑；取笑: *They were laughing at him behind his back.* 他们在背后取笑他。◇ *We all laughed at Jane when she said she believed in ghosts.* 简说她相信有鬼，我们都笑话她。◇ *I laughed at myself for believing such an unlikely story.* 我因为相信了这种不可能的事儿而自嘲。◇ *Nobody likes to be laughed at.* 没人喜欢被嘲笑。
◆ v + prep

ˈlaugh at sth **1** to show that you find sth funny or amusing 因（有趣的事等）发笑: *You never laugh at my jokes.* 我讲笑话你从来不笑。◇ *The whole class was laughing at him clowning around.* 全班同学都给他的滑稽相逗乐了。 **2** to make sth seem stupid by making jokes about it 嘲笑；讥笑；取笑: *He was laughing at my accent.* 他在取笑我的口音。◇ *He doesn't like his ideas being laughed at.* 他不喜欢他的想法遭人取笑。 SYN **ridicule sth** (*more formal*)
◆ v + prep

ˌlaugh sth ˈoff (*informal*) to try to make people think that you do not care about sth, or that it is not serious or important, by making a joke about it （对…）付诸一笑；用笑话摆脱: *He laughed off suggestions that he had been approached to be manager of the England team.* 传闻有人找他当英格兰队的主教练，他一笑置之。◇ *It was an embarrassing situation, but she managed to laugh it off.* 那个场面很尴尬，可她一笑摆脱了窘境。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

launch /lɔːntʃ/

ˈlaunch into sth; ˈlaunch yourself into sth to start doing sth in a very enthusiastic or emotional way （热情地）开始做，投入: *She launched into an explanation of how the machine worked.* 她开始热心地讲解机器如何运转。◇ *We don't want to launch ourselves into the wrong enterprise.* 我们不想入错行。◇ *The band launched into one of their best known songs.* 乐队开始演奏他们的一首最有名的歌曲。◇ *He launched into a tirade of abuse against the police officer.* 他开始对警官激烈地骂个不休。
OBJ **speech, explanation, challenge**
◆ v + prep ◆ v + pron + prep

ˌlaunch ˈout (into sth) to begin to do sth new or different in a confident way 拓展，满怀信心投身于（新事业或不同事业）: *She's decided she has enough experience to launch out on her own.* 她认为她的经验足以独自创业。
◆ v + adv

lavish /ˈlævɪʃ/

ˈlavish sth on sb/sth (*also* **ˈlavish sth upon sb/sth** *more formal*) to give a lot of sth, often too much, to sb/sth 过分给予；滥施: *They lavished such care on that house!* 他们对那所房子的维护真是无微不至！◇ *He was jealous of the attention lavished on his sister.* 妹妹得到了过多的关爱，他很嫉妒。◇ *Millions of pounds were lavished on restoring the building.* 修复这一建筑耗费了数百万英镑。
OBJ **attention, praise, care**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

lay /leɪ/ (**laid, laid** /leɪd/)

ˌlay aˈbout sb (with sth) (*especially BrE*) to attack sb violently physically or with words 猛打；痛骂: *He started to lay about me with his walking stick.* 他开始用拐杖狠狠揍我。
◆ v + prep

ˌlay sth aˈside (*formal*) **1** to put sth to one side and not use it or think about it 把…放在一边；将…搁置一旁: *I laid my book aside and picked up the letter.* 我把书放在一边，拿起那封信。◇ (*figurative*) *They laid aside their differences until the crisis was over.* 在危机期间他们搁置了分歧。 **2** (*also* **ˌlay sth ˈby** *less frequent*) to keep sth to use in the future; to save sth 留存备用；积蓄: *Have you laid anything aside for your old age?* 你为个人养老有所积攒了吗？
SYN **put sth aside; set sth aside**
◆ v + n/pron + adv ◆ v + adv + n

ˌlay sth beˈfore sb/sth to present a proposal, some information, etc. to sb for them to think about and decide on 呈交，递交，上报（供审议决定）: *The bill was laid before Parliament.* 议案提交给了国会。
◆ v + n/pron + prep

ˌlay sth ˈby → LAY STH ASIDE

ˌlay sth ˈdown 1 to put sth down or stop using it 放下；停用: *He stopped writing and laid down his pen.* 他停止写字，放下钢笔。◇ *They refused to **lay down their arms**.* 他们拒绝放下武器。 SYN **put sb/sth down 2** if you **lay down** a rule, or a principle, you state officially that people must obey it or use it 规定，制定（规则或原则）: *The government has laid down procedures for negotiating teachers' pay.* 政府已制定出协商教师薪酬的程序。◇ *Clear guidelines have been laid down for religious teaching in schools.* 已制订出明确的关于学校宗教教育的指导原则。 OBJ **guidelines, rules, conditions 3** to establish sth that will develop or be useful in the future 形成；建立: *Good eating habits can be laid down in childhood.* 良好的饮食习惯可以在童年养成。 **4** to produce sth that is stored and gradually increases 积聚；积累: *If you eat too much, the surplus is laid down as fat.* 要是吃得太多，过剩的营养就会成为脂肪贮存起来。 OBJ **fat** NOTE Usually used in the passive. 通常用于被动语态。 **5** (*BrE*) to store sth, especially wine, to use in the future 贮备，贮存（尤指葡萄酒）: *She has laid down hundreds of bottles of port.* 她贮存了上百瓶波尔图葡萄酒。 OBJ **bottles, wine 6** to record music for a CD, etc. 录制（音乐）: *We laid down a couple of tracks in the studio this morning.* 今天上午，我们在录音间灌录了两三首乐曲。 OBJ **track**
◆ **1,4** v + adv + n ◆ v + n/pron + adv
◆ **2,3,5,6** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
IDM **lay down the ˈlaw** to tell sb firmly what they can or cannot do 严令；发号施令 **lay down your ˈlife (for sb/sth)** to die willingly in order to save sb or because of sth that you believe in （为救人或坚持信仰）牺牲生命，献身，捐躯

ˌlay sth ˈin (*formal*) to get a supply of sth and store it to use in the future 贮备；贮存: *I've laid in enough logs for the winter.* 我储备的木柴足够过冬。
SYN **get sth in**
◆ v + adv + n ◆ v + n/pron + adv

ˌlay ˈinto sb/sth (with sth) (for sth/for doing sth) (*informal*) to attack sb/sth violently, with words or blows （为…）（以…）猛揍，痛斥: *She laid into him with her fists.* 她挥拳狠揍了他。◇ *He laid into the government for spending millions of pounds on buildings nobody wanted.* 他怒斥政府耗费几百万英镑兴建没人要的楼房。
SYN **rip into sb/sth, etc.**
◆ v + prep

ˌlay ˈoff; ˌlay ˈoff sb/sth; ˌlay ˈoff doing sth (*informal*) used to tell sb to stop doing sth that irritates or annoys you （用于命令）别烦人，停止（做…）: *Lay off! You're messing up my homework!* 别闹了！你打扰我写作业了！◇ *Lay off him, he's still learning.* 别烦他，他还在学习呢。◇ *Lay off bullying your brother!* 别再欺负你弟弟！
◆ v + adv ◆ v + prep

ˌlay ˈoff sth; ˌlay ˈoff doing sth (*informal*) to stop doing or using sth harmful 停止（做有害的事）；放弃（有害的事物）: *You should lay off alcohol/drinking for a while.* 你暂时别喝酒。
◆ v + prep

ˌlay sb ˈoff to dismiss workers, usually for a short time, because there is not enough work （因工作不多暂时）遣散，裁减: *We've had to lay off hundreds of workers.* 我们不得不暂时解雇几百名工人。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈlay-off** *n* **1** [C] an act of dismissing workers because there is not enough work （因工作不多而进行的）遣散，裁员: *The crisis has caused thousands of lay-offs.* 这场危机导致几千人失业。 **2** [usually sing.] a period of time when sb is not able to take part in an activity or a sport that they usually do （无法参加活动或体育运动的）歇工期，休息期

ˌlay sth ˈon (*BrE, informal*) to provide or arrange sth for sb, for example food, transport or entertainment 提供，安排（食物、交通、娱乐等）: *Extra buses were laid on during the train strike.* 铁路罢工期间增加了公共汽车班次。◇ *She had laid on tea for the players.* 她为运动员提供茶水。
◆ v + adv + n ◆ v + n/pron + adv
IDM **lay it/sth on with a ˈtrowel; lay it on ˈthick** (*informal*) to talk about sb/sth in a way that makes them seem much better or worse than they really are; to exaggerate sth 大肆吹捧；过分贬低；夸大其词: *He was laying on the flattery with a trowel.* 他在一个劲儿地拍马屁。◇ *Calling him a genius is laying it on a bit thick!* 称他为天才未免有些言过其实！

ˌlay sth ˈon sb (*informal*) **1** to force sb to deal with sth unpleasant or difficult 把（麻烦或难题）强推给某人处理: *I'm sorry to lay all this work on you.* 很抱歉我把这活儿全推给你干。 **2** (*AmE*) to break bad or surprising news to sb 把（坏的或惊人的消息）透露给: *Sorry to **lay this on you**, but he's never coming back.* 很抱歉地告诉你，他绝对不会回来了。
◆ v + n/pron + prep

ˌlay ˈout (*AmE*) to stop taking part in a group activity for a short time, especially in order to let others take part （尤指为让他人参与而）暂时退出（集体活动）: *He's always happy to lay out for a while and let other people be heard.* 他总是乐于歇息一下，让其他人发言。
◆ v + adv

ˌlay sb ˈout 1 (*informal*) to knock sb unconscious 打昏；打晕: *He laid his opponent out with a single blow.* 他一拳就把对手打晕了。 **2** to prepare a dead body to be buried 给（尸体）作殡葬准备

• v + n/pron + adv • v + adv + n

ˌlay sth ˈout 1 to spread sth out ready to use or so that it can be seen easily 铺开；展开；摊开: *Lay out all the clothes you want to take.* 把你要带走的衣服全摆出来。◇ *Lay all the cards out on the table.* 把纸牌全摆在桌上。 **2** to plan how sth should look and arrange it in this way 策划；设计；安排；布置: *They laid the streets out on a grid pattern.* 他们把街道设计成棋盘状。◇ *a well-laid-out CV/résumé* 版面编排得宜的个人简历 **3** to present or explain sth clearly and carefully （清晰细致地）演示，解释: *At the meeting, he laid out his plans for the company.* 在会议上，他清楚地阐释了他对公司的规划。 **4 (on sth)** (*informal*) to spend money 花（钱）: *He laid out thousands renovating the house.* 他花了几千元钱翻新房子。

• v + n/pron + adv • v + adv + n

▸ **ˈlayout** *n* [usually sing.] the way in which sth is arranged 规划；设计；安排；布局: *He still recalled the layout of the house perfectly.* 他依然清晰地记得那座房子的布置。◇ *The magazine has a very attractive layout.* 那本杂志的版面设计很吸引人。

▸ **ˈoutlay** *n* [C, U] the money that you spend on sth, especially when you start a new project （尤指新项目的）支出，花费: *an outlay of $400 000* * 40 万元的开支 ◇ *What was your initial outlay on equipment?* 你购置设备的起始费用是多少？

ˌlay ˈover (in/at ...) (*AmE*) to stop somewhere for a short time when you are on a journey by plane （乘飞机时在中途）稍作停留，短暂滞留: *Several passengers were laying over in Chicago for a few hours.* 几名乘客在芝加哥逗留了数小时。

• v + adv

▸ **ˈlayover** *n* a short stay somewhere during a plane journey （乘飞机时在中途的）短暂停留，短暂滞留: *a four-hour layover* 四个小时的途中短暂停留

ˌlay ˈup to hide somewhere or do nothing for a while 躲藏；闲着: *They lay up in a cave until it got dark.* 他们在洞里一直躲到天黑。

• v + adv

ˌlay sb ˈup (*informal*) if sb is **laid up**, they are unable to work or take part in an activity because they are ill/sick or injured （因病或因伤）使暂停工作，使退出活动: *I was laid up for a month with a broken leg.* 我因腿部骨折休养了一个月。◇ *He has been laid up with flu for a week.* 他因患流感休息了一个星期。

SYNONYMS 同义词辨析

lay sb off

dismiss sb • fire sb • lay sb off • make sb redundant • sack sb

These verbs all mean to officially remove sb from their job. 这些动词都表示解雇、免职、开除。

dismiss sb (*usually passive*) (*formal*) to officially remove sb from their job 解雇；免去…的职务；开除: *She claims she was unfairly dismissed from her post.* 她自称遭到无正当理由的解雇。

fire sb (*often passive*) to officially remove sb from their job 解雇；开除: *We had to fire him for dishonesty.* 因为他不诚实，我们不得不将他开除。◇ *She got fired from her first job.* 她被解雇，结束了第一份工作。

lay sb off (*often passive*) to stop employing sb, often for a temporary period, because there is not enough work for them to do （因工作不多暂时）遣散，裁减: *200 workers at the factory have been laid off.* 该厂 200 名工人下岗了。

make sb redundant (*usually passive*) to remove sb from their job because there is no more work available for them （因无工作可做）解雇，裁减: *She was made redundant from her job.* 她被裁员了。

sack sb (*often passive*) (*informal, especially BrE*) to dismiss sb from a job, usually because they have done sth wrong （因过错）解雇，开除: *She was sacked for refusing to work on Sundays.* 她因拒绝星期天上班被开除了。

NOTE It is also possible to say **give sb the sack** or **get the sack** in British English. 英国英语中也可说 give sb the sack 或 get the sack。

WHICH WORD?

Dismiss is the preferred term in legal contexts, especially in the phrase *unfairly/wrongfully dismissed* . **Sack** can sound more sudden or dramatic than **give sb the sack**, and is used more in newspapers. **Give sb the sack** is more frequent in everyday spoken English 法律语境中倾向于用 dismiss 一词，尤其在 unfairly / wrongfully dismissed 短语中。与 give sb the sack 相比，sack 含有突如其来或富有戏剧性之意，多用于报章。日常英语口语中常用 give sb the sack: *She got the sack/was given the sack for refusing to work on Sundays.* 她因拒绝星期天上班被开除了。

PATTERNS AND COLLOCATIONS

- to fire sb/dismiss sb/lay sb off/sack sb/make sb redundant/get the sack **from** a job
- to fire sb/dismiss sb/sack sb/give sb the sack **for** sth
- **staff/workers** are fired/dismissed/laid off/sacked/made redundant
- to be **unfairly/summarily** fired/dismissed/sacked

NOTE Nearly always used in the passive. 几乎总是用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌlay sth ˈup 1 (for yourself) (*BrE*) if you **lay up** trouble or problems for yourself, you do sth that will result in difficulties later 把（困难或问题）积存起来；搁置: *You're laying up problems for yourself by not tackling this now.* 你现在不处理这事，就是给自己日后增加麻烦。OBJ **trouble, problems 2** to stop using a vehicle, ship, etc. because you do not need it, or it has to be repaired 暂停使用（车、船等）: *Our boat is laid up during the winter months.* 我们的船在冬季的几个月里闲着不用。NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

laze /leɪz/

ˌlaze aˈround; laze aˈround sth (*BrE also* **ˌlaze aˈbout, ˌlaze aˈbout sth**) to spend your time relaxing and doing very little 闲散地打发时间；消磨时光: *He lazed about all day.* 他悠闲地过了一整天。◇ *They lazed around the pool in the afternoon.* 他们在游泳池里懒散地过了一下午。
SYN **lie around, etc.; lounge about/around, etc.**
◆ v + adv ◆ v + prep

ˌlaze sth aˈway to spend a period of time relaxing and doing very little 闲散地打发（时间）；消磨（时光）: *We lazed away the summer on the beach.* 我们在沙滩上懒洋洋地打发了夏日时光。
◆ v + n/pron + adv ◆ v + adv + n

lead /liːd/ (led, led /led/)

ˌlead ˈinto sth 1 if a subject or a discussion **leads into** sth, it moves naturally into a second subject or discussion 自然进入，引出（下个话题等）: *This led into a discussion on gender differences.* 这就引出了有关性别差异的讨论。◇ *Pair and group work often leads into a whole-class discussion.* 对子活动和小组活动之后常常是全班讨论。 **2** if a room, a door, a street, etc. **leads into** a place, it opens into it or connects with it （房间、门、街道等）通往，连接到: *The door led into a tiny kitchen.* 这道门通向一个小厨房。SUBJ **door, room, road**
◆ v + prep

▸ **ˈlead-in (to sth)** *n* an introduction to a subject, a story, etc. （主题、故事等的）介绍，导入；导语；开场白: *We want a striking lead-in to the new programme.* 我们这个新节目需要个吸引人的引子。

ˌlead ˈoff (with sth) (*especially AmE*) to start a discussion, meeting, etc. （为讨论、会议等）带头，领头: *Everyone will have a chance to speak. Would you like to lead off?* 大家都有机会发言。你愿意带个头吗?
◆ v + adv

ˌlead ˈoff sth; ˌlead ˈoff from sth 1 if a street **leads off** (from) a place, it starts there and goes away from it （街道）起始于: *He pointed to a street leading off (from) the corner of the square.* 他指了指从广场一角延伸出去的街道。 **2** if a room, a door, etc. **leads off** (from) a place, it connects directly with it （房间、门等）紧接着，直接连着: *All the rooms lead off the main hall.* 所有房间都与大厅相通。
◆ v + prep ◆ v + adv + prep

ˌlead sb ˈon (*informal*) to make sb believe sth that is not true, especially that you love them or find them attractive 误导（使某人相信自己讨人喜爱、具有魅力）: *You shouldn't have led him on like that.* 你不该让他产生那样的误解。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

🔑 **ˈlead to sth; ˈlead sb to sth** (*also* **ˌlead ˈon to sth, ˌlead sb ˈon to sth**) to result in a particular action or event; to force or persuade sb to take a particular action 导致；迫使（或劝服）某人采取某一行动: *Living in damp conditions can lead to serious health problems.* 生活在潮湿环境中会引发严重的健康问题。◇ *What led you to this conclusion?* 你如何得出这个结论的? ◇ *The increase in the number of motor vehicles has led to an increase in vehicle crime.* 机动车辆的增加导致与车辆相关罪案同时增长。◇ *The police have offered a reward for information leading to the conviction of the child's killers.* 警方已悬赏寻找能对杀害儿童的凶手定罪的线索。◇ *She described how her early life had led her to her profession as an artist.* 她叙述了她的早年生活如何引导她走上职业艺术家的道路。◇ ***One thing led to another** and before long Sue and I were engaged.* 就这样一来二去，不久我和休就订婚了。
NOTE **Lead sb to do sth** can also be used with this meaning * lead sb to do sth 也可作此义: *She described how her early life led her to become an artist.* 她描述了她的早年生活如何引导她成为艺术家。
◆ v + prep ◆ v + n/pron + prep ◆ v + adv + prep
◆ v + n/pron + adv + prep

ˌlead ˈup to sth 1 to be the introduction to or the cause of sth 是…的开端；致使: *The book describes the period leading up to the start of the war.* 这本书叙述了导致战端开启的那个时期。◇ *Police are investigating the chain of events that led up to her death.* 警方正在调查导致她死亡的一连串事件。 **2** to prepare to talk about sth or ask a difficult question by gradually introducing the subject you want to talk about 逐渐引出（话题或难题）；铺垫: *What exactly are you leading up to?* 你到底想谈什么? ◇ *He seemed to be leading up to asking a difficult question.* 他似乎正在为提出难题作铺垫。
◆ v + adv + prep

▸ **ˌlead-ˈup (to sth)** *n* [sing.] (*BrE*) a period of time or an event or series of events before another event or activity （某一时段、事件或活动的）前期，前奏: *in the lead-up to the election* 在选举前夕

leaf /liːf/

ˌleaf ˈthrough sth to turn over the pages of a book, a magazine, etc. quickly without read-

ing them carefully or in detail 匆匆翻阅；浏览：*She picked up a brochure and leafed through it.* 她拿起一本小册子翻看了一下。
OBJ **pages** SYN **flick through sth** ⇒ note at LOOK THROUGH STH
◆ v + prep

leak /liːk/

ˌleak ˈout if secret information **leaks out**, it becomes known to the public when it should remain secret （秘密）泄露：*He was worried about what might happen if the news leaked out.* 他担心万一走漏了风声可能会出乱子。
SYN **get out**
◆ v + adv

lean /liːn/ (leaned, leaned, *BrE also* leant, leant /lent/)

ˈlean against/on sth/sb; ˌlean ˈup against sth to rest against or on sth/sb for support 倚着；靠着；靠在…上：*Laura leaned weakly against the door.* 劳拉无力地靠在门上。◇ *We left our bikes leaning up against the wall.* 我们把自行车靠墙放着。◇ *You can lean on my arm.* 你可以靠在我的手臂上。
→ see also LEAN ON SB/STH
◆ v + prep ◆ v + adv + prep

ˈlean sth against/on sth; ˌlean sth ˈup against sth to make sth rest against or on sth in a sloping position 使斜靠着：*He leaned his head on his hand and closed his eyes.* 他手托着头闭上眼睛。◇ *Maggie leant the broom up against the wall.* 玛吉把扫帚靠在墙上。
◆ v + n/pron + prep ◆ v + n/pron + adv + prep

ˈlean on sb (*informal*) to try to make sb do sth by threatening them 威胁；胁迫：*They are leaning on him to make him withdraw his complaints.* 他们正对他施加压力，让他撤回投诉。◇ *I was being leaned on.* 我受到了恐吓。
◆ v + prep

ˈlean on sb/sth (*also* **ˈlean upon sb/sth** *more formal*) to depend on sb/sth 依靠；依赖：*It's good to have someone to lean on.* 有人可依赖真好。◇ *She was unsure of herself and leaned heavily on her friends for support.* 她缺乏自信，十分依赖朋友的支持。
→ see also LEAN AGAINST/ON SB/STH
◆ v + prep

ˌlean toˈwards sth (*also* **ˌlean toˈward sth**) to support or tend to prefer a particular idea or political party 倾向，偏向（某一观点或政党）：*I'm not sure how I'm going to vote but I'm leaning towards the Democrats.* 我还没确定投票给谁，可我倾向于投给民主党。
◆ v + prep

ˌlean up aˈgainst sth → LEAN AGAINST/ON STH/SB

ˌlean sth up aˈgainst sth → LEAN STH AGAINST/ON STH

ˈlean upon sb/sth → LEAN ON SB/STH

leap /liːp/ (leapt, leapt /lept/ or leaped, leaped)

ˈleap at sth to accept sth with enthusiasm, without hesitating 迫不及待地接受；毫不迟疑地接受：*She leapt at the chance of working in Paris.* 她立刻抓住了去巴黎工作的机会。
OBJ **chance, opportunity** SYN **jump at sth**
◆ v + prep

ˈleap on sth (*also* **ˈleap upon sth** *more formal*) (*especially BrE*) to suddenly become very interested in an idea or a suggestion, especially because you think it will give you an advantage （尤指因有利可图而）突然对（某想法或提议）极感兴趣：*The press leapt on the story.* 报界开始对这件事大为关注。
◆ v + prep

ˌleap ˈout at sb if sth, especially sth written, **leaps out at** you, you see it immediately 立刻进入（某人）的视线；引人注目：*His name leapt out at me from the page.* 我在那一页上一眼就看见了他的名字。
SYN **jump out at sb**
◆ v + adv + prep

ˌleap ˈup to stand quickly and suddenly when you have been sitting （坐着时）突然起身，猛地站起来：*He leapt up and ran to answer the door.* 他一下子站起来跑过去开门。
SYN **jump up**
◆ v + adv

ˈleap upon sth (*especially BrE*) → LEAP ON STH

learn /lɜːn; *AmE* lɜːrn/

ˈlearn of sth to become aware of sth by hearing about it from sb else 听说；获悉：*I learnt of her arrival from a close friend.* 我从一位密友那里得知她来了。 ⇒ note at FIND OUT, FIND SB OUT
◆ v + prep

leave /liːv/ (left, left /left/)

ˌleave sth aˈside to not discuss or consider a particular idea or issue 把（想法或问题）搁置一边：***Leaving aside*** *car parking space, the housing development is well planned.* 撇开停车位不谈，住宅开发规划得很好。◇ *Let us* ***leave aside the question of*** *costs for the moment.* 我们暂时不谈费用问题吧。◇ *Leaving that aside …* 且不说…
OBJ **question, that/this problem**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌleave sb/sth beˈhind to make progress much faster than sb else 把…抛在后面；超过：*The new car is going to leave the competition far behind.* 这款新车将把竞争对手远远地甩在后面。
◆ v + n/pron + adv

ˌleave sb/sth beˈhind; ˌleave sb/sth beˈhind sb 1 to go away from a place without taking sb/sth because you have forgotten them/it 忘带；丢下：*Somebody has left their umbrella behind.* 有人忘了把雨伞带走。◇ *Wait—*

don't leave me behind! 等等 —— 别撇下我！ **2** to go away from a place while the result of sth you have done stays there 留下（某一行为的后果）: *They wore gloves so as not to leave any fingerprints behind (them).* 他们戴了手套，以免留下指纹。 **3** to leave a person or place permanently, especially in order to begin a new life （尤指为开始新生活）永别（某人或某地）: *He was anxious to leave the past behind (him).* 他巴不得永远告别过去。◊ *She disappeared a year ago, leaving behind a boyfriend and a small baby.* 一年前她抛下男友和襁褓中的小孩消失了。 **4** to have sb/sth remaining after your death 死后留下: *He died at the age of 33, leaving behind a wife and three young children.* 他 33 岁时去世，留下妻子和三个年幼的孩子。
NOTE **Leave sb/sth** is sometimes used on its own with these meanings * leave sb / sth 有时单独使用也作这些含义: *They wore gloves so as not to leave any fingerprints.* 他们戴着手套，以免留下指纹。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌleave sth ˈin to not remove sth, for example from a book, a piece of writing, etc. 保留，不删（书、文章等的内容）: *Make sure you leave that paragraph in.* 一定要保留那个段落。
OPP **leave sth out**
◆ v + n/pron + adv ◆ v + adv + n

ˌleave ˈoff; ˌleave ˈoff sth; ˌleave ˈoff doing sth (*BrE, informal*) to stop doing sth 停止；中断: *Lee shouted at him, but he wouldn't leave off.* 李大声喊他，但他不想停下来。◊ *Would you leave off what you are doing for a moment?* 你暂时放下手头的事好吗？◊ *We're going to try and begin where they left off.* 我们将尽力从他们停下的地方接着往下做。◊ *'Will you leave off nagging?' he shouted.* "你能不能别唠叨了？" 他大叫。 ⊃ note at GIVE UP, GIVE STH UP
◆ v + adv ◆ v + adv + n ◆ v + adv + -ing

ˌleave sb/sth ˈoff; ˌleave sb/sth ˈoff sth to not include or mention sb/sth, especially on a list 不把…列入；不包括；不含: *Have I left anyone off the list?* 我在名单上有没有漏掉什么人？
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌleave sth ˈon **1** if you **leave** clothes **on**, you continue wearing them 继续穿着: *Leave your shoes on.* 不必脱鞋。 **SYN** **keep sth on** **2** to not switch sth off 不关闭；开着: *I found the television had been left on all night.* 我发现电视机开了一夜。◊ *Do you mind if I leave the tape recorder on while you talk?* 你说话的时候我把录音机开着，你不介意吧？ **OPP** **leave sth off; switch sth off**
◆ v + n/pron + adv ◆ v + adv + n

ˌleave it ˈout (*BrE, informal*) **1** used to tell sb to stop doing sth silly or annoying （用于警告）停下，别干…了 **2** used to tell sb that you think what they have said is stupid, or that you do not believe it （表示觉得别人的话很蠢或不可信）胡说八道，不可能，算了吧: *Two million dollars? Leave it out!* 两百万元？瞎扯！
◆ v + it + adv

ˌleave sb ˈout; ˌleave sb ˈout of sth to not include sb deliberately 不把某人列入；不把某人包括在（…）内: *It seemed unkind to leave Daisy out, so we invited her too.* 把黛西排除在外似乎不太好，所以我们也邀请了她。◊ *There was an outcry when he was left out of the team.* 他未被列入队员名单，引发了抗议。
SYN **exclude sb** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep
▸ **left ˈout** *adj* unhappy because you have not been included in sth 感到被冷落；感到受排斥: *I felt a bit left out.* 我感到有点受冷落。

ˌleave sb/sth ˈout; ˌleave sb/sth ˈout of sth **1** to not involve sb/sth in sth 不把…牵涉在（…）内: *Leave my brother out of this—he had nothing to do with it.* 别把我弟弟牵扯进来 —— 他与这事无关。 **2** to not include sb/sth either accidentally or deliberately （有意或无意地）不把…包括在（…）内: *Have I left anyone out?* 我遗漏了谁吗？◊ *You can leave out the gory details.* 你别提那些血腥的细节。◊ *This is spelt wrongly. You've left out the 'e'.* 这个词拼写错了。你漏掉了 e。◊ *You've left the second 'm' out of 'committee'.* 你漏掉了 committee 中的第二个 m 字母。◊ *You've left out an 'm' in 'committee'.* 你漏掉了 committee 中的一个 m 字母。 **SYN** **omit sth** (*more formal*); **miss sth out** (*BrE*)
◆ **1** v + n/pron + adv ◆ v + n/pron + adv + prep
◆ **2** v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + adv + prep

be ˌleft ˈover (from sth) (of food or money 食物或金钱) if food, money, etc. is **left over**, it remains when the rest has been eaten or used up 剩下；残留: *After I've paid my rent and bought food there isn't much left over to spend on books.* 我付掉房租买完食物之后，就没剩下多少钱买书了。◊ *There was plenty of food left over after the party.* 聚会后剩了不少食物。◊ *There's some rice left over from lunch.* 午饭剩了些米饭。
◆ be + v + adv
▸ **ˈleftover** *n* (*BrE*) **1** [usually pl.] food that has not been eaten and remains after a meal 吃剩的饭菜 **2** a custom, tradition, etc. that belongs to an earlier time but still exists 遗留下来的风俗（或传统等）: *These narrow roads are a leftover from the days of horse-drawn carriages.* 这些窄道是从马车时代沿用下来的。
▸ **ˈleftover** *adj* [only before noun] remaining because it has not been eaten or used 吃剩的；用剩的: *leftover vegetables/fabric* 吃剩的蔬菜 / 边角布料

ˈleave sb to sth to go away from sb so that they can continue what they were doing before you came, or do sth without your help 离开以便让某人继续（或独自）做某事: (*informal*) *If you don't need me any more, I'll **leave you to it**.* 你要是不再需要我，我就走了，你自个儿干吧。◊ *I'll leave you to your lunch.* 我走

了，你吃午饭吧。
• v + n/pron + prep

IDM **leave sb to their own de'vices** to leave sb alone to do as they wish 听任某人自行其是；让某人自行发展：*Once I've explained things to him I tend to leave him to his own devices.* 我一旦对他说明了情况，就往往任他自行其是。

lend /lend/ (lent, lent /lent/)

,lend sth 'out (to sb) to allow sb to borrow sth for a period of time 把…借出（给某人）：*The reference books cannot be lent out.* 参考书不得外借。
• v + n/pron + adv • v + adv + n

'lend itself/themselves to sth (*formal*) to be suitable for sth 适合于；适宜于：*Science in elementary schools lends itself well to learning through play.* 小学科学课很适合在游戏中学习。◇ *Not all materials lend themselves to scientific dating.* 并非所有材料都能用科学方法测定年代。
• v + pron + prep

let /let/ (letting, let, let)

,let sb 'down 1 to fail to help or support sb in the way that they hoped or expected （因未如所期望的提供协助或支持）让某人失望：*She said she would help, but let them down at the last minute.* 她说过要帮忙，可最后关头却让他们失望。◇ *It's important our decision doesn't let down our customers.* 重要的是我们的决定不要让顾客失望。◇ *The car has never let me down.* 我这辆车从未出过毛病。◇ *I felt I'd been badly let down by the company.* 我觉得公司令我非常失望。 **2** to tell sb some bad news in a kind way so that they will not be too disappointed or upset 婉转地告诉某人坏消息：*The kids will be really upset that the trip's been cancelled—try to let them down gently.* 旅行取消了，孩子们会大失所望 —— 尽量婉转点跟他们说。
• v + n/pron + adv **1** also v + adv + n

IDM **let the 'side down** (*BrE*) to disappoint your family, friends, team, etc. by not being as successful as they expect, or not helping or supporting them 使自己人（如家人、朋友、团队等）失望；未能帮助（或支持）自己的一方；拆自家人的台：*John would never let the side down.* 约翰永远不会让大家失望的。◇ *I knew I was letting the side down* (= disappointing my family, etc.) *by not going to college.* 我知道我没上大学让家人失望了。

▶ **'let-down** *n* [C, usually sing.] [U] sth that is not as good as you thought or hoped it would be 令人失望的事物：*The book was great but the ending was a bit of a let-down.* 这本书很不错，可是结尾有些不尽人意。

,let sb/sth 'down; ,let yourself 'down to make sb/sth/yourself less successful or impressive than they/it/you should be 使略逊一筹；使美中不足：*Her pronunciation lets her down.* 她美中不足的是发音不大好。◇ *His clothes let him down.* 他穿着不够得体。◇ *If you don't work hard for these exams, you'll only be letting yourself down.* 你要是不努力准备这些考试，成绩就会不理想。
• v + n/pron + adv • v + adv + n

,let sth 'down 1 to make sth go lower 放下；放低；降下：*We let the bucket down on a rope.* 我们用绳子把吊桶放下去。 SYN **lower sth** (*more formal*) **2** to make sth longer, especially an item of clothing 把（衣服）放长：*I'm going to let the hem down a couple of centimetres.* 我要把裙边放出几厘米。 OPP **take sth up 3** (*BrE*) to allow the air to come out of sth, such as a tyre 给（轮胎等）放气：*The tyres on his car had been let down during the night.* 晚上他的车胎被人放了气。 OBJ **tyre** SYN **deflate sth** (*formal*)
• v + n/pron + adv • v + adv + n

IDM **let your 'hair down** (*informal*) to relax and enjoy yourself, often in a lively way （快活地）放松，轻松一下：*I saw my parents letting their hair down on the dance floor.* 我看见我爸妈在舞池快乐地跳着舞。

,let sb/sth 'in; ,let yourself 'in; ,let sb/sth/yourself 'into sth to allow sb/sth/yourself to enter a room or a building 让…进来：*Let me in! It's cold out here.* 让我进去！外面很冷。◇ *The guard refuses to let anyone in without a security pass.* 没有安全通行证，门卫就不让进。◇ *She let herself into the flat.* 她进了公寓。
• v + n/pron + adv • v + adv + n • v + n/pron + prep

,let sth 'in to allow sth such as water or light to enter a place through a hole 让（水、光等）进来：*There was a hole in the roof that let the rain in.* 屋顶有个洞漏雨。◇ *I drew the curtains back to let in some light.* 我拉开窗帘透透光。
OBJ **light, rain, water**
NOTE Not used in the passive. 不用于被动语态。
• v + n/pron + adv • v + adv + n

▶ **'inlet** *n* **1** a narrow strip of water which goes from the sea or a lake into the land （海或湖伸向陆地的）小湾，水湾：*a narrow/sheltered inlet* 狭窄的 / 隐蔽的港湾 **2** the part of a machine through which air, gas or fuel enters （气体或燃料进入机器的）入口，进口：*a fuel/power inlet* 燃料入口 / 充电插口

,let sb/yourself 'in for sth (*informal*) to allow yourself to become involved in sth difficult or unpleasant （使）卷入，牵涉到…中：*If I'd known what I was letting myself in for, I'd never have agreed to help.* 如果我知道会卷进什么事，我绝对不会同意帮忙的。◇ *What have you let me in for?* 你给我招惹了什么麻烦？
NOTE Not used in the passive. 不用于被动语态。Often used in questions with *what*. 常用于带 what 的疑问句。
• v + n/pron + adv + prep

,let sb 'in on sth (*BrE also* **,let sb 'into sth**) (*informal*) to allow sb to share a secret 向某人透露（秘密）：*Are you going to let them in on your plans?* 你是不是打算让他们知道你的计划呀？◇ *I wanted to let Chris in on the secret.* 我原打算告诉克里斯这个秘密的。◇ *I'll let you into a little secret.* 我要告诉你一个小秘密。

OBJ **secret, plans**

• v + n/pron + adv + prep • v + n/pron + prep

be ˌlet ˈinto sth (*BrE*) to be put into the surface of sth 使置入；使嵌进：*A large window was let into the wall.* 墙上开了个大窗户。

• be + v + prep

ˌlet ˈoff (*BrE, informal*) to let air from the body come out through your bottom 放屁

SYN **break wind** (*more formal*); **fart** (*slang*)

• v + adv

ˌlet sb ˈoff (with sth) to punish sb lightly for sth wrong they have done; to not punish sb at all （以轻罚）从宽处理；放过；免罚：*She was let off with a fine.* 她只交了罚款就完事。◇ *I'll let you off this time, but don't do it again.* 这次我放过你，但是不要再干这事了。

• v + n/pron + adv

ˌlet sb ˈoff; ˌlet sb ˈoff sth 1 to allow sb not to do sth or not to go somewhere 让某人免于做某事：*You really ought to help with the shopping, but I suppose I could let you off.* 你真的应该帮着买东西，但我想我可以饶过你。◇ *Mum let me off the household chores during exams.* 考试期间妈妈免了我的家务活儿。 **2** to allow sb to get out of a vehicle, especially a bus 让某人下车（尤指公共汽车）：*Can you let me off here?* 让我在这儿下车好吗？

• v + n/pron + adv • v + n/pron + prep

IDM **let sb off the ˈhook** to free sb from a difficult or unpleasant task or situation 让某人免做苦差；让某人摆脱窘境：*He wasn't going to let the senator off the hook easily; he kept asking difficult questions.* 他不打算轻易放过那个参议员，不断抛出难缠的问题。

ˌlet sth ˈoff to fire a gun; to make sth explode 开（枪）；起爆（炸弹）；燃放（烟花）：*The boys were letting off fireworks.* 那些男孩在放花炮。◇ *He let off a warning shot.* 他开枪示警。

OBJ **firework, shot**

• v + adv + n • v + n/pron + adv

IDM **ˌlet off ˈsteam** (*AmE also* **ˌblow off ˈsteam**) to get rid of your energy, emotions, etc. by shouting or doing sth active 释放精力；宣泄情感：*He let off steam by hitting a pillow.* 他捶打枕头出气。◇ (*AmE*) *I decided to go for a jog to blow off some steam.* 我决定去慢跑，释放一点精力。

ˌlet ˈon (to sb) (*informal*) to tell sb sth that is supposed to be a secret 透露（给某人）：*She doesn't know I've bought her a watch, so don't let on, will you?* 她不知道我给她买了块手表，所以请保密，行吗？◇ *The children knew he was coming, but they didn't let on to anyone.* 孩子们知道他要来，但他们对谁也没说。◇ *There were holes in Jack's shoes, but Kate didn't let on (that) she'd noticed.* 杰克的鞋子破了几个洞，但凯特假装没看见。

• v + adv

ˌlet ˈout (*AmE*) when schools, classes, offices, etc. **let out**, they come to an end and students, workers, etc. go home at the end of a day or a term 放学；放假；下班：*Classes let out in June.* * 6 月不上课。◇ *More than 30 000 people are expected in the square after work lets out.* 预计有 3 万多人下班后来广场。

• v + adv

ˌlet sb ˈout; ˌlet sb ˈout of sth 1 to allow sb not to do sth they have promised or are expected to do; to free sb from a difficult situation 让某人免于做某事；让某人摆脱窘境：*I've got school tomorrow, so that lets me out (of helping).* 我明天上学，所以我不用帮忙了。 **2** to allow sb to leave a hospital, prison, etc., especially for a short time or earlier than expected （尤指暂时或提前）让某人出院（或出狱等）：*The doctors might let me out tomorrow.* 医生可能让我明天出院。◇ *I was amazed they let her out of hospital so soon.* 他们这么早就让她出院了，我很惊讶。◇ *He was let out on parole last week.* 他上周获假释出狱。

• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

▸ **ˈlet-out** *n* [sing.] (*especially BrE*) something that allows you to avoid an unpleasant or difficult situation 让人摆脱窘境的事物：*a let-out clause* (= in a contract) 合同的保留条款 ◇ *'I think it's too hot to go jogging today,' I said, looking for a let-out.* "我觉得今天太热了，不适合慢跑。" 我找借口说。

ˌlet sb/sth ˈout; ˌlet sb/sth ˈout of sth; ˌlet yourself ˈout; ˌlet yourself ˈout of sth to allow sb/sth/yourself to go out of a room or a building 让…（从房间或建筑物）出去：*Shall I let the dog out?* 我可以放狗出去吗？◇ *Can you let yourself out?* 你可以出去吗？

• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

IDM **let the ˈcat out of the bag** to tell a secret carelessly or by mistake 无意中泄露秘密：*I was trying to keep my promotion quiet, but Steve went and let the cat out of the bag.* 我尽量不说我晋升的事儿，可史蒂夫过去说漏了嘴。

ˌlet sth ˈout 1 to give a cry; to make a sound 发出（叫声等）：*She let out a scream of terror.* 她发出一声恐怖的尖叫。◇ *He let out a sigh of relief.* 他松了口气。 OBJ **cry, sigh, scream** OPP **hold sth in 2** to allow secret information to become known 透露，泄露（秘密）：*He's the only person who could have let the secret out.* 他是唯一可能泄密的人。◇ *The company let out that they were putting in a bid for KFC.* 该公司放出风声说要提出收购肯德基。 OBJ **secret** SYN **reveal sth** (*more formal*) **3 (to sb)** (*BrE*) to make a house, etc. available for rent 出租（房屋等）（给某人）：*The apartment's been let out to a couple.* 那套公寓租给了一对夫妇。 OBJ **flat/apartment, house** SYN **hire sth out (to sb)**; **rent sth out (to sb) 4** to make an item of clothing looser or larger （把衣服等）放松，放宽，放大：*I've eaten so much I'll have to let my belt out!* 我吃得太多，只好松一松皮带了！ OBJ **skirt, trousers** OPP **take sth in 5** (*also* **ˌlet sth ˈout of sth**) to allow air, liquid, etc. to escape 让（气体、液体等）（从…）透出去：*We need to let the air out of the radiator.* 我们得给散热器放放气。

• v + adv + n • v + n/pron + adv **5** also v + n/pron + adv + prep

▸ '**outlet** *n* **1 (for sth)** a way of expressing or using energy, strong feelings, ideas, etc.（用以表达或宣泄精力、强烈感情、思想等的）途径，出口: *Children need an outlet for all their energy.* 儿童需要有机会消耗一下精力。 **2** a shop/store or an organization that sells goods made by a particular company or of a particular type 专营店；经销店: *a retail/fast food outlet* 零售店 / 快餐店 **3** (*especially AmE*) a shop/store that sells goods of a particular make/makes at reduced prices 廉价经销店: *designer outlets* 设计师品牌产品折扣店 **4** a pipe or hole through which water, steam, etc. can flow out（水、蒸汽等的）排放管，出口 **5** (*AmE*) a device in a wall that you use to connect a piece of electrical equipment to a power supply（墙壁上的）电源插座: *an electrical outlet* 电源插座 **6** the end of a river where it flows into a lake or the sea 河口；（河流的）入湖口，入海口

,let sb/sth 'past to allow sb/sth to go past you 给…让路: *Can you let me past, please?* 请让我过去好吗?
• v + n/pron + adv

,let sb/sth 'through 1 to allow sb/sth to pass or go through sth that is blocking the way 给…让路；让…通过: *The crowd moved aside to let the ambulance through.* 人群退到一边，让救护车通过。◇ *Let me through—I'm a doctor.* 让我过一下 —— 我是医生。◇ *These blinds don't let much light through.* 这些窗帘不怎么透光。 **2** (*especially BrE*) to say that sb/sth is good enough for sth or is correct 通过；许可；批准: *We were worried the council wouldn't let the plans for the new building through.* 我们担心理事会不会通过兴建新楼房的计划。
• v + n/pron + adv • v + adv + n (*rare*)

,let 'up (*informal*) **1** to become less strong 减弱；减轻: *The rain showed no sign of letting up.* 雨没有减小的迹象。 **2** to do sth with less effort or energy than before, or stop doing it 松懈；停止: *We mustn't let up, even though we're winning.* 我们一定不能松劲儿，尽管现在还领先。◇ *Doesn't she ever let up? She's been complaining all day.* 她就不能消停一会儿吗？她抱怨一整天了。
• v + adv

▸ '**let-up (in sth)** *n* [U, sing.] a reduction in the strength of something; a period of time when sth unpleasant stops 减弱；（令人不快事情的）停歇期: *There can be no let-up in the war against drugs.* 禁毒斗争不能放松。◇ *The rain continued all afternoon with no let-up.* 雨下了整整一下午，没有停过。

level /'levl/ (-ll-, *AmE* -l-)

'**level sth at sb/sth 1** (*also* **,level sth a'gainst sb/sth**) to say publicly that sb is to blame for sth, especially a mistake or a crime（对…）公开批评，公开指责: *The charges levelled against him are unjust.* 对他的公开指责是不公平的。◇ *Environmental groups have levelled a number of criticisms at the proposal.* 环保团体对议案提出了种种批评。◇ *Accusations of incompetence have been levelled at the principal.* 多人指责校长不称职。 OBJ **criticism, accusation, charge** NOTE Usually used in the passive. 通常用于被动语态。 **2** to point sth, especially a gun, at sb（尤指用枪）瞄准，对准: *She levelled the pistol at his head.* 她用手枪指着他的脑袋。
• v + n/pron + prep

,level sth 'down/'up to make standards, amounts, etc. be the same low/high or lower/higher level 使（标准、数量等）降低（或提高）到同等水平；把…向下（或向上）拉平: *The government is accused of levelling down standards in schools rather than levelling them up.* 政府受到指责，称其全面降低而非提高各学校的标准。
• v + adv + n • v + n/pron + adv

,level 'off/'out 1 to become level or steady after a period of sharp rises and falls（急剧涨落后）平稳下来: *House prices showed no sign of levelling off.* 住房价格没有趋稳的迹象。 **2** to become level or horizontal after rising or falling（起伏后）变水平，变平坦: *The road began to level off as we approached the coast.* 我们接近海岸时，路面开始变得平坦起来。◇ *The plane levelled off at 20 000 feet.* 飞机升至 2 万英尺高空后改为平飞。
• v + adv

,level sth 'off/'out to make sth smooth or flat 使平坦；使平整: *Level the ground out before sowing the seed.* 把地平整好再播种。
• v + n/pron + adv • v + adv + n

,level sth 'up → LEVEL STH DOWN/UP

'**level with sb** (*informal*) to speak or deal with sb in an honest and direct way（对某人）坦白，说实话: *I'm going to level with you now—your work hasn't been up to standard for some time.* 我跟你实话实说吧 —— 你的工作最近一段时间没有达到要求。◇ *I've got the feeling that he's not levelling with me.* 我感觉他对我不够坦率。
• v + prep

lick /lɪk/

,lick sth 'off/'up; ,lick sth 'off sth to eat or drink sth by moving your tongue over the surface of it 舔吃；舔着喝: *She licked the jam off (the spoon).* 她舔掉了（勺子上的）果酱。◇ *The cat licked up the milk from the dish.* 猫舔光了碟子里的牛奶。
• v + n/pron + adv • v + adv + n • v + n/pron + prep

lie /laɪ/ (lies, lying, lay /leɪ/, lain /leɪn/)

,lie a'bout, etc. (*BrE*) → LIE AROUND, ETC.

,lie a'head; ,lie a'head of sb to be in the future; to be in front of sb 在将来；在某人面前: *Great opportunities lie ahead.* 今后机会很多。◇ *Who knows what problems might lie ahead of us?* 谁知道我们可能遇到什么问题呢?
• v + adv • v + adv + prep

lie a'round; ,lie a'round sth (*BrE also* **,lie a'bout, ,lie a'bout sth**) **1** (of a person 人) to spend time being lazy and not doing anything in particular 懒散度日；游手好闲: *She's been lying around the house all day doing nothing.* 她在家无所事事，呆了一整天。 SYN **laze around, laze around sth; lounge about/around, lounge about/around sth** **2** (of a number of things 许多东西) to be left somewhere in a careless or untidy way 乱放；乱搁: *His clothes lay around all over the floor.* 他的衣服扔了一地。◇ *'Have you seen my purse?' 'It was lying about in the kitchen when I last saw it.'* "你看见我的皮夹了吗？" "我上次在厨房里看到过。" ◇ *You shouldn't **leave** valuables **lying around** the changing rooms.* 你不应该把贵重物品随便放在更衣室。
◆ v + adv ◆ v + prep
▶ **'layabout** *n* (*old-fashioned, BrE, informal*) a lazy person who does very little work 游手好闲的人；懒汉；二流子

,lie 'back (in/on sth) to rest, relax and do very little 休息；放松；休闲: *Just lie back and enjoy the peace and quiet.* 放松下来，享受这种宁静。◇ *She lay back on the pillows and closed her eyes.* 她安闲地躺在枕头上，合上了眼睛。
◆ v + adv

,lie be'fore sb (*literary*) **1** to be in front of sb 出现在某人面前: *A terrible sight lay before them.* 可怕的情景出现在他们面前。 **2** to be in the future 在将来: *Your whole life lies before you.* 你的人生还长着呢。
◆ v + prep

,lie be'hind sth to be the real explanation or reason for sth 是…的真实原因（或理由）: *She understood the feelings that lay behind his angry words.* 她明白他愤怒言辞背后的真实感受。◇ *We will probably never know what lay behind his decision to resign.* 我们可能永远不会知道他辞职的真正原因。
◆ v + prep

,lie 'down to be or move into a horizontal position on a bed, etc. in order to sleep or rest 躺下；平卧: *Go and lie down for a while.* 去躺一会儿吧。◇ *He lay down on the sofa and went to sleep.* 他躺在沙发上睡着了。◇ *The coughing is worse when he's lying down.* 他躺着时咳嗽得愈发厉害。◇ *She was lying down on the bed.* 她躺在床上。

NOTE Do not confuse this sense of **lie down** with **lay sth down**, which must always have an object 不要将 lie down 的这个含义和 lay sth down 混淆，后者必须接宾语: *I'm going to lie down for a while* 我要躺一会儿 (not *I'm going to lay down for a while*). ◇ *They were told to lay their guns down* 他们被命令把枪放下 (not *They were told to lie their guns down*).
◆ v + adv

IDM **lie down on the 'job** to not do sth that you are responsible for doing or expected to do 玩忽职守；偷懒；磨洋工；工作不出力: *Some one at City Hall is obviously lying down on the job, or this would be done by now.* 市政厅显然有人工作偷懒，否则这事现在早干完了。

take sth lying 'down to accept an insult, a criticism, a violent attack, etc. without protesting or reacting to it 甘受，容忍（屈辱、批评、严厉攻击等）: *He has been accused of bribery, but he won't take this lying down.* 有人指责他受贿，但他不肯忍气吞声甘受指摘。
▶ **,lie-'down** *n* [sing.] (*BrE, informal*) a short rest, especially in bed （尤指在床上的）小睡，小憩: *to have a lie-down* 躺一会儿

,lie 'in (*BrE, informal*) to stay in bed after the time you usually get up 睡懒觉；起得晚: *It's Saturday tomorrow, so you can lie in.* 明天是星期六，你可以睡懒觉了。
SYN **sleep in**
◆ v + adv
▶ **,lie-'in** *n* [sing.] (*BrE, informal*) an act of staying in bed longer than usual in the morning 睡懒觉；晚起: *to have a lie-in* 睡个懒觉

,lie 'up (*BrE*) to hide somewhere 躲藏；藏匿: *The fugitives lay up in the caves until it got dark.* 逃亡者在洞里一直躲到天黑。
◆ v + adv

'lie with sb/sth (to do sth) (*formal*) to be the duty or responsibility of sb/sth 是…的职责；是…的责任: ***It lies with you*** *to accept or reject the proposal.* 接受还是拒绝这一建议由你决定。◇ *The decision on whether to proceed lies with the minister.* 得由部长决定是否继续进行。
SYN **rest with sb**
◆ v + prep

lift /lɪft/

,lift 'off (of a rocket, etc.) to rise from the ground into the air （火箭等）发射，起飞，升空: *The rocket lifts off next Monday.* 火箭下星期一发射。
◆ v + adv
▶ **'lift-off** *n* [C, U] the moment when sth lifts off （火箭等的）发射，起飞，升空: *We have lift-off!* 我们发射成功!

,lift sb/sth 'up; ,lift yourself 'up to raise sb/sth/yourself to a higher position or level 举起；提起；吊起；抬高: *I can't lift you up—you're too heavy!* 我抱不动你 —— 你太重了！◇ *She lifted herself up on one elbow.* 她用一只胳膊肘支撑起身体。◇ *She lifted up the box and put it on the table.* 她把盒子搬起来放到桌子上。

NOTE **Lift sb/sth/yourself** can also be used on its own with this meaning. * lift sb / sth / yourself 也可单独使用作此义。
◆ v + n/pron + adv ◆ v + adv + n

light /laɪt/ (lit, lit /lɪt/)

'light on/upon sb/sth (*literary*) **1** to suddenly see sb/sth 突然看到: *Her gaze lighted on her daughter.* 她的目光落在了女儿身上。 SYN **alight on/upon sb/sth** **2** to suddenly find sb/sth or think of sb/sth 突然发现；忽然想到: *The research team has lit upon important new material.* 研究团队突然找到了重要的新资料。
SYN **hit on sth**

NOTE **Lighted** is also used for the past tense and past participle. 过去式和过去分词也用 lighted。

◆ v + prep

ˌlight ˈout for sth (*AmE*) to go somewhere quickly because you are keen to get there 匆匆前往；急切前往: *At 22 he lit out for Hollywood and was in his first movie the next year.* 他22岁时迫不及待前往好莱坞发展，第二年出演了第一部电影。

◆ v + adv + prep

ˌlight ˈup; ˌlight sth ˈup 1 to become or to make sth bright with light or colour （使）发亮，放光彩: *Flashes of lightning lit up the sky.* 闪电照亮了天空。◇ *The waterfall was lit up at night with pink and green floodlights.* 夜间的粉色和绿色泛光灯把瀑布映照得光彩夺目。 **2** (of a computer system, etc. 计算机系统等) to start working; to make sth start working （使）开始工作，启动: *She switched the monitor on and the screen lit up.* 她打开显示屏，屏幕亮了起来。◇ *I lit up the spreadsheet application on my PC.* 我打开了电脑上的电子制表软件。◇ *They expect to start lighting up the network by early 2011.* 他们期待 2011 年年初开始运作这一网络。 **3** if a person's eyes or face **light up**, or sth **lights them up**, they become bright with excitement or happiness 喜形于色；喜气洋洋: *Her eyes lit up when she saw them.* 她看见他们时两眼放光。◇ *A smile of delight lit up his face.* 他脸上露出欣喜的笑容。◇ *His face **lit up with** pleasure.* 他面露喜色。 **4** (*informal*) to begin to smoke a cigarette, etc. 点燃，开始吸（香烟等）: *She took out a cigarette and lit up.* 她掏出一支香烟点上。◇ *He lit up one cigarette after another.* 他一根接一根地抽着烟。

◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌlight sb ˈup (*AmE*) **1** to hit or kick sb repeatedly （反复地）打，踢: *If he doesn't watch what he says, someone's going to light him up.* 他要是满嘴胡扯，会有人揍他的。 **2** to defeat your opponent easily in a game or competition 轻松击败: *The White Sox lit up the Cubs last night at Wrigley Field.* 昨晚在里格利运动场，白袜队轻松击溃小熊队。

◆ v + adv + n ◆ v + n/pron + adv

ˈlight upon sb/sth → LIGHT ON/UPON SB/STH

SYNONYMS 同义词辨析

lift sb/sth up

hoist sb/sth up ◆ lift sb/sth up ◆ pick sb/sth up ◆ scoop sb/sth up

These verbs all mean to take hold of sb/sth and raise, move or pull it/them. 这些动词都表示举起、提起、吊起。

hoist sb/sth up to raise or pull sth up to a higher position, often with difficulty or using ropes or special equipment （用绳索、特殊装置等费劲地）升起，提起: *He hoisted himself upon to a high stool.* 他吃力地坐到高凳子上。 NOTE **Hoist** can be used on its own * hoist 可单独使用: *The cargo was hoisted aboard by crane.* 货物被起重机吊装到船上。

lift sb/sth up to take hold of sb/sth and move them/it to a different position 举起，提起，吊起（至别处）: *Can you lift up the computer so I can clean underneath?* 你抬一抬计算机好吗？我好把下面擦干净。 NOTE **Lift** can be used on its own * lift 可单独使用: *I lifted the lid of the box and looked in.* 我掀开盒子盖，朝里面看了一眼。

pick sb/sth up to take hold of sb/sth and lift them/it up 拿起；提起；举起: *She went over to the crying child and picked her up.* 她走到哭泣的小孩跟前，把她抱了起来。◇ *He picked up the phone and dialled the number.* 他拿起电话，拨了号码。

scoop sb/sth up to move or lift sth with a spoon or similar object; to pick sb up in your arms （用勺子或类似器皿）舀出，挖出（某物）；抱起（某人）: *He scooped the child up in his arms.* 他把孩子抱了起来。 NOTE **Scoop** can be used on its own * scoop 可单独使用: *She scooped ice cream into the bowls.* 她把冰激凌舀到碗里。

WHICH WORD?

Pick up is usually used to talk about things and people that are not very heavy; when you use **lift up** or **hoist up** you are suggesting that the person or thing is quite heavy. **Lift** is also used to talk about moving heavy people or things in different directions *to lift sth up/down/into sth/from sth* . **Pick up**, on the other hand, can only be used to talk about raising a person or thing to a higher position. * pick up 通常用于表示移动不很重的人或物； lift up 或 hoist up 含有人或物相当重之意。lift 还可表示向其他方向移动很重的人或物： to lift sth up / down / into sth / from sth。但是，pick up 只用于表示把人或物往上移。

PATTERNS AND COLLOCATIONS

- to pick up/lift (up)/hoist (up)/scoop (up) sb/sth **sharply/smoothly/carefully/gently**
- to **try to/manage to/be able to** pick up/lift (up)/hoist (up)/scoop (up) sb/sth
- to pick up/lift (up)/hoist (up)/scoop (up) a **bag/suitcase/child/body**
- to pick up/lift the **phone/telephone/receiver**

lighten /ˈlaɪtn/

ˌlighten ˈup used to tell sb to be less serious or to complain or worry less about sth （用于劝告）别那么严肃，别埋怨，别担心: *Come on, lighten up! It was only a joke.* 喂，别紧张！这只不过是开玩笑。
◆ v + adv

ˌlighten sth ˈup (*informal*) to make sth more cheerful and less serious or depressing 使生动活泼: *He did his best to* ***lighten things up.*** 他竭尽全力使气氛活跃起来。◇ *She tried to lighten up her speech with a few jokes.* 她说了几个笑话，尽量让讲话轻松愉快一些。
◆ v + n/pron + adv ◆ v + adv + n

liken /ˈlaɪkən/

ˈliken sb/sth to sb/sth (*formal*) to compare sb/sth to sb/sth else and say that they are similar 把…比作: *He has been likened to a young George Best.* 有人把他比作年轻的乔治·贝斯特。◇ *She likened the building to a ship.* 她把这栋建筑比作一条船。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

limber /ˈlɪmbə(r)/

ˌlimber ˈup (for sth) to do exercise to prepare to take part in a sport, a race, etc.; to warm up （体育运动、比赛等前）做准备活动，做热身运动: *The players were limbering up for the game.* 运动员正在为比赛做预备活动。◇ (*figurative*) *The candidates are already limbering up for the election campaign.* 各候选人已经在为竞选活动热身了。
SYN **warm up**
◆ v + adv

limit /ˈlɪmɪt/

ˈlimit sth to sb/sth to make sth exist or happen only in a particular place or within a particular group 使限于…内: *Violent crime is not limited to big cities.* 暴力犯罪并不局限于大城市。◇ *The teaching of history should not be limited to dates and figures.* 教历史不应局限于讲年代和人物。
SYN **confine sth to sb/sth**
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + prep

line /laɪn/

ˌline ˈout (*BrE, sport*) to go onto the sports field at the beginning of a game, etc. （比赛等前）走进场地，入场: *Nobody will line out tomorrow unless they're fully fit.* 除非状态极佳，否则明天无人出场。
◆ v + adv

🔑**ˌline ˈup 1 (for sth/to do sth)** if people **line up**, they form a line, standing one behind the other or beside each other 排成一行，排成一列，站队，排队（等候做某事）: *A group of people were lining up for tickets.* 一群人正在排队买票。◇ *They lined up to shake the President's hand.* 他们站成一排，逐一和总统握手。◇ *The runners lined up at the starting line.* 赛跑运动员在起跑线上站成一排。 → see also QUEUE UP (FOR STH/TO DO STH) **2 (against sth) (behind sb/sth)** to join with sb in order to do sth 与某人联合起来（反对或支持…）: *Several newspapers lined up to demand his resignation.* 几家报纸联合起来要求他辞职。◇ *Local groups are lining up against the new development* (= joining together to oppose it). 当地团体结成联盟反对新的开发项目。◇ *All the residents have lined up behind the caretaker* (= they support him). 全体居民一致支持看门人。
◆ v + adv

▶ **ˈline-up** *n* [usually sing.] a row of people that is formed so that sb who saw a crime can try to recognize the person who did it （让目击者识别罪犯的）一行人，一排人；辨认行列: *She picked him out of a line-up* (= she recognized him as the person who committed the crime). 她从一排嫌疑人当中把他指认了出来。

ˌline ˈup; **ˌline sth ˈup** to be, or to put sth, in the correct position in relation to sth else （使与相关的其他东西）排齐，对齐: *The three holes should all line up (with each other).* 这三个孔应该全对齐。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

🔑**ˌline sb/sth ˈup 1** to arrange people or things in a line or a row 使排成一行（或一列）: *She lined the children up for the photograph.* 她让孩子们站成一排照相。◇ *His CDs were lined up on the shelf.* 他的 CD 排列在架子上。 **2 (for sb/sth)** to organize an event or an activity; to arrange for sb to do sth at an event, a competition, etc. 组织，安排（活动）；安排某人（参与活动等）: *He's lined up a band for the party.* 他为聚会安排了一支乐队。◇ *We've lined up a few things for the weekend.* 我们为这个周末安排了几件事。◇ *They already had a buyer for their car lined up.* 他们已经为他们的车子找了个买主。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

▶ **ˈline-up** *n* [usually sing.] **1** a group of people who have been chosen or invited to take part in an event 人员配备；阵容: *an impressive line-up of performers* 强大的演员阵容 ◇ *The line-up for tonight's game is still not known.* 今晚的比赛阵容尚不清楚。 **2** a set of events, people or things 一系列事件；一批人（或事物）: *Several new dramas are included in the line-up of programmes for next year.* 明年的节目安排中包括几出新戏。

linger /ˈlɪŋgə(r)/

ˌlinger ˈon 1 to remain for a long time 长期留存: *The memory of that day lingers on in the minds of local people.* 当地人对那一天久久不能忘怀。◇ *The smell lingered on for days after.* 那种气味连续多日不散。 **2** to remain alive, but becoming gradually weaker 奄奄一息；苟延残喘: *We should be thankful that she didn't linger on.* 她没有拖延很久就去世了，我们应该感到宽

慰。 NOTE **Linger** is used more frequently on its own with the same meanings. * linger 单独使用作此义更常见。

◆ v + adv

link /lɪŋk/

,link 'up 1 (with sb) to join with sb in order to do sth together （与某人）合作，联手: *We are trying to link up with other charities working in the area.* 我们试图和在该地区开展工作的其他慈善机构进行合作。 **2 (with sth)** to make a connection with sth （与某物）连接，接合: *The two spacecraft will link up in orbit.* 两个航天器将在轨道上对接。

◆ v + adv

,link sb/sth 'up (to sth) to connect sb/sth with sb/sth else 使连接（到⋯）: *The alarm is linked up to the police station.* 这个防盗器与警局连接。◇ *The new network links us up to organizations around the country.* 新网络把我们和国内各机构连接起来。

◆ v + n/pron + adv ◆ v + adv + n

▶ **'link-up** *n* a connection between two systems, organizations or machines （两个系统、机构或机器的）连接，接合: *They did a live satellite link-up with the show.* 他们通过卫星实况转播了演出。

liquor /ˈlɪkə(r)/

be/get ,liquored 'up (*AmE, informal*) to be/get drunk 喝醉酒: *We got liquored up on Saturday night.* 星期六晚上我们喝醉了。

◆ be/get + v + adv

listen /ˈlɪsn/

'listen for sb/sth; ,listen 'out for sb/sth to listen carefully to see if you can hear sb/sth 留心听；留神听: *She lay awake, listening out for the sound of the key in the lock.* 她躺着没睡，留意是否有钥匙开锁的声音。◇ *Will you listen for the phone while I'm in the bath?* 我洗澡时你留意听电话好吗？◇ *Farmers should listen out for flood warnings this weekend.* 本周末农民应留意洪水警报。

OBJ **sound, knock, doorbell**

◆ v + prep ◆ v + adv + prep

,listen 'in 1 (on/to sth) to listen to sth or sb secretly 窃听；偷听；监听: *Have you been listening in on my phone calls?* 你是不是一直在偷听我的电话？◇ *They were sure that the police were listening in to their conversations.* 他们肯定警方在监听他们的谈话。 **2 (to sth)** to listen to a radio programme, etc. 收听（广播节目等）: *Listen in on Friday for our interview with Britney.* 请于星期五收听我们对布兰妮的访谈。

◆ v + adv

,listen 'out, etc. → LISTEN FOR SB/STH, ETC.

'listen to sb/sth 1 to pay attention to sb/sth that you can hear 聆听；倾听: *I enjoy listening to music.* 我爱听音乐。◇ *Listen carefully to what I have to say.* 注意听我要说的。 **2** to take notice of what sb says to you so that you follow their advice or believe them 听从；听信: *If you had listened to me, none of this would have happened.* 当初你要是听了我的话，就不会发生这些事。

SYNONYMS 同义词辨析

listen in (on sth)

bug sth ◆ **eavesdrop (on sb/sth)** ◆ **listen in (on sth)** ◆ **overhear sb/sth** ◆ **tap sth**

These verbs all mean to listen to a conversation in which you are not involved. 这些动词都表示偷听、窃听、监听。

bug sth to put a special electronic listening device (= a bug) somewhere in order to listen secretly to sb's private conversations （在某处）装窃听器: *They bugged her hotel room.* 他们在她的宾馆房间装了窃听器。

eavesdrop (on sb/sth) to listen secretly to what other people are saying; to listen secretly to electronic communications in order to collect information 偷听（他人谈话）；窃听（电子通讯）: *We caught him eavesdropping outside the window.* 我们发现他在窗外偷听。◇ *Hackers eavesdropped on phone networks to steal data.* 黑客窃听电话网络以盗取数据。

listen in (on sth) to listen to a conversation that you are not supposed to hear, especially by means of electronics （尤指通过电子手段）窃听，监听: *You shouldn't listen in on other people's conversations.* 你不该偷听他人的交谈。◇ *They did not know that the police were secretly listening in.* 他们不知道警方正在暗中监听他们。

overhear sb/sth to hear, especially by accident, a conversation in which you are not involved 偶然听见；碰巧听到: *We talked quietly so as not to be overheard.* 我们轻声交谈，以免被人听见。◇ *I overheard a conversation between two boys on the bus.* 在公共汽车上，我无意中听到两个男孩的谈话。

tap sth to fit a device to a telephone or telephone line so that sb's calls can be listened to secretly 窃听，盗听（电话）: *He was convinced his phone was being tapped.* 他确信他的电话被窃听了。

PATTERNS AND COLLOCATIONS

- to overhear/eavesdrop on/bug/listen in on a **conversation**
- to eavesdrop on **communications**
- to tap/bug sb's **telephone**

◆ v + prep

ˌ**listen ˈup** (*especially AmE*) used to tell sb to pay attention to what you are going to say（用于提醒对方注意听）听着，听好了：*Listen up, everyone—this is important!* 大家注意听——这很重要！

◆ v + adv

live /lɪv/

ˈ**live by sth** to follow a particular belief or set of principles 遵循，遵守（信念、原则等）：*Some people live by the rule 'anything for the sake of peace'.* 有些人的信念是"一切为了和平"。◇ *Women working in a man's world have to live by men's rules.* 在男性圈子里工作的女性不得不遵守男性的规则。

OBJ **principles, standards, rules**

◆ v + prep

IDM **live by your ˈwits** to earn money or survive by clever and sometimes dishonest means 靠聪明赚钱（或维生）；靠耍花招捞钱（或维生）：*He had no job and was living by his wits.* 当时他没有工作，靠耍小聪明过活。

ˈ**live by sth**; ˈ**live by doing sth** to earn the money that you need by using or doing a particular thing 靠…赚钱维生：*people who live by the land* (= for example, farmers) 靠土地过活的人们◇ *She lived by giving private lessons.* 她靠做家庭教师为生。

◆ v + prep

ˌ**live sth ˈdown** to make people forget sth very embarrassing or bad that you have done in the past 让人遗忘（自己过去的尴尬事或坏事）：*I can't believe I fell in the river—I'll never be able to* ***live it down****.* 我不敢相信我掉到河里去了——我永远无法让人忘记这事的。

NOTE Not used in the passive. 不用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

ˈ**live for sb/sth** to consider sb/sth as the main purpose of or the most important person or thing in your life 为…而活：*She lives for her work.* 她活着是为了工作。◇ *What have I got to live for now?* 如今我活着是为了什么？

◆ v + prep

ˌ**live ˈin** to live at the place where you work or study 住在工作（或学习）的地方：*They have a nanny living in.* 他们有个保姆住在家里。◇ (*BrE*) *Most students live in during their first year.* 大多数学生第一学年住校。

OPP **live out**

◆ v + adv

▶ ˈ**live-in** *adj* [only before noun] **1** (of an employee 雇员) living in the house where they work 住在工作场所的：*a live-in housekeeper/position* 住在雇主家的管家 / 工作 **2** (of a boyfriend, girlfriend, etc. 男友、女友等) living in the same house as their sexual partner 同居的：*a live-in lover/boyfriend* 同居恋人 / 男友

ˈ**live off sb/sth** (*disapproving*) to get the money or the things you need from sb/sth 倚

SYNONYMS 同义词辨析

listen to sb/sth

catch sth ◆ hear sb/sth ◆ listen to sb/sth ◆ pay attention (to sb/sth)

These verbs all mean to be aware of the sound made by sb/sth, or to understand the meaning of sb's words. 这些动词都表示听见或听懂。

catch sth to manage to hear or understand sth （设法）听清，听懂：*Sorry, I didn't quite catch what you said.* 对不起，你刚才说的话，我没太听明白。◇ *Did you catch that programme on the radio?* 那个广播节目你听到了吗？

hear sb/sth (*not used in the progressive tenses*) to be aware of sounds with your ears 听见；听到：*Can you hear me?* 你听得见我吗？◇ *She heard footsteps behind her.* 她听到了身后的脚步声。

listen to sb/sth to give your attention to the sound produced by sb/sth; to take notice of what sb says to you so that you follow their advice or believe them 聆听；倾听；听从；听信：*He enjoys listening to music.* 他爱听音乐。◇ *None of this would have happened if you'd listened to me.* 当初你要是听了我的话，就不会有这些事。

pay attention (to sb/sth) to listen to sb/sth carefully 注意听；仔细听；留神听：*Can you all pay attention please?* 请你们都专心听好吗？◇ *Don't pay any attention to what they say.* 别理睬他们说的话。

WHICH WORD?

Hear usually describes what happens when a sound comes to your ears, whether you are giving the sound your attention or not. **Listen** means that you are deliberately trying to hear a sound. **Catch** is used especially in negative sentences to say that sb did not hear or understand sth. * hear 通常指听见，无论是否专心在听。listen 指有意去听。catch 尤用于否定句，表示没听见或未听懂。

PATTERNS AND COLLOCATIONS

- to hear/listen to/catch a **radio programme**
- to hear/listen to **music**
- to hear/listen to/pay attention to a **conversation/advice/a warning**
- to hear/listen to/pay attention to **sb's words/what sb says**

靠…过活；依赖…生活：*You can't live off your parents forever!* 你不能一辈子靠父母养！◇ *He had to live off his savings.* 他只得靠积蓄过活。
◆ v + prep

'live off sth to eat one type of food very frequently or all the time 常吃；以…为主食：*When I was a student I lived off bread and cheese.* 我当学生时主要吃面包加奶酪。
→ see also LIVE ON STH 2
◆ v + prep
IDM **live off the 'land** to eat food that you can grow, kill or find yourself 依靠种地（或养殖、打猎等）过日子；靠土地吃饭；自食其力：*The army was forced to live off the land.* 军队被迫自给自足。◇ *It's a farming area and most of the people still live off the land.* 那是个农业地区，多数人依然靠土地吃饭。 **live off the fat of the 'land** (*disapproving*) to have enough money to be able to buy expensive food, drink, clothes, etc. 锦衣玉食；生活奢华：*It was a time when landlords and merchants lived off the fat of the land.* 那个时代，地主和商人穿金戴银，生活阔绰。

,live 'on to continue to live or exist 继续活着；继续存在：*He may be dead but his music lives on.* 他也许死了，但他的音乐永存。
◆ v + adv

'live on sth **1** to have a particular amount of money with which to buy everything you need 靠（某笔钱）生活：*How did you manage to live on a student grant?* 你如何靠奖学金维持生活的？◇ *They don't earn enough to live on.* 他们入不敷出。 **2** to eat a particular type of food very frequently or all the time 常吃；以…为主食：*She was living on fruit and raw vegetables.* 她主要吃水果和生蔬菜。◇ *birds that live on insects* 靠捕食昆虫维持生存的鸟 → see also LIVE OFF STH
◆ v + prep

,live 'out (*BrE*) to live away from the place where you work or study 住在工作（或学习）以外的地方：*I lived out during my final year at college.* 我念大学的最后一年住在校外。
OPP **live in**
◆ v + adv

,live 'out sth **1** to do in reality sth that you think about, believe in, dream of, etc. 将（想法）付诸行动；实践（信念）；实现（梦想）：*On holiday in Texas I lived out my childhood fantasy of being a cowboy.* 在得克萨斯度假时，我实现了当牛仔的童年梦想。 OBJ **fantasy, dream** **2** to spend your life or the rest of your life in a particular way （以某种方式）生活，度过余生：*She lived out the rest of her life in poverty.* 她的晚年在贫困中度过。◇ *Maybe I'll live out my days in the peace of the mountains.* 也许我会在宁静的山区安度晚年。 OBJ **life, days**
NOTE When the object of **live out** is a noun, it comes after **out**, but when the object is a pronoun, it comes between **live** and **out** * live out 的宾语如果是名词，应置于 out 之后；但如果是代词，应置于 live 和 out 之间：*I always dreamt of crossing the desert, and now I've lived it out.* 我总是梦想穿越沙漠，现在我梦想成真了。
◆ v + adv + n ◆ v + pron + adv

,live 'through sth to experience sth difficult or unpleasant and survive 从…中幸存下来；经受住；熬过：*He lived through both world wars.* 他经历了两次世界大战。◇ *It's something I never want to live through again.* 那是我永远不想再次经历的事情。
◆ v + prep

'live together (*also* **'live with sb**) **1** to live in the same house, flat/apartment, etc. （与某人）同住，在一处生活：*There are six students living together in the house.* 房子里有六个学生合住。◇ *I'm living in a flat with Meg.* 我和梅格合住一间公寓。 **2** to share a home and have a sexual relationship, but without being married 未婚同居；姘居
◆ v + adv ◆ v + prep

,live it 'up (*informal*) to have a very exciting and enjoyable time, usually spending a lot of money 狂欢作乐；挥霍享乐：*I've heard that Tom's living it up in L.A.* 我听说汤姆在洛杉矶纵情玩乐。
◆ v + it + adv

,live 'up to sth to behave as well as or be as good or successful as people expect 达到，符合，不辜负（他人的期望）：*The hotel failed to live up to expectations.* 这家旅馆令人失望。◇ *Mr Mean lived up to his name.* 吝啬先生名副其实。◇ *I've got a lot to live up to.* 大家对我寄予厚望。
OBJ **expectations, name, reputation** ➲ note at MEASURE UP
◆ v + adv + prep

'live with sb → LIVE TOGETHER

'live with sth; 'live with yourself to accept an unpleasant situation and continue with your life and work 忍受，容忍（令人不快的状况）：*You might not like the situation, but you'll have to learn to live with it.* 你可能不喜欢这种情况，但你必须学会忍耐。 ◇ *She wouldn't be able to live with herself if she hurt him.* 如果她伤害了他，她是无法原谅自己的。
◆ v + prep

liven /'laɪvn/

,liven 'up; ,liven sb/sth 'up to become or to make sb/sth more lively, interesting or exciting （使）愉快起来，活跃起来，兴奋起来：*She livened up when Alan asked her to dance.* 艾伦请她跳舞，她便来了精神。◇ *Put some music on to liven things up.* 放些音乐活跃一下气氛吧。◇ *A few pictures would liven up the room.* 挂几张画会使房间更有生气。
SYN **brighten up; brighten sth up**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

load /ləʊd; *AmE* loʊd/

,load sb/sth 'down (with sth) **1** to give sb/sth too many things to carry 给…以重负：*She was loaded down with books.* 她提了很多书。 **2** to give sb/sth too much work or too many responsibilities 给…过多的工作；给…委

以过重的责任: *We've been loaded down with work recently.* 我们最近工作繁忙。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌload ˈup (with sth), ˌload sth ˈup (with sth) to put a lot of things in/on sth, especially a vehicle （把…）装上，装满（尤指车辆）: *Bring the car to the door and we'll help you load up.* 把车开到门口，我们帮你装车。◇ *I loaded up the van with all my possessions.* 我把我的东西全塞进了小货车。◇ *We've loaded up all the furniture and are just about ready to go.* 我们把所有家具都装上车，正准备出发。
NOTE **Load** and **load sth** are used more frequently on their own with this meaning. * load 和 load sth 单独使用作此义更常见。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

loaf /ləʊf; *AmE* loʊf/

ˌloaf aˈround; ˌloaf aˈround sth (*BrE also* **ˌloaf aˈbout, ˌloaf aˈbout sth**) (*informal*) to spend your time in a lazy way, doing very little 游手好闲; 无所事事; （在某处）闲荡: *kids loafing about with nothing to do* 东游西荡的孩子们◇ *She just loafs around the streets all day.* 她成天只是逛街。
SYN **lie around, lie around sth**
◆ v + adv ◆ v + prep

loan /ləʊn; *AmE* loʊn/

ˌloan sth/sb ˈout (to sb) to lend sth/sb to sb, sometimes in return for money 把…借出（或租出）; 把…借给（或租给）: *Several players have been loaned out to other teams.* 有几名运动员借调到其他队。◇ *Sometimes we loan out these buses.* 我们有时把这些公共汽车租出去。
◆ v + adv + n ◆ v + n/pron + adv

lock /lɒk; *AmE* lɑːk/

ˌlock sb aˈway → LOCK SB UP/AWAY

ˌlock sth aˈway → LOCK STH UP 1

ˌlock yourself aˈway to shut yourself in a place away from other people so that you are not disturbed 把自己关起来（躲清静）: *He locked himself away (in his room) until he'd finished his work.* 他把自己关在房间里，直到把活儿干完。
SYN **shut yourself away (from sb/sth)**
→ see also LOCK SB UP/AWAY
◆ v + pron + adv

ˌlock sth ˈdown (*AmE*) (of the police, etc.) to strictly control who goes in and out of a particular building, area, city, etc. during an emergency （警察等在紧急情况下）控制出入，封锁（建筑物、地区、城市等）: *It would take more officers than we have to lock down the whole city.* 要封锁整座城市，我们警力不足。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈlockdown** *n* [C, U] (*AmE*): *The school was under lockdown for two hours after the shooting incident.* 枪击事件后，学校被封闭了两个小时。

ˌlock sb/sth ˈin; ˌlock yourself ˈin to put sb/sth/yourself in a room or building and lock the door 把…锁在里面; 把…关起来: *The prisoners are locked in every night.* 犯人每晚都被锁在牢房里。◇ *He rushed to his bedroom and locked himself in.* 他冲进卧室，把自己反锁在里面。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈlock-in** *n* (*BrE*) an occasion when customers are locked into a bar or pub after it has closed so that they can continue drinking privately （酒吧打烊后）留置顾客续饮

ˌlock sth ˈin to carry out measures to ensure that improvements in a system are permanent （采取措施以）确保（成果等）: *Formal treaties help lock in the benefits of arms control.* 正式条约有助于确保军备控制成果不至付诸东流。
◆ v + adv + n ◆ v + n/pron + adv

be ˈlocked in sth to be involved in a difficult or unpleasant situation, especially an argument or a legal battle, that seems unlikely to end soon 陷入，卷入（困境或窘境，尤指旷日持久的纷争或诉讼）: *The parents are locked in a bitter legal battle over the future of the twins.* 父母为双胞胎的将来打起了激烈的官司。
◆ be + v + prep

ˌlock ˈin on sth → LOCK ONTO STH

be ˌlocked ˈinto sth (*also* **become/get ˌlocked ˈinto sth**) to be in a particular situation, or behave in a particular way, that you cannot change 无法摆脱（某一状况）; 积习难改: *The government is locked into a policy of reducing taxes.* 政府难以从减税政策中抽身。◇ *Older horses can get locked into bad habits.* 老马难以改掉过去养成的恶习。
◆ be + v + prep

ˌlock ˈonto sth (*also* **ˌlock ˈin on sth**) if a weapon that is sent through the air **locks onto** sth or **is locked onto** sth that it is aimed at, it finds it and follows it （武器）搜寻跟踪，锁定（攻击目标）: *The missile can lock onto a target from a kilometre away.* 导弹能锁定一公里之外的目标。◇ *The missile was locked onto the target.* 导弹锁定了目标。 SUBJ **missile**
OBJ **target**
◆ v + prep ◆ v + adv + prep

ˌlock sb/sth ˈout 1 (*also* **ˌlock sb/sth ˈout of sth**) to prevent sb/sth from entering a place by locking a door 把…锁在门外: *I arrived home to find the landlady had locked me out.* 我回到家时发现我被房东太太锁在门外了。 **2** to prevent workers from entering their place of work until they agree to the conditions given by the employer （在工人答应雇主的条件前）不准（工人）进入工作场所; 封闭工厂: *The management will lock out anyone who refuses to sign the new contract.* 资方将不允许拒签新合同的员工进入工作场所。
◆ v + n/pron + adv ◆ v + adv + n **1** also v + n/pron + adv + prep
▶ **ˈlockout** *n* a situation when an employer refuses to let workers enter their place of work until they agree to particular conditions

停工，闭厂（指雇主在工人答应条件前不准其进入工作场所）：*The strikers faced a lockout.* 罢工者面临停工的威胁。

ˌlock yourself ˈout; ˌlock yourself ˈout of sth to accidentally leave your keys inside a car, building, etc. when you go out, so that you are unable to get inside again 把自己锁在外面：*I've managed to lock myself out of my room three times!* 我把自己锁在门外已经三次了！
◆ v + pron + adv ◆ v + pron + adv + prep

ˌlock ˈup to stop working correctly 停止正常工作：*My brakes had locked up.* 我的刹车卡住了。◇ *The computer locks up when I try to load the program.* 我一加载这个程序，计算机就死机。
◆ v + adv
▶ **ˈlock-up** *n*: *This computer game has a history of technical problems, including lock-ups.* 这款计算机游戏曾经出现过游戏突然卡死等技术问题。

ˌlock ˈup; ˌlock sth ˈup to make a building safe by locking the doors and windows 锁好（某处的）门窗：*Make sure you lock up before you leave.* 离开时别忘了锁好门窗。◇ *She locked the shop up and went home.* 她锁好商店的门窗回家了。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈlock-up** *n* (*BrE*) a small shop/store that the owner does not live in; a place that the owner does not need and rents to sb else, for example to keep a car in （店主不住在店内的）夜间上锁小商店；（供出租的）车库：*a lock-up garage/shop* 出租的车库 / 不住人的夜间上锁小店

ˌlock sb ˈup/aˈway (*informal*) to put sb in prison or in a guarded hospital 把某人关进监狱（或监管医院）：*People like that should be locked up!* 那种人应该坐牢！◇ *They should lock her up and throw away the key.* 他们应该把她关起来，然后丢掉钥匙。◇ *He was locked away for the rest of his life.* 他锒铛入狱，在牢里度过了余生。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈlock-up** *n* a small prison where prisoners are kept for a short time （短期关押犯人的）监狱，拘留所

ˌlock sth ˈup **1** (*also* **ˌlock sth aˈway**) to put sth valuable in a safe place and lock it 把（贵重物品）收好并锁起来：*Lock your valuables up in the safe.* 把你的贵重物品锁在保险箱里。◇ *She locked the money away in a cupboard.* 她把钱锁在了橱柜里。 **2** (**in sth**) to invest money in sth and not be able to turn it into cash to spend （投资后难以变现）套牢，捆死，锁死：*Huge sums of money are locked up in pension funds.* 大笔大笔的钱都套牢在退休基金上了。 OBJ **capital, money** SYN **tie sth up**
NOTE Usually used in the passive. 通常用于被动语态。 **3** (*also* **have sth ˌlocked ˈup**) (*especially AmE*) to be sure that you will win sth or achieve a goal you have been aiming for 赢定；稳获；稳操胜券：*The Senator knew he had the nomination locked up.* 参议员知道提名已成了他的囊中之物。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈlock-up** *n* (*finance*) an agreement not to sell or exchange shares for a particular period of time 禁售（在特定时期内不可出售或交易股票的协议）：*The shares will be subject to a lock-up for 180 days.* 这些股票须禁售 180 天。
▶ **ˈlock-up** *adj* [only before noun] (*finance*): *A lock-up agreement prevented the shares from being sold for six months.* 禁售协议禁止六个月内售出这些股票。

log /lɒg; *AmE* lɔːg, lɑːg/ (-gg-)

ˌlog ˈin/ˈon; ˌlog ˈinto/ˈonto sth (*computing*) to perform the actions that allow you to begin using a computer system 登录，登入，进入（计算机系统）：*I got an error message when I tried to log in/on.* 我想登录时信息提示登录有误。◇ *The password allows the user to log onto the system.* 用户输入密码可进入系统。
OBJ **system, network, computer** OPP **log off/out; log off/out of sth**
NOTE **Log into/onto sth** can be used in the pattern **be logged into/onto sth** * log into / onto sth 可用 be logged into / onto sth 的句型：*I was logged onto the Internet.* 我连上了互联网。
◆ v + adv ◆ v + prep

ˌlog sb ˈin/ˈon to allow sb to begin using a computer system 使登入（计算机系统）：*The system is unable to log you on.* 系统无法登入。
OPP **log sb off/out**
◆ v + n/pron + adv ◆ v + adv + n

ˌlog ˈoff/ˈout; ˌlog ˈoff/ˈout of sth (*computing*) to perform the actions that allow you to finish using a computer system 注销，登出，退出（计算机系统）：*Try logging off and logging on again.* 先注销再登录试试。
OBJ **system, computer** OPP **log in/on; log into/onto sth**
NOTE **Log off/out of sth** can be used in the pattern **be logged off/out of sth** * log off / out of sth 可用 be logged off / out of sth 的句型：*Wait until all the users are logged off.* 等到所有用户都退出为止。
◆ v + adv ◆ v + prep

ˌlog sb ˈoff/ˈout to cause sb to finish using a computer system 使退出（计算机系统）：*The system will automatically log you off after 30 minutes.* * 30 分钟后你将自动登出本系统。
OPP **log sb in/on**
◆ v + n/pron + adv ◆ v + adv + n

loll /lɒl/

ˌloll aˈround; ˌloll aˈround sth (*BrE also* **ˌloll aˈbout, ˌloll aˈbout sth**) to sit, lie or stand in a relaxed way, doing very little 懒洋洋地坐着（或躺着、站着）；无所事事：*There were several kids lolling around outside the club.* 有几个孩子在俱乐部外面闲荡。◇ *Jim should get a job instead of lolling around the house all day.* 吉姆应该找份工作，不应该成天闲在家里。

SYN lie around, lie around sth; loaf around, loaf around sth
◆ v + adv ◆ v + prep

long /lɒŋ; AmE lɔːŋ/

'long for sb/sth; 'long for sb to do sth to want sb/sth very much 渴望；渴求：*to long for a baby* 极想要个孩子 ◇ *I was longing for a chat and a good laugh.* 我很想聊聊天，开心地笑一笑。◇ *She found herself longing for her visitors to leave.* 她巴望着客人离开。
◆ v + prep ◆ v + prep + n/pron + **to** +inf
▶ **'longed-for** *adj* [only before noun] that sb has been wanting or hoping for very much 渴望的；期待已久的：*a longed-for child* 盼望已久的孩子

look /lʊk/

,look a'bout, etc. (*BrE*) → LOOK AROUND, ETC.

,look a'cross/'over (at/to sb/sth) to look quickly across a room 迅速朝（房间）对面看：*I looked across to where they were sitting.* 我朝他们坐的地方望过去。◇ *She knew I was there, but she didn't look over at me.* 她知道我在那里，可她没往我这边看。
◆ v + adv

,look 'after sb/sth/yourself (*especially BrE*) **1** to make sure that sb/sth is safe; take care of sb/sth 照料；照顾：*His parents are looking after the children for the weekend.* 他父母这个周末照看孩子们。◇ *She doesn't look after her clothes.* 她穿戴不整洁。◇ *Sophie will look after the visitors.* 索菲会接待客人的。◇ *They're old enough to look after themselves now* (= they don't need any help). 他们现在长大了，能够自立了。◇ *Would you mind looking after my bag for a minute?* 你照看一下我的包好吗？◇ *He needs to be properly looked after.* 他需要得到妥善的照顾。◇ *See you soon—look after yourself* (= when saying goodbye to sb). 再见 —— 多保重。 NOTE **Take care of sb** is used in both British and American English with the same meaning 英国英语和美国英语中 take care of sb 均可作此义：*My mother is going to look after/take care of the kids while we're away.* 我们外出时，我母亲将照看孩子们。 → see also BRING SB UP 1; ➲ note at CARE FOR SB **2** to make sure that things happen to sb's advantage 确保（于己有利）：*He's good at **looking after his own interests**.* 他精于维护自己的利益。
◆ v + prep

,look 'after sth (*BrE*) to deal with sth; to be responsible for sth 处理；对…负责：*Their accountant looks after the financial side of things.* 他们的会计负责财务方面的事。◇ *Everything's being looked after.* 所有的事情都有人负责。
SYN **attend to sth** (*more formal*)
NOTE **Take care of sth** is used in both British and American English with the same meaning. 英国英语和美国英语中 take care of sth 均可作此义。
◆ v + prep

,look a'head (to sth) to think about what is going to happen in the future 展望未来；为将来设想：*The team is looking ahead to next season.* 该队正为下个赛季作准备。◇ *Looking ahead to the weekend, the weather will stay fine.* 可以预见好天气将持续到周末。
◆ v + adv

,look a'round (*BrE also* **,look 'round**) **1 (at sb/sth)** to turn your head in order to see sb/sth behind you 转过头看；回头看：*The people in front kept looking round at us.* 前面的人不时回过头看我们。◇ *He looked round to see if I was still there.* 他回头看我是不是还在。 **2 (for sb/sth)** to examine various choices or possibilities 考虑各个选项或各种可能性（以作出选择）：*We're looking around for a new car.* 我们货比三家，多方比较，准备买辆新车。 ➲ note at LOOK FOR SB/STH
◆ v + adv

,look a'round; ,look a'round sth (*BrE also* **,look 'round, ,look 'round sth**) to visit a place or a building as a tourist or because you are interested in buying it, etc. 游览，参观（某处）：*Take your time looking around.* 慢慢观光吧。◇ *They've gone to look round the cathedral.* 他们去参观大教堂了。◇ *I spent the day looking around the town.* 我白天游览了市区。
◆ v + adv ◆ v + prep

,look a'round; ,look a'round sth; ,look a'round you (*BrE also* **,look a'bout/'round, ,look a'bout/'round sth, ,look a'bout/'round you**) to turn your head in different directions so that you can see sth or see what is there 环视；四下察看：*She came into the room, looked around, then went out again.* 她走进房间，四下察看了一下就出去了。◇ *He looked round the classroom angrily.* 他怒气冲冲地环顾教室。◇ *I looked about me at the other passengers on the plane.* 我看了看飞机上我周围的乘客。
◆ v + adv ◆ v + prep

'look at sb/sth **1** to turn your eyes towards sb/sth so that you can see them/it 看着；瞧着：*Don't look at me like that!* 别那样看着我！◇ *What are you looking at?* 你在看什么呢？ **2** to examine sth/sb closely （仔细）察看，检查：*I'd like the doctor to look at him.* 我想请医生给他检查一下。◇ *Can you look at this watch for me? I think it might be broken.* 你能帮我看看这块手表吗？我想可能是坏了。◇ *I took the car to the garage to get it looked at.* 我把车开到修理厂去检修。 **3** (*usually used in negative sentences or questions* 通常用于否定句或疑问句) to consider or be prepared to accept sb/sth 考虑；准备接受：*They wouldn't even look at someone wanting part-time work.* 对于想兼职的人，他们完全不予考虑。 **4** used to draw sb's attention to sb/sth, often as an example that you want them to follow or not follow （常作为正面或反面范例）看看…吧：*I wouldn't take advice from her—just look at the mess she's made of her own life!* 我不会听她的建议的 —— 就看看她把自己的生活搞得有多糟糕吧！◇*He left school without any qualifications, but look at him now!* (= he is very successful now) 他没有毕

业就离开了学校，可看他现在多有出息！ ◇*Money doesn't always bring happiness—just look at Frank* (= he is rich but not happy). 金钱并不总能带来幸福 —— 看看弗兰克就知道。
◆ v + prep

'look at sth **1** to read sth, usually quickly, without reading all the details 浏览；翻阅: *She sat in the waiting room, looking at a magazine.* 她坐在等候室翻看杂志。◇ *Don't hand the form in until it's been looked at by a teacher.* 等老师过目之后再交这张表。 **2** to think about or study sth 思考；研究: *Have you looked at the possibility of adopting a child?* 你想过收养个孩子吗？ ◇ *The film looks at the events leading up to the war.* 这部电影着眼于导致这场战争的诸多事件。◇ *Four possible routes were looked at for the new road.* 修建新公路考虑了四条可能的线路。 **3** to consider sth in a particular way （以某种方式）看待，考虑: *If you look at it like that, it's a good thing we didn't go.* 如果你那么看，我们没去是件好事。 **4 be 'looking at sth** (*informal*) (*always used in the progressive tenses* 总是用于进行时) to have to consider or deal with sth; to be faced with sth 不得不考虑（或处理）；面临: *You're looking at £600 to get the car fixed.* 要想修好这辆车你就得考虑花 600 英镑。◇ *If he's found guilty he's looking at a six-year prison sentence.* 如果被判有罪，他就得坐六年牢。
◆ v + prep

,look a'way (from sb/sth) to look in the opposite direction; to turn your eyes away from sb/sth 把视线（从…）移开: *She looked at him then looked away.* 她看了看他，然后移开了视线。◇ *He mumbled a reply and looked away from me.* 他叽里咕噜地回了一声，就不再正眼看我了。
◆ v + adv

,look 'back (at/on/to sth) to think about sth that has happened in your past 回首（往事）；回顾: *Looking back, I'm not surprised she left.* 回头想想，我对她的离去并不感到意外。◇ *He looked back on his time in England with a sense of nostalgia.* 他怀恋自己在英格兰的时光。
◆ v + adv

IDM **never/not look 'back** (*informal*) to become more and more successful 一帆风顺；蒸蒸日上: *He started work on a market stall in 1970 and he's never looked back.* 他 1970 年开了个集市货摊，从此生意日益兴旺。

SYNONYMS 同义词辨析

look at sb/sth

check sb/sth out ◆ **look at sb/sth** ◆ **observe sb/sth** ◆ **view sth** ◆ **watch sb/sth**

These verbs all mean to turn your eyes in a particular direction in order to see sth. 这些动词都表示看、观看、察看。

check sb/sth out (*informal*) to look at or examine sb/sth that seems interesting or attractive 察看，观察（有趣或吸引人的人或事物）: *Check out the prices at our new store!* 新店开张，敬请惠临，看看价格！

look at sb/sth to turn your eyes in a particular direction towards sb/sth （朝某一方向）看，瞧: *She looked at me and smiled.* 她看着我，笑了。

observe sb/sth (*not used in the progressive tenses*) (*formal*) to watch sb/sth carefully, especially to learn more about them （尤指为进一步了解）观察: *I felt he was observing everything I did.* 我觉得他在观察我的一举一动。◇ *The patients were observed over a period of several months.* 这些患者接受了好几个月的观察治疗。

view sth (*formal*) to look at sth, especially when you look carefully; to watch television, a film/movie, etc. 细看；观看（电视、电影等）: *The eclipse should only be viewed through a special lens.* 日食只能通过特殊镜片观看。◇ *It's an opportunity to view the movie before it comes out.* 这是上映前看这部影片的一个机会。

watch sb/sth to look at sb/sth for a time, paying attention to what happens 注视；观看: *I only let my kids watch television at the weekends.* 我只让孩子们在周末看电视。◇ *A capacity crowd watched the semi-final match.* 这场半决赛座无虚席。

WHICH WORD?

All of these verbs imply a deliberate action, unlike **see** . However, you can talk about *seeing a film/movie/programme* (or *going to see a film/movie*). **See** is never used with *television* . **Watch** is used especially when you are interested in something which is happening or moving, unlike **look at** 与 see 不同，这些动词都暗示主动的行为。但是，可以说 seeing a film / movie / programme 或 going to see a film / movie。see 从不与 television 连用。与 look at 不同，watch 尤用于令人感兴趣的正在发生的事件或运动中的物体: *Watch me while I show you how.* 看着我，我来给你演示怎么做。◇ *Look at my new shoes!* 看我的新鞋子！

PATTERNS AND COLLOCATIONS

- to watch/see/view a **film/movie/programme**
- to watch/see a **match/game/fight**
- to look at/watch/observe sb/sth **carefully/closely/intently**
- to look at/watch sb/sth **thoughtfully/suspiciously/expectantly**
- to watch/observe **what/who/how** …

🔑 ˌ**look ˈdown (at sb/sth)** to turn your eyes downwards to the floor, especially because you are embarrassed, shy, etc.（尤指因尴尬、羞怯等）垂下目光: *The little boy blushed and looked down.* 小男孩脸红了，低头向下看。◇ *She looked down at her hands.* 她低头看着自己的双手。
◆ v + adv

🔑 ˌ**look ˈdown on sb/sth** to consider sb/sth as less good or important than yourself 蔑视；轻视；看不起: *She tends to look down on people who haven't been to college.* 她一向瞧不起没读过大学的人。◇ *They looked down on our little house.* 他们对我们的小屋不屑一顾。◇ *He was looked down on at school.* 他在学校被人看扁。
◆ v + adv + prep

🔑 ˈ**look for sb/sth** to search for sb/sth, either because you have lost them/it, or because you need them/it 寻找；寻求: *Sue's been looking for you.* 休一直在找你。◇ *'Can I help you?' 'Yes, I'm looking for this shirt in blue.'* "您要买点什么？" "哦，我要找这一样式衬衣的蓝色款。" ◇ *They were looking for an easy solution to the problem.* 他们在寻找解决这个问题的简易办法。
◆ v + prep

🔑 ˈ**look for sth** to hope for sth or expect sth 盼望；期望: *The examiners will be looking for good grammar and spelling.* 考评人会关注语法和拼写是否正确无误。◇ *This could be just the opportunity he's been looking for.* 这可能就是他一直翘首期待的机会。
◆ v + prep

IDM **look for ˈtrouble** to behave in a way that is likely to cause an argument, a fight, etc. 自找麻烦；自寻烦恼；自讨苦吃: *Are you looking for trouble?* 你是不是想惹麻烦？

▶ **unˈlooked-for** *adj* (*formal*) not expected 意外的；出乎预料的: *unlooked-for success* 意想不到的成功

🔑 ˌ**look ˈforward to sth**; ˌ**look ˈforward to doing sth** to feel excited about sth that is going to happen because you expect to enjoy it 盼望；期待: *Are you looking forward to your trip?* 你期待着这次旅行吗？◇ *I'm not looking forward to going to the dentist.* 我可不希望去看牙医。◇ *We're looking forward to the concert!* 我们对音乐会翘首以待！◇ *I look forward to hearing from you* (= at the end of a letter). 盼望着收到你的来信。◇ *The President's visit is eagerly looked forward to.* 人们热切盼望总统来访。

NOTE Remember that **to** is a preposition in this phrasal verb and must be followed by a noun or the *-ing* form of a verb. 注意 to 在本短语动词中是介词，必须后接名词或动词的 -ing 形式。
◆ v + adv + prep

ˌ**look ˈin (on sb)** to make a short visit to a place, especially sb's house when they are ill/sick or need help （到某人处）短暂拜访: *I*

SYNONYMS 同义词辨析

look for sb/sth

be after sb/sth ◆ **have a look (for sb/sth)** ◆ **look around (for sb/sth)** ◆ **look for sb/sth** ◆ **seek sb/sth**

These verbs all mean to try to find sb/sth that is lost or that you need or want. 这些动词都表示寻找、寻求、谋求。 *See also* **search for sth** .

be after sb/sth (*informal*) to try to find or catch sb/sth 寻找；寻求: *The police are after him.* 警察正在抓他。◇ *He's after a job at our place.* 他在我们这儿求职。◇ *What are you after now?* 你现在有什么愿望？

have a look (for sb/sth) to try to find sth, especially quickly or only in one place （尤指很快地或仅在某一处）找一下: *I'll just have a quick look for my glasses.* 我要赶紧找一下我的眼镜。◇ *'Have you seen my keys?' 'Have a look in the kitchen.'* "你看见我的钥匙了吗？" "在厨房找一下吧。"

look around (for sb/sth) to try to find sth in a number of different places; to try to get sth by considering different possibilities 四下寻找；（通过考虑各种可能性）寻找到: *She looked around for a towel to dry his hands.* 她四处找毛巾给他擦手。◇ *I'm looking around for a new secretary.* 我想物色一个新秘书。

look for sb/sth to try to find sb/sth 寻找；寻求: *We've been looking for you.* 我们一直在找你。◇ *Are you still looking for a job?* 你还在找工作吗？

seek sb/sth (*formal*) to try to find sb/sth; to try to obtain or achieve sth 寻找；追求；谋求: *Drivers are advised to seek alternative routes.* 驾车者被告知改道行驶。◇ *to seek funding for a project* 为项目融资 ◇ *to seek medical advice* 征求医疗意见

WHICH WORD?

Seek is the most formal of these verbs. It is used especially in business or work contexts, and in newspapers. It is not normally used to talk about trying to find things that are lost. The most neutral of these verbs is **look for sth** .
* seek 在这些动词中最为正式，尤用于商务或工作场合以及报章中，一般不用于表示寻找遗失物品。这些动词中意义最为中性的是 look for sth。

PATTERNS AND COLLOCATIONS

- to look for/look around for/seek/be after **work/a job**
- to look for/look around for/seek/have a look for your **keys/glasses/wallet**
- to carefully look for sth

asked Sarah to look in on her grandmother on her way home. 我要萨拉回家时顺便去看看她的奶奶。◇ *The doctor will look in again this evening.* 医生今晚会再来探视的。➲ note at VISIT WITH SB
• v + adv

⚷ ,**look 'into sth** to examine sth or consider it carefully 仔细调查；周详地研究；慎重考虑：*The committee is looking into the matter.* 委员会正在调查这一事件。◇ *The manager is looking into your complaint.* 经理正在处理你的投诉。◇ *We're looking into the possibility of moving to France.* 我们正在考虑能否迁往法国。◇ *This situation should be looked into.* 这个情况应该进行调查。
• v + prep

⚷ ,**look 'on** **1** to watch an event or an incident without taking part in it yourself 旁观：*People looked on in alarm as the car began to roll down the hill.* 人们眼睁睁看着那辆车开始往山坡下滚，惊恐不已。◇ *Passers-by just looked on as he was attacked.* 他遭人袭击时路人只在一边袖手旁观。 **2 (with sb)** (*AmE*) to share a book, etc. with another person in a group （和某人）合看，合读（书等）：*There aren't enough books so you'll have to look on with your neighbor.* 书不够，你们只能和邻座的人一起看了。
• v + adv
▸ **'onlooker** *n* a person who watches sth without becoming involved in it 旁观者：*A crowd of onlookers formed around the fight.* 一大群人围观斗殴。

'look on sb/sth (*also* **'look upon sb/sth** *more formal*) **[+ adv/prep]** to consider sb/sth in a particular way （以…）看待；把…视作：*I look on you as my friend.* 我把你视为朋友。◇ *She looked upon the assignment as a challenge.* 她把这项任务看成一种挑战。◇ *I looked on life in a different way after that.* 自那以后，我的人生观改变了。◇ *She was always looked on with distrust.* 以前她总是不受信任。◇ *The job was looked upon as glamorous.* 这份工作令人向往。
• v + prep

⚷ ,**look 'out** used to tell sb to be careful, especially when there is some danger （表示劝告，尤指有危险）小心，留神，注意：*Look out! There's a car coming.* 当心！有车来了。◇ *You're going to burn that food if you don't look out.* 你要是不看着点，就会把食物煮糊了。
SYN **watch out**
• v + adv

,**look sth 'out (for sb/sth)** (*BrE*) to search for sth from among your possessions 把…找出来：*I'll look out that book for you.* 我会给你找出那本书的。
NOTE Not used in the passive. 不用于被动语态。
• v + adv + n • v + n/pron + adv

,**look 'out for sb/yourself** to take care of sb/yourself and think about their/your own interests 考虑…的利益；关照：*Once he was in London he had to look out for himself.* 到了伦敦他就要自己照顾自己。◇ *Emily's brothers always looked out for her.* 埃米莉的兄弟们总是关照她。
• v + adv + prep

,**look 'out for sb/sth** **1** to try to find sb/sth or meet sb 尽力寻找：*I was looking out for Pete but I didn't see him.* 我当时一直找皮特，可没看见他。◇ *Look out for this movie at your local multiplex.* 留意当地影城是否上映这部影片。 **2** to try to avoid sth bad happening or doing sth bad 提防；防备：*Look out for pickpockets.* 当心扒手。
SYN **watch out for sb/sth**
• v + adv + prep
▸ **'lookout** *n* **1** a place where sb watches from to see if there is any danger 瞭望台；观察所；监视哨：*a lookout post/tower* 瞭望哨 / 塔 **2** a person who watches for danger 瞭望员；观察员；监视员：*The burglars posted a lookout outside the house.* 盗贼在房子外面安排了一个人

SYNONYMS 同义词辨析

look out

beware • look out • watch out

These verbs are all used to warn sb about sb/sth that is dangerous. 这些动词都表示警告。

beware (used only in infinitives and orders) used to warn sb that sb/sth is dangerous and that they should be careful （仅用于不定式结构和命令句，表示警告）谨防，小心：*Motorists have been warned to* ***beware of*** *icy roads.* 已经提醒驾驶人员路面有冰。

look out used to warn sb to be careful, especially when there is danger （表示警告，尤指有危险）小心，留神，注意：*Look out! There's a snake!* 当心！有蛇！◇ *If they don't look out they're going to get in trouble.* 他们一不留神就会惹祸上身的。

watch out used to warn sb about sth dangerous （表示警告）小心，留神，注意：*Watch out! There's a car coming.* 小心！车开过来了。

WHICH WORD?

There is very little difference in the meaning or use of these verbs. **Watch out** is a little more frequent in spoken English than **look out** . 这些动词在意义及用法上差异甚微。在英语口语中，watch out 比 look out 略微常见一些。

PATTERNS AND COLLOCATIONS

- to look out/watch out **for** sth
- sb/sth **had better** beware/watch out/look out

望风。

ˌlook ˈout on/over sth (of a room, etc. 房间等) to have a view of sth 面向；朝向: *Our room looked out over the square.* 从我们的房间朝外看可俯视广场。
◆ v + adv + prep

ˌlook ˈover (at/to sb/sth) → LOOK ACROSS/OVER (AT/TO SB/STH)

ˌlook ˈover sth 1 to make a tour of a place 游览；参观: *We were invited to look over the new classrooms.* 我们应邀参观了新教室。 **2** to read sth quickly 浏览；快速阅读: *I need to look over my notes before the test.* 测验前我得把笔记过一遍。◇ *Your tutor will look over your work with you.* 你的导师会和你一起看一遍你的作业。
◆ v + prep

ˌlook sb/sth ˈover to check or examine sb/sth to see how good, big, etc. they are/it is 查看；检查: *He looked the painting over carefully.* 他仔细查看了那幅画。◇ *I'd like the doctor to look him over.* 我想请医生给他检查一下。◇ *We'll get a mechanic to look the car over before we buy it.* 我们要请个技工检验一下这辆车再买。
SYN **check sb/sth over; examine sb/sth** ⊃ note at CHECK SB/STH OVER
NOTE When **look sb/sth over** is used with the pronouns *it* and *them* referring to things, these pronouns can also come after **over** * look sb / sth over 与表示事物的代词 it 和 them 连用时，这些代词也可置于 over 之后: *We'd like a mechanic to look over it for us.* 我们想请个技工帮我们把它检验一下。
◆ v + n/pron + adv ◆ v + adv + n

ˌlook ˈround, etc. (*BrE*) → LOOK AROUND, ETC.

ˌlook ˈthrough sb to look at sb and not show that you have seen or recognized them 对某人视而不见；佯装没认出某人: *I smiled at him, but he just looked straight through me.* 我朝他笑了笑，可他假装没看见我。
◆ v + prep

ˌlook ˈthrough sth 1 to read sth quickly 浏览；快速阅读: *She looked through her notes before the exam.* 她考试前匆匆看了一下笔记。◇ *I looked through the paper while I was waiting.* 我边等边翻阅了一下报纸。 **2** to examine a collection of things or what is inside sth 查看，翻看（一批物品或某物内的东西）: *What are you doing looking through my bag?* 你干吗翻我的包?
◆ v + prep

ˈlook to sb/sth (for sth/to do sth) to rely on sb/sth or expect sb to provide sth or do sth 依赖；指望: *They looked to us for help.* 他们指望我们提供帮助。◇ *We must look to other means to generate the funds we need.* 我们必须通过别的途径筹集所需资金。◇ *Many students can't*

SYNONYMS 同义词辨析

look through sth

dip into sth ◆ flick/flip through sth ◆ leaf through sth ◆ look through sth ◆ scan through sth

These verbs all mean to look at and understand the meaning of printed or written words without reading everything. 这些动词都表示浏览、翻阅、略读。

dip into sth to read only parts of sth 阅读（一部分）；略读: *It's a good book to dip into now and again.* 这本书适合不时翻翻。

flick/flip through sth to quickly turn the pages of a book, magazine, etc. and look at them without reading everything 浏览；草草翻阅；快读: *She was flicking through a magazine.* 她正在翻看一本杂志。◇ *While he was out I flipped through his address book.* 趁他出去，我翻了翻他的地址簿。

leaf through sth to quickly turn the pages of a book, without reading them or looking at them closely, especially in order to find sth in particular （尤指为寻找信息）匆匆翻阅，浏览: *She leafed through the guidebook until she found the page she wanted.* 她匆匆翻阅指南，直到找到她想要的那页。

look through sth to turn the pages of a book, magazine, etc., and look at them without reading everything 浏览；翻阅: *I caught him looking through my confidential files.* 我撞见他在翻看我的机密文件。

scan through sth to read sth quickly but not very carefully and not reading every word 粗略地读；扫视；浏览: *I scanned through the list quickly, looking for my name.* 我快速扫了一眼名单，寻找自己的名字。 NOTE **Scan** can be used on its own * scan 可单独使用: *I scanned the list quickly, looking for my name.* 我快速扫了一眼名单，寻找自己的名字。

WHICH WORD?

If you **flick/flip through sth**, you do it more quickly than if you **look through sth**, which is usually more deliberate. * flick / flip through sth 比 look through sth 看得快，后者通常表示有目的。

PATTERNS AND COLLOCATIONS

- to flick through/look through/leaf through/flip through a **book/magazine/newspaper**
- to flick through/look through/leaf through/scan/flip through **the pages of** sth
- to scan (through) **a list/a menu**

look to their parents for financial support. 很多学生不能指望父母提供经济支持。
SYN **turn to sb**
◆ v + prep

'look to sth (*especially BrE*) **1** to think about sth that will happen in the future 考虑（将来的事）；展望: *We are looking to the future with confidence.* 我们满怀信心地展望未来。OBJ **the future** **2** (*formal*) to make sure that sth is safe or in good condition; to think about how to improve sth 注意（确保安全、正常等）；考虑（改进）: *You should look to your own behaviour before criticizing others.* 正人先正己。
◆ v + prep

,look 'up 1 (from sth) to raise your eyes 抬头看；向上看: *She looked up from her book and smiled.* 她停止看书，抬起头来笑了笑。 **2** (*informal*) (*usually used in the progressive tenses* 通常用于进行时) (of a business, a situation etc. 生意、情况等) to become better; to improve 好转；改善: *Things started to look up for me after I got a job.* 我找到工作后情况开始有了好转。◇ *Business is looking up at last.* 生意终于有了起色。
◆ v + adv

,look sb 'up (*informal*) to visit or contact sb when you are in the place where they live, especially when you have not seen them for a long time （尤指久别后到某人处）拜访，看望，联络: *Look me up next time you're in London.* 你下次到伦敦时来看我吧。
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
IDM **look sb ,up and 'down** to look at sb in a suspicious, careful or critical way （以怀疑或审视、挑剔的态度）上下打量，端详

,look sth 'up to search for a word or some information in a dictionary or another book （在词典或书中）查阅，查寻: *I looked the word up in the dictionary.* 我在词典里查过这个词。◇ *Hang on, I'll just look up her telephone number.* 稍等一下，我马上查查她的电话号码。
◆ v + n/pron + adv ◆ v + adv + n

,look 'up to sb to admire or respect sb 钦佩；仰慕；敬仰: *She always looked up to her older sister.* 她一向敬重她的姐姐。◇ *She was looked up to by the rest of her family.* 她受到家人的尊敬。
◆ v + adv + prep

'look upon sb/sth → LOOK ON SB/STH

loom /luːm/

,loom a'head if sth dangerous, difficult or unpleasant **looms ahead**, it is likely to happen soon （危险、困难或令人不快的事情）即将出现，逼近: *Further problems are looming ahead.* 更多的问题迫在眉睫。
◆ v + adv

,loom 'up to appear as a large shape that is not clear, often in a way that seems frightening or threatening 令人惊恐地隐现；赫然耸现: *A shape loomed up out of the fog.* 雾中出现了一个模糊的身影。
NOTE **Loom up** is usually followed by an adverb or a phrase beginning with a preposition * loom up 通常后接副词或介词短语: *A man loomed up out of the darkness.* 一名男子隐隐出现在黑暗中。 **Loom** is also used on its own. * loom 也单独使用。
◆ v + adv

SYNONYMS 同义词辨析

look up to sb

admire sb ◆ look up to sb ◆ respect sb ◆ think highly of sb

These verbs all mean to have a good opinion of sb. 这些动词都表示钦佩、赞赏、尊敬。

admire sb to respect sb for what they have done 钦佩，赞赏（某人的行为）: *I don't agree with her, but I admire her for sticking to her principles.* 我不同意她的观点，但我钦佩她坚持自己的原则。

look up to sb to admire or respect sb, especially sb who is older 钦佩，仰慕，尊重（尤指年长者）: *Children need somebody to look up to.* 孩子们需要有个能让他们爱戴的人。◇ *Everyone looks up to her because of who she is.* 由于她的身份，每个人都敬重她。

respect sb to have a very good opinion of sb; to admire sb 尊敬；尊重: *She had always been honest with me, and I respect her for that.* 她一直对我坦诚相待，我因此而敬重她。◇ *a much loved and highly respected teacher* 一位深受爱戴和尊敬的老师

think highly of sb to have a very good opinion of sb 对…高度评价；看重；器重: *His teachers think very highly of him.* 老师们很赏识他。

WHICH WORD?

If you **respect** sb, you do not necessarily like them or agree with them. * respect 并不一定意味着喜欢某人或与其见解一致。

PATTERNS AND COLLOCATIONS

- to **deeply/greatly** admire/respect sb
- a **highly** respected doctor, teacher, etc.
- to be **generally/widely** admired

loosen /ˈluːsn/

ˌloosen ˈup; ˌloosen sb ˈup (*informal*) to become more relaxed and comfortable; to make sb feel like this （使）放松；（使）不拘束: *He began to loosen up and enjoy the evening.* 他开始轻松下来，享受这个夜晚。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌloosen ˈup; ˌloosen sb/sth ˈup to relax your muscles or parts of the body, or make them relax, before taking exercise, etc. （在运动等前）放松（肌肉或身体部位）: *I swam a short distance to loosen up.* 我游了一小段距离放松筋骨。◇ *A massage will help loosen you up.* 按摩一下会使你放松的。◇ *These exercises will loosen up your shoulders.* 这些动作会使你的肩部松弛下来。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

lop /lɒp; *AmE* lɑːp/ (-pp-)

ˌlop sth ˈoff; ˌlop sth ˈoff sth 1 to remove sth from sth, especially branches from a tree, by cutting it （从…）砍掉，剪去，削去（树枝等）: *Several branches had been lopped off (the tree).* （从树上）砍下了几条枝杈。◇ *They lopped 20p off the price of each unit.* 他们把单价削减了 20 便士。 SYN **chop sth off, chop sth off sth; cut sth off , cut sth off sth** **2** to make sth smaller or less 削减；缩小；减少: *The new rail link has lopped an hour off the journey.* 新铁路线把旅程缩短了一个小时。 SYN **knock sth off, knock sth off sth**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

lord /lɔːd; *AmE* lɔːrd/

ˈlord it over sb to behave in a superior way to sb 对某人摆架子: *She likes to lord it over the junior staff.* 她喜欢在初级职员面前逞威风。
◆ v + it + prep

lose /luːz/ (lost, lost /lɒst; *AmE* lɔːst/)

ˈlose yourself in sth to become so interested in sth that you are not aware of anything else 沉迷于；专心致志于: *I soon lost myself in the excitement of the play.* 我很快就沉浸在激动人心的戏剧情节中了。
◆ v + pron + prep

ˌlose ˈout (on sth) (*informal*) to be unsuccessful in getting sth that you want or think you should have 得不到（需要或觉得应有的东西）: *Some youngsters are taking day jobs and losing out on schooling.* 有些孩子因白天工作而荒废了学业。◇ *If things go wrong, I'm the one who'll lose out.* 如果有什么差错，受损失的将是我。◇ *While the stores make big profits, it's the customer who loses out.* 商店赚大钱，而吃亏的是顾客。
◆ v + adv

ˌlose ˈout to sb/sth (*informal*) to not get the business you expected or hoped to get, because sb else has got it （生意）落到…手里: *Small stores are losing out to the big supermarkets.* 小商店的生意都被大型超市抢走了。
◆ v + adv + prep

lounge /laʊndʒ/

ˌlounge aˈround; ˌlounge aˈround sth (*BrE also* **ˌlounge aˈbout, ˌlounge aˈbout sth**) to spend your time in a relaxed way doing very little 懒散度日；游手好闲；在（某处）转悠: *She was always lounging about while the rest of us were working!* 我们在干活，而她总是到处晃荡！◇ *They were lounging around the hotel pool.* 他们在宾馆的游泳池里消磨时间。
SYN **laze around, laze around sth; lie about/around, lie about/around sth**
◆ v + adv ◆ v + prep

louse /laʊs/

ˌlouse sth ˈup (*slang*) to spoil or ruin sth 搞坏；弄糟；办砸: *He loused up my promotion chances.* 他使我失去了晋升的机会。
SYN **mess sth up** (*BrE*)
◆ v + adv + n ◆ v + n/pron + adv

love /lʌv/

be/get ˌloved ˈup (*BrE, informal*) to be/start to be full of happy, loving or romantic feelings, because you are in love or because of the effects of drugs, music, etc. （因恋爱、吸毒、听音乐等）如痴如醉，激情勃发
◆ be/get + v + adv
▶ **ˌloved-ˈup** *adj* [only before noun] (*BrE, informal*): *a bunch of loved-up clubbers* 一群兴奋的俱乐部会员

luck /lʌk/

ˌluck ˈinto sth (*AmE, informal*) to get sth you want by chance 偶然（或碰巧）得到: *I lucked into some free tickets for the show.* 我侥幸弄到了几张免费的演出票。
◆ v + prep

ˌluck ˈout (*AmE, informal*) to be very lucky 十分走运；交好运: *We lucked out in a big way.* 我们走鸿运了。◇ *We really lucked out with the weather.* 我们真走运，遇上了好天气。
◆ v + adv

lug /lʌg/ (-gg-)

ˌlug sth aˈround (*BrE also* **ˌlug sth aˈbout, ˌlug sth ˈround**) **(with you)** (*informal*) to carry or pull sth large, awkward or heavy from one place to another, or everywhere you go 提着（或拉着）（笨重的东西）四处走动: *Can I leave my bag somewhere? It's very heavy to lug around.* 我能在什么地方存一下包吗？提着它到处走很重。
SYN **carry sth around (with you)** (*more formal*); **cart sth around (with you)**
◆ v + n/pron + adv ◆ v + adv + n

lull /lʌl/

ˌlull sb ˈinto sth; ˌlull sb ˈinto doing sth to make sb feel confident and relaxed, especially so that they do not expect it when

sth bad happens 麻痹，使失去警惕（而做某事）: *Don't let success in the test lull you into thinking you do not need to work hard.* 不要让这次测验的好成绩冲昏了头脑，以为你不必下苦功夫。◇ *His calm manner* ***lulled me into a false sense of security*** (= made me feel safe with him when I was not). 他镇定的举止给我一种虚假的安全感。
◆ v + n/pron + prep

lumber /ˈlʌmbə(r)/

be/get ˈlumbered with sb/sth (*BrE, informal*) to give sb a responsibility or a problem that they do not want and cannot get rid of 逼…负担（职责）；给…增添（麻烦）: *I'm sorry you've been lumbered with driving me home.* 真抱歉要麻烦你开车送我回家。◇ *The movie was about somebody who sees a murder and then gets lumbered with the dead man's child.* 这部电影讲述的是一名凶杀案目击者担负起了抚养被害男子遗孤重任的故事。
◆ be/get + v + prep

lump /lʌmp/

ˌlump A and B toˈgether; ˈlump A with B; ˈlump A in with B (*informal*) to put or consider two or more people or things together in the same group 把…归并在一起；合起来考虑: *A large number of plants are lumped together under the name of 'herbs'.* 很多植物被笼统地归于"草本植物"类。◇ *You can't lump the elderly and the disabled together.* 你不能把上年纪的人和残障人士混为一谈。◇ *You can't lump the elderly with the disabled.* 你不能把上年纪的人和残障人士混为一谈。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep ◆ v + n/pron + adv + prep

lust /lʌst/

ˈlust after sb (*often disapproving*) to feel a strong sexual desire for sb 对某人起了淫欲
◆ v + prep

ˈlust after/for sth to have a strong desire to possess or have sth 贪求；渴望: *She was lusting after/for revenge.* 她复仇心切。
◆ v + prep

luxuriate /lʌgˈʒʊərieɪt; *AmE* -ˈʒʊr-/

luˈxuriate in sth (*formal*) to take great pleasure in sth that is very pleasant and relaxing 尽情享受；沉溺于: *Alison likes to luxuriate in a long, hot bath.* 艾莉森喜欢长时间泡热水澡。
◆ v + prep

M m

magic /ˈmædʒɪk/ (-ck-)

ˌ**magic sb/sth aˈway/ˈup** (*BrE*) to use magic to make sb/sth disappear or appear; to make sb/sth disappear or appear so quickly or suddenly that it seems as if you have used magic 用魔术使消失（或出现）；变魔术般地使突然消失（或出现）: *I wish my problems could be just magicked away.* 希望我的难题能像变魔术那样一下子就解决了。◇ *Sarah magicked up a meal in a very short time.* 萨拉像变戏法似的一下子弄出了一顿饭菜。

◆ v + adv + n ◆ v + n/pron + adv

mail /meɪl/

ˌ**mail sth ˈin** to send sth by post/mail to a place where it will be dealt with 把…邮寄出（至某处）；寄来: *Don't forget to mail in your entry form for the contest!* 别忘了把比赛报名表寄来！

SYN **send sth in**

◆ v + n/pron + adv ◆ v + adv + n

ˌ**mail sth ˈoff (to sb)** to send sth to sb by post/mail 把…邮寄出（给某人）；寄出: *I mailed off an application the next day.* 我第二天寄出了申请。

OBJ **letter, package** SYN **post sth off** (*BrE*), **send sth off (to sb)**

NOTE You can also use **mail a letter**, etc., but this often refers to the action of putting the letter in the mailbox 也可用 mail a letter 等，但这常指把信件投入邮箱的行为: *I'm sorry—I forgot to mail your letter.* 对不起——我忘了把你的信放进邮筒了。

◆ v + n/pron + adv ◆ v + adv + n

ˌ**mail sth ˈout** to send sth to a lot of different people or places at the same time 批量邮寄: *Catalogues will be mailed out next week.* 这些目录将在下周寄出。

SYN **send sth out**

NOTE **Mail sth** can also be used with this meaning. * mail sth 也可作此义。

◆ v + n/pron + adv ◆ v + adv + n

major /ˈmeɪdʒə(r)/

ˈ**major in sth** (*AmE*) to study sth as your main subject at a university or college; to get a degree in that subject 主修；获得（某一学科）的学位: *He majored in chemistry.* 他学的是化学专业。

◆ v + prep

make /meɪk/ (made, made /meɪd/)

ˌ**make aˈway with sth** to steal sth and take it away with you 偷走；携（赃物）逃走: *Thieves made away with a computer and two televisions.* 小偷窃走了一台计算机和两台电视机。

→ see also MAKE OFF (WITH STH)

◆ v + adv + prep

🔑ˈ**make for sb/sth** to move in the direction of sb/sth 向…移动: *He jumped up and made for the door.* 他跳起来冲向门口。◇ *She made straight for me.* 她径直朝我走来。

SYN **head for/towards sth**

◆ v + prep

ˈ**make for sth** (*not used in the progressive tenses* 不用于进行时) to help to make sth possible; to produce a particular result 促成；产生（某种结果）: *The two-hour journey to work makes for a long day.* 上班的两小时路程使工作日很漫长。◇ *The large print makes for easier reading.* 大字体便于阅读。

◆ v + prep

🔑ˈ**make sb/sth into sth** to change sb/sth into sth 把…变成: *They made the extra bedroom into a bathroom.* 他们把多出的卧室改成了浴室。◇ *You're trying to make her into something she isn't.* 你这是试图改变她的本性。◇ *Their story is being made into a movie.* 他们的经历正被改编成电影。

SYN **turn sb/sth into sth**

◆ v + n/pron + prep

ˈ**make sth of sb/sth** to have an impression or an understanding of sb/sth 领会；理解: ***What did you make of** the play?* 你觉得这出戏怎么样？◇ *I never knew quite **what to make of** Nick.* 我向来不大了解尼克。◇ *The information we have is so confused, it's hard to make anything of it.* 我们手头的资料杂乱无章，很难理出头绪。

◆ v + n/pron + prep

ˌ**make ˈoff (with sth)** to hurry or rush away, especially when sb is trying to escape or has stolen sth 匆忙离开；（尤指）仓皇逃跑，携赃物溜走: *The youths made off in a stolen car.* 小青年们开着偷来的车溜了。◇ *Two boys made off with our bags.* 两个男孩偷走了我们的包。

→ see also MAKE AWAY WITH STH; ⊃ note at RUN AWAY

◆ v + adv

ˌ**make ˈout** (*informal*) **1** used to ask sb how they have managed or survived in a particular situation （用于询问）应付，过活: ***How are you making out** in your new home?* 你在新家生活得怎么样？◇ *'Did you make out all right in the interview?' 'Yes, fine.'* "你面试顺利吗？""哦，还好。" **2 (with sb)** (*AmE*) to kiss and touch sb in a sexual way; to have sex with sb （与…）热吻爱抚，做爱: *I saw her making out with Billy.* 我看见她和比利亲热。

◆ v + adv

ˌ**make ˈout (that …)**, ˌ**make sb/sth/ yourself ˈout to be …** to claim that sth is true that may not be; to try to make people believe sth 声称；把…说成；企图使人相信: *She made out (that) she was earning a fortune.* 她吹嘘说她在赚大钱。◇ *Things aren't as bad as he makes out.* 情况并非像他说的那样糟糕。◇ *The brochure made the place out to be a quiet resort.* 小册子把这个地方描绘成清静的度假胜地。◇ *He makes himself out to be a big shot in the city.* 他自诩为城里的大人物。◇ *The hotel wasn't quite what it was made out to be* (= it was not as good as the advertisement said it was). 旅馆并没有宣传的那么好。
• v + adv • v + n/pron + adv + **to** +inf

ˌ**make sb/sth ˈout 1** to manage to see sb/sth or read sth 看出；读出；辨出: *I could just make out the shape of a house in the darkness.* 黑暗中我只能隐约看见房子的轮廓。◇ *She could just make out the sound of distant voices.* 她模模糊糊地听到远处有人说话。◇ *I couldn't make out what he was saying.* 我听不清他当时在说什么。◇ *Can you make out his handwriting?* 你认得出他的字迹吗？ **2** (*used especially in negative sentences and questions* 尤用于否定句和疑问句) to understand sb/sth; to see the reasons why sth happens or why sb behaves in the way that they do 理解；弄懂: *She couldn't make out the expression on his face as he spoke.* 她不明白他说话时的表情。◇ *I can't make her out at all.* 我根本摸不透她。◇ *He couldn't make out what was going on.* 他搞不清这到底是怎么回事。◇ *You need to apply for a permit, **as far as I can make out**.* 据我所知，你需要申请许可证。◇ *How do you make that out* (= how did you reach that conclusion)? 你怎么得出那个结论的？ NOTE Not used in the passive. 不用于被动语态。
• **1** v + adv + n • v + pron + adv • v + n + adv (*less frequent*)
• **2** v + adv + n • v + n/pron + adv

ˌ**make sth ˈout** to write out or complete a form or document 开具，填写（表格或文件）: *He made out a cheque for £100.* 他开了一张 100 英镑的支票。◇ *Who shall I make the cheque out to* (= whose name shall I write on it)? 支票抬头写什么？◇ *Shall I make the invoice out to the company?* 发票抬头写公司的名称吗？◇ *Would*

SYNONYMS 同义词辨析

make sb/sth out

discern sth • distinguish sb/sth • identify sb/sth • make sb/sth out • pick sb/sth out

These verbs all mean to be able to see or hear sb/sth and especially to be able to say who or what they are. 这些动词都表示看出、听出、辨出。

discern sth (*not used in the progressive tenses*) (*formal*) to recognize or know sth, especially sth that is not obvious 认出；辨出: *He discerned a certain coldness in their welcome.* 他觉察到他们接待他时态度有些冷淡。

distinguish sb/sth (*not used in the progressive tenses*) to manage to see or hear sb/sth that is not very clear 看出；听出；辨出: *I could not distinguish her words, but she sounded agitated.* 我听不清她说的话，不过听上去她很焦虑。◇ *She could not distinguish the make of the car.* 她认不出这辆车的牌子。 NOTE **Distinguish** is often used in the negative, or with a verb that has a negative meaning. * distinguish 常用于否定句，或与含否定意义的动词连用。

identify sb/sth to be able to say who or what sb/sth is 认出；识别: *The bodies were identified as those of two suspected drug dealers.* 尸首被确认为两名贩毒嫌疑人。◇ *First of all we must identify the problem areas.* 首先，我们应该明确问题领域。

make sb/sth out (*not used in the progressive tenses*) to manage to see or hear sb/sth that is not very clear （勉强）看出，听出，辨出: *I could just make out a figure in the darkness.* 黑暗中我只能隐约看见一个影子。

pick sb/sth out to recognize sb/sth from among other people or things 认出；辨出: *See if you can pick me out in this photo.* 看看你能不能在这张照片上认出我来。

WHICH WORD?

Distinguish is more formal than **make sb/sth out** and is more likely to have a noun phrase as object * distinguish 比 make sb / sth out 更为正式，往往接名词短语作宾语: *I was able to distinguish the bird's yellow beak.* 我能看见黄色的鸟嘴。 **Make sb/sth out** is more likely to have a clause with *what* or *who* as object * make sb / sth out 往往接 what 或 who 引导的从句作宾语: *I couldn't make out what she was saying.* 我听不清她在说什么。

PATTERNS AND COLLOCATIONS

- to identify/distinguish sb/sth **by** sth
- to identify/make out/discern/distinguish **who/what/how …**
- to **clearly/easily/barely/hardly** identify/make out/discern/pick out/distinguish sb/sth
- to **accurately/correctly** identify/discern/pick out/distinguish sb/sth
- to **attempt/try/enable sb/help (sb)** to identify/make out/discern/pick out/distinguish sb/sth

you make out a list for me of everyone who's coming? 请给我写一张所有来宾的名单好吗？
OBJ **cheque, list**
NOTE In informal spoken language **make sb out sth** can also be used 非正式口语也可说 make sb out sth: *I'll make you out a list.* 我来给你开张清单。
◆ v + adv + n ◆ v + n/pron + adv

ˌmake sb/sth ˈover (*informal, especially AmE*) to change sb/sth to give them/it a new appearance; to change sth to give it a new use 改变形象；改造（作新用途）；修饰: *They decided to make over the whole house when they moved in.* 他们决定搬进去时把房子整个翻新一下。
◆ v + adv + n ◆ v + n/pron + adv
▶ **ˈmakeover** *n* the process of improving the appearance of a person or a place （外观的）改进，改善；修饰: *She won a complete makeover* (= new clothes, hairstyle, etc.) *in a competition.* 她在比赛中获得革新形象奖。

ˌmake sth ˈover to sb to legally give sth you own to sb else 把…转让给；将…赠与: *He made his estate over to his eldest son.* 他把财产留给了长子。◇ *The government has made a lot of its power over to the regions.* 政府将很多权力下放给了各地区。◇ *The house was made over to the charity three years ago.* 三年前这所房子转赠给了慈善机构。
OBJ **estate, money**
◆ v + n/pron + adv + prep ◆ v + adv + n + prep

ˈmake towards sb/sth to go in the direction of sb/sth 向…移动；朝…走去: *I saw them making towards the exit.* 我看见他们朝出口走去。
◆ v + prep

ˌmake ˈup; ˌmake sb/sth ˈup; ˌmake yourself ˈup (*BrE*) to put make-up on to make sb/yourself attractive or to prepare for an appearance in the theatre, on television, etc. 化妆；打扮: *It takes her an hour to make up before going on stage.* 她上台演出前要用一个小时化妆。◇ *She spends ages making herself up.* 她没完没了地梳妆打扮。◇ *The children had been made up to look like clowns.* 孩子们化装成小丑。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
▶ **ˌmade-ˈup** *adj* wearing make-up 化了妆的；上了妆的: *a heavily made-up face* 浓妆艳抹的脸◇ *She's always carefully made-up.* 她总是精心化妆。
▶ **ˈmake-up** *n* [U] substances that people put on their eyes, lips and face to make themselves more attractive, or that actors, etc. use 化妆品: *to put on your make-up* 化妆 ◇ *a make-up bag* 化妆包

ˌmake ˈup; ˌmake it ˈup (with sb) (*BrE*) to end an argument or a disagreement with sb （与…）和解，言归于好: *Let's **kiss and make up**.* 我们和好吧。◇ *He's made it up with his parents.* 他和父母重归于好。
◆ v + adv ◆ v + it + adv

🔑 **ˌmake sth ˈup 1** to invent sth, often in order to trick sb （常指为欺骗而）杜撰，虚构，捏造: *He was making up stories for the children.* 他在给孩子们编故事。◇ *She made up an excuse for*

SYNONYMS 同义词辨析

make sth up

concoct sth ◆ **fabricate sth** ◆ **invent sth** ◆ **make sth up**

These verbs all mean to say or describe sth that is not true. 这些动词都表示捏造、虚构、杜撰。

concoct sth to invent a story or plan, especially in order to trick people （尤指为欺骗人而）编造: *She concocted some elaborate story to explain her absence.* 她煞费苦心地编了个借口为自己的缺席开脱。

fabricate sth (*often passive*) to invent false information in order to trick people （为欺骗人而）伪造，假造: *The prisoners claimed their confessions had been fabricated by police.* 犯人声称他们的供状系警方伪造。

invent sth to say or describe sth that is not true, especially in order to trick people; to think of and use a new word, phrase or name （尤指为欺骗人而）捏造，虚构；创造，生造（新词语或名字）: *I did not have to invent any tales about my past.* 关于我的过去，我没必要说谎。 ▶ invention *n* [C,U]: *The story is apparently a complete invention.* 显而易见，这一说法纯属捏造。

make sth up to invent a story, name, etc., especially in order to trick or entertain sb （尤指为欺骗人或开玩笑）杜撰，虚构，捏造: *He made up some excuse about his daughter being sick.* 他编了个借口，说他女儿病了。 ▶ made-up *adj* : *a made-up story/word/name* 虚构的故事 / 生造的词 / 杜撰的名字

WHICH WORD?

Make sth up is slightly less formal than **invent** . It is often used where the object of the verb is not specific * make sth up 比 invent 略显不正式，常用于动词的宾语并未具体言明的场合: *You're making it up.* 这是你自己编的吧。◇ *It turned out she had made the whole thing up.* 后来发现事情从头到尾是她瞎编的。

PATTERNS AND COLLOCATIONS

- to invent/make up/fabricate/concoct **a story**
- to invent/make up **an excuse/a name/a word**
- to make up/fabricate **evidence**

being late. 她为迟到编了个借口。◇ *Did you think I was making it all up?* 你是不是以为我纯粹是在瞎编? OBJ **story, excuse** **2** ˌmake ˈup sth to form a particular part of sth 组成; 构成: *Rice makes up a large part of their diet.* 大米是他们的主食。◇ *Women make up 55% of the student population.* 女生占学生人数的 55%。 SYN **account for sth; constitute sth** (*formal*) ⊃ note at CONSIST OF STH/SB **3** ˌmake ˈup sth to put sth together from several different things 拼装成; 组合成: *the cultures and races that make up the nation* 作为该国组成部分的各种文化和种族◇ *The course* ***is made up of*** *five modules.* 这门课程由五个模块组成。 SYN **constitute sth; be composed of sth** (*formal*) → see also CONSIST OF STH/SB, CONSIST OF DOING STH NOTE When the object of **make up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **make** and **up** * make up 的宾语如果是名词, 应置于 up 之后; 但如果是代词, 应置于 make 和 up 之间: *the United Kingdom and the regions that make it up* 联合王国以及构成该国的各个地区. **4** to complete sth, especially a number or an amount 凑成, 凑满 (尤指数字或数量): *We need one more player to make up a team.* 我们还需要一名队员才能凑成一支队伍。 **5** to replace sth that has been lost or missed 补足; 补偿: *We need to make up lost time.* 我们得弥补时间上的损失。◇ *He was late for work but he made the time up the following day.* 他上班迟到了, 可他第二天把时间补上了。 **6** to prepare sth; to make sth ready to use 准备; 配制; 预备; 配备: *The pharmacist made up the prescription* (= the medicine). 药剂师配好了药。◇ *She made up a basket of food for the picnic.* 她为野餐备好了一篮子食物。◇ *The bed's already made up.* 床已经铺好了。◇ *She bought a length of material for making up into a skirt.* 她买了一块布料, 打算做一件裙子。 NOTE In informal spoken language **make sb up sth** is also used 非正式口语也说 make sb up sth: *Can you make us up a packed lunch?* 请为我们准备一份盒饭好吗?

• v + adv + n • v + n/pron + adv **2** v + adv + n
• **3** v + adv + n • v + pron + adv

IDM **make up your ˈmind** to decide sth 作出决定; 拿定主意: *I like both—I can't make up my mind.* 两个我都喜欢 —— 我定不下来。◇ *Have you made up your minds where to go for your honeymoon?* 你们想好去哪儿度蜜月了吗? ◇ *You'll never persuade him to stay—his mind's made up* (= he has definitely decided to go). 你根本无法劝他留下来 —— 他去意已决。◇ *Come on—it's make your mind up time!* 别犹豫 —— 该下决心了!

▶ **made-ˈup** *adj* invented; not true or real 杜撰的; 虚构的; 捏造的: *It was a true story, not a made-up one.* 这是真事, 可不是编造的。

SYNONYMS 同义词辨析

make up for sth

cancel sth out • compensate (for sth) • make up for sth • offset sth

These verbs all mean to reduce or remove the effect of sth else. 这些动词都表示弥补、补偿、抵消。

cancel sth out to have an equal but opposite effect to sth, so that the situation does not change 抵消; 对消: *Recent losses have cancelled out any profits made at the start of the year.* 近期的亏损抵消了年初的所有盈利。◇ *The advantages and disadvantages would appear to **cancel each other out**.* 看上去利弊相抵。

compensate (for sth) to provide or do sth good to balance or reduce the bad effects of sth 补偿; 赔偿; 弥补: *Nothing can compensate for the death of a loved one.* 亲人之亡故, 无可弥补。

make up for sth to provide or do sth good that makes a bad situation better 补救; 补偿; 弥补: *Nothing can make up for the loss of a child.* 失去孩子, 无以弥补。◇ *The warm welcome we received more than made up for our horrendous journey there.* 我们受到的热烈欢迎尽可弥补旅途的艰辛。

offset sth to use one cost, payment, or situation to reduce or remove the effect of another 补偿; 冲抵: *The company's losses in the US were more than offset by gains everywhere else.* 公司在其他所有各地的利润都不能抵消在美国的亏损。

WHICH WORD?

Compensate is more formal than **make up for sth** but can be used in a wider range of structures, with or without *for* * compensate 比 make up for sth 更为正式, 但可用于更多的结构, 接不接 for 均可: *You should be able to eat more on this diet without having to compensate by going hungry.* 实施这种节食期间可以多吃点, 无需通过忍饥挨饿来抵消多吃的部分。 **Offset** is often used in technical contexts. * offset 常用于专业性场合。

PATTERNS AND COLLOCATIONS

- to be compensated/offset/cancelled out/made up for **by** sth
- to compensate for/offset/cancel out the **effect** of sth
- to compensate for/offset a **problem**
- to **help (to)** compensate for/offset/make up for sth
- to **partly/partially/more than** compensate for/offset/make up for sth

▶ 'make-up *n* **1** the different things, people, qualities, etc. that combine to form sth 组成成分；构成方式: *Aggression is part of our genetic make-up.* 好斗是我们基因构造的一部分。◇ *The country has a complicated ethnic make-up.* 这个国家的民族成分很复杂。 **2** (*AmE*) a school test that you were not present for and that you take later 补考；缓考: *The make-up will be on Friday.* 补考安排在星期五。◇ *a make-up test* 补考

▶ 'make-up *adj* [only before noun] intended to replace sth that has been lost or missed 弥补的；补偿的: *There will be a make-up party in January for those who can't come to the one in December.* * 12 月份不能参加聚会的人，可参加 1 月份的聚会补上。

,make 'up for sth; ,make 'up for doing sth to do or provide sth good to balance or reduce the effects of sth bad 补救；补偿；弥补: *I bought myself a new dress to make up for not getting the job.* 我没得到那份工作，于是买了件新连衣裙聊以自慰。◇ *After two years in prison he's now **making up for lost time*** (= doing the things he was not able to do before). 在狱中关了两年之后，他正在弥补失去的时间。
SYN **compensate (for sth)** (*more formal*)
◆ v + adv + prep

,make 'up for sth; ,make it 'up to sb (*informal*) to do sth good for sb because you have treated them badly or because they have done sth good for you 为…赎过；报答: *An apology won't make up for the way you've behaved.* 单纯道歉无法补救你的所作所为。◇ *He said he was sorry and promised to make it up to her.* 他道了歉，并保证补偿她。◇ *You've done me a real favour—I don't know how to make it up to you.* 你真是帮了我大忙 —— 我不知道如何回报你。
◆ v + adv + prep ◆ v + it + adv + prep

,make 'up to sb (*BrE, informal, disapproving*) to be pleasant to sb in order to get an advantage for yourself 奉承；讨好；巴结: *He's always making up to the boss.* 他总是拍老板的马屁。
SYN **kiss up to sb** (*AmE*), **suck up to sb**
◆ v + adv + prep

'make with sth (*informal*) to do sth or use sth 做（某事）；用（某物）: *Just make with the apology and buzz off.* 道个歉，马上离开。◇ *Stop talking and make with the duster* (= start cleaning). 别说了，开始打扫吧。
◆ v + prep

map /mæp/ (-pp-)

'map sth on/onto sth to link a group of qualities, items, etc. with their source, cause, position on a scale, etc. 把…与…对应起来；使有关联；映射: *Grammar information enables students to map the structure of a foreign language onto their own.* 语法信息可使学生将外语的结构与母语对应起来。
◆ v + n/pron + prep

,map sth 'out to plan or arrange sth in detail 详细规划；周密安排: *I've mapped out a route for you.* 我给你画出了详细路线。◇ *She felt as though her future had been mapped out for her.* 她感觉她的未来似乎被精心设计好了。
OBJ **future, route, strategy, plan**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

march /mɑːtʃ; *AmE* mɑːrtʃ/

,march 'on 1 to continue marching; to continue walking quickly 继续行进；继续快步走: *I tried to speak to her but she just marched on.* 我想和她搭话，可她一个劲儿地走。 **2** to move on or pass quickly 快速前行；快速通过: *Time marched on and we still hadn't finished.* 时间过得飞快，我们还没有完成任务。 SUBJ **time**
◆ v + adv

'march on sth to march to a place in order to attack it or make a protest 向…行进（以发动攻击或示威抗议）: *Demonstrators marched on the American embassy.* 示威者朝着美国大使馆行进。
◆ v + prep

,march 'past; ,march 'past sb/sth (of soldiers 士兵) to march past an important person or building 列队经过（要员或重要建筑）；分列式行进接受检阅: *At eleven o'clock the army began to march past.* 部队在 11 点钟开始接受检阅。
◆ v + adv ◆ v + prep

▶ 'march past *n* a ceremony in which soldiers formally march past an important person, etc. 阅兵式

mark /mɑːk; *AmE* mɑːrk/

,mark sb/sth 'down to reduce the marks given to sb in an examination, etc. 压低…的成绩；减分: *She was marked down for poor spelling.* 她因拼写错误过多被扣了分。
◆ v + n/pron + adv ◆ v + adv + n

,mark sth 'down 1 to reduce the price of sth 标低…的价格；降价；削价: *All goods have been marked down by 15%.* 所有商品一律打八五折。
SYN **reduce sth 2** to write sth down; to make a note of sth for future action 写下；记录下来（为作未来行动之用）: *The teacher had marked me down as absent.* 老师记了我缺课。◇ *The council had the old square marked down for new development.* 委员会决定开发旧广场。
◆ v + n/pron + adv ◆ v + adv + n

▶ 'markdown *n* a reduction in price 降价；削价: *a markdown of 12%* 八八折

,mark sb 'down as sth (*BrE*) to consider sb to be a particular type of person 将某人看作；认定某人是: *I had him marked down as a promising player from the start.* 我一开始就觉得他是个前途无量的运动员。
◆ v + n/pron + adv + prep

,mark sb/sth 'off (*BrE*) → MARK SB/STH OUT

,mark sth 'off 1 to separate sth by marking a line between it and sth else 画线分隔；划分:

We've marked the playing area off with a white line. 我们用白线划出了运动场地。 **2** to write or draw a mark beside a name or an item on a list, for example, for a particular reason （在清单上）做记号: *The students I want to see are marked off on the list.* 我在名单上对想见的学生标了记号。
◆ v + n/pron + adv ◆ v + adv + n

ˌmark sb/sth ˈout (*BrE also* **ˌmark sb/sth ˈoff** *less frequent*) to make sb or sth different from other people or things 使与众不同; 使有别于其他: *There was something about her which marked her out from the other students.* 她有些地方和其他学生不一样。
◆ v + n/pron + adv ◆ v + adv + n

ˌmark sth ˈout to draw lines to show the edges of sth 用线画出…的范围; 用线标出…的界限（或边界）: *She marked out a circle on the ground.* 她在地上画圈为界。
◆ v + adv + n ◆ v + n/pron + adv

ˌmark sth ˈup 1 to increase the price of sth 标高…的价格; 提价; 加价: *Shares were marked up by 8%.* 股票价格上涨了 8%。 **2** to mark or correct a text 标示，修改（文本）: *The text had already been marked up with corrections* (= for printing). 文稿已校对。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈmarkup** *n* [usually sing.] **1** the difference between the cost of producing sth and the price it is sold at （成本与售价之间的）差价; 毛利; 加成 **2** the symbols used in computer documents which give information about the structure of the document, etc. （计算机文档中用于表示文档结构等的）代码，编码，标记: *a markup language* 标记语言; 置标语言; 标识语言

marry /ˈmæri/ (marries, marrying, married)

ˌmarry beˈneath you/yourself to marry sb who belongs to a lower social class than your own 与地位比自己低的人结婚; 下嫁: *She thought her son was marrying beneath him.* 她觉得儿子娶的媳妇配不上他。
◆ v + prep + pron

ˌmarry ˈinto sth to become a part of a family or a group because you have married sb who belongs to it 因结婚而成为（家庭或团体）的成员: *She married into a wealthy family.* 她嫁入了富裕人家。
OBJ **family, aristocracy**
◆ v + prep

ˌmarry sb ˈoff (to sb) (*disapproving*) to get rid of a daughter or a son by finding a husband or wife for them 让（子女）结婚以将其摆脱; 把…嫁出; 让…成家: *He had married his daughter off to a man twice her age.* 他把女儿嫁给了比她年长一倍的男人。
◆ v + n/pron + adv ◆ v + adv + n

ˌmarry ˈup; ˌmarry sth ˈup (with sth) (*BrE*) **1** to join up or connect successfully; to make two things or two parts do this （使）（两物或两部分）结合起来; （使）连接上: *The two halves of the structure didn't marry up.* 这个构件断开的两半接不上。 ◇ *He couldn't marry up the two parts of the lock.* 他锁不上锁。 **2** to match; to make two things match （使）（两事物）相称，匹配: *The two versions of the story don't quite marry up.* 这件事的两种说法有出入。 ◇ *The lawyers couldn't marry up her story with the facts.* 律师无法将她的说法和事实对上号。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

marvel /ˈmɑːvl; *AmE* ˈmɑːrvl/ (-ll-, *AmE* -l-)

ˈmarvel at sth to be very surprised or impressed by sb/sth 深感惊奇; 大为赞叹: *Everyone marvelled at his courage.* 他的勇气人人钦佩。 ◇ *Massimo marvelled at how quickly he had got used to life in Britain.* 自己这么快就适应了英国生活，马西莫觉得不可思议。
SYN **wonder at sth**
◆ v + prep

masquerade /ˌmæskəˈreɪd; *BrE also* ˌmɑːsk-/

masqueˈrade as sb/sth to pretend to be sth that you are not 假扮; 乔装; 伪装: *commercial advertisers masquerading as private individuals* 乔装打扮成普通人的商业广告业务员 ◇ *The local paper is full of gossip masquerading as news.* 这份地方报纸充斥着包装成新闻的八卦。
◆ v + prep

match /mætʃ/

ˈmatch sb/sth against/with sb/sth to make sb/sth compete with another person or thing 使与…较量; 使与…竞争: *Jobson will be matched against a far more experienced player.* 乔布森将与经验远比他丰富的选手一决高下。 ◇ *Match your skill against the experts in our weekly quiz.* 和我们的每周问答比赛高手过一过招吧。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

ˈmatch sth against sth to compare sth to sth else to see how the two things are similar or different 比较; 对照: *We are able to match the details he gave us against the information held on the computer.* 我们可以拿他提供的详情与计算机存储的信息相互参照。
◆ v + n/pron + prep

🔑 **ˌmatch ˈup 1 (with sth)** to be the same or similar （与…）相同，相似: *Do their names match up with any in our database?* 他们的名称与我们数据库中的能匹配上吗? ◇ *The two statements don't match up.* 这两个说法有出入。
SYN **tally (with sth) 2 (to sb/sth)** (*especially BrE*) (*usually used in negative sentences* 通常用于否定句) to be as good as or equal to sb/sth （与…）相称，相当: *The movie didn't match up to my expectations.* 这部影片令我大失所望。 ◇

He knows what he wants and I just don't match up. 他知道自己想要什么，而我没法和他相比。
SYN **measure up (to sb/sth)** ➲ note at MEASURE UP
• v + adv

ˌmatch sb/sth ˈup (with sb/sth) to find things or people that are suitable for each other or fit well with each other 配对；相配；搭配: *The agency matched me up with a suitable job.* 职业介绍所给我找了份合适的工作。◇ *They were unable to match up his tissue type with any of the possible donors.* 在可能的捐赠者中，他们未能找到与他匹配的身体组织类型。
NOTE **Match sb/sth (with sb/sth)** can be used with the same meaning. * match sb / sth (with sb / sth) 可作此义。
• v + n/pron + adv • v + adv + n

ˈmatch sb/sth with sb/sth → MATCH SB/STH AGAINST/WITH SB/STH

max /mæks/

ˌmax ˈout; ˌmax sth ˈout (*informal, especially AmE*) to reach the limit at which nothing more is possible 达到最大极限；达到极点: *The car maxed out at 180 mph.* 这辆车跑出了 180 英里的最高时速。◇ *I just maxed out my credit card.* 我刚用完了信用卡的最高限额。
• v + adv • v + adv + n • v + n/pron + adv

measure /ˈmeʒə(r)/

ˈmeasure sb/sth/yourself against sb/sth to compare sb/sth/yourself with sb/sth else 拿…与…比较: *The quality of the water is measured against EU standards.* 水质是根据欧盟标准测定的。◇ *We have nothing to measure our performance against.* 我们缺乏衡量业绩的尺度。◇ *She always measured herself against her sisters.* 她总是和姐妹们作比较。◇ *I had no one to measure myself against.* 我没有可比较的对象。
• v + n/pron + prep

ˌmeasure sth ˈoff to mark out a particular length on sth such as a piece of cloth 量出（长度）: *She measured off two metres of cloth.* 她量了两米布。
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

ˌmeasure sth ˈout to measure the quantity of sth that you need from a larger amount 量出，取出（所需量）: *He measured out the ingredients for the cake.* 他称好了做蛋糕的配料。
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

ˌmeasure ˈup (to sb/sth) (*informal*) to be of a good enough standard or as good as sb/sth else 达到标准；合格: *The new assistant didn't measure up* (= he was not good enough to do the job), *so we had to replace him.* 新来的助手不称职，我们只好把他换掉。◇ *The procedures don't measure up to today's standards.* 这些程序不符合现在的标准。

SYNONYMS 同义词辨析

measure up (to sb/sth)

come up to sth • live up to sth • match up (to sb/sth) • measure up (to sb/sth)

These verbs all mean to be good enough for a particular purpose or as good as sb expects. 这些动词都表示达到标准、符合期望。

come up to sth to reach an acceptable level or standard 达到，符合（认可的水平或标准）: *His performance didn't really come up to his usual high standard.* 他实在没有表现出平时的高水准。◇ *Their trip to France didn't come up to expectations.* 他们的法国之行有负所望。

live up to sth to do sth as well or be as good as sb expects 达到，符合（他人的期望）；不辜负: *The island definitely lives up to its reputation as an ideal holiday destination.* 该岛确实是个名副其实的度假胜地。

match up (to sb/sth) to be as good or successful as expected or needed 达到（标准）；符合（期望）: *I tried to compete, but found I couldn't match up.* 我试着争个高低，但发现我不是对手。

measure up (to sb/sth) to be as good or successful as expected or needed 达到（标准）；符合（期望）: *The job failed to measure up to her expectations.* 这份工作没有她期望的那么好。

WHICH WORD?

There is little difference in meaning or use between these verbs, but **measure up** is the most common. **Come up to**, **match up to** and **measure up** are usually used in the negative, or with a verb that has a negative meaning; **live up to** can be used in the negative, but is also used with positive meanings. 这些动词在意义或用法上差异甚微，但 measure up 最为常见。come up to、match up to 和 measure up 通常用于否定句，或与含否定意义的动词连用； live up to 可用于否定句，但也用于肯定意义。

PATTERNS AND COLLOCATIONS

- to measure up **as** sb/sth
- to measure up/match up **against** sb/sth
- to measure up to/live up to/come up to **expectations**
- to **fail to** live up to sth/measure up/come up to sth/match up

SYN **match up (to sb/sth)**
NOTE **Measure up** is often used in negative sentences and questions. * measure up 常用于否定句和疑问句。
◆ v + adv

ˌmeasure ˈup (for sth), ˌmeasure sb/sth ˈup (for sth) (*especially BrE*) to find the exact size of sth by measuring （为…）量尺寸（以便制造…）: *We need to measure up and decide where the furniture can go.* 我们得测量一下，好确定把家具搁在哪儿。◇ *They've come to measure up (the room) for the new carpet.* 他们为做新地毯过来丈量了（房间的）尺寸。◇ *He was being measured up for a suit.* 那会儿正有人在给他量尺寸做西服。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

meet /miːt/ (met, met /met/)

ˌmeet ˈup 1 (with sb) to meet sb by arrangement （按照安排）会面，会见: *We're meeting up with Gary after work, if you want to come.* 如果你想来，我们下班后会和加里见面。◇ *Where shall we meet up?* 我们在哪儿碰头？ **2 (with sb)** to meet sb by chance 偶遇，撞见，碰上（某人）: *It was lucky we met up with them.* 很幸运我们与他们相遇了。◇ *I expect we'll meet up again some time.* 我们后会有期。 **3 (with sth)** (of two or more roads, rivers, etc. 两条或以上的道路、河流等) to join up 汇合；合拢；合流: *The two paths meet up just below the summit.* 这两条小道在山顶附近会合。◇ *This road eventually meets up with the A40.* 这条路最终通往 A40 公路。 SYN **join up**
◆ v + adv

ˈmeet with sb to have a meeting with sb 会晤；会见: *The Prime Minister met with other European leaders this morning.* 首相今晨与欧洲其他领导人会晤。
◆ v + prep

ˈmeet with sth (*formal*) **1** to experience sth unpleasant 遭遇，遭受（令人不快的事）: *The chief witness met with an accident on his way to the court.* 主要证人在前往法庭的途中出事了。◇ *Our attempts to save her met with failure.* 我们救援她的努力失败了。 OBJ **an accident, fate, failure 2** to be received or treated by sb in a particular way 引起…反应；受到…对待: *The proposal met with considerable opposition.* 该项提议遭到相当大的反对。◇ *My explanation met with a blank stare.* 我的解释换来一脸茫然。 OBJ **opposition, approval, hostility, resistance**
◆ v + prep

ˈmeet sth with sth to react to sth in a particular way, especially a bad or negative way 对…作出（尤指糟糕或负面的）反应；以…作为回应: *The proposal was met with anger and dismay.* 该项议案使人们感到愤怒和沮丧。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + prep

mellow /ˈmeləʊ; AmE -loʊ/

ˌmellow ˈout (*informal, especially AmE*) to relax and do very little 悠然自得；放松: *We could just put on some music and mellow out.* 我们可以放点音乐轻松一下。
SYN **chill out**
◆ v + adv

ˌmellow sb ˈout (*informal, especially AmE*) to make sb more relaxed 使心情轻松；使放松: *A week on the beach should mellow him out.* 在海滨过一周他就会放松下来了。
◆ v + n/pron + adv ◆ v + adv + n

melt /melt/

ˌmelt aˈway; ˌmelt sth aˈway to disappear gradually; to make sth disappear gradually （使）逐渐消失: *His anger melted away.* 他的怒气渐渐消了。◇ *The crowd dispersed, melting away into the side streets.* 人群散了，慢慢消失在街巷里。◇ *His smile melted away all the tension.* 他浅浅一笑，紧张气氛消散殆尽。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌmelt sth ˈdown to heat sth until it is in a liquid state, usually so that it can be made into sth else 使熔化；使回炉: *Aluminium cans can be melted down and recycled.* 铝罐可回炉再用。
OBJ **gold, silver, etc.**
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈmeltdown** *n* [U, C] **1** a serious accident in which the central part of a structure that produces nuclear energy melts 核反应堆核心熔毁: *A meltdown at the reactor had only just been avoided.* 险些酿成核反应堆核心熔毁事故。 **2** a disaster or serious collapse 灾难；崩溃: *The meltdown on Wall Street caused chaos in markets worldwide.* 华尔街股灾引发全球股市震荡。

ˈmelt into sth to gradually become part of sth and difficult to see （逐渐）融入，与…成为一体: *I tried hard to melt into the background.* 我想方设法隐身幕后。
◆ v + prep

merge /mɜːdʒ; AmE mɜːrdʒ/

ˌmerge ˈin (with sth), ˌmerge ˈinto sth if sth **merges in** (with sth) or **merges into** sth, it is so similar to the second thing that you cannot really see the differences between them or where one ends and the other begins 与…合而为一；同…融为一体；和…不分彼此: *The new college building does not merge in with the old buildings.* 大学的新楼和旧楼群不协调。◇ *Autumn is merging into winter.* 不经意间秋去冬来。◇ *Saturday and Sunday seemed to merge into each other.* 那个星期六和星期天似乎是连在一起过的。
→ see also BLEND IN; BLEND INTO STH
◆ v + adv ◆ v + prep
IDM **merge into the ˈbackground** (of a person 人) to behave quietly when you are with a group of people so that they do not notice you 在人群中毫不起眼；不引人注意

mess /mes/

,mess a'bout, etc. (*BrE*) → MESS AROUND, ETC.

,mess sb a'bout/a'round (*BrE, informal*) to treat sb badly, making them waste time, changing your mind a lot, etc. 糊弄；耍弄；不公正地对待：*They messed us around so much, I wrote to complain.* 他们这样耍我们，我已写信去投诉了。◇ *I don't like being messed about.* 我讨厌被人愚弄。
SYN **muck sb about/around** (*BrE*)
◆ v + n/pron + adv

,mess a'round (*BrE also* **,mess a'bout**) (*informal*) **1** (**with sb/sth**) to spend time and enjoy yourself doing sth with no particular purpose 闲着；自娱：*We just messed around at home all day.* 我们一整天都在家里享清闲。◇ *Children love to mess about in water.* 儿童喜欢嬉水。 **2** (**with sb/sth**) to behave in a silly way, especially when you should be working or doing sth else 胡闹；瞎混：*He was messing around in class.* 他在课堂上捣乱。◇ *She messed about all year and failed her exams.* 她一年到头在鬼混，结果考砸了。◇ *Stop messing around with Tony and get on with your work.* 别和托尼瞎混了，快干活吧。◇ *'They fixed that quickly!' 'Yeah, they don't mess around.'* (= they do things quickly) "他们很快就修好了！" "是啊，他们不磨洋工。" **3** to joke, to say silly things 开玩笑；胡说：*I'm not messing about, it's true!* 我不开玩笑，这是真的！ SYN **kid around** (*informal*)
SYN **muck about/around** (*BrE*)
→ see also MESS AROUND WITH STH
◆ v + adv

,mess sb a'round (*BrE*) → MESS SB ABOUT/AROUND

,mess a'round with sb (*BrE also* **,mess a'bout with sb**) (*informal*) to have a sexual relationship with sb 和某人有性关系
◆ v + adv + prep

,mess a'round with sth (*BrE also* **,mess a'bout with sth**) (*informal*) **1** to keep touching or moving sth in an annoying way 乱弄；瞎摆弄：*Stop messing around with the video!* 别瞎捣鼓那盘录像带！◇ *Don't mess around with your food like that!* 别把食物那么拨来拨去！◇ *This package has been messed around with.* 这个包裹被人动过。 **2** to get involved in sth that you do not know much about or understand 涉足，插手（自己所知不多或不懂的事）：*Who knows what might happen if we mess around with nature?* 如果我们对大自然肆意妄为，谁知道会发生什么事？ **3** to get involved with sth dangerous 卷入，陷入（危险）：*He started messing around with drugs when he was just a kid.* 他还是个孩子的时候就沾染上了毒品。
SYN **muck about/around with sth** (*BrE*)
→ see also MESS AROUND
◆ v + adv + prep

,mess 'up; ,mess sth 'up (*informal*) to spoil sth; to do sth very badly （把…）弄糟；瞎干：*I was so nervous I totally messed up at the interview.* 我面试时紧张得答非所问。◇ *She messed up all our arrangements by arriving late.* 她姗姗来迟，把我们的安排全打乱了。◇ *You've really messed things up for me.* 你给我把事情彻底搞糟了。
SYN **foul up, etc.; screw up, etc.** (*slang*)
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

,mess sb 'up (*informal*) **1** to spoil sb's life; to make sb suffer emotionally or mentally 扰乱某人的生活；使心情恶劣；使精神痛苦：*His parents really messed him up.* 他爸妈真的把他给毁了。◇ *He came back into her life and messed her up again.* 他回到她的身边，再次搅乱了她的生活。 **2** (*AmE*) to physically hurt sb, especially by hitting them 使受伤；殴打
SYN **screw sb up** (*slang*)
◆ v + n/pron + adv ◆ v + adv + n
▶ **,messed 'up** *adj* (*informal*) confused and

SYNONYMS 同义词辨析

mess sth up

clutter sth up ◆ litter sth ◆ mess sth up

These verbs all mean to make a place untidy.
这些动词都表示使某处不整洁。

clutter sth up (*often passive*) (*disapproving*) to fill a place with too many things, so that it looks untidy 乱糟糟地堆满（某处）；使不整洁：*I don't want all these boxes cluttering up the place.* 我不希望这么多盒子乱糟糟地堆在这里。 NOTE **Clutter** can be used on its own * clutter 可单独使用：*Don't clutter the page with too many diagrams.* 别让过多的图表把页面挤得乱七八糟。

litter sth (*often passive*) to be spread around a place, making it look untidy （在某处）零乱地布满（杂物）；使杂乱：*Piles of books and newspapers littered the floor.* 一堆堆的书报散乱地摊在地板上。◇ *The tables were littered with old newspapers and ashtrays.* 桌上凌乱地放着旧报纸和烟灰缸。

mess sth up (*informal*) to make a place untidy, especially by leaving things in the wrong place or spreading them around （在某处）乱丢，乱放；弄乱，搞乱（某处）；使不整洁：*I don't want you messing up my nice clean kitchen.* 我不想让你把我干干净净的厨房搞得一团糟。

PATTERNS AND COLLOCATIONS

- to **be** littered/cluttered (up) **with** sth
- to litter/clutter (up)/mess up **the place**
- to litter/clutter (up) the **room/table/floor**

upset, especially because of sth bad that has happened to you in the past （尤指因不愉快的往事）困惑苦恼的，心烦意乱的: *He's just a messed-up kid.* 这孩子心理有阴影。

,mess sth 'up to make sth untidy or dirty 弄乱；搞脏: *She comes in, messes the place up and then goes out again.* 她总是进来把这里弄得脏乱不堪，然后又出去。◇ *The wind is going to mess up my hair.* 风快把我的头发吹乱了。
SYN **muck sth up** (*informal*)
• v + n/pron + adv • v + adv + n

'mess with sb (*informal*) (*usually used in negative sentences* 通常用于否定句) **1** to get involved with sb who may react in a dangerous or violent way 与（危险或有暴力倾向的人）有瓜葛（或厮混）: *I wouldn't mess with Frank if I were you.* 我要是你，就不会招惹弗兰克。 **2** to have or try to have a sexual relationship with sb 和某人有性关系；勾搭
→ see also MESS AROUND WITH SB
• v + prep

'mess with sth (*informal, especially AmE*) **1** to use or treat sth carelessly, causing damage 把…摆弄坏；把…捣鼓坏: *Who's been messing with the answering machine?* 谁把电话答录机搞坏了？◇ *Read the label carefully before you start messing with dangerous products.* 使用危险品前，先仔细阅读标签。 **2** to get involved with sth dangerous 陷入，卷入（危险）: *How long has he been messing with drugs?* 他吸毒有多久了？ OBJ **drugs**
→ see also MESS AROUND WITH STH
• v + prep

mete /miːt/

,mete sth 'out (to sb) (*formal*) to give sb a punishment, etc. 给予（惩罚等）: *Severe penalties were meted out by the court.* 法庭予以重判。◇ *The commission was appalled at the treatment meted out to prisoners.* 犯人受到的虐待令委员会感到震惊。
OBJ **punishment, treatment, justice, penalty**
NOTE Usually used in the passive. 通常用于被动语态。
• v + adv + n • v + pron + adv • v + n + adv (*rare*)

militate /ˈmɪlɪteɪt/

,militate a'gainst sth (*formal*) to prevent sth; to make it difficult for sth to happen 防止；妨碍: *Lack of funds militated against the success of the campaign.* 资金短缺使这一活动难以成功。
• v + prep

mill /mɪl/

,mill a'round; **,mill a'round sb/sth** (*BrE also* **,mill a'bout**, **,mill a'bout sb/sth**) if a large group of people **mill around**, or **mill around** a place, they move around without going anywhere in particular, often while waiting for sth to happen （一大群人）（在某处）闲逛，转悠（等候某事发生）: *Photographers milled around outside the hotel, waiting for the prince to appear.* 摄影记者在酒店外徘徊，等待王子露面。◇ *People milled about the room, shaking hands and chatting.* 人们在房间里转来转去，握手交谈。
• v + adv • v + prep

mind /maɪnd/

,mind 'out (*BrE*) **1** used to warn sb to be careful （用于警告）小心，注意: *Mind out! You nearly knocked me off my bike!* 看着点！你险些把我从自行车上撞下来！◇ *I've got you fish and chips. Mind out for the bones!* 我给你弄了炸鱼薯条。当心鱼刺！ SYN **watch out 2** (*informal*) used to tell sb to move so that you or sb else can pass 请让一下；借光: *Mind out, Joe—you're in the way!* 乔，请让一让 —— 你挡路啦！
• v + adv

minister /ˈmɪnɪstə(r)/

'minister to sb/sth (*old-fashioned, formal*) to care for sb; to make sure that sb/sth has everything necessary 照料；服侍；满足…所需: *She felt it was her vocation to minister to the sick.* 她觉得护理病人是她的天职。◇ *Servants ministered to his needs.* 仆人们鞍前马后地伺候他。◇ *He would not be ministered to by strangers.* 他不肯让陌生人照顾。
OBJ **needs, the sick**
• v + prep

minor /ˈmaɪnə(r)/

'minor in sth (*AmE*) to study another subject as well as your main subject at a university or college 辅修: *He minored in Art History.* 他选择辅修了艺术史。
• v + prep

miss /mɪs/

,miss 'out (on sth) to lose an opportunity to benefit from sth or enjoy yourself, by not doing sth or taking part in an activity 错失（机会）: *I felt I missed out because I didn't go to college.* 我觉得我没上大学，失去了很多。◇ *She missed out on the school trip.* 她错过了学校旅行。◇ *He just missed out on a gold medal in the last Olympics* (= he was just beaten). 他在上届奥运会上痛失一枚金牌。◇ *There are lots of things happening during Carnival, so don't miss out on the fun!* 狂欢节期间有很多活动，可别错过好玩的机会呀！
• v + adv

,miss sb/sth 'out (*BrE*) to not include sb/sth either deliberately or by accident （有意或无意地）不包括…在内；遗漏: *Have I missed anybody out?* 我有没有漏掉谁？◇ *You've missed out the most important piece of information!* (= you haven't mentioned it) 你忘了一条最重要的信息！◇ *She missed out a few chapters in the middle.* 她漏了中间的几章。
SYN **leave sb/sth out**
• v + n/pron + adv • v + adv + n

mist /mɪst/

ˌmist ˈover 1 if glass **mists over**, it becomes covered with very small drops of water so that you cannot see through it （玻璃）蒙上水汽: *As soon as I stepped inside, my glasses misted over.* 我一踏进屋里，眼镜上就蒙了一层雾。 **2** if your eyes **mist over**, they fill with tears （眼睛）充满泪水，噙着泪，被泪水模糊: *His eyes misted over.* 他泪眼蒙眬。

NOTE **Mist** is often used on its own. * mist 常单独使用。

• v + adv

ˌmist ˈup; **ˌmist sth ˈup** to cover glass, a mirror, etc. with small drops of water so that you cannot see clearly （玻璃、镜子等）蒙上雾气: *The inside of the car was beginning to mist up.* 车内开始蒙上雾气了。◇ *The windows were misted up.* 窗户蒙了一层水汽。

SYN **fog up; steam up, steam sth up**

NOTE **Mist** and **mist sth** are also used on their own. * mist 和 mist sth 也单独使用。

• v + adv • v + n/pron + adv • v + adv + n

mistake /mɪˈsteɪk/ (mistook /mɪˈstʊk/, mistaken /mɪˈsteɪkən/)

mɪˈstake sb/sth for sb/sth to think wrongly that sb/sth is sb/sth else 把…错认为; 把…误当作: *I mistook him for his brother.* 我把他错当成他兄弟了。◇ *The toy could easily be mistaken for a real gun.* 这支玩具枪几可乱真。

• v + n/pron + prep

mix /mɪks/

ˌmix sth ˈin (with sth), **ˌmix sth ˈinto sth** to combine one substance with others, especially in cooking （尤指烹调时）使与…混合，掺入，和入: *Mix the eggs in slowly.* 慢慢把鸡蛋搅进去。◇ *Mix a little cream into the sauce.* 在调味酱里搀一点奶油。

SYN **blend sth in; stir sth in, stir sth into sth**

• v + n/pron + adv • v + adv + n • v + n/pron + prep

ˌmix sb ˈup; **be/get ˌmixed ˈup** to make sb unable to think clearly or understand what is happening; to be in or get into this state 把…搞糊涂; 使弄不清: *Now you've mixed me up completely! I'm really confused.* 你现在把我彻底搞懵了！我实在是弄不懂了。◇*He got mixed up and caught the wrong train.* 他稀里糊涂地上错了火车。

SYN **muddle sb up** (*informal, especially BrE*), **confuse sb** (*more formal*)

NOTE Often used in the passive with *be* or *get* 常与 be 或 get 连接，用于被动语态: *I think you're getting mixed up.* 我想你是糊涂了。

• v + n/pron + adv • v + adv + n • be/get + v + adv

▶ **ˌmixed ˈup** *adj* (*informal*) confused because of social or emotional problems 迷惘的; 困惑的: *She's a very mixed-up kid.* 这女孩十分迷茫。

ˌmix sb/sth ˈup (with sb/sth) to think wrongly that sb/sth is sb/sth else; to be unable to distinguish between two or more people or things （把…）错认为，误当作; 分不清: *You're mixing me up with my brother.* 你把我错当作我兄弟了。◇ *The hospital mixed up the babies' name tags.* 医院把婴儿的姓名牌弄混了。

SYN **muddle sb/sth up, etc.** (*especially BrE*) ➲ note at MISTAKE SB/STH FOR SB/STH

• v + n/pron + adv • v + adv + n

IDM **get A and B mixed up; get A mixed up with B** to think wrongly that sb/sth is sb/sth else; to be unable to distinguish between two or more people or things （把…）错认为，误当作; 分不清: *My bag got mixed up with somebody else's at the airport.* 我的包在机场和别人

SYNONYMS 同义词辨析

mistake sb/sth for sb/sth

confuse sb/sth (with sb/sth) • mistake sb/sth for sb/sth • mix sb/sth up (with sb/sth) • take sb/sth for sb/sth

These verbs all mean to think that sb/sth is sb/sth else. 这些动词都表示错认、误认、弄混。

confuse sb/sth (with sb/sth) to think wrongly that sb/sth is sb/sth else （把…）错认为，误认作: *People often confuse me and my twin sister.* 人们常把我和我的孪生姐妹搞混。◇ *Be careful not to confuse quantity with quality.* 注意不可将数量和质量搞混。

mistake sb/sth for sb/sth to think wrongly that sb/sth is sb/sth else 把…错认为; 将…误认作: *She was quite annoyed when I mistook her for a waitress.* 我把她错当成女招待，她很恼火。◇ *These tablets can be easily mistaken for sweets.* 这些药片很容易被错当成糖果。

mix sb/sth up (with sb/sth) (*not formal*) to think wrongly that sb/sth is sb/sth else （把…）错认为，误认作: *I think you must be mixing me up with someone else.* 我想你一定是把我当作别人了。◇ *She always gets her left and right mixed up.* 她总是分不清左右。

take sb/sth for sb/sth (*not used in the progressive tenses*) to consider sb/sth to be sb/sth, especially when you are wrong 把…认为是; 把…错认为: *I mistakenly took her for the Senator's wife.* 我把她错认作那名参议员的妻子。◇ *He's not the fool you take him for.* 他可不像你想的那么傻。

PATTERNS AND COLLOCATIONS

- to easily confuse/mistake sth
- you can't mistake sth

的搞混了。◇ *People who are colour-blind usually get red and green mixed up.* 色盲的人通常区分不了红色和绿色。

,mix sth 'up (with sth) to change the order or arrangement of things in a confused or untidy way 搞乱；弄混: *I'd sorted those papers out and now you've mixed them all up again.* 我本来把文件整理好了，可现在你又全弄乱了。◇ *My letters have all been mixed up with yours.* 我和你的信全混在一起了。

SYN **muddle sth up (with sth)** (*especially BrE*)

➲ note at MISTAKE SB/STH FOR SB/STH

NOTE Often used in the passive with *be* or *get* 常与 be 或 get 连接，用于被动语态: *The clean clothes got all mixed up with the dirty ones.* 干净衣服和脏衣服全搅在一块儿了。

• v + n/pron + adv • v + adv + n

▸ **'mix-up** *n* a mistake that causes confusion; a situation that is full of confusion 混乱；杂乱: *There was a mix-up over the tickets.* 票弄混了。

▸ **,mixed 'up** *adj* untidy; in a state of confusion 混乱的；混杂的: *My papers were all mixed up.* 我的文件全乱套了。◇ *mixed-up papers* 杂乱的文件

be/get ,mixed 'up in sth to be/become involved in sth dangerous or illegal 卷入，陷入（危险或非法之事）: *He would never have got mixed up in anything criminal.* 他绝不会参与任何犯罪活动的。◇ *How did you get mixed up in all this?* 你是怎样被牵连进这一切的？

• be/get + v + adv + prep

be/get ,mixed 'up with sb to be/become friendly with or involved with sb dangerous or dishonest 与（危险或不诚实的人）来往；与…厮混: *I'll never understand how she got mixed up with Phil.* 我一直搞不明白她是如何跟菲尔鬼混上的。◇ *He was mixed up with the wrong crowd for a while.* 他和一些不三不四的人交往过一阵。

• be/get + v + adv + prep

,mix it 'up with sb (*AmE, informal*) **1** to fight with sb 与…打架: *Some guys came into the bar obviously in the mood to mix it up with someone.* 几个家伙走进酒吧，显然想要找人干上一架。 **2** to start an argument with sb 与…争吵；与…争执起来: *Do they really mean what they say, or are they just trying to mix it up with the other side?* 他们说的话是当真的吗，还是他们只想和对方吵上一架？

• v + it + adv + prep

'mix it with sb (*BrE, informal*) **1** to compete with sb; to argue or fight with sb 和…较量；与…吵架；与…打架: *He'll be mixing it with the world's best players.* 他将和世界顶级好手决一雌雄。◇ *He can mix it with the best of them.* 他能够和他们中的强手一较高低。 **2** to meet and spend time with people in a friendly way 和…交往；同…相处: *She loves mixing it with the rich and famous.* 她喜欢结交富人与名流。

• v + it + prep

SYNONYMS 同义词辨析

mix sth up

jumble sth up • mix sth up • muddle sth up • shuffle sth

These verbs all mean to put things together in the wrong order or a different order. 这些动词都表示弄乱、搞乱、弄混。

jumble sth up (*usually passive*) to mix things together without any order and in an untidy way 使混乱；使杂乱: *The letters in these words have been jumbled up.* 这些单词的字母顺序已被打乱。 NOTE **Jumble** can be used on its own * jumble 可单独使用: *Books, shoes and clothes were jumbled together on the floor.* 书籍、鞋子和衣服在地板上乱作一团。

mix sth up to change the order or arrangement of a group of things, often by mistake or in a way that you do not want 搞乱；弄混: *Someone has mixed up all the application forms.* 有人把报名表全都弄乱了。

muddle sth up (*often passive*) (*especially BrE*) to accidentally change the order or arrangement of a group of things, usually in a way that you do not want 随意弄乱；使混乱: *All the cups and saucers have been muddled up.* 杯子和托碟全都弄混了。 NOTE **Muddle** can be used on its own * muddle 可单独使用: *Don't do that—you're muddling my papers.* 别那么干 —— 你把我的文件搞乱了。

shuffle sth to move paper or things into different positions or a different order; to completely change the order of playing cards before playing a game 搞乱；弄混；洗（牌）: *He nervously shuffled the papers on his desk.* 他紧张地把桌上的文件翻来翻去。◇ ***Shuffle** the cards and deal out seven to each player.* 洗牌，然后每人发七张纸牌。

WHICH WORD?

You can **mix** or **jumble** things **up** by mistake or deliberately; things are always **muddled** by mistake. You can **mix up** or **muddle** papers or forms by getting them in the wrong order; things that are **jumbled** are usually objects that are not in any order at all. * mix / jumble things up 可出于无意或有意； muddle 总是出于无意。 mix up 或 muddle 是指文件或表格乱序； jumble 通常指物品无序。

PATTERNS AND COLLOCATIONS

- to **be** jumbled/mixed/muddled up
- to be jumbled/muddled up **together**
- to jumble/mix up **letters/words**
- to mix up/muddle sb's **papers**

mock /mɒk/

,mock sth 'up to produce a copy of sth that is going to be made, so that it can be tested or people can see what it will be like 制作…的实体模型: *We mocked up the front page to see how it would look.* 我们把头版编排了出来，看看效果如何。
◆ v + adv + n ◆ v + n/pron + adv
▶ **'mock-up** *n* a copy of sth that is produced to show people what it will be like, or to test it 实尺寸模型；实物复制品: *a mock-up of the next day's front page* 第二天头版的版面样张

model /'mɒdl; *AmE* 'mɑːdl/ (-ll-, *AmE* -l-)

'model sb/sth/yourself on sb/sth (*also* **'model sb/sth/yourself upon sb/sth** *more formal*) (*AmE also* **'model sb/sth after sb/sth**) to make or create sth that looks or behaves like sth else; to take sb, especially sb you like, as an example and copy them 仿造；效仿；以…为榜样；向…看齐: *The house was modelled on a French chateau.* 这所房子是模仿一座法国庄园建造的。◇ *He modelled the main character on his friend.* 他以朋友为原型创作了这个主要角色。◇ *He still models himself on Elvis.* 他还在模仿"猫王"埃尔维斯。
NOTE Often used in the passive 常用于被动语态: *The ship was modelled on/after a Greek pirate ship.* 这艘船以希腊海盗船为设计蓝本。
◆ v + n/pron + prep

monkey /'mʌŋki/

,monkey a'bout/a'round (with sth) (*BrE, informal*) to behave in a silly way; to touch or change sth in a careless way 胡闹；瞎弄；乱改: *They were monkeying around in class.* 他们那会儿正在课堂上捣蛋。◇ *He's monkeyed about with the original words of the song.* 他改动歌词闹着玩儿。
SYN **mess around; mess around with sth**
◆ v + adv

mooch /muːtʃ/

,mooch a'bout/a'round; ,mooch a'bout/a'round sth (*informal, especially BrE*) to spend time doing nothing in particular 闲荡；闲着: *We went into town and mooched about for a while.* 我们进城逛了一会儿。◇ *They spent an hour mooching around the shops.* 他们花了一小时逛商店。
◆ v + adv ◆ v + prep

moon /muːn/

,moon a'bout/a'round; ,moon a'bout/a'round sth (*BrE, informal*) to spend time doing nothing in particular, often because you are feeling unhappy （郁闷地）闲逛，消磨时光: *He mooned around the streets, hoping to see Anna.* 他在街上四处游荡，希望见到安娜。
SYN **mope around; mope around sth**
◆ v + adv ◆ v + prep

'moon over sb (*informal*) to spend your time in a dream thinking about sb that you love 出神地思念（钟爱的人）；对…魂牵梦萦: *He spends most of his time mooning over Helen.* 他大部分时间都在痴想着海伦。
◆ v + prep

mop /mɒp; *AmE* mɑːp/ (-pp-)

,mop 'up; ,mop sth 'up **1** to clean up liquid or remove liquid from somewhere, using sth that absorbs it 吸净，抹去（水迹）: *I always have to mop up after he's had a shower.* 他淋浴过后我总得擦干水迹。◇ *Can you mop up the water on the bathroom floor?* 请擦掉浴室地板上的水好吗？◇ *She mopped up the sauce with a piece of bread.* 她用面包片把酱料蘸干净了。◇ *Mopping-up operations have begun after the floods.* 洪水过后，善后工作已经展开。 **2** to use up all of sth 用光；用完: *The new factory should mop up the pool of surplus labour.* 新工厂应该把剩余劳力全部用上。 **3** to take control of sth 控制；支配: *The company started mopping up smaller firms.* 这家公司开始兼并小公司。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

,mop sb/sth 'up to get rid of the last few people who continue to oppose you; to finish tasks that remain 肃清（残敌）；完成（余下的工作）: *The army mopped up some isolated pockets of resistance.* 部队剿灭了一些孤立的抵抗势力。◇ *There are a few things to mop up before we go.* 我们走之前还有几件事儿要完成。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

mope /məʊp; *AmE* moʊp/

,mope a'round; ,mope a'round sth (*BrE also* **,mope a'bout, ,mope a'bout sth**) to walk about a place in an unhappy way, with no particular purpose （无聊地）闲荡，闲逛: *He's been moping about all day.* 他百无聊赖地转悠了一整天。◇ *You spend too much time moping around the house.* 你闷在家的时间太多了。
SYN **moon about/around; moon about/around sth** (*BrE*)
◆ v + adv ◆ v + prep

mount /maʊnt/

,mount 'up (to sth) to increase gradually in size or quantity （大小或数量）渐增，缓升: *The paperwork soon mounts up if you don't deal with it immediately.* 一不及时处理，文案工作很快就攒成堆了。◇ *My debts have mounted up to over a thousand dollars.* 我欠债累积超过了一千元。
◆ v + adv

mouse /maʊs/

,mouse 'over sth (*computing*) to move a computer mouse so that you point to a particular area on the screen 滑动鼠标至（计算机屏幕某处）；鼠标悬停于: *When you mouse over these hot spots, they change colour.* 移动鼠标指向这些热点，他们会变颜色。

SYN **roll over sth**
◆ v + prep

▶ **'mouseover** *n* [C, U]: *Most browsers support mouseovers.* 大多数浏览器支持鼠标悬停。◇ *mouseover buttons* 鼠标悬停按钮

mouth /maʊð/

,mouth 'off (at/about sb/sth) (*informal*) (*often used in the progressive tenses* 常用于进行时) to give your opinion about sb/sth loudly; to complain loudly about sb/sth 大发议论；大声抱怨: *I could hear him mouthing off about how they should have won.* 我听到他在高谈阔论他们如何如何本应取胜。◇ *She was mouthing off at all the other drivers on the road.* 她扯着嗓门大骂所有其他路过的司机。
◆ v + adv

move /mu:v/

,move a'bout, etc. (*especially BrE*) → MOVE AROUND, ETC.

,move a'cross; ,move a'cross sth to move from one side of sth to the other 从一边移到另一边；穿过: *He moved across to the window and looked out.* 他走到对面的窗前向外张望。
OBJ **room**
◆ v + adv ◆ v + prep

,move a'head to advance or develop, often after there has been a delay （耽搁之后）发展，进展: *The project is moving ahead again now.* 这个项目现在又有了进展。
SYN **proceed** (*more formal*)
◆ v + adv

,move a'head of sb/sth to move faster than sb/sth; to develop more quickly than sb/sth else 比…移动得快；比…进展迅速；领先…一步: *'Speed up!' he said, moving ahead of her.* "快点！"他说着便冲到了她前面。◇ *Our foreign competitors are moving ahead of us.* 国外竞争对手走在我们前面。
SYN **overtake sb/sth**
◆ v + adv + prep

,move a'long; ,move a'long sth to go forward （沿着…）前行: *The convoy of cars was moving slowly along the road.* 车队在公路上缓慢行进。
OBJ **road**
◆ v + adv ◆ v + prep

,move a'long/'on; ,move sb a'long/'on to leave a particular place or go to a new position; to make sb do this （使）挪动；（使）移动: *Move along now. You're blocking the entrance.* 往前走。你挡住门啦。◇ *The police arrived to move the demonstrators along.* 警察到场让示威人群移动起来。
◆ v + adv ◆ v + n/pron + adv

,move a'long; ,move sth a'long if a project, etc. **moves along**, or if sb **moves it along**, it continues to make good progress （使项目等）继续推进: *Can you move the story along a bit faster? What happened in the end?* 你把故事讲得快一点好吗？结局到底怎样？
◆ v + adv ◆ v + n/pron + adv

,move a'part if two or more things or people **move apart**, they become separated by a distance 分开；分离: *They quickly moved apart when I walked in.* 我走进来，他们马上分开了。◇ (*figurative*) *The two sides in the dispute are moving further and further apart.* 争议双方的分歧越来越大。
◆ v + adv

,move a'round; ,move a'round sth (*also* **,move a'bout/'round, ,move a'bout/'round sth** *especially BrE*) to keep moving from one place to another 不停移动；走来走去: *Use the mouse to move around the screen.* 用鼠标在屏幕上来回移动。◇ *I have to move around a lot with my job.* 我的工作需要我到处跑动。◇ *She sang as she moved about the room.* 她在房间里边走边唱。
◆ v + adv ◆ v + prep

,move sb/sth a'round (*also* **,move sb/sth a'bout/round** *especially BrE*) to move sb/sth from one place to another （使）移动；（使）走动: *It's not fair to keep moving the children around from school to school.* 让孩子经常转学不好。◇ *The chair is light and easy to move about.* 椅子很轻，便于搬动。
◆ v + n/pron + adv

,move a'round sth (*also* **,move 'round sth** *especially BrE*) to move in a circle around sth that is blocking your path 绕过去；兜过去: *She moved round the table to open the window.* 她绕过桌子去开窗。
SYN **go around sb/sth**
◆ v + prep

,move a'side to move to one side, usually to allow sb or sth to pass 挪到一边；闪开；让路: *I moved aside to let her go past.* 我闪到一旁，让她过去。
◆ v + adv

,move sb/sth a'side to put sb/sth to one side away from the centre of a place, usually to make room for sb/sth else 把…挪到一边，移开（以腾出空间）: *We moved the tables aside so that we could dance.* 我们把桌子都搬到边上以便跳舞。
◆ v + n/pron + adv

,move a'way to leave the place where you live to go and live in another place 搬家；迁离: *All her friends have moved away from the area.* 她的朋友都从这个地方迁走了。
◆ v + adv

,move a'way (from sb/sth), ,move sth a'way (from sb/sth) to leave the place or position you are in and go to another; to take sth from one place or position and put it in another （使）改变位置；离开；把…从…搬走: *Move away from the window in case anyone sees you.* 离开窗户，别让人看见你。◇ *Can you move the scissors away from the baby?* 把宝宝那儿的剪刀拿走好吗？
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌmove aˈway from sth to stop doing, following or believing sth 歇手不干；不再追随；不再相信: *The party seems to be moving away from its original aims.* 该党似乎在背离其原来的宗旨。
◆ v + adv + prep

ˌmove ˈback; ˌmove sth ˈback 1 to go, or to move sth, to a new position at a distance away from the front or behind sb/sth （使）退后；（使）后移: *He moved back a few steps.* 他后退了几步。◇ *She moved her chair back from the fire.* 她把椅子从炉火旁往后挪了一挪。 OPP **move forward, move sth forward 2** to go, or to move sth, to the place or position it was in before （使）回到原位；（使）归位: *His eyes moved back to her face.* 他的目光回到了她的脸上。◇ *It took a long time to move the furniture back after the party.* 聚会过后花了很长时间才把家具放归原位。 SYN **return (sth) (to sth) 3** if an event **moves back**, or sb **moves it back**, it takes place at a later date or time than was first planned （使）推迟；（使）延期: *They've moved back the date of the wedding.* 他们把婚期推迟了。 OPP **bring sth forward; move forward; move sth forward**
→ see also PUT STH BACK
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

ˌmove ˈdown (of a level or an amount 水平或数量) to decrease 降低；减少: *Prices move up and down according to demand.* 价格随需求变化上下浮动。
SYN **go down**
OPP **move up**
◆ v + adv

ˌmove ˈdown; ˌmove ˈdown sth 1 to move from a higher position to a lower one 从高处移到低处；下移: *I watched her move nervously down the slope.* 我看着她战战兢兢地下了坡。 OBJ **hill, ladder** OPP **go up, go up sth 2** to move to a new position to make more space for sb else 移动（以腾出空间）: *Can you move down (the bus) so more people can get on?* 请往里挪挪，让更多的人上车好吗？ SYN **move up, move up sth**
◆ v + adv ◆ v + prep

ˌmove ˈdown; ˌmove sb ˈdown (at school 在学校) to move, or to move sb, to a lower class, grade or level （使）降级；（使）降到慢班: *I was worried that if I failed the test I would have to move down.* 我害怕如果通不过考试，我就得降级了。◇ *If you don't work harder, you'll be moved down (to the class below).* 如果不努力学习，你就要降到慢班去了。
OPP **move up, move sb up**
◆ v + adv ◆ v + n/pron + adv

ˌmove sb/sth ˈdown; ˌmove sb/sth ˈdown sth to move sb/sth from a higher position to a lower one 把…从高处移到低处；把…下移: *Move the boxes down from the top of the wardrobe.* 把衣橱顶上的那些盒子拿下来。
◆ v + n/pron + adv ◆ v + n/pron + prep

ˌmove ˈforward; ˌmove sth ˈforward 1 to go, or to make sth go, to a place or position that is in front （使）前行；（使）前移: *The car began to move forward slowly.* 车子开始徐徐向前开动了。 OPP **move back, move sth back 2** to develop, or to make sth develop, towards a good result （使）有进展；促进；推动: *It's time to move this project forward.* 该进一步开发这个项目了。 **3** to move, or to make sth move, towards the future （使）向前发展: *The company must keep moving forward.* 公司必须不断发展进步。◇ *The story then moves forward to 1999.* 故事接着就说到了 1999 年。 **4** if an event **moves forward**, or sb **moves it forward**, it takes place at an earlier date or time than was planned （使）提前发生；（使）提前: *My operation has been moved forward two weeks.* 我的手术提前了两个星期。
OPP **move back, move sth back**
◆ v + adv ◆ v + n/pron + adv

ˌmove ˈin 1 (on sb/sth) to move towards sb/sth, especially in a threatening way, or to make a dangerous situation calm 向…进逼；赶到（以平息危险事态）: *I moved in close and stuck the gun in his back.* 我逼近他，用枪抵住他的后背。◇ *The police moved in to control the crowd.* 警察赶了过来控制人群。 SYN **close in (on sb/sth) 2** to arrive and begin work, especially when people do not really want you there （违背他人意愿地）开进并动工: *The developers moved in and built a housing estate in the grounds of the old house.* 开发商开了进来，在旧房子的地皮上建造住宅。 **3 (on sth)** to begin to try to have control of or responsibility for a company, a project, etc. 试图控制，企图接管（公司、项目等）: *They are moving in on another drugs company.* 他们试图控制另一家制药公司。
◆ v + adv

ˌmove ˈin; ˌmove ˈinto sth to go to a new house and begin to live there 搬入新居: *How soon can you move in?* 你多久能搬进新家？◇ *When are you moving into your new flat?* 你什么时候搬到新公寓？
OPP **move out, move out of sth**
◆ v + adv ◆ v + prep

ˌmove ˈin together; ˌmove ˈin with sb to start living with sb, especially a partner 和（伴侣等）开始共同生活；开始同居: *They've decided to move in together.* 他们决定同居。
◆ v + adv + adv ◆ v + adv + prep

ˌmove ˈinto sth 1 → MOVE IN, MOVE INTO STH **2** to start to be involved in a new area of activity or business 涉足，开始从事（新的活动或工作）: *The company is looking to move into new markets.* 公司正打算打入新市场。◇ *After teaching for ten years he moved into publishing.* 从教十年后，他改行干起了出版工作。 **3** to develop or advance into a new position, stage, etc. 发展到，进入（新的位置、阶段等）: *The project is now moving into its second year.* 这项工程正步入第二个年头。◇ *The team has moved into fourth place after their victory.* 获胜后该队升至第四名。

◆ v + prep

ˌ**move sb/sth ˈinto sth** to take sb/sth and put them/it in a new place 将…移到；把…挪到：*We've moved the phone into the hall.* 我们把电话移到了门厅。◇ *The doctors at the hospital have moved my father into a room on his own.* 医院的医生把我父亲转到了单间。◇ *I've moved my savings into a different bank account.* 我把存款转到了另一个银行账户上。

◆ v + n/pron + prep

ˌ**move ˈoff** (*especially BrE*) (especially of a vehicle 尤指车辆) to start a journey; to begin to move 出发；起程；启动：*Check your mirrors before you move off.* 车启动之前注意看一下反光镜。

◆ v + adv

ˌ**move ˈoff sth**; ˌ**move sb/sth ˈoff sth** to leave the place where you are; to remove sb/sth from a particular place 离开；（把…）移开：*Farmers are rapidly moving off the land.* 农民正快速离开土地。◇ *Can you move your car off the pavement please?* 请把你的车开离人行道好吗？

◆ v + prep ◆ v + n/pron + prep

ˌ**move ˈon 1** to continue your journey after stopping for a short while; to leave the place where you are and go to a new place （短暂停留后）继续行进；离开：*After a few minutes, the bus moved on again.* 几分钟后公共汽车又往前开了。◇ *The police told them to move on and go home!* 警察命令他们离开这里回家去！◇ *When I looked round, I realized everyone else had moved on.* 我环顾四周，发现其他人都走掉了。 **2** if ideas, beliefs, etc. **move on**, they change and develop （思想、信念等）变化发展：*Things have moved on a lot since my parents were young.* 与我父母年轻时相比，世事已经大变。◇ *The debate does not seem to have moved on much.* 争论似乎没有多大进展。◇ *Fashions are moving on all the time.* 流行时尚总是日新月异。 **3 (to sth)** to start doing or discussing sth new 开始做（别的事情）；转换（话题）：*I want to move on to my next point now.* 我现在想开始阐述下一个要点。◇ *When her contract here runs out in April, Tessa will move on.* 特莎在这里的合同4月到期后将换份工作。◇ *She moved on to become senior editor of a magazine.* 她转任一家杂志的高级编辑。 **SYN** **pass on (to sth)**

◆ v + adv

ˌ**move ˈon**; ˌ**move sb ˈon**: *Every time they stopped they got moved on by the police.* 他们每次停下来都被警方要求向前走。→ MOVE ALONG/ON, MOVE SB ALONG/ON

ˌ**move ˈout**; ˌ**move ˈout of sth** to leave your home and go to live somewhere else 搬出去住；（从…）迁出：*The lodger moved out yesterday.* 房客昨天搬走了。◇ *He wants to move out of London.* 他想搬出伦敦。◇ *They've recently moved out of the city and gone to live in the country.* 他们最近从城里迁居乡下。

OPP **move in, move into sth**

◆ v + adv ◆ v + adv + prep

ˌ**move sb ˈout**; ˌ**move sb ˈout of sth 1** to make sb leave a place, especially their home 让…离开（尤指住所）：*The landlord is moving the tenants out.* 房东要房客搬走。◇ *The emergency services are moving people out of their homes.* 紧急救援人员正将民众疏散出住所。 **2** to remove sb, especially soldiers, from a place 将…调离；从…撤回：*Many countries are moving their troops out of the area.* 多个国家正在将部队撤离该地区。 **SYN** **withdraw sb (from sth)**

◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
◆ v + n/pron + adv + prep

ˌ**move sth ˈout**; ˌ**move sth ˈout of sth** to remove sth from a place, especially in order to make more space （从…）移开，挪开（以腾出空间）：*We'll need to move some chairs out to make more room.* 我们得搬走几张椅子，以便多腾出些地方。◇ *When can you move your belongings out of my apartment?* 你什么时候能把你的东西从我公寓里搬走？◇ *That table will have to be moved out of the way.* 那张桌子得挪开让道。

◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
◆ v + n/pron + adv + prep

ˌ**move ˈout of sth 1** to leave a particular place, area or situation 离开；脱离：*We watched the boat moving out of the harbour.* 我们看着那艘船驶离了港口。◇ *The country is moving out of recession.* 该国正从衰退中复苏。 **2** to stop being involved in a particular activity or area of business 退出，不再从事（某项活动或工作）：*Many people have been forced to move out of farming.* 很多人被迫放弃了务农。

◆ v + adv + prep

ˌ**move ˈover 1 (to sb/sth)** to go towards sb/sth 向…走去；走向：*He moved over to her.* 他朝她走去。 **2 (to sth)** (*especially BrE*) to begin to do sth in a different way or with different people; to change the system you are using 转变（做事方式）；更换（工作环境）；改变（系统）：*I'm an interpreter, but I'd like to move over to translation work.* 我从事口译，但我希望改做笔译。◇ *We've just moved over to a new computing system.* 我们刚刚换上了新的计算机系统。 **3** to move to one side, usually to make room for sb/sth else 移到一边；挪开；让开：*I wish the car in front would move over and let me overtake.* 我希望前面的车能让让路，让我超车。◇ *Move over! I want to sit down too.* 往旁边挪一挪！我也想坐下。◇ (*figurative*) *Older managers should move over to make room for younger people.* 年长的经理应该退下来，给年轻人腾地方。→ see also MOVE UP 2

◆ v + adv

ˌ**move ˈover sth**; ˌ**move sb/sth ˈover sth 1** to go forward slowly across a surface; to make sth do this （使）缓慢走过（平面）：*The tank adapts to the ground it is moving over.* 坦克能适应它驶过的地面。◇ *Just move the brush lightly over the paper.* 把画笔在纸上轻轻描画就行啦。 **2** if sb's hands, eyes, etc. **move over** sth, or sb **moves them over** sth, they

slowly move across sth （用手）抚摩；（用目光）打量；（使）缓缓移过：*His eyes moved over her face.* 他的目光在她脸上游移。◇ *She moved her hands gently over his injured ankle.* 她用双手轻抚他受伤的脚踝。
◆ v + prep ◆ v + n/pron + prep

ˌmove ˈpast sb/sth to pass in front of sb/sth 从…前面经过：*He moved past her into the lounge.* 他在她面前走过，进了休息室。
SYN **go past sb/sth**
◆ v + prep

ˌmove ˈround, etc. (*especially BrE*) → MOVE AROUND, ETC.

ˌmove toˈwards sb/sth to approach sb/sth 接近；靠近：*She began to run as the car moved towards her.* 车子冲她开来时她跑了起来。
◆ v + prep

ˌmove toˈwards sth; ˌmove toˈwards doing sth (*especially BrE*) (*AmE usually* **ˌmove toˈward sth, ˌmove toˈward doing sth**) (*often used in the progressive tenses* 常用于进行时) to prepare to do or achieve sth; to approach or move nearer to sth 准备做（或完成）；接近；靠近：*We are moving towards a better understanding of the situation.* 我们对局势有了更深入的了解。◇ *Is the group moving towards finding a solution?* 小组有望找到解决方案吗？
OBJ **understanding, settlement**
◆ v + prep

ˌmove ˈup (of a rate, a level or an amount 比率、水平或数量) to increase 增长；上升：*What will we do if interest rates move up?* 如果利率上调，我们该怎么办？
SYN **go up**
OPP **go down**
◆ v + adv

ˌmove ˈup; ˌmove sb ˈup to move, or to make sb move, to a higher level, grade or class （使）升级；（使）升入快班：*She's been moved up into the Advanced class.* 她被调到了快班。◇ *I see Tim has* ***moved up in the world*** (= has got a better job, more money, a higher social position, etc.) 我看蒂姆混得比以前好啦。
OPP **move down, move sb down**
◆ v + adv ◆ v + n/pron + adv

🔑 **ˌmove ˈup; ˌmove ˈup sth; ˌmove sb/sth ˈup; ˌmove sb/sth ˈup sth 1** to move from a lower to a higher position; to make sb/sth do this （使）上移；（使）升高：*Hold the ladder tightly and move up a rung at a time.* 抓紧梯子，一级一级往上爬。◇*We watched the group moving up the hill.* 我们看着这一队人登山。◇ (*figurative*) *This is your chance to move up the career ladder and get a better job.* 这是你职业生涯提升和得到更好职位的机会。◇ *Move your hand up and down.* 上下挥动你的手。◇ *We had to move the piano up three flights of stairs.* 我们得抬着钢琴上三段楼梯。 SYN **go up, etc.** OPP **move down, etc. 2** to change your position to make room for sb else; to make sb/sth do this （使）让开；（使）让位：*Come on, move up a bit and let your mother sit down!* 哎，挪开点，让你母亲坐下！ → see also MOVE DOWN, MOVE DOWN STH 2; MOVE OVER 3
◆ v + adv ◆ v + prep ◆ v + n/pron + adv ◆ v + n/pron + prep

mow /məʊ; *AmE* moʊ/ (**mowed, mown** /məʊn; *AmE* moʊn/ or **mowed**)

ˌmow sb ˈdown 1 to kill sb, often large numbers of people, with a gun （用枪）杀死，撂倒，射杀（常指成群的人）：*The demonstrators were mown down by the soldiers.* 示威者被士兵开枪打死了。 ⇨ note at SHOOT SB/STH DOWN **2** (of a vehicle or a driver 车辆或司机) to kill/hit sb, often because the driver has been driving in a careless or dangerous way （常指因粗心大意或危险驾驶）轧死，撞倒：*A mother and her two children were mown down by joyriders.* 母子三人被开车兜风的人撞死了。 SYN **run sb down**
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

muck /mʌk/

ˌmuck aˈbout/aˈround (*BrE, informal*) **1** (**with sb/sth**) to spend time and enjoy yourself doing sth with no particular purpose 游手好闲；闲荡：*They were mucking about outside, kicking a ball around.* 他们在外面玩耍，把一只球踢来踢去。 **2** (**with sb/sth**) to behave in a silly way, especially when you should be working or doing sth else 游手好闲；游荡；胡混：*Stop mucking around and go to bed.* 别胡闹啦，睡觉去吧。◇ *She mucked around all year and failed her exams.* 她一年到头浑浑噩噩，结果没通过考试。 **3** to joke; to say silly things 开玩笑；胡说八道：*I thought he was mucking about until I saw it was real blood on his face.* 我还以为他是闹着玩儿，直到我看见他脸上真的有血。
SYN **mess around**
◆ v + adv

ˌmuck sb aˈbout/aˈround (*BrE, informal*) to treat sb badly, making them waste time, changing your mind a lot, etc. 糊弄；耍弄；玩弄：*I'm sick of being mucked about by employers.* 我很厌烦雇主们的愚弄。
SYN **mess sb about/around**
◆ v + n/pron + adv

ˌmuck aˈbout/aˈround with sth (*BrE, informal*) to keep touching, moving or changing sth in an annoying way 瞎弄；胡搞；乱改：*Who's been mucking about with my computer?* 谁摆弄过我的计算机啦？◇ *Don't muck around with the words of the song—I think they're fine.* 歌词别再改来改去了——我觉得不错。
SYN **mess around with sth, etc.**
◆ v + adv + prep

ˌmuck aˈround, etc. (*BrE*) → MUCK ABOUT/AROUND, ETC.

ˌmuck ˈin (*BrE, informal*) **1** to join in with other people in order to complete a task 加入，合伙（以完成工作）：*If we all muck in,*

we'll soon get the job finished. 如果我们大伙一块儿干，活儿很快就能做完。 **2** to share food, accommodation, costs, etc. with other people 分享；分摊: *Money was short, but we all mucked in together.* 钱不够用，但我们都同舟共济。
• v + adv

,muck 'out; **,muck sth 'out** to clean the place where an animal lives, especially a horse 打扫（畜栏，尤指马厩）: *It's your turn to muck out today.* 今天轮到你清扫马棚了。
• v + adv • v + adv + n • v + n/pron + adv

,muck sth 'up (*informal, especially BrE*) **1** to do sth very badly; to spoil sth 搞糟；毁坏: *This is your last chance, so don't muck it up.* 这是你最后的机会，可别搞砸了。◇ *Her surprise visit totally mucked up my plans.* 她的意外到访完全打乱了我的计划。 **2** to make sth dirty 弄脏: *Take your shoes off! You're mucking up my floor!* 脱掉鞋子！你踩脏我的地板了！ **3** to make sth untidy 弄乱: *Stop that, you're mucking up my hair.* 快住手，你把我的头发搞乱了。
SYN **mess sth up**
• v + adv + n • v + n/pron + adv

muddle /'mʌdl/

,muddle a'long (*also* **,muddle 'on** *less frequent*) (*especially BrE*) to continue living or doing sth with no clear purpose or plan 浑浑噩噩混日子；得过且过: *We muddle along from day to day.* 我们一天天地混日子。
• v + adv

,muddle 'through to achieve your aims although you are not efficient, do not know what you are doing, do not have the right equipment, etc. 勉强应付过去: *I'll muddle through somehow.* 我会设法对付过去的。
• v + adv

,muddle sb 'up (*especially BrE*) to make sb confused 使糊涂: *I won't explain now—it might muddle you up.* 我现在不作解释 —— 那样会使你摸不着头脑的。◇ *You're muddling me up!* 你把我搞糊涂啦！◇ *I got muddled up and took the wrong turning.* 我稀里糊涂地拐错了弯。
SYN **mix sb up**; **confuse sb** (*more formal*) ➲ note at MIX STH UP
NOTE Often used in the passive with *get*. 常与 get 连接，用于被动语态。 **Muddle sb** is used more frequently on its own with the same meaning. * muddle sb 单独使用作此义更常见。
• v + n/pron + adv • v + adv + n (*less frequent*)

,muddle sb/sth 'up (with sb/sth), **,muddle A 'up with B** (*especially BrE*) to confuse one person or thing with another; to think that sb/sth is sb/sth else （把…）错认为，误当作: *He muddled up our passports and gave me back the wrong one.* 他把我们的护照搞混了，把别人的发还给了我。◇ *I keep muddling her up with her sister.* 我老是把她当成她姐姐。
SYN **mix sb/sth up (with sb/sth)**
NOTE **Muddle sb/sth** is also used on its own. * muddle sb / sth 也单独使用。
• v + n/pron + adv • v + adv + n
IDM **get A and B muddled 'up**; **get A muddled 'up with B** to confuse one person or thing with another 混淆；搞混；分不清: *I always get the twins muddled up.* 我总是分不清这对双胞胎。

,muddle sth 'up (with sth) (*especially BrE*) to carelessly put things in the wrong order; to mix things together in an untidy way 随便弄乱；使混乱: *The money was muddled up with everything else in his pocket.* 他衣兜里的钱和其他东西乱作一团。◇ *The kids have muddled up all the photos.* 孩子们把照片全都翻得乱七八糟。
SYN **mix sth up (with sth)** ➲ note at MIX STH UP
NOTE **Muddle sth** is also used on its own. * muddle sth 也单独使用。
• v + adv + n • v + n/pron + adv
IDM **get sth muddled 'up (with sth)** to put things in the wrong order; to mix things together in an untidy way 弄乱；使杂乱无章: *The words seemed to have got muddled up.* 词序好像乱套了。

mug /mʌg/ (-gg-)

,mug 'up (on sth), **,mug sth 'up** (*BrE, informal*) to quickly learn sth, especially sth that you should already know, before an exam, etc. （尤指考试前）临时抓紧学习，临阵磨枪，临时抱佛脚: *He spent the whole night mugging up for the exam.* 他熬了一夜，拼命用功应付考试。◇ *I'd better mug up on the subject before I meet her.* 和她见面前我得赶快了解一下这个课题。◇ *I'm going to mug up as much as I can about Delhi before I go there.* 去德里前我要尽量多地了解那里的情况。
SYN **swot up (on sth)** (*BrE*), **review sth** (*especially AmE*), **revise sth** (*BrE*)
• v + adv • v + adv + n • v + n/pron + adv

mull /mʌl/

,mull sth 'over to think about or consider sth for a long time before you decide to do sth （作决定前）仔细斟酌，反复考虑: *I've been mulling over what you said last night.* 我一直在琢磨你昨夜说的话。 ➲ note at THINK STH OVER
• v + n/pron + adv • v + adv + n

muscle /'mʌsl/

,muscle 'in (on sb/sth) (*informal*) to get involved in a situation that you have no right to be involved in, especially sth that will give you an advantage or a profit 强行干预，粗暴干涉（以谋取私利）；强行捞（好处）: *I don't want Matt muscling in on our deal.* 我不想让马特插手我们的交易。
• v + adv

,muscle 'up to develop your muscles so that you become stronger and fitter 锻炼肌肉；健身: *Once you muscle up, you'll find that your body burns more calories.* 一旦开始锻炼肌肉，你将发现身体会消耗更多热量。
• v + adv

ˌ**muscle ˈup**; ˌ**muscle sth ˈup** to become stronger, better or more powerful; to make sth stronger, better or more powerful （使）变得更强壮；（使）变得更强大：*The unions need to muscle up if they want to become a force in this country again.* 工会如果想再次成为这个国家的一股力量，就需要使自身不断壮大。◇ *The BBC is trying to muscle up its winter schedules.* 英国广播公司正在强化冬季节目安排。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

muss /mʌs/

ˌ**muss sth ˈup** (*AmE*) to make sth look untidy 使不整洁；搞乱：*My skirt got mussed up when I sat down.* 我坐下时把裙子压皱了。
SYN mess sth up
NOTE Often used in the passive. 常用于被动语态。**Muss sth** is often used on its own. * muss sth 常单独使用。
◆ v + n/pron + adv ◆ v + adv + n

muster /ˈmʌstə(r)/

ˌ**muster sth ˈup** to find the courage, strength, etc. that you need in order to do sth difficult or unpleasant 鼓起（勇气、劲头等）；振作起来：*She could barely muster up the strength to get out of bed.* 她几乎连起床的力气都没有了。
OBJ **strength, energy** SYN **summon sth up**
NOTE **Muster sth** is often used on its own. * muster sth 常单独使用。
◆ v + adv + n ◆ v + n/pron + adv

N n

naff /næf/

ˌ**naff ˈoff** (*old-fashioned, BrE, slang*) used by some people to tell sb rudely to go away and stop annoying them （粗鲁的说法）滚开，别烦：*Just naff off and leave me alone!* 滚蛋，别烦我！
SYN **clear off** (*especially BrE*)
◆ v + adv

nag /næg/ (-gg-)

ˈ**nag at sb** **1** to keep complaining to sb about their behaviour; to keep asking sb to do sth 向…无休止地抱怨；不断指责；对…反复唠叨：*He keeps nagging at me to get more exercise.* 他不断唠叨，叫我多锻炼。 **2** to worry or irritate sb continuously 不断烦扰；使一直困扰：*The suspicion that she was lying continued to nag at me.* 我怀疑她撒谎，这使我烦恼不已。
◆ v + prep

nail /neɪl/

ˌ**nail sb ˈdown (to sth)** to force sb to state exactly what they think, what they intend to do, etc. 迫使明确说出（想法、计划等）：*He says he'll come, but I can't nail him down to a date.* 他说要来，但我无法让他敲定日期。
SYN **pin sb down (to sth)**
◆ v + n/pron + adv ◆ v + adv + n

ˌ**nail sth ˈdown** **1** to fasten sth down with nails 用钉子将…固定住；将…钉住：*She got him to nail the loose floorboard down.* 她让他把松动的木地板钉牢。 **2** to know or understand exactly what sth is 确切知道；准确理解：*Something seems strange here, but I can't nail it down.* 这里有点不对劲，可我搞不清究竟是什么。 **3** to reach an agreement or a decision, usually after a lot of discussion 达成（协议）；作出（决定）：*They managed to nail down an agreement with the management.* 他们总算与资方达成了协议。 OBJ **agreement**
◆ **1** v + n/pron + adv v + adv + n ◆ v + n/pron + adv
◆ **3** v + adv + n ◆ v + n/pron + adv

ˌ**nail sth ˈup** **1** to attach sth to a wall, a post, etc. with nails 用钉子将…固定到（墙壁、柱子上等）：*I nailed up a notice saying: Keep out!* 我钉了一块牌子，上面写着：禁止入内！ **2** to fasten a door, a window, etc. with nails so that it cannot easily be opened （用钉子）封住，封死（门窗等）：*He nailed up the door to keep intruders out.* 他把门钉死了，以免外人闯入。
◆ v + adv + n ◆ v + n/pron + adv

name /neɪm/

ˈ**name sb/sth ˈafter sb/sth** (*AmE also* ˈ**name sb/sth ˈfor sb/sth**) to give sb/sth the name of sb/sth else that you like or admire, for example a family member or a famous person or place 以…命名；给…取名：*We named her after her grandmother.* 我们给她取了她祖母的名字。◇ *The Miller fire was named for the canyon in which it began.* "米勒大火"是以起火的那条峡谷命名的。
◆ v + n/pron + prep

narrow /ˈnærəʊ; AmE -roʊ/

ˌ**narrow sth ˈdown (to sth)** to gradually reduce the number of possibilities 逐渐把（可能性）减小（到…）；缩小…的范围：*I've narrowed the list of candidates down to three.* 我把名单上的候选人缩减到三人。
◆ v + n/pron + adv ◆ v + adv + n

nestle /ˈnesl/

ˌ**nestle ˈup (to sb/sth)** to make yourself warm and comfortable by moving close to sb 温暖舒适地紧贴着；偎依：*Jamie nestled up to his mother on the sofa.* 杰米在沙发上偎依着母亲。
◆ v + adv

nibble /ˈnɪbl/

ˈ**nibble at sth** **1** to eat sth by taking very small bites 小口吃；一点点咬：*The mouse nibbled at the peanuts.* 老鼠一点一点地啃着花生。◇ *You've only nibbled at your lunch.* 你午饭只吃了几小口。 **2** to show a slight interest in sth 对…略感兴趣：*Several companies have nibbled at our offer.* 几家公司表示对我们的出价有点兴趣。
◆ v + prep

ˌ**nibble aˈway at sth** (*especially BrE*) to gradually reduce or use up the total amount of sth 慢慢消耗；蚕食：*Inflation began to nibble away at their savings.* 通货膨胀让他们的存款开始缩水。
◆ v + adv + prep

nip /nɪp/ (-pp-)

ˌ**nip sth ˈoff** to remove a part of sth by squeezing it with your fingers, cutting it quickly with scissors, etc. 掐掉；夹断；剪去：*She nipped off the dead leaves.* 她剪掉了枯叶。
SYN **cut sth off**
◆ v + adv + n ◆ v + n/pron + adv

nod /nɒd; AmE nɑːd/ (-dd-)

ˌ**nod ˈoff** (*informal*) to fall asleep 打盹；打瞌睡：*She nodded off in front of the television.* 她在电

视机前睡着了。
SYN **doze off** (*more formal*)
◆ v + adv

nose /nəʊz; AmE noʊz/

ˌnose aˈround (*BrE also* **ˌnose aˈbout**) **(for sth)** (*informal*) to go around trying to find out sth about sb/sth, particularly when you should not do this 打探；探听；搜寻：*I'm just nosing about for clues.* 我正在寻找线索。
◆ v + adv

ˌnose sb ˈout (*informal*) to defeat sb by a small amount, for example in a race or an election 以微小差距战胜；以微弱优势胜过；险胜：*She was nosed out of first place by her old rival.* 她被老对手以微弱优势击败，丢掉了冠军。
◆ v + n/pron + adv ◆ v + adv + n

ˌnose sth ˈout (*informal*) to discover some information by searching for it 打探到；探听到；查出：*That man can nose a news story out anywhere.* 那人到任何地方都能挖出新闻。
SYN **sniff sth out**
◆ v + n/pron + adv ◆ v + adv + n

notch /nɒtʃ; AmE nɑːtʃ/

ˌnotch sth ˈup (*informal*) to achieve a win or a high score 赢取；获得（高分）：*He notched up ten points in the first five minutes of the game.* 在比赛开始的前五分钟里，他直取十分。
OBJ **victory, points, score** SYN **clock sth up**
◆ v + adv + n ◆ v + n/pron + adv

note /nəʊt; AmE noʊt/

ˌnote sth ˈdown to write sth down so that you will remember it 记下；记录：*The class noted down every word she said.* 全班学生把她说的每个字都记了下来。
SYN **take sth down; write sth down** ⊃ note at WRITE STH DOWN
◆ v + adv + n ◆ v + n/pron + adv

number /ˈnʌmbə(r)/

ˈnumber sb/sth among sth (*formal*) to include sb/sth in a particular group 把…算作；使属于；将…列入：*I number her among my closest friends.* 我把她当成我最亲密的朋友之一。◇ *He is numbered among the world's top experts.* 他跻身世界顶尖高手之列。
SYN **count sb/sth among sth**
◆ v + n/pron + prep

nut /nʌt/

ˌnut sth ˈout (*AustralE, informal*) to calculate sth or find the answer to sth 计算；解答：*I'm going to have to nut it out on a piece of paper.* 我要在纸上把它算出来。
SYN **work sth out**
◆ v + adv + n ◆ v + n/pron + adv

nuzzle /ˈnʌzl/

ˌnuzzle ˈup against/to sb/sth to press your head, face, etc. against sb/sth to show affection or keep warm, etc.（用头、脸等）紧贴，挨擦（表示爱意、取暖等）：*He nuzzled up to his mother with a happy sigh.* 他依偎着妈妈，惬意地舒了口气。
◆ v + adv + prep

O o

object /əb'dʒekt/

🔑 **ob'ject to sb/sth; ob'ject to doing sth; ob'ject to sb doing sth** to say that you disagree with, disapprove of or oppose sth 不同意；不赞成；反对: *Many local people object to the new airport.* 当地很多居民反对建设新机场。◇ *I really object to being charged for parking.* 我坚决反对收取停车费。
◆ v + prep

occur /ə'kɜː(r)/

oc'cur to sb if an idea or a thought **occurs** to you, it suddenly comes into your mind （主意或想法）突然出现在脑海，闪现在脑际: *Hasn't it ever occurred to you that he might be lying to you?* 你是否想到过他可能在对你撒谎？◇ *A strange thought suddenly occurred to me.* 当时我忽发奇想。 SUBJ **thought, possibility**
◆ v + prep

offend /ə'fend/

of'fend against sth (*formal*) to go against what people believe is morally right 违反，有悖于（情理）: *The book offends against good taste.* 这本书品位不高。
◆ v + prep

offer /'ɒfə(r); AmE 'ɔːf-, 'ɑːf-/

,offer sth 'up (for sth) to give sth to God 奉献，祭献（给上帝）: *She offered up a prayer for her husband's safe return.* 她祈求上帝保佑丈夫平安归来。
OBJ **prayer, sacrifice**
◆ v + adv + n ◆ v + n/pron + adv (*less frequent*)

ooze /uːz/

,ooze 'out; ,ooze 'out of/'from/'through sth if a thick liquid **oozes out** or **oozes from** somewhere, it flows out slowly （浓液）慢慢淌出，渗出: *Cream was oozing out of the cake.* 奶油从蛋糕中慢慢流出来。◇ *cakes with cream oozing out at the sides* 边缘部分渗出奶油的蛋糕◇ *Blood was oozing from the cut.* 伤口正冒着血。
◆ v + adv ◆ v + adv + prep ◆ v + prep

open /'əʊpən; AmE 'oʊ-/

,open 'into/'onto sth if a door or a room **opens into/onto** sth, it leads directly to it （门或房间）直接通向，通往: *The door opened onto a small yard.* 门外是一个小院。◇ *The kitchen opens into a large sitting room.* 厨房对着大客厅。
◆ v + prep

,open 'off sth if a door or a room **opens off** sth, it connects directly with it （门或房间）与…相连，相通: *Several doors opened off the hall.* 有几道门通往大厅。◇ *The offices opened off the reception area.* 这些办公室和接待区相连。
◆ v + prep

,open 'out 1 (into/onto sth) to become wider or bigger; to become more open and not surrounded by anything 变宽；变大；变得开阔: *The valley opened out in front of us.* 宽阔的山谷展现在我们面前。◇ *The narrow lane opened out into a field.* 狭窄的小路尽头是一大片田野。 **2 (to sb)** (*BrE*) → OPEN UP 1: *He only opened out to her very slowly.* 他慢慢地把话敞开来对她说。 **3** to spread out; to become open and larger or flatter 展开；打开；变得开阔；变得平坦: *The table opens out so that more people can sit at it.* 这张桌子可以打开，让多些人坐下。◇ *The buds on the trees have all opened out.* 树上的花蕾都绽放了。
◆ v + adv

,open sth 'out to spread sth out; to make sth open and flat 展开；摊开: *He opened the map out.* 他铺开了地图。
◆ v + n/pron + adv ◆ v + adv + n

,open 'up 1 (*BrE also* **,open 'out**) **(to sb)** (*informal*) to talk freely and openly about what you feel or think 开怀畅谈；畅所欲言；直抒胸臆: *Will you open up to me and tell me what's worrying you?* 请放开谈谈你的烦恼好吗？ **2** to start firing 开火: *The anti-aircraft guns opened up.* 高射炮开始射击。 **3** (*often used in orders, etc.* 常用于命令等) to open a door 开门: *Open up or we'll break the door down!* 开门，不然就砸门了！
◆ v + adv

,open sb 'up to cut sb open in order to do a medical operation 给…开刀（做手术）: *They opened her up but didn't find anything wrong.* 他们给她开刀，可没发现异样。
◆ v + n/pron + adv ◆ v + adv + n

🔑 **,open 'up; ,open sth 'up 1** to become or to make sth possible, available or able to be reached （使）成为可能，开放: *If you have good qualifications, a whole range of possibilities open up for you.* 如果资历足够，就会有很多发展的机会。◇ *The whole region has been opened up for trade by the new rail link.* 新铁路线把整个地区的贸易搞活了。 ◇ *They opened up the sports hall to house the flood victims.* 他们开放体育馆安置水灾灾民。 ◇ *Writing to penfriends can open up a whole new world.* 和笔友通信能使你大开眼界。 **2** to start a new business 开业；开张: *The company are opening up a new factory in Wales.* 公司将在威尔士开一家新工厂。 OPP **close down, close sth down** **3** to begin business for the day （每天）开门营业: *If you're feeling tired this morning, I'll open up*

(the store). 你今天早上要是觉得累，就由我来开店门吧。 OPP **close up, close sth up** **4** (usually in sport 通常用于体育运动) to develop or start to happen; to produce sth or make sth start to happen 发展；产生；（使）发生: *An increasing gap is opening up between girls and boys in exams.* 男女生的考试成绩差距开始拉大。◇ *United have opened up a three-point lead after five games.* 五场比赛过后，联队以三分领先。 **5** to become wider; to make sth wider, especially sth that has been closed （使）张开，裂开；拓展: *Coughing might open up your wound.* 咳嗽可能震裂你的伤口。◇ *She wished the floor would open up and swallow her* (= because she felt very embarrassed). 她窘得恨不得地上开个口子让她钻进去。◇ *Cutting down the trees opened up the view from the house.* 那些树砍掉后，房子的视野开阔了。
• v + adv • v + n/pron + adv • v + adv + n

ˌopen sth ˈup to make sth that is shut, locked, etc. open 打开；开启: *Can you open up that box of books for me?* 请帮我打开那箱书好吗？
• v + n/pron + adv • v + adv + n

opt /ɒpt; *AmE* ɑːpt/

ˈopt for sth to choose sth; to make a decision about sth 选择；决定: *More students are now opting for computer courses.* 现在更多的学生选修计算机课程。◇ *You can stay in the hotel or opt for one of the bungalows near the beach.* 你可以住在旅馆，或在海滩附近选择一套平房。
• v + prep

ˌopt ˈin; ˌopt ˈinto sth to choose to take part in sth 决定加入；选择参加: *We offer a pension plan, and all staff have the chance to opt in.* 我们提供养老金计划，所有职员均可参加。◇ *The government decided to opt into the new European treaty.* 政府决定加入新的欧洲条约。
OPP **opt out, opt out of sth**
• v + adv • v + prep

ˌopt ˈout; ˌopt ˈout of sth **1** to choose not to take part in sth 决定退出；选择不参加: *You can opt out of the company's pension plan.* 你可以选择不加入公司的养老金计划。 **2** (of a school or a hospital in Britain 英国学校或医院) to choose not to be under the control of the local authority 选择不受地方当局管理: *A majority of parents were in favour of opting out.* 大多数家长赞成教育脱离地方当局管理。
OPP **opt in, opt into sth**
• v + adv • v + adv + prep

▸ **ˈopt-out** *n* (*often used as an adjective* 常用作形容词) **1** the act of choosing not to take part in sth 不参加的决定 **2** (in Britain) the action of a school or a hospital that decides to manage its own money and is therefore no longer controlled by a local authority （英国学校或医院从地方当局管理中的）退出，脱离: *Nurses and health workers voted against the opt-out.* 护士和保健员投票反对脱离地方当局管理。

order /ˈɔːdə(r); *AmE* ˈɔːrd-/

ˌorder sb aˈround (*BrE also* **ˌorder sb aˈbout**) to keep on telling sb to do things in an unpleasant way （不断地）命令，使唤: *Stop ordering me around!* 别再对我呼来喝去了！◇ *Even as a child, he ordered his friends about.* 他从小就爱支使朋友。
• v + n/pron + adv

ˌorder ˈin; ˌorder ˈin sth (*AmE*) to telephone and buy a meal from a restaurant that cooks the food and brings it to you 打电话让餐馆送外卖食物；电话叫（…）外卖: *I'm too tired to cook—let's order in.* 我累得不想做饭了 —— 我们叫外卖吧。◇ *Let's order in Chinese tonight.* 咱们今晚打电话要中餐外卖吧。
• v + adv • v + adv + n

ˌorder sb ˈoff; ˌorder sb ˈoff sth **1** to tell sb to leave sth such as a bus, a train, etc. 命令…离开（公共汽车、火车等）；叫…下车: *The driver ordered the boys off for messing around on the bus.* 几个男孩在公共汽车上捣乱，被司机赶了下去。 **2** **(for sth)** (*especially BrE*) (in a sports game 体育比赛) to make sb leave the field because they have broken the rules of the game 罚…下场: *He was ordered off for arguing with the referee.* 他和裁判发生口角，被罚下场。
OBJ **player** SYN **send sb off (for sth)** (*BrE*)
NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + adv • v + adv + n • v + n/pron + prep

ˌorder ˈout (for sth) (*AmE*) to telephone and buy a meal from a restaurant that cooks the food and brings it to you 打电话让餐馆送外卖食物；电话叫（…）外卖: *We could order out for a Chinese.* 我们可以打电话要份外卖中餐。
• v + adv

own /əʊn; *AmE* oʊn/

ˌown ˈup (to sth/to doing sth) to admit that you are the person responsible for sth that has happened 承认，坦白（过错）: *Nobody owned up to breaking the window.* 没人承认把窗户打破了。
SYN **confess (to sth/to doing sth)** (*more formal*)
➲ note at ADMIT TO STH
• v + adv

P p

pace /peɪs/

ˌpace ˈout sth (*also* **ˌpace ˈoff sth** *less frequent*) to measure sth by taking regular steps across it 以步丈量；步测: *She paced out the length of the room.* 她步测出了房间的长度。
NOTE When the object of **pace out** is a noun, it comes after **out**, but when the object is a pronoun, it comes between **pace** and **out** * pace out 的宾语如果是名词，应置于 out 之后；但如果是代词，应置于 pace 和 out 之间: *To measure your plot, either use a tape measure or just pace it out.* 丈量土地，要么用卷尺，要么就干脆步测。
◆ v + adv + n ◆ v + pron + adv

pack /pæk/

ˌpack aˈway if sth **packs away**, it can be folded up small when you are no longer using it 能折叠；可收拢: *The jacket packs away neatly into its own pocket.* 这件夹克衫可以巧妙地折进衣服口袋里。
◆ v + adv

ˌpack sth aˈway **1** to put sth into a box, cupboard, etc. when you are no longer using it （用后）收拾好；把…装进（盒子、柜子等）里: *We packed away the picnic things and put them in the car.* 我们把野餐用品收拾好放到车里。 **2** (*informal*) to eat a lot of sth 猛吃；胃口大: *She can certainly* ***pack it away!*** 她可真能吃！
SYN **put sth away**
◆ v + n/pron + adv ◆ v + adv + n

ˌpack sb ˈin to attract large numbers of people to a show, a play, etc. （演出、戏剧等）吸引（大批观众）: *The film is still packing in the crowds.* 这部电影依然吸引着大批观众。
OBJ **the crowds**
NOTE Not used in the passive. 不用于被动语态。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌpack sb/sth ˈin; ˌpack sb/sth ˈin/ˈinto sth **1** to do a lot of things, see a lot of people, etc. in a limited period of time 把（要做的事、要见的人等）挤在（有限的时间）里: *She managed to pack a lot of sightseeing into three days.* 她设法用三天时间游览了许多地方。◇ *We packed in a lot yesterday afternoon.* 我们昨天下午做了很多事。 **2** to put a lot of things or people into a limited space 把（大量的人或物）挤在（有限的空间）里: *Somehow we managed to pack everyone in.* 我们总算让每个人都挤了进去。
SYN **cram sb/sth in, cram sb/sth in/into sth**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌpack sth ˈin (*BrE, informal*) **1** to give sth up, especially a job 停止，放弃（尤指工作）: *She's packed in her job as a teacher.* 她辞去了教师工作。◇ *Smoking's bad for you. You ought to pack it in.* 吸烟有害健康。你应该戒掉。◇ *I was so depressed I felt like* ***packing it all in.*** 我心灰意冷，想彻底放弃。 OBJ **job** SYN **chuck sth in/up** (*BrE*), **jack sth in** (*BrE*), **give sth up** → see also PACK UP, PACK STH UP 2; ⊃ note at GIVE UP, GIVE STH UP **2** **ˌpack it ˈin** used to tell sb to stop behaving badly or doing sth that is annoying you （用于劝告）住手，收敛点，别烦人: *Just pack it in, will you?* 规矩点，行不?
◆ **1** v + adv + n ◆ v + n/pron + adv
◆ **2** v + it + adv

ˌpack ˈinto sth if people **pack into** a place, they go there in large numbers and fill it completely （人）挤进…里；使爆满: *All six of us packed into the tiny car.* 我们六个都挤进了小车。◇ *More than 70 000 people packed into Trafalgar Square on New Year's Eve.* 除夕有 7 万多人涌入特拉法尔加广场。
SYN **cram into sth**
◆ v + prep

ˌpack sb/sth ˈinto sth → PACK SB/STH IN, ETC.

ˌpack sb ˈoff (to ...) (*informal*) to send sb away, especially because you do not want them with you 把…打发走，把…赶走（到某处）: *She was packed off to boarding school at the age of eight.* 她八岁就被送进了寄宿学校。◇ *He packed the children off to bed.* 他打发孩子们去睡觉了。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌpack sth ˈout (*BrE*) if a show, a performer, etc. **packs out** a place, large numbers of people go to see it/them （表演、演员等）吸引大批观众，使满座: *The band packs out venues all over the country.* 这支乐队在全国各地的演出都是观众爆满。◇ *The movie has been packing out cinemas for weeks.* 这部电影使影院连续几周爆满。
◆ v + adv + n ◆ v + n/pron + adv
▶ **ˌpacked ˈout** *adj* (*BrE*) very full 爆满的；挤得水泄不通的: *The town is packed out with tourists in the summer.* 夏天城里游人如织。◇ *a packed-out stadium* 挤得水泄不通的体育场

ˌpack ˈup (*BrE, informal*) if a machine, an engine, etc. **packs up**, it stops working （机器、发动机等）失灵，出故障:*My car's packed up again.* 我的车又坏了。
SYN **break down; give out**
◆ v + adv

ˌpack ˈup; ˌpack sth ˈup 1 to put your possessions, equipment, etc. into bags or boxes before you leave a place 打点行李；收拾行装: *It's time to pack up and go home.* 该收拾东西回家了。◇ *All our things were packed up, waiting to be moved.* 我们所有东西都打包好了等着运走。 OBJ **things, belongings 2** (*BrE, informal*) to stop doing sth, especially a job 停止；放弃；辞掉: *He used to smoke but he packed up last year.* 他抽过烟，但去年戒掉了。◇ *You'd feel better if you packed up smoking.* 把烟戒了，你就会感觉好些的。◇ *When did you pack up your job at the shop?* 你什么时候辞去了店里的工作？ OBJ **smoking, work, job** SYN **give sth up** → see also PACK STH IN 1
• v + adv • v + adv + n • v + pron + adv • v + n + adv (*rare*)

package /ˈpækɪdʒ/

ˌpackage sth ˈup (*especially AmE*) to wrap sth and make it into a package so that you can send it somewhere 将…包裹好: *She packaged up his books and mailed them to him.* 她把他的书包好，邮寄给了他。
SYN **parcel sth up** (*BrE*)
• v + adv + n • v + n/pron + adv

pad /pæd/ (-dd-)

ˌpad sth ˈout (with sth) 1 to put soft material into a piece of clothing in order to change its shape 给（衣服）加（软填料）: *She padded the costume out with foam.* 她给戏服填衬了泡沫材料。 **2** to make sth, such as a book, an article, a speech, etc., longer by adding unnecessary material （用废话）拉长（书、文章、讲话等）；充篇幅: *I padded out the article with lots of quotations.* 我在文章中塞进了大量引语。
• v + adv + n • v + pron + adv • v + n + adv

page /peɪdʒ/

ˌpage ˈdown/ˈup (*computing*) to move forward/backwards in a computer document, web page, etc. （计算机文档、网页等）向前 / 向后翻页: *You can page up or down using the scroll bar at the side of the screen.* 用屏幕旁边的滚动条可以上下翻页。
• v + adv

ˌpage ˈthrough sth (*AmE*) to turn the pages of a book, a magazine, etc. and look at them without reading them in detail 浏览；翻阅: *She paged through the report looking for her name.* 她翻看报告，查找自己的名字。
SYN **leaf through sth**
• v + prep

ˌpage ˈup → PAGE DOWN/UP

paint /peɪnt/

ˌpaint sth ˈout (*especially BrE*) to cover sth, such as a mark, part of a picture, etc. by putting paint on top of it so that no one can see it （用油漆、涂料等）涂掉，刷掉: *The markings on the plane had been hurriedly painted out.* 飞机上的标志被匆匆涂抹掉了。
• v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˌpaint ˈover sth to cover sth with a layer of paint （用油漆、涂料等）覆盖，遮盖: *We'll have to paint over the dirty marks on the wall.* 我们得刷层油漆把墙上的污斑涂抹掉。◇ *I don't like the way the painting has turned out so I'll just paint over it.* 我不喜欢这幅画的效果，我就干脆在上面再画。◇ *The name had been painted over.* 名字用颜料涂掉了。
• v + prep

ˌpaint sth ˈup to paint sth, decorating it in a bright, attractive way （刷油漆、颜料等）粉刷装饰: *Their house had been painted up in amazing colours.* 他们的房子粉刷得五颜六色。◇ *The bus was painted up with advertisements.* 公共汽车上刷了广告。
• v + n/pron + adv • v + adv + n

pair /peə(r); AmE per/

ˌpair ˈoff; ˌpair sb ˈoff (with sb) to form a pair or pairs, especially in order to have a romantic relationship; to bring two people together in this way （使）结对，配对，成为恋人: *By the end of the course, everyone had paired off.* 课程结束时大家都成双结对了。◇ (*especially BrE*) *They tried to pair their daughter off with the neighbour's son.* 他们想撮合女儿和邻居的儿子。
• v + adv • v + n/pron + adv • v + adv + n

ˌpair ˈup; ˌpair sb ˈup (with sb/sth) to form a pair or pairs (with sb/sth) in order to work, play a game, etc. together; to bring two people together for this purpose （工作、比赛等中）组对，配对；使配对: *The job is a lot easier if you pair up with someone else.* 你如果找个人搭档，这活儿就轻松多了。◇ *Writers have been paired up with artists to write articles on paintings.* 作家和艺术家联手作画赋文。
• v + adv • v + n/pron + adv • v + adv + n

pal /pæl/ (-ll-)

ˌpal aˈround (with sb) (*AmE*) to become friends with sb and spend time with them （和某人）结伴，共度时光: *I used to pal around with Brad.* 我以前常和布拉德一起玩儿。
• v + adv

ˌpal ˈup (with sb) (*BrE*) to become friends with sb （和某人）结成朋友: *They palled up at college.* 他们是在大学结为好友的。
• v + adv

palm /pɑːm/

ˌpalm sb ˈoff (with sth) (*informal*) **1** to persuade sb to believe an explanation for sth that is not true, in order to stop them asking questions or complaining （为制止某人提问或抱怨而用托词）敷衍，骗过: *Don't let him palm you off with an excuse.* 别听他找借口搪塞你。 **2** to persuade sb to accept sth that has little value or is not what they really want 向某人骗售（无价值或不需要的东西）: *Make sure he doesn't palm you off with faulty goods.* 当心别

让他以次充好把劣质产品卖给你。
SYN fob sb off (with sth)
◆ v + n/pron + adv ◆ v + adv + n

ˌ**palm sth ˈoff as sth** (*informal*) to persuade sb that sth is better than it really is, or is sth different, especially in order to sell it (尤指售出) 把…充作…; 以次充好; 以假乱真: *She was trying to palm copies off as original paintings.* 她企图以复制品假冒原画出售。
◆ v + n/pron + adv + prep

ˌ**palm sb/sth ˈoff on/onto sb** (*informal*) to get rid of sb/sth that you do not want by persuading sb else to accept them/it (把自己不想要的人或物) 推诿给, 塞给: *He tried to palm his uncle off on me for the whole afternoon.* 他花了整整一下午时间想把他叔叔硬推给我。◇ *I think she palmed off the stolen necklace on some unsuspecting old lady.* 我想她把偷来的项链脱手给了一位毫无戒心的老太太。
◆ v + n/pron + adv + prep ◆ v + adv + n + prep

pan /pæn/ (-nn-)

ˌ**pan ˈout** (*informal*) (of events or a situation 事件或局面) to develop in a particular way 发展; 成为: *I don't know why things panned out the way they did.* 我不明白事情为何搞成这样。◇ *How do you see your career panning out?* 你怎样看你的职业前景?
SYN turn out
◆ v + adv

pander /ˈpændə(r)/

ˈ**pander to sb/sth** (*disapproving*) to try to please sb by doing or providing what they want although you know it is probably wrong to do so 逢迎; 投…所好: *He panders to her every whim.* 他对她百依百顺。◇ *His movies never pandered to public taste.* 他的电影从不迎合公众的口味。◇ *I don't think children should be pandered to.* 我觉得不应该迁就孩子。
◆ v + prep

panic /ˈpænɪk/ (-ck-)

ˈ**panic sb into sth**; ˈ**panic sb into doing sth** to make sb do sth too quickly because they are afraid 使因恐慌而仓皇行事: *Don't let them panic you into a decision.* 别被他们吓得匆忙作决定。◇ *She refused to be panicked into making rash promises.* 她不肯因为害怕而草率承诺。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

paper /ˈpeɪpə(r)/

ˌ**paper ˈover sth** **1** to cover sth such as a wall with thick paper in order to hide sth 用纸裱糊住; 用厚纸遮盖: *We papered over the stains on the wall.* 我们把墙上的污斑用纸糊上了。**2** to hide sth such as a problem, a disagreement, etc., especially quickly or not very well 慌忙掩盖, 权且掩饰 (问题、分歧等): *The divisions in the party had been papered over during the election campaign.* 竞选期间, 该党的内部分歧被暂时掩盖了。
◆ v + prep
IDM **paper over the ˈcracks (in sth)** to try to hide a problem or fault, especially in a way that is unlikely to be successful (拙劣地) 掩盖, 粉饰 (问题或过失)

parachute /ˈpærəʃuːt/

ˌ**parachute sb ˈin**; ˌ**parachute sb ˈinto sth** to put sb from outside an organization into a senior position in the organization 把 (外部人员) 空降 (至某机构出任高级职位): *She was parachuted in last year to resolve the pensions crisis.* 去年她被紧急调来解决养老金危机。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

parcel /ˈpɑːsl; *AmE* ˈpɑːrsl/ (-ll-, *AmE* -l-)

NOTE A **parcel** is something that is wrapped in paper so that it can be sent by mail, carried easily, or given as a present. * parcel 指用于邮寄或作为礼物的包裹。

ˌ**parcel sth ˈoff** to sell or transfer a set of things that are part of a larger set 分批出售; 分期转让: *They'll parcel off some of the stores to the other companies.* 他们将把部分店铺分批出售给其他公司。
◆ v + n/pron + adv ◆ v + adv + n

ˌ**parcel sth ˈout** to divide sth into parts 把…分成 (若干份); 划分: *They parcelled out the land into small plots.* 他们把地分成了若干小块。◇ *The work was parcelled out among the staff.* 工作分派给了各职员。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌ**parcel sth ˈup** (*BrE*) to wrap sth and make it into a parcel 包裹好; 打包: *She parcelled up the books ready to send.* 她把书包起来准备寄走。
SYN **package sth up** (*especially AmE*), **wrap sth up**
NOTE **Parcel sth** on its own is used less often with the same meaning. * parcel sth 也单独使用作此义, 但不常见。
◆ v + adv + n ◆ v + n/pron + adv

pare /peə(r); *AmE* per/

ˌ**pare sth aˈway/ˈoff** to remove the thin outer layer from sth in thin strips 削皮; 去皮: *Pare off the rind from the orange using a sharp knife.* 用快刀子削去橙子皮。◇ (*figurative*) *Their rights had been pared away under the last three kings.* 此前三任国王统治期间, 他们的权利被一层层地剥夺了。
NOTE **Pare sth** can also be used on its own with this meaning * pare sth 也可单独使用作此义: *Pare the rind from the lemons.* 给柠檬去皮。◇ *thinly pared rind* 削得薄薄的皮
◆ v + adv + n ◆ v + n/pron + adv

,pare sth 'down (*also* **,pare sth 'back** *less frequent*) **(to sth)** to gradually reduce sth considerably in size or amount 逐步大量缩减；逐步大幅降低：*We've pared our expenses down to a minimum.* 我们已把开支削减到最低限度。
SYN **cut sth back; cut sth down (to sth)**
NOTE **Pare sth** can also be used on its own with this meaning * pare sth 也可单独使用作此义：*We pared costs by doing much of the work ourselves.* 我们自己承担了很多工作，以大幅压缩成本。
◆ v + n/pron + adv ◆ v + adv + n

parlay /ˈpɑːleɪ; *AmE* ˈpɑːrleɪ/

,parlay sth 'into sth (*AmE, informal*) to use an advantage that you have, such as money or a skill, in order to get sth or make it worth more 利用（金钱、技术等优势）获得；使（优势）增值为：*He parlayed his relationship with his boss into an important job.* 他利用和老板的关系得到了一份重要工作。
◆ v + n/pron + prep

part /pɑːt; *AmE* pɑːrt/

'part with sth to give sth away that you would prefer to keep 割舍；放弃：*It was my grandmother's necklace and I'll never part with it.* 那是我奶奶的项链，我决不会割爱。◇ (*humorous*) *We won't be sorry to part with that old sofa.* 我们不会舍不得把那套旧沙发处理掉的。◇ *He hates parting with* (= spending) *his money.* 他不舍得花钱。
OBJ **money**
◆ v + prep

partake /pɑːˈteɪk; *AmE* pɑːrˈt-/ (**partook** /-ˈtʊk/, **partaken** /-ˈteɪkən/)

par'take of sth (*old-fashioned* or *humorous*) to eat or drink sth 吃；喝：*Would you care to partake of some refreshment?* 你想吃些点心吗？
◆ v + prep

partition /pɑːˈtɪʃn; *AmE* pɑːrˈt-/

par,tition sth 'off to separate one area, one part of a room, etc. from another with a wall or screen （用墙或屏风把一个区域、房间等）分割，隔开：*The dining area is partitioned off with screens.* 吃饭的地方是用屏风隔出来的。
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

partner /ˈpɑːtnə(r); *AmE* ˈpɑːrtnər/

,partner 'up (with sb) to join one other person in order to play a game, dance, etc. （和某人）搭档，合作，结对（游戏、跳舞等）：*Our dancing coach got us to partner up.* 舞蹈教练让我们找好舞伴。◇ *Who have you partnered up with?* 你和谁搭档的？
◆ v + adv

pass /pɑːs; *AmE* pæs/

🔑 **,pass sth a'round, ,pass sth a'round sth** (*BrE also* **,pass sth 'round, ,pass sth 'round sth**) to offer sth to each person in a group 把…传递给（…中的）每个人：*Would you mind passing the sandwiches round?* 请您把三明治递给大家好吗？◇ *A picture was passed around the class.* 班上的同学传看一幅画。
SYN **hand sth round, hand sth around**

SYNONYMS 同义词辨析

pass away

die ◆ pass away ◆ perish ◆ bite the dust

These verbs all mean to stop living. 这些动词都表示死亡。

die to stop living 死；死亡：*Her father died of cancer.* 她父亲死于癌症。◇ *Her husband died suddenly last week.* 她丈夫上周突然去世。

pass away to die 逝世；辞世；亡故：*His mother passed away last year.* 他母亲去年过世了。

perish (*formal* or *literary*) to die, especially in a sudden violent way 丧命；横死；暴卒：*A family of four perished in the fire.* 一家四口命丧火灾。◇ *Thousands perished at the hands of the invading forces.* 在入侵军队手中，数千人罹难。

bite the dust (*informal, humorous*) to die 翘辫子；上西天：*At the end of the film the baddies all bite the dust.* 在电影结尾，坏蛋都丢了性命。

WHICH WORD?

People say **pass away** to avoid saying 'die'. **Perish** is usually used in texts describing the results of war and accidents. **Bite the dust** is used humorously, and so should usually be avoided when talking about real people. It can be used to talk about businesses, plans, etc.
* pass away 是 die 的委婉语。perish 通常用于描写战争和事故的后果。bite the dust 用于开玩笑打趣，因此通常应避免用于指真人，可用于指公司、计划等。

PATTERNS AND COLLOCATIONS

- to die/perish **of/from** sth
- to die/perish **in an accident, a fire, etc.**
- to die/pass away **peacefully**

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˈ**pass as sb** → PASS FOR/AS SB

ˌpass aˈway **1** (*also* **ˌpass ˈon**) people say **pass away** to avoid saying 'die' (die 的委婉语) 逝世，亡故: *She passed away peacefully in her sleep.* 她是在睡梦中安详地去世的。 **2** to disappear 消失: *Many of these customs have passed away.* 这些风俗有很多已消失了。

◆ v + adv

ˌpass beˈtween sb if sth such as a look, a word, etc. **passes between** two people, they look quickly at each other, speak to each other, etc. （两人之间）互传（神色、言语等）: *A look of understanding passed between Ann and Carla.* 安和卡拉心照不宣地交换了一下眼神。◇ *I never knew what passed between them* (= what they said to each other) *on that day.* 我根本不知道那天他们之间说了些什么。

◆ v + prep

ˌpass ˈby if time **passes by**, it goes past （时间）过去，逝去: *The weeks passed by and she didn't call.* 几个星期过去了，她没有打电话过来。

SYN **go by**

NOTE **Pass** on its own is used more frequently * pass 单独使用更常见: *The weeks passed.* 几个星期过去了。

◆ v + adv

ˌpass ˈby; ˌpass ˈby sb/sth to go past sb/sth without stopping 通过；从…旁边经过: *He saw the procession pass by.* 他看见队伍走过。◇ *The boat passed close by the island.* 那艘小船紧挨着岛驶过。

SYN **go by, go by sb/sth**

NOTE **Pass** and **pass sb/sth** are also used on their own * pass 和 pass sb / sth 也单独使用: *We watched the procession pass.* 我们看着队伍走过。

◆ v + adv ◆ v + prep

▶ ˈ**bypass** *n* **1** a road that goes around a town, etc. and which is intended to keep traffic out of the town centre （绕过市中心等的）旁道，外环道 **2** a medical operation on the heart in which blood is directed along a different route so that it does not flow through a part that is damaged or blocked; the new route that the blood takes （给心脏接旁通血管的）分流术，搭桥术；旁通管: *a bypass operation* 搭桥手术

▶ ˌ**passer-ˈby** *n* a person who is walking past sb/sth, especially when sth unexpected happens （尤指出现意外时的）过路人，路人: *Several passers-by stopped to help.* 几位过路人停下来帮忙。

ˌpass sb/sth ˈby to happen without affecting sb/sth 对…没有影响: *She feels that life is passing her by* (= that she is not enjoying the opportunities and pleasures of life). 她觉得人生的机遇乐趣都与她无缘。◇ *The whole business passed him by* (= he was hardly aware that it was happening). 他对发生的事全然不知。

◆ v + n/pron + adv

ˌpass sth ˈdown (to sb) to give sth or teach sth to your children or people who are younger than you, who will then give or teach it to their children, etc. 把…传下来；使相传；流传: *These stories were passed down from one generation to the next.* 这些故事世代相传。◇ *Some of the furniture has been passed down through the family.* 有些家具是一代代传下来的。

SYN **hand sth down (to sb)**

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

ˈ**pass for sth** (*disapproving*) used to say that although sth is said to be a particular thing, you do not think it is good enough to be called that 名义上称作；充作: *I got used to drinking what passes for tea in that part of the world.* 我喝习惯了那个地方所谓的茶。

◆ v + prep

ˈ**pass for/as sb** to be so much like another person, or another type of person, that people could easily think you were that person or type （因相似）被当作，被认为是（某人或某类人）: *He speaks French well enough to pass for a Frenchman.* 他法语说得好，很容易被当成法国人。◇ *She's in her forties but she could pass for ten years younger.* 她四十来岁了，但看上去要年轻十岁。◇ *They could pass as twins.* 他俩长得像双胞胎。

◆ v + prep

ˈ**pass into sth** (*formal*) to become a part of sth 成为…一部分；融入；纳入: *Many foreign words have passed into English.* 许多外来词已被英语吸收了。

◆ v + prep

ˌpass ˈoff (*BrE*) **1** **[+ adv/prep]** if an event **passes off** in a particular way, it takes place and is finished in the way mentioned （事件以特定方式）发生，结束，进行、完成: *The election has passed off without incident.* 选举顺利结束了。◇ *The celebrations passed off peacefully.* 庆祝活动平静地结束了。 **2** if pain, the effects of a drug, etc. **pass off**, they gradually disappear （疼痛、药效等）逐渐消失，消退: *The symptoms should pass off within 24 hours.* 症状应该在 24 小时内消失。

◆ v + adv

ˌpass sth ˈoff to act as if a difficult or awkward remark or situation is less important than you really think it is 对（困难、尴尬的话语或状况）淡化处理；从容应对: *He had really upset her, but she smiled and tried to pass it off.* 他着实让她难过，但她笑了笑，尽量不去理会。◇ *He managed to pass the question off lightly.* 他把那个问题轻轻带过，就算应付过去了。

◆ v + n/pron + adv ◆ v + adv + n

ˌpass sb/sth ˈoff as sb/sth; ˌpass yourself ˈoff as sb/sth to pretend that sb or sth is sth that they are not 装作；假装；佯装: *She tried to pass the picture off as an original.* 她企图用那张画冒充原作。◇ *He succeeded in passing himself off as a doctor.* 他假冒医生得逞了。

• v + n/pron + adv + prep • v + adv + n + prep (*less frequent*)

,pass 'on 1 (**to sth**) (*BrE*) to begin a new activity, discussion, etc. 开始（下一项活动、讨论等）: *Let's pass on to the next item on the agenda.* 我们进入下一项议程吧。◇ *If you can't answer one question, pass on to the next.* 如果某个问题回答不上来，就去回答下一个。 SYN **move on** (**to sth**) **2** → PASS AWAY 1
• v + adv

,pass sth 'on (**to sb**) **1** to give sth to sb else, especially after receiving or using it yourself 转交；（接到或使用…之后）递给，传给: *I'll pass this book on to you when I've finished with it.* 我看完这本书后就给你。◇ *I'll pass on your news to the rest of the family.* 我会把你的消息带给家里人的。 SYN **hand sth on** (**to sb**) **2** to give sth that you have, such as a disease, a quality, etc. to sb else 把（疾病）传染给；将（品质等）传给: *HIV can be passed on from parent to child.* 艾滋病病毒可能由父母传染给子女。◇ *Parents pass these attitudes on to their children.* 父母的这些观念会传给孩子。 **3** if a company, a shop/store, etc. **passes on** higher or lower costs to its customers, it makes them pay more or less for sth 把（成本）转嫁给（顾客）: *The supermarket did not pass on its profit to customers by cutting prices.* 超市没有削减价格向顾客让利。
• v + n/pron + adv • v + adv + n

,pass sb 'on to sb to arrange for sb else to help or deal with a particular person 把某人交给他人；安排他人接手: *I'm afraid I can't answer your question, but I'll pass you on to my colleague.* 恐怕我不能回答你的问题，不过我可以请我的同事回答。
• v + n/pron + adv + prep

,pass 'out 1 to become unconscious 昏迷；晕倒；失去知觉: *He almost passed out with the pain.* 他痛得快要昏死过去了。 SYN **black out**; **faint** → see also COME ROUND/COME TO **2** (*also* **,pass 'out of sth**) (*BrE*) to leave a military after completing a course of training （从军校）毕业
• v + adv **2** also v + adv + prep

,pass sth 'out (**to sb**) to give something to each person in a group 分发；分配: *The teacher asked me to pass the books out.* 老师让我把书发给大家。
SYN **give sth out; hand sth out** (**to sb**)
• v + n/pron + adv • v + adv + n

,pass 'over sb (**for sth**) to not consider sb for a better job, especially when they deserve it or think they deserve it （升职等时）忽视，不考虑（应获提升或自认应获提升的人）: *I was passed over for promotion again.* 晋升又没有考虑我。◇ *He was passed over in favour of a younger man.* 他未获擢升，一个比他年轻的人却受提拔了。
NOTE When the object of **pass over** is a noun, it comes after **over**, but when the object is a pronoun, it comes between **pass** and **over** * pass over 的宾语如果是名词，应置于 over 之后；但如果是代词，应置于 pass 和 over 之间: *Her distinguished career made it impossible to pass her over.* 她出色的工作业绩使她获得升迁。 Often used in the passive. 常用于被动语态。
• v + adv + n • v + pron + adv

,pass 'over sb/sth 1 to move over the top of sb/sth 在…上方经过: *The planes pass directly over the hospital.* 飞机从医院的正上方飞过。◇ *The eye of the storm was passing over us.* 那时暴风中心正从我们上方通过。 **2** to ignore or avoid sth 忽略过去；对…不予考虑: *They chose to pass over her rude remarks.* 他们决定不理会她的出言不逊。◇ *For years this painting was passed over by experts.* 这幅画多年被专家冷落在一边。 SYN **ignore sb/sth**
• v + prep

▶ **'overpass** *n* (*especially AmE*) a bridge that carries one road or railway above another; a bridge over a road for people who want to cross 立交桥；天桥: *Don't try to cross the highway—use the overpass.* 别横穿公路 —— 从天桥上走。

,pass sb/sth 'over (**to sb**) **1** to give sth to sb, especially when they ask for it or you do not want it any more; to give sb, or the responsibility for sb, to sb else 将…交给（某人）；让（某人）照看；由（某人）掌管: *Jeff passed the phone over so that I could speak to Clare.* 杰夫把电话递给我，让我和克莱尔讲话。 ◇ *The doctor passed the baby over to the nurse.* 医生把婴儿交给护士照料。◇ *Control of the budgets has been passed over to individual schools.* 预算管理权已交给了各学校。 SYN **hand sb/sth over** (**to sb**) **2** to let sb listen or speak to sb else when you have finished talking （讲完之后）让（某人）听（别人）讲话，让（某人）与（别人）说话: *If there are no more questions, I'll pass you over to Ted.* 如果没有其他问题问我，下面有请特德给你们讲话。 SYN **hand over to sb, hand sb over to sb**
• v + n/pron + adv • v + adv + n

,pass sth 'round, etc. (*BrE*) → PASS STH AROUND, ETC.

,pass 'through; ,pass 'through sth to go or travel through a place, only stopping for a short time 经过；路过: *We're not staying here, we're just passing through.* 我们只是路经此地，不会久留的。◇ *We passed through Paraty on our way to Rio.* 我们去里约时途经帕拉蒂。
• v + adv • v + prep

,pass 'through sth (*especially BrE*) to experience a particular kind of situation or period of time, especially a difficult or unpleasant one, and develop during it 经受；遭受: *She passed through a difficult period after her divorce.* 她离婚后一度备受煎熬。◇ *The industry is passing through a period of change.* 该行业正经历着一场变革。
OBJ **period, stage** SYN **go through sth**
• v + prep

'pass to sb/sth to begin to be owned by sb new 易手；易主: *When she died, the house passed to her niece.* 她去世后，房子归了她侄女。

◆ v + prep

ˌpass sth ˈup (*informal*) to decide not to take advantage of an opportunity, an offer, etc. 放过，不要（机会、提议等）：*She passed up the chance of a trip to Rome.* 她放弃了去罗马的机会。◇ *Imagine passing up an offer like that!* 真想不到居然放弃人家提供的大好机会！

OBJ opportunity, chance, offer

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

pat /pæt/ (-tt-)

ˌpat sb ˈdown (*AmE*) (of a police officer, etc.) to feel sb's body, legs, arms, etc. with your hands in order to check whether the person has a gun （警察等）对…进行搜身检查（以确定是否带枪）：*The policeman had stopped two teenagers and was patting them down.* 警察拦住了两名少年，正在搜他们的身。

SYN frisk sb; search sb

◆ v + adv + n ◆ v + n/pron + adv

▶ **ˈpat-down** *n* (*AmE*): *Five or six passengers were given pat-downs as they entered the station.* 进站时五六名乘客接受了搜身检查。

patch /pætʃ/

ˌpatch sb/sth ˈthrough to connect telephone or electronic equipment temporarily （暂时）接通，连通（电话或电子设备）：*The radio was patched through to army headquarters.* 无线电接通了陆军总部。

◆ v + n/pron + adv

ˌpatch sth toˈgether to arrange sth quickly, especially by putting several different parts together, without taking any care over it 匆匆拼凑；草草拼合：*An interim government was quickly patched together.* 临时政府仓促组建起来。

◆ v + adv + n ◆ v + n/pron + adv

ˌpatch sb/sth ˈup to give quick or temporary medical treatment to sb who is injured 匆忙处理；暂时包扎：*They patched him up and sent him back onto the field* (= for example in a game of football). 他们给他处理了一下伤口，就让他回到了赛场。◇ *The doctor did his best to patch up their wounds.* 医生尽最大努力很快给他们包扎了伤口。

◆ v + n/pron + adv ◆ v + adv + n

ˌpatch sth ˈup 1 to repair sth, especially quickly or temporarily （尤指快速或暂时）修理，修补：*The car was patched up and resold.* 汽车草草修理了一下又卖掉了。◇ *We patched up the hole in the roof and got it repaired the next day.* 我们堵了堵屋顶的洞，第二天找人把它修好了。 **2** to end an argument or disagreement with sb and be friends again 平息（争论）；消除（分歧）；重归于好：*They patched up their differences.* 他们消除了分歧。◇ *Can't you two try to **patch things up**?* 你们俩就不能尝试和好吗？ **OBJ differences, quarrel, things 3** to agree on sth, especially after long discussions and even though the result is not as good as hoped 勉强同意；求同存异：*They managed to patch up a peace.* 他们好歹达成了和解。

◆ **1** v + n/pron + adv ◆ v + adv + n

◆ **2,3** v + adv + n ◆ v + n/pron + adv

paw /pɔː/

NOTE An animal's **paw** is its foot. * paw 指动物的爪。

ˈpaw at sb/sth (*informal*) if an animal **paws** at sb/sth, it touches sb/sth repeatedly with its paw （动物不停地）用爪子抓，用蹄子扒：*a horse pawing at the ground* 蹄子不停地刨着地的马 ◇ (*figurative*) *One of the children was pawing at my sleeve.* 有个孩子一个劲儿地拽我的袖子。

◆ v + prep

pawn /pɔːn/

ˌpawn sth ˈoff as sth to pretend that sth is better, more valuable, etc. than it really is 把…充作…；假冒；以次充好：*There is so much misinformation pawned off as fact these days.* 如今很多虚假信息被当成事实。

◆ v + n/pron + adv + prep ◆ v + adv + n + prep

ˌpawn sth ˈoff on sb (*AmE*) to get rid of sb/sth that you do not want by persuading sb else to accept them/it 把（自己不想要的人或物）推诿给（或塞给）：*New economies are trying to pawn off old processes on poorer countries.* 新兴经济体竭力把旧工艺转让给贫困国家。

◆ v + n/pron + adv + prep ◆ v + adv + n + prep

pay /peɪ/ (paid, paid /peɪd/)

🔑**ˌpay sb ˈback (for sth/for doing sth)** to punish sb because they have made you or sb else suffer 报复；回击：*I'll pay him back for getting me into trouble!* 他给我惹了麻烦，我非治治他不可！

SYN get back at sb (for sth/for doing sth)

◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

▶ **ˈpayback** *n* [C, U] a reward or a punishment that sb receives for sth they have done 报答；报复

🔑**ˌpay sb ˈback**; **ˌpay sth ˈback (to sb)** to return money that you have borrowed from sb 还钱（给某人）；偿付（借款）：*I'll pay you back next week.* 我下周把钱还给你。◇ *She's trying to pay the loan back over five years.* 她争取五年内分期偿还贷款。◇ *He'll never be able to pay back the money.* 他永远也还不起那笔钱。

SYN repay sb (sth), repay sth (to sb) (*more formal*)

NOTE In informal language **pay sb back sth** and, less often, **pay sb sth back** are also used on their own 非正式用语中 pay sb back sth 和 pay sb sth back 也单独使用，后者较不常用：*When are you going to pay me back that $100 you owe me?* 你打算什么时候还欠我的 100 元？◇ *Can you pay me that money back soon?* 你早点儿把钱还给我好吗？

◆ v + n/pron + adv ◆ v + adv + n

▶ **ˈpayback** *n* [C, U] the money that you receive back on money that you have invested; the time that it takes to get your money back 回报；回报期：*I'm waiting to get*

the maximum payback on my investment. 我等着获得最大的投资回报。◇ *a ten-year payback* 十年的回报期

ˌpay sth ˈdown to give an amount of money as the first payment for sth 付…作为首期款; 先支付: *You can pay $200 down and the rest in 12 monthly instalments.* 你可以付 200 元的首期，其余的分期 12 个月支付。
• v + adv + n • v + n/pron + adv

ˈpay for sth 1 (*also* **ˈpay sb for sth**) to give sb money for work, goods, services, etc. 为…付钱（给某人）: *I'll pay for the tickets.* 票款由我来付。◇ *You need to pay Paul for all that work he did for you.* 保罗给你干了那么多活儿，你得付他工钱。 **2** to suffer or be punished for sth wrong that you have done or said, or for sth you believe 为（做错的事、说错的话或相信的事）吃苦头（或受惩罚）: *Someone's going to pay for this!* 一定得有人为这事付出代价！◇ *They are **paying dearly for** their mistake.* 他们正因其自身失误大吃苦头。 OBJ **mistake, crime**
• v + prep

ˌpay sth ˈin; ˌpay sth ˈinto sth to put money into a bank account 存（钱）; 存（钱）入（账户）: *I had to go to the bank to pay a cheque in.* 我得去银行存入一张支票。◇ *Her wages are paid directly into her account.* 工资直接存入她的账户。
OBJ **cheque, money** SYN **deposit sth (in sth)**

(*more formal*)
• v + n/pron + adv • v + adv + n • v + n/pron + prep

ˌpay ˈoff if sth that involves risk **pays off**, it is successful and brings the results that you want（冒险的事）成功，奏效，达到目的: *The gamble paid off.* 这次赌赢了。◇ *Their hard work is beginning to pay off.* 他们的辛劳开始有了成果。◇ *All the training you've been doing seems to have **paid off handsomely*** (= has had very good results). 你接受的那些训练似乎大有成效。
• v + adv
▶ **ˈpay-off** *n* (*informal*) a reward or a benefit that you receive as a result of sth you do 报偿; 收益: *What are the pay-offs of working at home?* 在家工作有什么好处?

ˌpay sb ˈoff 1 to give sb money to persuade them not to do sth or not to tell sb about sth illegal or dishonest you have done 用钱封…的口; 买通: *She refused to be paid off.* 她拒绝被人收买。 SYN **buy sb off 2** to pay sb the money they have earned and dismiss them from their job 付清工资后解雇; 发薪遣散: *The store has paid off many of the full-time staff and offered them part-time work.* 商店结清工资后解雇了很多全职员工，然后让他们做兼职工作。
• v + n/pron + adv • v + adv + n

SYNONYMS 同义词辨析

pay (sth) out

cough (sth) up • fork out (sth) • pay (sth) out • pay up • shell (sth) out

These verbs all mean to give money to pay for goods or services. 这些动词都表示付钱、付账。

cough (sth) up (*informal*) to pay or give money unwillingly （不情愿地）付账，给钱: *His family shouldn't have to cough up for his gambling debts.* 他的家人不必替他还赌债。◇ *She finally coughed up the money she owed us.* 她终于把欠我们的钱还了。

fork out (sth) (*informal*) to spend a lot of money on sth, especially unwillingly （尤指不情愿地）大把掏钱，破费: *Furious rail passengers had to fork out for taxis.* 怒气冲冲的铁路乘客不得不花冤枉钱去坐出租车。◇ *We've forked out a small fortune on home improvements.* 我们花了不少的钱修缮房屋。

pay (sth) out to pay a lot of money for sth or to sb 付出巨款; 花大价钱: *I had to pay out £500 to get my car repaired.* 我花了 500 英镑才把车修好。 NOTE **Pay** can be used on its own * pay 可单独使用: *I had to pay £500 to get my car repaired.* 我花了 500 英镑才把车修好。

pay up (*not formal*) to pay all the money that you owe to sb, especially when you do not want to or when the payment is late （尤指不情愿地或逾期）还清欠债: *I had a hard time getting him to pay up.* 我费了不少功夫才让他把钱还了。

shell (sth) out (*informal*) to spend a lot of money on sth （为…）大把掏钱，破费: *The band shelled out $100 000 for a mobile recording studio.* 乐队耗资 10 万元购置了移动录音室。

WHICH WORD?

You **fork out** for sth more unwillingly than you **shell out** for sth. You can **cough up** money that you or sb else owes. You cannot **pay up** for sb else's debts, only your own. **Pay up** does not take an object. 与 shell out 相比，fork out 包含的不情愿意味更强。cough up 可指本人还债或替别人还债。pay up 不表示替别人还债，仅指归还本人的欠债。pay up 不接宾语。

PATTERNS AND COLLOCATIONS

- to pay out/fork out/shell out **on** sth
- to pay out/pay up/cough up/fork out/shell out **for** sth
- to pay out/cough up/fork out/shell out **money/£1 000/a lot**

▶ **'pay-off** *n* (*informal*) **1** a payment you make to sb to persuade them not to do sth or not to tell sb about sth illegal or dishonest you have done 封口费；行贿钱: *Police have been accused of receiving pay-offs from local gangs.* 警方被控接受当地黑帮的贿赂。 **2** a payment made to sb to persuade them to leave their job 辞退金；遣散费: *She has received a £10 000 pay-off.* 她得到了 1 万英镑的遣散费。

,pay sth/sb 'off 1 to finish paying money that you owe for sth 付清…的款项；清偿…的欠款: *I used the money to pay off my overdraft.* 我把钱用来偿还透支款了。◇ *They're still paying off their mortgage.* 他们还在偿还按揭贷款。◇ *to pay off creditors/a bank manager* 向债权人 / 银行经理付清欠款 OBJ **mortgage, loan, debts** SYN **repay sth/sb** (*more formal*) **2** (*especially BrE*) to pay for a taxi journey 付出租车费: *She paid the taxi off and walked the rest of the way.* 她付了打车的钱，然后步行。 OBJ **taxi/cab**
◆ **1** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)
◆ **2** v + n/pron + adv ◆ v + adv + n

🔑 **,pay 'out; ,pay sth 'out (for sth)** (*especially BrE*) to pay a large amount for sth （为…）付巨款，花大价钱: *The insurance company refused to pay out.* 保险公司拒绝支付巨额赔偿。◇ *The government pays out millions of pounds in benefits.* 政府支出数百万英镑救济金。◇ *I can't afford to pay out for private treatment.* 我承受不起自费医疗的高额费用。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
▶ **'payout** *n* a large amount of money that is given to sb 支付的巨款: *People injured in the crash won record payouts from the rail company.* 撞车事故中的受伤人员获得了铁路公司数额空前的赔款。

,pay sth 'out (*BrE*) to pass a rope, etc. through your hands （从手中）放出（绳索等）: *He started paying out the rope.* 他开始放出绳子。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

🔑 **,pay 'up** (*informal*) to give sb the money that you owe them, especially if you do not want to （尤指不情愿地）归还欠债: *In the end we threatened to take them to court and they paid up.* 最后我们威胁要和他们法庭上见，他们才还清了欠款。
SYN **cough up** (*especially BrE*)
◆ v + adv
▶ **'paid-up** *adj* [only before noun] **1** having paid all the money necessary to be a member of a club or an organization 已付清会费的；已缴款的 **2** (*informal*) strongly supporting sth 坚决支持的；全情投入的: *a fully paid-up football fan* 铁杆足球迷

peck /pek/

'peck at sth to eat only very small amounts of sth, because you are not hungry （因不饿而）一点一点地吃，小口啃: *He was so nervous he only pecked at his lunch.* 他紧张得午饭只吃了几口。
◆ v + prep

peel /piːl/

,peel a'way/'back (from sth), ,peel a'way/'back (from sth) to come off the surface of sth; to remove a thin layer from the surface of sth 剥落；除掉（外层）: *The wallpaper had started to peel away.* 墙纸开始脱落。◇ *The paint was peeling away from the wood.* 木头上的油漆一片一片地剥落下来。◇ *She peeled back the blankets and jumped into bed.* 她掀开毯子跳到了床上。◇ *He peeled away the plastic wrapping.* 他剥掉了塑料包装。
→ see also PEEL STH OFF, PEEL STH OFF STH
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

,peel 'off 1 to come away from the surface of sth 剥落；脱落: *The wallpaper was peeling off.* 墙纸正在脱落。 SUBJ **paper, skin, paint 2** (of cars, aircraft, etc. 汽车、飞机等) to leave a group and turn to one side 离队；转向一侧: *The planes peeled off, one by one.* 飞机一架接一架地脱离了编队。
◆ v + adv

,peel sth 'off 1 to remove some or all of your clothing, especially sth that fits tightly 脱去（尤指紧身衣服）: *He peeled off his wet clothes.* 他脱掉了湿衣服。 OBJ **clothes, gloves, T-shirt, etc.** ⊃ note at TAKE STH OFF **2** to remove some notes from a thick pile of folded or rolled paper money （从一叠或一卷纸币中）抽出几张: *He peeled off two hundred dollars and handed them to her.* 他抽出两百元递给了她。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

,peel sth 'off; ,peel sth 'off sth to remove a thin layer from the surface of sth 剥掉，除掉（外层）: *He peeled off the sweet wrapper.* 他剥掉了糖纸。◇ *She peeled all the wallpaper off the bathroom ceiling.* 她把浴室天花板的墙纸全撕掉了。
OBJ **wallpaper, paint, wrapper**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

,peel 'out (*AmE, informal*) to leave quickly and in a noisy way, especially in a car, on a motorcycle, etc. （开着车、骑着摩托等）快速离开，呼啸而去: *She peeled out of the driveway and sped down the street.* 她驱车快速驶离车道开上大街。
◆ v + adv

peer /pɪə(r); *AmE* pɪr/

'peer at sth to look closely or carefully at sth, especially when you cannot see it clearly （尤指看不清时）贴近看，仔细看，盯着看: *She peered closely at the dusty old letters.* 她贴近细瞧那些布满灰尘的旧信件。
◆ v + prep

peg /peg/ (-gg-)

,peg a'way (at sth) (*informal*) to continue to work hard at or try to achieve sth difficult

坚持不懈地工作；孜孜不倦地努力：*He keeps pegging away at his novel.* 他笔耕不辍，创作小说。

◆ v + adv

,peg sb/sth 'back (*sport*) to stop sb/sth from winning or from increasing the amount by which they are ahead 止住，拖住（领先者）；拉低（分差）：*Italy were winning 2-0, but were pegged back to a draw by Spain's late goal.* 意大利队以 2:0 领先，但西班牙队后来的进球把比分追平。

NOTE Often used in the passive. 常用于被动语态。 It is common in newspapers. 常见于报章。

◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

,peg 'out (*BrE, informal*) to die 断气；死掉：*I thought she was going to peg out right in front of me!* 我还以为她就要在我面前一命呜呼了呢！

◆ v + adv

pelt /pelt/

'pelt down (*informal*) to rain very heavily 下大雨；下暴雨：*It's pelting down (with rain) outside.* 外面大雨如注。

SYN **pour down**

◆ v + adv

pen /pen/ (-nn-)

,pen sb/sth 'in; ,pen sb/sth 'in sth to shut sb/sth in a small space with walls or fences, etc. all around 把…关起来（或圈起来）：*We penned the sheep in the yard.* 我们把绵羊关在院子里。◇ *The troublemakers were penned in by the police.* 那些闹事者被警方关押了起来。◇ (*figurative*) *She felt penned in living in the heart of the city.* 她觉得生活在市中心就像被关在笼子里。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

,pen sb/sth 'up (*especially BrE*) to shut sb/sth in a place with walls, fences, etc. all around, and not let them leave 把…关起来（或圈起来）：*It was good to go outside after being penned up in the house all day.* 在屋子里关了一整天，出去走走真好。◇ *They penned us up in a little room and wouldn't let anyone leave.* 他们把我们关在一个小房间里，不许任何人离开。

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

pencil /'pensl/ (-ll-, *AmE* -l-)

,pencil sb/sth 'in (for sth) to write down sb's name for an appointment, or the details of an arrangement, although you know that this might have to be changed later 暂时记下（约见人的姓名或细节安排）：*Let's pencil in the third of May for the meeting.* 我们暂定 5 月 3 号开会吧。 ➲ note at WRITE STH DOWN

◆ v + n/pron + adv ◆ v + adv + n

pension /'penʃn/

,pension sb 'off to allow or force sb to retire, especially because they are old or ill/sick, and pay them a pension （尤指给老人或病人发退休金）准予…退休，强迫…退休：*She was pensioned off at the age of 56.* 她 56 岁时获准退休。◇ (*figurative*) *We've pensioned our old TV off and bought a new one.* 我们让旧电视机退休，买了台新的。

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

pep /pep/ (-pp-)

,pep sb/sth 'up (*informal*) to make sb/sth more interesting; to make sb feel more lively or full of energy 增加…的趣味；使兴致勃勃；使活跃；激励：*The company needs to pep up its image.* 这家公司需要改善形象。

◆ v + adv + n ◆ v + n/pron + adv

pepper /'pepə(r)/

'pepper sb/sth with sth to hit sb/sth with lots of small things such as bullets （以子弹等小发射物）连续击打（或射击）：*They said they were peppered with shotgun pellets as they walked in the forest.* 他们说在森林中行走时被猎枪发射的弹丸击中。◇ (*figurative*) *The interviewer peppered her with questions.* 面试官连珠炮似的向她发问。

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + n/pron + prep

'pepper sth with sth to include a large number of sth in sth 向…中大量加入：*She peppers her conversation with references to famous people.* 在交谈中她频频提及名人。◇ *Her hair is peppered with grey.* 她满头花白。

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + n/pron + prep

perk /pɜːk; *AmE* pɜːrk/

,perk 'up; ,perk sb 'up (*informal*) to become, or make sb, more lively or more cheerful, especially after they have been ill/sick （使）活跃；（使）振奋：*You've perked up since this morning.* 今天上午开始你精神就好多了。◇ *A shower would soon perk you up.* 冲个淋浴你很快就会打起精神的。

SYN **liven up, liven sb up** ➲ note at CHEER UP

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

,perk 'up; ,perk sth 'up (*informal*) to improve or increase in value, to make sth increase in value, etc. （使）增值；（使）增加：*The weather seems to be perking up.* 天气似乎要好起来了。◇ *The recent demand for houses has perked up the prices.* 最近对住房的需求抬高了房价。◇ *House prices are expected to perk up.* 房价预计会上涨。

SYN **improve, improve sth**

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

,**perk sth 'up** (*informal*) to make sth more interesting or more attractive 使更有趣；使更诱人: *Perk up a dark kitchen with a coat of paint.* 把昏暗的厨房油漆一下，让它变亮堂。◇ *A vegetable stew can be perked up with a dash of chilli sauce.* 给炖菜加点辣椒酱能使味道更佳。◇ *ideas for perking up bland food* 给寡淡无味的食物提味的点子
SYN **liven sth up**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

permit /pə'mɪt; *AmE* pər'm-/ (-tt-)

per'mit of sth (*formal*) to make sth possible; to allow sth to happen 使有可能；允许…发生: *The situation does not permit of any delay.* 形势刻不容缓。
NOTE **Permit of sth** is usually used in negative sentences. * permit of sth 通常用于否定句。
◆ v + prep

pertain /pə'teɪn; *AmE* pər't-/

per'tain to sth (*formal*) to be connected with a particular subject, person, event or situation 与…相关；关于: *The committee was reviewing all the laws pertaining to adoption.* 委员会在重新审议有关收养的所有法律。
◆ v + prep

peter /'piːtə(r)/

,**peter 'out** (**into sth**) to decrease or fade gradually before coming to an end 逐渐减少；逐渐减弱；渐趋消失: *The road petered out into a dirt track.* 大道逐渐变窄，成了一条泥土小径。◇ *By midday their enthusiasm had petered out.* 他们的热情到中午就烟消云散了。◇ *The conversation gradually petered out.* 谈话逐渐停了下来。
◆ v + adv

phase /feɪz/

,**phase sth 'down** to reduce sth gradually in stages over a period of time 逐步减少；分阶段削减: *We are phasing down production of less profitable items.* 我们正分阶段减少利润较低的产品产量。
◆ v + adv + n ◆ v + n/pron + adv

,**phase sth 'in** to introduce sth gradually or in stages 逐步引入；分阶段采用: *The government will phase in the new tax.* 政府将逐步推出新税种。◇ *The scheme will be phased in over 15 years.* 这一方案将用 15 年时间逐步推行。
OPP **phase sth out**
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

,**phase sth 'out** to stop using sth gradually or in stages 逐步废除；分阶段废除: *They agreed to phase out chemical weapons.* 他们同意逐步停止使用化学武器。◇ *The old system is being phased out.* 旧体制正在一步步地废除。
OPP **phase sth in**
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

phone /fəʊn; *AmE* foʊn/

NOTE **To phone** is the most common way to say 'to telephone' in British English. **To ring** and **to call** are also used. The most common verb in American English for this is **to call**. 英国英语表示打电话的最常见说法是 to phone，也用 to ring 和 to call。美国英语表达此义的最常用动词是 to call。

SYNONYMS 同义词辨析

peter out

die away ◆ fade away ◆ fizzle out ◆ peter out

These verbs can all be used when sth gradually becomes less or weaker, and eventually disappears or stops happening. 这些动词都表示逐渐减少、逐渐减弱、逐渐消失。 *See also* **die down**, **dwindle away**.

die away (especially of noise) to become gradually weaker or fainter and finally disappear （尤指噪声）逐渐减弱，渐渐消失: *The sound of their laughter died away.* 他们的笑声逐渐听不见了。

fade away to disappear gradually 逐渐消失: *Hopes of reaching an agreement seem to be fading away.* 达成协议的希望似乎越来越渺茫。◇ *The laughter faded away.* 笑声逐渐消失。 NOTE **Fade** can be used on its own * fade 可单独使用: *Her smile faded.* 她的笑容逐渐消失了。

fizzle out (*informal*) to gradually become less successful and end in a disappointing way 走向失败；终成泡影；虎头蛇尾: *The threatened revolt just fizzled out.* 叛乱的威胁落空了。◇ *Her parents are hoping that the relationship will fizzle out.* 她父母巴不得这段恋情鸡飞蛋打。

peter out to gradually become smaller, quieter or weaker and then end 逐渐减小；逐渐减弱；渐趋消失: *The campaign petered out for lack of support.* 这一活动因乏人相助，逐渐归于沉寂。◇ *The conversation eventually petered out.* 最后终止了谈话。

PATTERNS AND COLLOCATIONS

- the **storm/wind/rain** peters out/dies away
- sb's **voice** peters out/dies away/fades away
- sb's **words** peter out/die away/fade away
- a **revolt/relationship** peters out/fizzles out

ˌphone aˈround/ˈround; ˌphone aˈround/ˈround sb/sth (*especially BrE*) to make phone calls to several different people or places, usually to try to find out some information 四处（给…）打电话（询问信息等）: *I spent the morning phoning round hotels.* 我一上午都在给各家宾馆打电话。◇ *He phoned around to tell everyone about the meeting.* 他分别打电话通知大家开会。
◆ v + adv ◆ v + prep

ˌphone ˈback; ˌphone sb ˈback (*especially BrE*) to telephone sb again or to telephone sb who telephoned you earlier （给某人）再打电话；（给某人）回电话: *I left a message but they never phoned back.* 我留言了，可他们从没回过电话。◇ *Tom called while you were out. He asked if you could phone him back.* 你外出时汤姆来电话了。他请你给他回个电话。◇ *The travel agent phoned back to confirm your booking.* 旅行社来电话确认你的预订。◇ *It's engaged—I'll phone back later.* 电话占线 —— 我过会儿再打。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n (*rare*)

ˌphone ˈin (*especially BrE*) **1** to telephone your place of work 往工作单位打电话: *I'll phone in to say I won't be in until lunchtime.* 我会给单位打电话说我到午饭时才到。◇ *He* ***phoned in sick*** (= to say he was ill/sick and could not go to work) *this morning.* 他今天早晨打电话来请了病假。 **2** to phone a television or radio programme 给电视（或电台）节目打电话；打观众（或听众）热线电话: *Hundreds of listeners phoned in to complain.* 有几百名听众打来热线电话表示不满。
◆ v + adv
▶ **ˈphone-in** *n* (*especially BrE*) a radio or TV programme in which people can phone and ask questions, give their opinions, etc. as the programme is being broadcast （电台或电视的）热线电话节目，电话接入节目: *He hosts a radio phone-in.* 他在电台主持热线电话节目。◇ *a phone-in programme* 电话接入节目

ˌphone sth ˈin 1 (*especially BrE*) to make a telephone call to the place where you work in order to give sb some information 往工作单位打电话（汇报信息）: *Our reporter phoned the story in this afternoon.* 我们的记者今天下午来电话报道了这一新闻。 **2** (*informal*) to do sth such as play a role in a film/movie, play in a sports competition, etc. without making much effort （在电影表演、体育比赛等中）不卖力，走过场，敷衍: *Cruise is just phoning it in in this new release.* 在新发行的这部影片中，克鲁斯演技平平。◇ *Pavarotti's performance was phoned in.* 帕瓦罗蒂的演唱有些应付差事。
◆ v + n/pron + adv ◆ v + adv + n

ˌphone ˈround, etc. (*especially BrE*) → PHONE AROUND/ROUND, ETC.

ˌphone sth ˈthrough (*especially BrE*) to phone sb with details of or information about sth 打电话详细告知: *Phone your order through to the store.* 给商店打电话告知订单详情。
◆ v + n/pron + adv ◆ v + adv + n

🔑 **ˌphone ˈup; ˌphone sb/sth ˈup** (*especially BrE*) to make a telephone call to sb/sth （给…）打电话: *I'll phone up and cancel my appointment.* 我将打电话取消约见。◇ *Phone Mike up and ask him if he wants to come.* 给迈克打个电话，问他想不想来。◇ *I phoned up the bank this morning.* 我今天上午给银行打了电话。
NOTE **Phone** and **phone sb** are also frequently used on their own. **Phone up** and **phone sb up** are very common in spoken English. * phone 和 phone sb 也常单独使用。英语口语中经常说 phone up 和 phone sb up。 ➲ note at CALL UP, CALL SB/STH UP
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

pick /pɪk/

ˈpick at sth 1 to eat very small amounts of food because you are not hungry （因不饿而）小口吃，少量地吃: *She picked at her food for a while, then left the table.* 她吃了几小口就离开了餐桌。 OBJ **food, meal 2** to pull sth with your fingers several times （用手指反复地）拔，揪，拉: *She picked nervously at her skirt until she made a hole.* 她紧张不安地抓弄着裙子，结果抠了个洞。
◆ v + prep

ˌpick sb/sth ˈoff 1 to shoot a person, an animal, a bird, an aircraft, etc. especially one of a group, after aiming carefully 瞄准射击（一群中的一个目标）: *One of our men was picked off by a sniper.* 狙击手射中了我们的一个人。 ➲ note at SHOOT SB/STH DOWN **2** to choose the best people or things for your own use 挑选（最优秀的人或物）: *The company continues to pick off the brightest young graduates.* 这家公司继续物色最优秀的年轻大学毕业生。
◆ v + adv + n ◆ v + n/pron + adv

ˌpick sth ˈoff; ˌpick sth ˈoff sth to remove sth from sth with your nails or a tool （用指甲或工具）除去，剪除: *She watered the plants and picked off the dead leaves.* 她浇了花草，摘掉了枯叶。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˈpick on sb 1 to treat sb badly or unfairly, especially repeatedly （一再）刁难，作弄: *You're always picking on me!* 你总是在跟我过不去！◇ *The manager was accused of picking on a member of the department.* 有人指责经理百般刁难部门中的一名职员。◇ *It's difficult being the younger sister—you always get picked on.* 当妹妹真难 —— 动不动就挨骂。 **2** (*especially BrE*) to choose sb for a task, especially an unpleasant one 指定某人做（尤指苦差）: *The teacher always picked on Tom to answer the difficult questions.* 老师总是点汤姆回答难题。
◆ v + prep

🔑 **ˌpick sb/sth ˈout 1** to choose sb/sth from a number of people or things 选择；挑选；挑中: *He picks out people from the audience to come up on stage.* 他挑了一些听众到台上来。◇ *The brightest students were picked out for special*

training. 最优秀的学生被选拔出来接受专门培训。◇ *He picked out the most expensive suit in the shop.* 他选中了商店里最贵的一套西服。 SYN **select sb/sth** (*more formal*) **2** to recognize sb/sth from among people or things 认出；辨别出: *Can you pick me out in this old school photo?* 你能在这张学校旧照片中认出我来吗？◇ *The suspect was picked out at an identity parade.* 嫌疑人在列队接受指认时被认了出来。**3** to manage to see sb/sth 看出；认出；分辨出: *We could just pick out a car in the distance.* 我们只能隐隐约约看见远处有一辆车。 SYN **make sb/sth out** (*more formal*) ➲ note at MAKE SB/STH OUT **4** if a light, etc. **picks sb/sth out**, it shines on sb/sth so that they/it are easier to see （灯光等）照见，使容易看见: *The car's headlights picked out a road sign.* 车子前灯照射在一块路标上。

• v + adv + n • v + n/pron + adv

ˌ**pick sth ˈout 1** to discover or recognize sth after careful study （经仔细研究）发现，认识到: *It was difficult to pick out the important points from the mass of facts.* 从一大堆资料中很难理出要点。◇ *They were asked to pick out exactly what made his style so distinctive.* 他们被要求悉心领会是什么成就了他与众不同的风格。 **2** if you **pick out** a tune on a musical instrument, you play it slowly, note by note, without using written music （不看乐谱）慢慢弹奏出（曲调）: *Buddie was picking out a simple tune on his guitar.* 巴迪在吉他上缓缓弹着一首简单的曲子。 OBJ **melody, tune 3** usually be ˌpicked ˈout (*BrE*) to paint, draw or write sth in such a way that it is very easy to see, especially by using a colour that is different from the background （用对比色）醒目地画（或写）: *The details of the flowers were picked out in blue and gold.* 花的纹理用蓝色和金黄色勾画得很鲜艳。

• v + adv + n • v + n/pron + adv

ˌ**pick sth ˈover 1** (*also* ˌ**pick ˈthrough sth** *less frequent*) to look carefully at a group of things, choosing what you want and rejecting anything you do not want 用心挑选；筛选: *He picked over the apples, checking for bad ones.* 他仔细挑选苹果，把坏的拣出去。◇ *Bargain hunters picked over a pile of sale items.* 专捡便宜货的人在一堆打折商品中挑来拣去。 **2** (*especially BrE*) to examine or analyse sth carefully 仔细审查；认真分析: *We spent the meeting picking over last month's results.* 我们开会详细研究了上个月的业绩。

• v + adv + n • v + pron + adv

ˌ**pick ˈup 1** to become better; to improve 改善；好转: *The market always picks up in the spring.* 市场总是在春季开始向好。◇ *The game started very slowly but picked up in the second half.* 比赛开始时节奏缓慢，但在下半场有了起色。◇ *We're waiting until the weather picks up a bit.* 我们等天气有所好转再说。 **2** if the wind **picks up**, it starts to blow more strongly （风）变大，增强: *The wind seems to be picking up.* 风似乎越刮越大。 **3** to start again; to continue 重新开始；继续: *The new series* ***picks up*** *where the old one* ***left off.*** 新的系列接续上一系列。 → see also PICK STH UP 9 **4** if your speed **picks up**, you start to go faster （速度）加快，提高: *After the first mile* (= in a race) *I started to feel stronger and my speed picked up.* 一英里跑下来我开始觉得有了劲头，于是加快了速度。 → see also PICK UP SPEED/MOMENTUM at PICK STH UP **5** if a bus, etc. **picks up** somewhere, it stops there to allow passengers to get on （公共汽车等）停车搭载乘客: *The bus picks up outside the Post Office.* 公共汽车在邮局门外停下载客。 → see also PICK SB UP 1 **6** (**after sb**) (*informal, especially AmE*) to collect things that have been dropped or left on the ground and put them away （跟在某人后面）收拾，整理: *I shouldn't have to pick up after you!* 凭啥我要跟在你后面收拾东西！ → see also PICK STH UP 12; ➲ note at TIDY UP

• v + adv

▶ ˈ**pickup** *n* **1** an improvement 改进；改善；好转: *There are no signs of a pickup in consumer spending.* 没有迹象显示消费者支出会增长。 **2** (*AmE*) the ability of a vehicle to increase its speed （车辆的）加速性能

ˌ**pick ˈup**; ˌ**pick sth ˈup** to answer the telephone 接听（电话）: *Pick up if you're there, Tom!* 汤姆，你在的话就接电话！ ◇ *At last someone picked up the phone.* 最后终于有人接了电话。

• v + adv • v + pron + adv • v + adv + n

🔑ˌ**pick sb ˈup 1** ˌpick ˈup sb if a bus, etc. **picks up** sb, it stops and allows them to get on （公共汽车等）搭载（乘客）: *The bus stopped to pick up some passengers.* 公共汽车停下让一些乘客上车。 NOTE When the object of **pick up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **pick** and **up** * pick up 的宾语如果是名词，应置于 up 之后；但如果是代词，应置于 pick 和 up 之间: *The bus stopped to pick us up.* 公共汽车停下让我们上车。 → see also PICK UP 5 **2** to rescue sb, for example from the sea （从海里等）营救，搭救: *Lifeboats picked up all the survivors.* 救生艇救起了所有幸存者。 **3** to arrest sb; to take sb somewhere in order to question them 逮捕；拘押（以审问）: *She was picked up by the police as she was leaving her hotel.* 她正要离开旅馆时被警察逮住了。 **4** (*informal*) to start talking to sb you do not know, because you want to have a sexual relationship with them （为发生性关系而）搭讪，勾搭（陌生人）: *He picked her up at a club.* 他是在俱乐部勾搭上她的。 **5** if sth **picks you up**, it makes you feel better 使振作；提神: *A cup of tea will soon pick you up.* 喝杯茶你就会有精神的。

→ see also PICK YOURSELF UP

• v + n/pron + adv • v + adv + n **2** v + adv + n • v + pron + adv

▶ ˈ**pick-me-up** *n* (*informal*) sth that makes you feel better or happier, etc. 提神之物；振奋精神的事物: *The country air was the perfect pick-me-up.* 乡下的空气让人神清气爽。

▶ ˈ**pickup** *n* **1** an occasion when sb gets in a car, on a bus, etc. to be taken to another place

搭车；搭载：*The coach driver made several pickups before heading for the airport.* 长途汽车司机停了几次车搭载乘客，然后开往机场。◇ *a pickup point* 搭车地点 **2** (*informal*) a situation in which sb is trying to start a sexual relationship with a person they do not know; the person they are trying to start a sexual relationship with （为发生性关系）与陌生人的搭讪；偶然结识的性伙伴：*Nothing ever came of his pickups.* 他的搭讪从来都没成功。◇ *a pickup joint* 勾搭性伙伴的场所

▸ **'pickup** *adj* [only before noun] (*AmE*) not planned in advance or open for anyone to join in 临时的；拼凑的：*a pickup game of basketball* 临时组织的一场篮球比赛 ◇ *The children ate pickup meals next to the stove.* 孩子们在炉子旁随便吃了些东西。◇ *a pickup dance troupe* 临时拼凑起来的舞蹈团

pick sb/sth 'up 1 to take hold of and lift sb/sth 拿起；提起；举起；抱起：*I always pick the baby up when she cries.* 孩子一哭我就把她抱起来。◇ *I picked up your bag by mistake.* 我错拿了你的包。◇ *Pick your coat up off the floor!* 把你的外套从地板上捡起来！ ⊃ note at LIFT SB/STH UP **2** to go to sb's home or a place you have arranged and take them somewhere in your car; to collect sth from a place you have arranged 开车接走（某人）；取走（某物）：*I'll pick you up at seven o'clock.* 七点钟我开车来接你。◇ *He picked up a hitchhiker.* 他带上了一个搭便车的人。◇ *I went to pick her up from the airport.* 我开车去机场接她了。◇ *We can pick up the tickets an hour before the show starts.* 我们可以在开演前一小时取票。 NOTE **Pick sb/sth up** is used much more often than **collect sb/sth** in spoken English. 与 collect sb / sth 相比，英语口语多用 pick sb / sth up。
• v + n/pron + adv • v + adv + n

pick sth 'up 1 to obtain or buy sth 获得；购得 **2** to learn a language, a skill, etc., or to get information, without making an effort 轻松学会（语言、技能等）；轻易得到（信息）：*She picks up languages really easily.* 她学习语言确实很轻松。◇ *I showed her the software and she picked it up quickly.* 我向她演示了这个软件，她很快便掌握了。◇ *I picked up lots of tips on home entertainment from the magazine.* 我从杂志上找到家庭娱乐的很多小窍门。◇ *She picked up the idea for the novel from a news story.* 她这部小说的创作灵感来自一则新闻报道。 OBJ **languages, French, tips, etc. 3** to get or obtain sth 感染；得到：*He picked up a virus*

SYNONYMS 同义词辨析

pick sb/sth up

collect sb/sth • fetch sb/sth • get sb/sth • pick sb/sth up

These verbs all mean to go to a place where sb/sth is and bring them/it back. 这些动词都表示接走或取走。

collect sb/sth to go to a place where sb is waiting or sth is ready or has been left for you, and bring them/it back or take them/it somewhere 接走，接回（某人）；取走，取回（某物）：*Your package is ready to be collected.* 你可以来领取你的包裹了。◇(*BrE*) *What time do you have to collect the kids from school?* 你什么时候得到学校接孩子？ ▸ collection *n* [U]: *Your car will be ready for collection on Monday.* 你可以星期一过来取车。

fetch sb/sth (*especially BrE*) to go to a place where sb/sth is and bring them/it back 接回（某人）；取回（某物）：*She's gone to fetch the kids from school.* 她去学校接孩子了。◇ *He fetched a couple of towels from the bathroom.* 他从浴室拿来几条毛巾。◇ *Can you fetch me a towel?* 你可以给我拿条毛巾过来吗？

get sb/sth (*not formal*) to go to a place where sb/sth is and bring them/it back 接回（某人）；取回（某物）：*Quick—go and get a cloth!* 快点 —— 去拿块抹布过来！◇ *Get a drink for John.* 给约翰弄杯饮料。◇ *Get John a drink.* 给约翰弄杯饮料。

pick sb/sth up to go to a place where sb is waiting or sth is ready or has been left for you, and bring them/it back or take them/it somewhere 接走，接回（某人）；取走，取回（某物）：*He's gone to pick up Jan from the airport.* 他去机场接简了。◇ *I'll pick up your dry-cleaning for you if you like.* 要是你愿意，我可以替你去取干洗的衣物。

WHICH WORD?

Get has a wider range of meaning than **fetch** you usually **fetch** people or things that are in a place and just need to be collected; you can **get** things that need to be prepared or obtained. When you are talking about people, **collect** can be used in British English; in American English it is more usual to say **pick sb up** . You might be on foot or in a car when you **pick sth up** but you always **pick sb up** in a car.
* get 比 fetch 的意义范围更广：fetch 通常指去某处接人或取物；get 可指调制出来或弄到。英国英语中 collect 可用于指接人，而美国英语中更倾向于用 pick sb up。pick sth up 可步行或开车前往，但 pick sb up 总是指开车去接。

PATTERNS AND COLLOCATIONS

- to get/fetch/pick up/collect sb/sth **from** sth/somewhere
- to get/fetch/collect sth **for** sb
- **to go/come to** get/fetch/pick up/collect sb/sth
- **to go/come and** get/fetch sth
- to get/fetch **help/a doctor**

at school. 他在学校染上了病毒。◇ *The children have picked up the local accent.* 孩子们学会了当地口音。 OBJ **cold, habits** **4** to identify or recognize sth 辨认；识别出: *The early signs of the disease were not picked up.* 早期病征没有被察觉到。 OBJ **signs** SYN **detect sth** **5** if a machine **picks sth up**, it receives a sound, a signal or a picture 接收（声音、信号、图像等）: *The microphone picks up every sound.* 麦克风收进所有的声音。◇ *Signals from the satellite are picked up at ground stations.* 地面站接收卫星发回的信号。◇ *We were able to pick up the BBC World Service.* 我们能收到英国广播公司国际广播节目。 **6** to buy sth, especially cheaply or by good luck （尤指以低价或幸运地）买到: *He picked up some bargains in the sales.* 他在打折期间买了些便宜货。◇ *You can pick up a second-hand bike for about £60.* 你花60英镑左右就能买到一辆二手摩托车。 OBJ **bargain** **7** to win a prize or an award 赢得（奖项）: *The movie picked up several Oscars.* 这部电影获得了几项奥斯卡奖。 OBJ **award, cheque** **8** to find and follow a route, etc. 追踪；跟踪: *A police dog picked up his scent.* 一条警犬嗅到了他的气味。◇ *The French police picked up the trail and traced her to Lille.* 法国警方发现了她的踪迹，并跟踪到了里尔。 OBJ **trail, scent** **9** to discuss sth further; to return to a topic or theme and continue it 深入讨论；回到（话题或主题）继续讨论: *Can I pick up the point you made earlier?* 可否允许我再跟您探讨一下您之前提到的观点？◇ *We pick the story up again in London, five years later.* 五年后，我们在伦敦再次提起了那件事。 OBJ **point, story** → see also PICK UP 3 **10** to manage to see or hear sth that is not very clear 勉强看到；勉强听到: *I just picked up the sound of a car in the distance.* 我隐约听见远处有汽车的声音。 **11** (*especially AmE*) to collect things that have been dropped or left on the ground and put them away 收拾；整理: *Will you pick up your toys now?* 把你的玩具收拾起来好吗？ **12** (*AmE*) to tidy a room, etc. and put things away 收拾（房间）: *Pick up your room before you go out.* 你出去前整理一下房间。 OBJ **room** SYN **tidy sth up** (*BrE*), **tidy sth** (*BrE*) ⊃ note at TIDY UP → see also PICK UP 6 **13** (*informal*) if you **pick up** a bill for sth, you pay it for sb else 替人支付（账单）: *We ended up picking up the bill.* 结果是我们付了账。 OBJ **bill, tab**
◆ v + adv + n ◆ v + n/pron + adv **13** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

IDM **pick up the 'pieces** to return, or to help sb return, to a normal situation, particularly after a shock or a disaster （使）复原；（使）恢复正常: *He walked out on his family, leaving his wife to pick up the pieces.* 他离家出走，留下妻子收拾烂摊子。 **pick up 'speed/mo'mentum** to go faster 加速；加快: *The bus picked up speed as it went down the hill.* 下坡时公共汽车加快了速度。

▶ **'pickup 1** (*also* **'pickup truck**) a light motor vehicle with low sides and no roof at the back, used, for example, by farmers 轻型小货车；敞篷小货车；皮卡车 **2** the part of a record player or musical instrument that changes electrical signals into sound, or sound into electrical signals 拾音器；电唱头；磁头 **3** (*AmE, sport*) a player who is bought by a particular team （某一球队）买入的球员: *The young left-handed slugger was a great pickup for the Braves.* 那个年轻的左撇子强击手是勇士队买得十分合算的一名球员。

,pick yourself 'up to get to your feet, especially after a fall （尤指跌倒后）站起，爬起: *She picked herself up and stumbled on.* 她爬起来，踉踉跄跄地继续走。◇ (*figurative*) *We have to pick ourselves up after yesterday's defeat and start again.* 我们必须从昨天的失利中振作起来，重新开始。
→ see also PICK SB UP
◆ v + pron + adv

,pick 'up on sth 1 to notice sth 发现；注意到: *He picked up on her feelings of unease.* 他觉察到了她的不安情绪。◇ *Children soon pick up on tensions between their parents.* 父母关系紧张，孩子很快就能察觉到。 **2** to return to a point in order to talk about it in more detail 回到（论点）并详细讨论: *I'd like to pick up on Mr Finlay's point.* 我想再谈一下芬利先生的观点。 OBJ **point**
◆ v + adv + prep

,pick sb 'up on sth (*BrE*) to correct sth that sb has said or done 纠正（某人）在…方面的错误: *If you make a mistake, he always picks you up on it.* 他总爱挑别人的毛病。
◆ v + n/pron + adv + prep

piece /piːs/

,piece sth to'gether 1 to discover a story, etc. by putting together separate facts or pieces of evidence 拼合，整合（各种证据以便了解事实）；理清（头绪）: *Detectives are piecing together the events of the last hours of his life.* 侦探正在拼接连缀他死亡之前数小时发生的事。◇ *Investigators are still trying to piece together the evidence to find out what caused the crash.* 调查人员仍然在努力厘清证据，以找出撞车原因。 OBJ **evidence, story, events** **2** to make sth by putting a lot of separate parts together 拼凑；拼合: *Archaeologists have worked for years to piece together the huge mosaic.* 考古学家耗时数年拼组这幅巨大的镶嵌图案。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

pig /pɪɡ/ (-gg-)

,pig 'out (on sth) (*informal*) to eat too much or a lot of food 大吃；猛吃: *We pigged out at lunch for four bucks each.* 午餐时我们每人出四块钱大吃一顿。◇ *It isn't a good idea to pig out on sugar.* 吃糖太多不好。
◆ v + adv

▶ **'pig-out** *n* an occasion on which you eat too much or a lot of food 大吃；猛吃: *We had a*

real pig-out last night. 我们昨晚吃得真够多的。◇ *a pig-out party* 吃喝聚会

piggyback /ˈpɪgibæk/

ˈpiggyback on/onto sth to use sth that already exists as a support for your own work; to use a larger organization, etc. for your own advantage （为工作之便）借用（现成的事物）；依靠（大型机构等）获益: *We can piggyback on the other departments for our stationery supplies.* 我们可以借用其他部门的办公用品。
◆ v + prep

pile /paɪl/

ˌpile ˈin/ˈout; ˌpile ˈinto/ˈout of sth to go in or out of somewhere without order or control 蜂拥而入 / 而出；涌入 / 涌出: *The taxi arrived and we all piled in.* 出租车一到，我们一拥而上。◇ *Crowds of children piled out of the building.* 一群群孩子闹哄哄地从楼里跑出来。
OBJ **car, taxi, room**
◆ v + adv ◆ v + prep

ˌpile ˈinto sb/sth to crash into sb/sth 和…碰撞；撞上: *She stopped dead in the middle of the pavement and we all piled into her.* 她在人行道中间突然停住了，我们全撞到她身上。◇ *As many as 30 cars and trucks piled into each other in the fog this morning.* 今天上午在大雾中多达 30 辆汽车和货车连环相撞。
→ see also PILE UP, PILE STH UP
◆ v + prep

ˌpile ˈon if sb's weight **piles on**, it increases rapidly （体重）剧增，猛增: *The pounds have just piled on since I got married!* 结婚以来我的体重一个劲儿地增加！
◆ v + adv

ˌpile sth ˈon 1 to express a feeling in a much stronger way than is necessary 夸张；渲染: *I admit I'm piling on the drama a bit, but I'm trying to make a serious point.* 我承认我有点夸大其词，但我是想说明一个严肃问题。 **2** to give sb a lot or too much of sth 大量给予；过度施加: *United **piled on the pressure** in the second half* (= of the football game). 联队在下半场给对手施加了很大压力。 OBJ **pressure, guilt 3** to make sth increase rapidly 使激增；使猛增: *As soon as she stops dieting she piles on the pounds.* 她一停止节食，体重便迅速增加。◇ *The team were piling on the points.* 该队连连得分。
OBJ **pounds, weight**
◆ v + adv + n ◆ v + n/pron + adv

ˌpile ˈout, etc. → PILE IN/OUT, ETC.

ˌpile ˈup; ˌpile sth ˈup 1 to form a pile; to make a lot of things into a pile （使）堆积: *Snow was piling up against the windows.* 雪堆积到了窗户上。◇ *They piled the stones up in a corner of the yard.* 他们把石头堆在院子的一角。 **2** to increase or to make sth increase in quantity or amount （使）增长，增多: *Rubbish was piling up in the streets.* 街上的垃圾越堆越多。◇ *The bills were piling up and we had no money to pay them.* 账单越积越多，我们没钱支付。◇ *Liverpool should have gone on to pile up a big score* (= in a game of football). 利物浦队本应该继续拉大比分的。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n **2** v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
▶ **ˈpile-up** *n* a road accident in which several vehicles crash into each other 数车相撞；连环撞车事故: *Eleven cars were involved in a pile-up on the motorway.* 有十一辆车在高速公路上相撞。◇ *Three people were killed in a multiple pile-up.* 连环撞车事故中有三人丧生。

pin /pɪn/ (-nn-)

ˌpin sb ˈdown 1 to make sb unable to move, especially by holding them firmly （按住）使动弹不得: *The older boy had pinned Jimmy down on the floor.* 大些的男孩把吉米死死摁在地板上。◇ *The rebels were pinned down* (= they could not move from their position) *just south of the border.* 叛乱分子被困在边境南部。 **2 (to sth/to doing sth)** to make sb say clearly exactly what they are going to do 使清楚表明（意向）；使明确说出（打算）: *You'll find it difficult to pin him down to a price.* 你会发现很难让他开出个准价钱。◇ *They pinned the builders down to finishing by June.* 他们让建筑商确保 6 月份完工。 SYN **nail sb down (to sth)**
3 to find sb and make them answer a question or tell you what you need to know 找…查问；使说清楚: *She tried to pin him down for an interview, but he was always busy.* 她试图找他进行采访，可他总是没空。
◆ v + n/pron + adv ◆ v + adv + n

ˌpin sth ˈdown to identify or understand sth exactly 确认；确切理解: *There's something wrong with this photograph but I can't quite pin it down.* 这张照片有些不对劲儿，可我说不太清楚。◇ *Doctors have been unable to pin down the cause of her symptoms.* 医生们还不清楚她为什么会有这些症状。
◆ v + n/pron + adv ◆ v + adv + n

ˈpin sth on sb to make sb seem responsible or take the blame for sth they have not done 使（无辜者）受过；冤枉；嫁祸于: *They tried to pin the blame on me!* 他们居然想让我背黑锅！
OBJ **blame**
◆ v + n/pron + prep
IDM **ˌpin (all) your ˈhopes on sb/sth; ˌpin your ˈfaith on sb/sth** to rely on sb/sth completely for success or help 完全依赖；寄希望于；指望: *Police are pinning their hopes on finding the murder weapon.* 警方一心期望能找到谋杀案作案凶器。

ˌpin sth ˈup 1 to fasten sth to a wall, etc. with pins 用大头针固定；钉住: *He pinned up a notice on the board.* 他把通告钉在布告板上。◇ *Can I pin this poster up?* 我可不可以把海报钉上去？ **2** to fix your hair in place with pins 用发卡别住（头发）: *She was pinning her hair up in front of the mirror.* 她在镜子前往头发上别发卡。 OBJ **hair**
◆ v + n/pron + adv ◆ v + adv + n

▸ ˈ**pin-up** *n* **1** a picture of an attractive person, designed to be put up on the wall for people to look at （可挂在墙上观赏的）美人像，名人图：*The walls of his room were covered in pin-ups.* 他房间的墙壁上挂满了美人像。◇ *He was football's first pin-up boy.* 他是首位登上海报的足球偶像。 **2** a person who appears in a pin-up 海报女郎；海报美人

pine /paɪn/

ˌ**pine aˈway** to become very sad, and sometimes ill/sick or weak because sb has died or gone away （因忧伤而）憔悴，病病歪歪，消瘦：*After his wife died, he just pined away.* 妻子死后，他日渐憔悴。◇ *He seemed to be pining away from love.* 他好像为爱而憔悴。
◆ v + adv

ˈ**pine for sb/sth** to want or miss sb/sth very much 思念；渴望：*She wasn't really pining for Brazil at all.* 她其实并不怀念巴西。◇ *a dog pining for its master* 想念主人的狗
◆ v + prep

pipe /paɪp/

ˌ**pipe ˈdown** (*informal*) used to tell sb to be less noisy or to stop talking （用于劝告、命令）安静些，别说话：*OK, everybody pipe down!* 好了，大家安静啦！
◆ v + adv

ˌ**pipe ˈup** (**with sth**) (*informal*) to begin to speak 开始说；说起来：*Debbie suddenly piped up with 'I've seen this film before!'* 戴比突然叫起来："这部电影我以前看过！"
◆ v + adv ◆ v + adv + speech

piss /pɪs/

ˌ**piss aˈbout/aˈround** (*BrE*, ⚠, *slang*) to waste time by acting in a silly way 游手好闲；混日子；瞎混：*We haven't got time to piss about.* 我们没时间胡闹了。
NOTE A more polite, informal way of saying this is **mess around** or, in British English, **mess about**. 表示此义较礼貌和非正式的表达方式是 mess around 或英国英语的 mess about。
◆ v + adv

ˌ**piss sb aˈbout/aˈround** (*BrE*, ⚠, *slang*) to treat sb in a way that wastes their time 耍弄，糊弄（某人）：*Don't piss me about, just tell me the truth!* 别跟我绕弯子了，直截了当告诉我真相吧！
NOTE A more polite, informal way of saying this is **mess sb around**, or, in British English, **mess sb about**. 表示此义较礼貌和非正式的表达方式是 mess sb around 或英国英语的 mess sb about。
◆ v + n/pron + adv

ˈ**piss down**; ˈ**piss it down** (*BrE*, ⚠, *slang*) to rain very heavily 下大雨：*It's still pissing (it) down out there.* 外面依然雨大得要命。◇ *The rain was pissing down.* 正在下大雨。
SYN **pour down** (*BrE*, *more formal*)
NOTE A more polite, informal way of saying this is **chuck it down**. 表示此义较礼貌和非正式的表达方式是 chuck it down。
◆ v + adv ◆ v + it + adv

ˌ**piss ˈoff** (⚠, *slang, especially BrE*) used to tell sb rudely to go away （粗鲁的说法）滚蛋，走开：*I told him to piss off.* 我让他滚远点。◇ *Piss off and leave me alone!* 滚开，别管我！
◆ v + adv

ˌ**piss sb ˈoff** (⚠, *slang*) to make sb annoyed or bored 使生气；使厌烦：*Everybody's pissed off with what's going on.* 大家都对目前的情况很恼火。◇ *It really pisses me off when I see people behaving like that.* 看到人们的那种行为确实让我生气。
NOTE **Pissed off** (*BrE*) and **pissed** (*AmE*) are often used as adjectives * pissed off（英国英语）和 pissed（美国英语）常作形容词：*I was really pissed off with him.* 我对他烦透了。 A more polite way of saying **piss sb off** is **get on sb's nerves**: *It really gets on my nerves when I see people behaving like that.* 看到人们的那种行为确实让我生气。
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

pit /pɪt/ (-tt-)

ˌ**pit sb/sth/yourself aˈgainst sb/sth** to test sb/sth/yourself in a struggle or competition with sb/sth （使）与…争斗，经受考验：*It's a chance to pit yourself against the champion.* 这是你与冠军交锋的一次机会。◇ *I'd like to* ***pit my wits against*** *the best minds in the country* (= to test my intelligence). 我想和国内最有头脑的人斗智。◇ *I like sailing as I enjoy* ***pitting my strength*** *against the wind and the waves.* 我喜爱帆船运动，因为我喜欢同风浪搏斗。
◆ v + n/pron + prep

ˌ**pit ˈout**; ˌ**pit sth ˈout** (*AmE*, *slang*) to spoil a shirt, etc. by sweating a lot （因出汗太多）损坏，糟蹋（衬衫等）：*I was so nervous, and my T-shirt was totally pitted out.* 我太紧张了，T恤衫全被汗水打湿了。◇ *I tried to defend myself, turned red, and totally pitted out.* 我想为自己辩解，变得面红耳赤，汗流浃背。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

pitch /pɪtʃ/

ˌ**pitch ˈin** (**with sb/sth**) (*informal*) to join in willingly with sb to help with an activity 志愿加入；参与；支援：*We all pitched in and soon finished the job.* 我们都上手帮忙，很快便干完了工作。◇ *Lots of people pitched in with advice.* 很多人主动出主意。◇ *Ruth pitches in with the adults before she goes to school.* 露丝上学前和大人一起干活。
◆ v + adv

ˌ**pitch ˈinto sb** (*informal, especially BrE*) to attack or criticize sb 攻击；批评：*They really pitched into me when I refused to cooperate.* 我拒绝合作，他们便对我大肆攻击。
◆ v + prep

ˌ**pitch ˈinto sth** (*informal, especially BrE*) to start doing sth with energy and enthusiasm 大干起来；积极投入；蓬勃开展：*I rolled up my sleeves and pitched into the cleaning.* 我挽起

衣袖，劲头十足地动手大扫除。◇ *All of them pitched into the fight.* 他们所有人都憋足了劲儿加入了这场拼斗。

SYN **launch into sth**

◆ v + prep

ˌpitch ˈup (*BrE, informal*) to arrive somewhere, especially late or without planning（尤指迟到或事前无计划）到达，出现：*You can't just pitch up and expect to get in without a ticket.* 别指望没票到了那里就可以进去。

SYN **turn up**

◆ v + adv

pivot /ˈpɪvət/

ˈpivot on/around sth to depend on a central point; to develop from a central idea or point 以…为核心；围绕…展开：*The success of the project pivots on investment from abroad.* 这个项目的成功主要依靠国外投资。◇ *The novel pivots around a long conversation between two characters.* 这部小说是以两个人物的对话为中心展开的。

SYN **hinge on sth**

◆ v + prep

plan /plæn/ (-nn-)

ˌplan aˈhead (for sth) to make arrangements in advance 提前安排；预先计划：*It's impossible to plan ahead when things keep changing!* 情况不断变化，不可能提前计划好！◇ *We need to plan ahead for our retirement.* 我们得为退休作准备。

◆ v + adv

ˈplan on sth; ˈplan on doing sth; ˈplan on sb doing sth 1 to intend to do sth 计划；打算：*We'd planned on having a quiet evening at home tonight.* 今晚我们想安静地呆在家里。◇ *I'm not planning on going to bed yet.* 我还没打算睡觉呢。 **2** (*often used in negative sentences* 常用于否定句) to expect sth to happen 预料；料想：*We hadn't planned on a storm!* 我们没料到会有风暴！◇ *They hadn't planned on so many people visiting the exhibition.* 有这么多人参观展览，他们始料未及。

◆ v + prep

ˌplan sth ˈout to plan carefully and in detail sth that you are going to do in the future 精心安排；筹划：*to plan out your time/route* 仔细安排时间 / 设计路线 ◇ *I knew exactly where I was going—I'd got it all planned out.* 我十分清楚自己的目标 —— 我已经精心规划了一切。

◆ v + adv + n ◆ v + n/pron + adv

plant /plɑːnt; AmE plænt/

ˌplant sth ˈout to put plants in the ground so that they have enough room to grow 以一定间距种植（以利生长）

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

plaster /ˈplɑːstə(r); AmE ˈplæs-/

NOTE Plaster is a substance that is put on walls and ceilings to give them a smooth hard surface. * plaster 指灰泥。

ˌplaster ˈover sth to cover sth such as a crack or a wall with plaster 用灰泥涂抹（裂缝、墙壁等）：*The old brick had been plastered over.* 旧砖上已抹了灰泥。

NOTE Often used in the passive. 常用于被动语态。

◆ v + prep

plate /pleɪt/

ˌplate ˈup; ˌplate sth ˈup (in a restaurant, etc. 在餐馆等) to arrange food on a plate so that it is ready to be served （把菜肴）装盘：*The food was plated up and ready to go.* 菜已盛盘，可以端上去了。◇ *Just before you plate up, add the cheese and cream to the rice.* 装盘前，在米饭里加点奶酪和奶油。

OBJ **food**

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

play /pleɪ/

ˌplay aˈbout, etc. (*BrE*) → PLAY AROUND, ETC.

ˌplay aˈlong (with sb/sth) to pretend to agree with sb/sth, to believe sb/sth, etc., to gain an advantage, amuse yourself, avoid trouble, etc. 假意顺从；假装相信：*He realized they'd mistaken him for the gardener, but decided to play along.* 他意识到他们误以为他是园丁，但决定将错就错。◇ *I knew he was lying, but I decided to play along with him.* 我知道他在撒谎，但我想还是先不戳穿他。

◆ v + adv

ˌplay aˈround (*BrE also* **ˌplay aˈbout**) **1 (with sb/sth)** to behave in a careless way, without thinking about the results 胡闹；乱弄：*Stop playing about and get on with your work!* 别瞎折腾了，干你的活儿去吧！◇ *Don't play around with matches!* 别玩火柴！ SYN **mess around (with sb/sth); mess around with sth** (*BrE*) → see also PLAY AROUND WITH STH **2 (with sb)** (*informal*) to have a sexual relationship with sb who is not your usual partner （和某人）偷情，鬼混，厮混 ⊃ note at CHEAT ON SB

◆ v + adv

ˌplay aˈround with sth (*BrE also* **ˌplay aˈbout with sth**) to test or try new ideas, methods, etc. to see how good or effective they are before you make a final decision 试验，尝试（新想法、新方法等）：*Play around with the spreadsheet until you find the best way to display the data.* 试着用电子制表，以摸索出显示这些数据的最佳方法。◇ *We're still playing around with ideas for a new programme.* 我们仍然在构思新项目。

◆ v + adv + prep

ˈplay at doing sth (*especially BrE*) to do sth without any effort or real interest 敷衍；应付：*He's just playing at being in love.* 他谈恋爱只不过是逢场作戏。

◆ v + prep

IDM **ˈtwo can play at ˈthat game** used to tell sb who has played a trick on you that you can do the same to them （表示可以其人之道还治

其人之身）那套花招你会我也会，我照样能以牙还牙 **what is sb playing at?** (*informal*) used to ask in an angry way what sb is doing（气愤地质问）…搞什么鬼名堂: *What do you think you're playing at?* 你以为你在搞什么鬼把戏？

ˌplay aˈway; ˌplay away from ˈhome (*BrE*) **1** (of a sports team 体育运动队) to play a match at the opponent's ground or stadium 客场作战；打客场 **2** (of a person who is married or who has a regular sexual partner 已婚者或有固定伴侣者) to have a secret sexual relationship with sb else 有婚外情；有外遇；有另外的性伙伴
◆ v + adv

ˌplay sth ˈback (to sb) to play music, sound, images, etc. that have been recorded on a tape, video, etc.（为某人）播放（录音、录像等）: *Can you play back what we've just recorded?* 把我们刚录制的内容播放一下好吗？
OBJ **tape**
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈplayback** *n* [U, C] the act of playing music, showing a film/movie or listening to a telephone message that has been recorded before; a recording that you listen to or watch again 录音（或录像、电话留言等）的播放；播放的录音（或录像、电话留言等）: *A TV playback showed exactly what had happened.* 电视播放的录像原原本本再现了事件的经过。

ˌplay sth ˈdown to try to make sth appear less important than it is 降低…的重要性；贬低；淡化: *The government is trying to play down its involvement in the affair.* 政府正极力淡化与此事的牵连。
OPP **play up sth, play it/them up**
NOTE **Downplay sth** is also used with the same meaning * downplay sth 也作此义: *The report downplayed the effects of large class sizes in schools.* 报告对学校大班级的负面影响轻描淡写。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌplay ˈoff (*especially BrE*) if two teams, players, etc. that have the same number of points in a competition **play off**, they play a final game to decide who has won（平局后为决出胜负）进行加赛，进行决胜比赛: *The two Germans played off for a place in the final.* 两名德国选手加赛一场以争夺决赛权。
◆ v + adv
▶ **ˈplay-off** *n* a game or games between two players or teams with equal points in a competition to decide who the winner is（平局后决出胜负的）加时赛，延长赛: *We're unlikely to reach the play-offs.* 我们不大可能进入加时赛。◇ *The title was decided by a sudden-death play-off.* 冠军是由采取突然死亡法赛制的加时赛决出的。◇ *a play-off final* 加时决赛

ˌplay A ˈoff against B (*BrE*) (*AmE* **ˈplay A off B**) to make two people or groups oppose each other, especially in order to gain an advantage for yourself 引起…之间的矛盾，挑拨离间（以从中渔利）: (*BrE*) *He tries to play one parent off against the other.* 他试图挑拨父母不和。◇ (*AmE*) *The children played their parents off each other.* 孩子们搞得他们父母闹不和。◇ *She played her two rivals off against each other and got the job herself.* 她鼓动两个对手相互争斗，从而自己得到了那份工作。
◆ v + n/pron + adv + prep ◆ v + n/pron + prep

ˌplay ˈon 1 (*sport*) to continue to play; to start playing again 继续比赛；恢复比赛: *They claimed a penalty but the referee told them to play on.* 他们要求判罚，但裁判却要他们继续比赛。 **2** to continue to play music 继续奏乐: *Despite the uproar, the musicians played on.* 乐手们不顾喧闹继续演奏。
◆ v + adv

ˈplay on sth (*also* **ˈplay upon sth** *more formal*) to deliberately use sb's fears, etc. for your own advantage 利用（他人的恐惧等）: *He played on my feelings of guilt to make me stay.* 他利用我的内疚感让我留下。◇ *The government played on people's fears of rising crime to get support for their policies.* 政府利用人们对犯罪率上升的恐惧来获取他们对政策的支持。
OBJ **fears** SYN **exploit sth** (*formal*)
◆ v + prep

ˌplay ˈout (*informal*) if a band, etc. **plays out**, it performs in front of an audience（乐队等）演出: *Serious bands should be playing out regularly.* 正规乐队应该定期演出。◇ *Playing out is the best way for a DJ to build a following.* 现场表演是流行音乐节目主持人赢得拥趸的最佳途径。
◆ v + adv

ˌplay ˈout; ˌplay itself/themselves ˈout (*formal*) to develop and come to an end or be no longer useful or important 衰竭；式微；结束: *The crisis has yet to play out.* 危机尚待消除。◇ *The revolution soon played itself out.* 革命很快就悄无声息了。
◆ v + adv ◆ v + pron + adv
▶ **ˌplayed ˈout** *adj* completely finished; too tired or weak to continue 完结；筋疲力尽；衰竭: *She was played out—too exhausted even to cry.* 她疲惫不堪——累得连哭的力气也没有了。

ˌplay sth ˈout 1 when an action **is played out**, or sb **plays it out**, it happens（使）发生，出现: *The negotiations are being played out behind closed doors.* 谈判正在秘密进行。◇ *She continued to play out her role of dutiful daughter.* 她继续恪守她作为女儿的本分。 NOTE Often used in the passive. 常用于被动语态。 **2** (*especially AmE*) to continue to play sth until it finishes 继续将（比赛等）完成: *We'll play out this game and then go to bed.* 我们这一局结束就去睡觉。 **3** to let a length of rope pass through your hands bit by bit（从手中）缓缓放出（绳索）
◆ v + adv + n ◆ v + n/pron + adv

ˌplay ˈup; ˌplay sb ˈup (*informal, especially BrE*) **1** if sth **plays up** or **plays you up**, it causes you problems 出问题；给…添麻烦: *The car started playing up about six months ago.* 这辆车六个月前就开始出毛病了。◇ *The computer's been playing me up recently.* 计算机

最近总是给我添堵。◇ *My leg's playing up again* (= it is painful). 我的腿又疼起来了。◇ *My back plays me up from time to time.* 我的背不时出现酸痛。 **2** if children **play up** or **play sb up**, they behave very badly （孩子）惹麻烦，调皮捣蛋：*The kids have been playing up all day.* 孩子们胡闹了一整天。◇ *All kids play new teachers up.* 所有孩子都戏弄新老师。

NOTE **Play up, play sb up** are often used in the progressive tenses. * play up、play sb up 常用于进行时。

◆ v + n/pron + adv ◆ v + adv + n

,play 'up sth to try to make sth appear more important than it really is 夸大…的重要性；渲染；吹嘘：*She played up her achievements in an attempt to impress us.* 她吹嘘自己的成就，好让我们觉得她了不起。

OPP **play sth down**

NOTE When the object of **play up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **play** and **up** * play up 的宾语如果是名词，应置于up之后；但如果是代词，应置于 play 和 up 之间：*He has some financial problems, but the newspapers have really played them up.* 他的财务出了些问题，但报界肆意渲染。

◆ v + adv + n ◆ v + pron + adv

,play 'up to sb (*BrE*) to behave towards sb in a way that you think they will like and will bring you an advantage 献媚；讨好；奉承；迎合：*She always played up to her father.* 她总是讨好她的父亲。

◆ v + adv + prep

,play 'up to sth (*especially BrE*) to behave in the way that people expect you to 迎合，顺应（他人的期望）：*People think she's only twenty, and she plays up to this all the time.* 别人以为她只有二十岁，于是她干脆装嫩充小。

◆ v + adv + prep

'play upon sth → PLAY ON STH

'play with sb/sth (*disapproving*) to behave towards sb in a way that is not serious, especially by pretending to feel sth you do not feel 轻率对待；对…虚情假意：*She was just playing with my emotions.* 她只不过是在玩弄我的感情。

◆ v + prep

🔑**'play with sth** **1** to keep touching or moving sth （不停）触摸，拨弄：*She was playing with her hair.* 她在摆弄自己的头发。◇ *Stop playing with your food!* 不要再玩吃的东西！ **2** to use things in different ways to produce an interesting or humorous effect, or to see what effect they have （以不同的方式）运用（以取得有趣或诙谐的效果等）：*In this poem Fitch plays with words which sound alike.* 在这首诗中，菲奇用同音字玩起了文字游戏。◇ *The composer plays with the exotic sounds of Japanese instruments.* 作曲家谱曲时加入了具有异国风味的日本乐器奏出的乐音。 **3** (*usually used in the progressive tenses* 通常用于进行时) if you **play with** an idea, you think about it, but do not really intend to do anything about it 随意想想：*She's playing with the idea of starting her own business.* 她的创业念头只是随便想想而已。

OBJ **idea** SYN **toy with sth**

◆ v + prep

'play with yourself (*informal*) to touch your sexual organs in order to give yourself pleasure 手淫；自慰

◆ v + prep

plod /plɒd; *AmE* plɑːd/ (-dd-)

,plod a'long/'on to continue doing sth, especially difficult or boring work, at a very slow rate 缓慢进行（尤指艰难或枯燥的工作）：*Keep plodding on—you'll soon be finished!* 坚持干吧 —— 就快做完啦！◇ *They're still plodding along with their investigation.* 他们仍然在不厌其烦地进行调查。

◆ v + adv

,plod a'way (at sth) to work steadily but slowly at a difficult or boring task 坚持不懈地做（艰难或枯燥的工作）：*He plodded away all night at his project to get it finished.* 他为完成课题通宵埋头苦干。

◆ v + adv

plonk (*especially BrE*) /plɒŋk; *AmE* plɑːŋk, plɔːŋk/ (*AmE usually* **plunk**)

,plonk 'down; ,plonk yourself 'down (*informal*) to sit down heavily and quickly 重重地坐下；猛地坐下：*She plonked herself down in front of the telly.* 她一屁股坐在了电视机前。

SYN **plump down, plump yourself down**

◆ v + adv ◆ v + pron + adv

,plonk sb/sth 'down (*informal*) to drop sth or put sth down heavily without taking great care 重重地放下；砰地扔下：*She plonked the food down in front of them.* 她把食物啪的一声扔在他们面前。◇ *Don't just plonk the baby down on the floor.* 别粗手粗脚地把孩子随便往地板上扔。

◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

plough (*BrE*) (*AmE* **plow**) /plaʊ/

NOTE A **plough** is a large piece of farming equipment with one or several curved blades, used for digging and turning over soil. * plough 指犁。

,plough sth 'back (into sth), ,plough sth back 'in to put profits back into the business that produced them 把（利润）再投资（于原项目）：*All the profits are ploughed back into the company.* 所有的利润又反哺给了该公司。◇ *The director confirmed that every penny had been ploughed back in.* 董事确认每分钱都又投了回去。

OBJ **profits, money**

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

,plough 'into sb/sth (of a vehicle or a driver 车辆或司机) to crash violently into sb/sth 猛撞；碰撞：*The car hit a lamp post before ploughing into a wall.* 汽车碰了灯柱后又撞上一堵墙。 ⊃ note at CRASH INTO SB/STH

◆ v + prep

ˌ**plough sth ˈinto sth**; ˌ**plough sth ˈinto doing sth** to invest a large amount of money in a project, a business, etc. 把（巨额资金）投入；大量投资于：*$50 million will be ploughed into the area over the next five years.* 今后的五年中，将有五千万元投放到这个地区。

SYN sink sth into sth

◆ v + n/pron + prep

ˌ**plough ˈon** (with sth) to continue to say or do sth even though it becomes difficult （不顾困难）坚持说，继续做：*No one was listening to him but he **ploughed on regardless**.* 没人在听他讲话，但他依然坚持讲下去。◇ *The path was steep, but we ploughed on until we got to the top.* 小路坡度很陡，然而我们坚持不懈，走到了山顶。

◆ v + adv

ˌ**plough ˈthrough sth**; ˌ**plough your way ˈthrough sth** **1** to force a way through sth 费劲地穿行于（或通过）：*The car ploughed its way through the snow and ice.* 汽车在冰雪中艰难地行驶。◇ *The journey involved ploughing through 50 miles of swampland.* 旅途中需要跋涉 50 英里的沼泽地。 **2** (of a vehicle or an aircraft 车辆或飞机) to crash violently through sth 猛冲过：*The car ploughed through the hedge.* 汽车猛地冲破了树篱。 **3** to slowly do, read or eat all of sth even though it is difficult or boring 缓慢地做完（或读完、吃完）；艰难地进行；埋头苦干：*It took me hours to plough through all my emails.* 我花了几个小时埋头读完了所有电子邮件。◇ *I had to plough my way through a mountain of pasta because I didn't want to appear rude.* 我不想让人觉得我没礼貌，于是硬着头皮吃下了一大盘意大利面。

◆ v + prep ◆ v + n + prep

ˌ**plough sth ˈup** **1** to break the surface of an area of land that has not been used for growing crops before, and turn it over using a plough （用犁）开垦，开荒：*He ploughed up the field ready for sowing.* 他犁了那片地准备播种。◇ *action to prevent farmers ploughing up footpaths* 阻止农民开垦人行小道的举动 **2** to break up the surface of the ground by walking or driving across it 走坏，碾坏，轧翻（地面）：*He got so angry he ploughed up his neighbour's lawn with his motorbike.* 他火冒三丈，开着摩托车把邻居的草坪碾得稀烂。

◆ v + adv + n ◆ v + n/pron + adv

plow (*AmE*) /plaʊ/

ˌ**plow** (*AmE*) → PLOUGH

pluck /plʌk/

ˈ**pluck at sth** to take hold of sth with your fingers and pull it towards you in a quick, sharp movement 揪；拽；扯；撕：*He plucked at my sleeve.* 他拉了拉我的衣袖。

◆ v + prep

plug /plʌg/ (-gg-)

ˌ**plug aˈway** (at sth) (*informal*) to work hard and steadily at sth for a long time, especially sth difficult or boring 坚持不懈地做（尤指困难或乏味的工作）：*Scientists have been plugging away at the problem for years.* 科学家多年来一直在钻研这个难题。

◆ v + adv

ˈ**plug for sth** to support sth or keep asking for sth because you think it is important 支持；要求：*For years I've been plugging for a new assistant for the office.* 多年来我一直要求给办公室配一名新助理。

◆ v + prep

ˌ**plug ˈin**; ˌ**plug ˈinto sth** **1** to be able to be connected to a source of electricity or another piece of electrical equipment 能与（电源或另一电器）连接：*Where does the TV plug in?* 电视机的电源在哪儿？◇ *The guitar plugs into this amplifier.* 这把吉他能接到这个扬声器上。 **2** to become involved with a particular activity or group of people 参与；加入：*The company hopes to plug into new markets in Asia.* 这家公司希望打入亚洲新市场。 **3** (*computing*) to have access to a computer network 接入（计算机网络）：*We plug into the Institute's research network.* 我们能进入学院的研究网。

◆ v + adv ◆ v + prep

🔑 ˌ**plug sth ˈin**; ˌ**plug sth ˈinto sth** to connect a piece of electrical equipment to the electricity supply or to another piece of electrical equipment 接通（电源或另一电器）；把插头插入（插座）：*Don't forget to plug the printer in.* 别忘了给打印机接上电源。◇ *Where can I plug in my hairdryer?* 电吹风的插头插在哪儿？

OPP unplug sth (from sth)

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

▶ ˈ**plug-in** *adj* [only before noun] that can be connected to an electricity supply with a plug 带电源插头的；插入式的：*a plug-in kettle* 电源插入式水壶

▶ ˈ**plug-in** *n* **1** (*computing*) a piece of software that can be added to a computer system to give extra features 插件：*plug-ins for a palmtop computer* 掌上电脑的插件 ◇ *a plug-in graphics card* 插入式显卡 **2** (*CanE*) an electric socket in a garage or car park where a car can be plugged in when it is parked, used to heat the engine and prevent it from freezing （车库或停车场内用于加热发动机防止上冻的）插座：*Medicine Hat Hotel offers free parking with plug-ins.* 梅迪辛哈特酒店提供免费停车，配有防冻插座。◇ *plug-in facilities* 防冻插座设施

be/get ˌplugged ˈin (to sth), **be/get ˌplugged ˈinto sth** (*informal, especially AmE*) to be aware of or understand sth 知道；了解：*The good thing about this job is that I'm plugged into what's going on in the industry.* 这份工作的好处是我可以获悉行业动态。◇ *Colin is always plugged in to what is fashionable with the kids.* 孩子们中间流行什么，科林总是

一清二楚。
• be/get + v + adv • be/get + v + prep
▶ ˌ**plugged-ˈin** *adj* [only before noun] (*informal, especially AmE*) aware of what is happening, what is new, etc. 消息灵通的；明白的：*a group of plugged-in editors and designers* 一群见多识广的编辑和设计师

ˌ**plug sth ˈup** to fill or block a hole with a substance or a piece of material that fits tightly into it 填塞；封堵：*We plugged up all the holes around the window to stop the wind coming in.* 我们堵上了窗户周围的缝隙，以免漏风。
OBJ **hole** SYN **block sth up**
NOTE **Plug sth** is often used on its own with the same meaning. * plug sth 常单独使用作此义。
• v + adv + n • v + n/pron + adv

plumb /plʌm/

ˌ**plumb sth ˈin** (*BrE*) to connect a washing machine, a bath, etc. to a water system 把（洗衣机、浴缸等）与水管连接：*He's plumbed in the new washing machine for me.* 他帮我给新洗衣机接上了水管。
• v + adv + n • v + n/pron + adv

plump /plʌmp/

ˌ**plump ˈdown**; ˌ**plump yourself ˈdown** (*informal*) to sit down quickly and heavily 猛地坐下；重重坐下：*She plumped herself down in the armchair.* 她一屁股坐到扶手椅上。
SYN **plonk down, plonk yourself down**
• v + adv • v + pron + adv

ˌ**plump sth ˈdown** (*informal*) to put sth down suddenly and carelessly （猛然）丢下，扔下：*He plumped his books down on the table.* 他砰的一声把书丢在桌子上。
• v + n/pron + adv • v + adv + n

ˈ**plump for sb/sth** (*BrE, informal*) to choose or vote for sb/sth after thinking about it carefully 慎重挑选（或投票）；筛选出：*I think I'll plump for the steak.* 我想我要牛排。
• v + prep

ˌ**plump ˈup** to become rounder or fatter 变圆；变胖：*Soak the raisins until they plump up.* 把葡萄干泡在水里发好。
• v + adv

ˌ**plump sth ˈup** to make sth which is stuffed with feathers, etc. rounder and softer by shaking it 把（羽绒填充品等）拍得蓬松柔软：*Let me plump up your pillows for you.* 我来帮你把枕头拍松。
OBJ **cushion, pillow**
• v + adv + n • v + n/pron + adv

plunge /plʌndʒ/

ˌ**plunge ˈin**; ˌ**plunge ˈinto sth** **1** to jump or fall into sth, usually with some force （用力）跳进；（重重地）跌入：*He plunged into the pool.* 他猛地跳进了游泳池。◇ *The car plunged into a gorge.* 汽车坠入了峡谷。◇ *We ran down to the sea and plunged in.* 我们跑到海边，纵身跳入海水中。 **2** to begin doing sth or talking about sth without preparing for it or thinking carefully 贸然行动；唐突讲话；冒失地开始做（或讲）：*He plunged into the task of clearing the office.* 他二话没说就开始清理办公室。◇ *I plunged in and started telling him all about it.* 我冒冒失失地把这事对他和盘托出。
• v + adv • v + prep

ˌ**plunge sth ˈin**; ˌ**plunge sth ˈin/ˈinto sth** to put sth quickly and with force into sth else 猛力插入；扎进：*She plunged the knife into his leg.* 她猛地把刀子扎进他的腿部。◇ *He opened the sack and plunged his arm in.* 他打开袋子，手臂一下子伸了进去。
OBJ **knife, hand**
• v + n/pron + adv • v + adv + n • v + n/pron + prep

ˌ**plunge ˈinto sth** → PLUNGE IN, PLUNGE INTO STH

ˌ**plunge ˈinto sth**; ˌ**plunge sb/sth ˈinto sth** to be or to make sb/sth suddenly be in a bad state （使）突然陷入（糟糕的境况）：*The country plunged into recession.* 国家经济急剧衰退。◇ *The city was plunged into chaos as a result of the strike.* 罢工使城市骤然陷入一片混乱。◇ *The room was suddenly plunged into darkness.* 房间一下子变得漆黑一团。
OBJ **recession, despair**
NOTE Often used in the passive. 常用于被动语态。
• v + prep • v + n/pron + prep

ˌ**plunge sth ˈinto sth** → PLUNGE STH IN, ETC.

plunk /plʌŋk/

ˌ**plunk ˈdown**; ˌ**plunk yourself ˈdown** (*AmE, informal*) → PLONK DOWN, PLONK YOURSELF DOWN
• v + adv

ˌ**plunk sb/sth ˈdown** (*AmE, informal*) → PLONK SB/STH DOWN: (*figurative*) *Movie goers* ***plunked down*** *$1.7 billion for tickets* (= spent that amount on tickets) *this summer.* 今年夏天的电影票房达 17 亿元。
• v + n/pron + adv • v + adv + n

ply /plaɪ/ (plies, plying, plied)

ˈ**ply sb with sth** **1** to keep giving sb large amounts of sth, especially food and drink 持续大量提供（尤指饮食）：*They plied us with tea and cakes.* 他们一个劲儿地让我们喝茶吃糕点。 **2** to keep asking sb questions 不停地提问；问个不休：*They plied me with questions about my visit to England.* 他们对我的英国之行不停地问这问那。
• v + n/pron + prep

point /pɔɪnt/

ˈ**point at/to sb/sth** to stretch out your finger or sth held in your hand towards sb/sth in order to show sb where a person or thing is 指着；指向：*He pointed to the spot where the house used to stand.* 他指着那所房子以前所在

的地点。◇ *He pointed at the computer screen with his pen.* 他用钢笔指着计算机屏幕。
◆ v + prep

'point sth at sb/sth to aim sth at sb/sth 把…对准: *He pointed the gun at her head.* 他用枪指着她的脑袋。
OBJ **gun** SYN **aim sth at sb/sth**
◆ v + n/pron + prep

,point sb/sth 'out (to sb) to show sb which person or thing you are referring to, for example by moving your head, by describing them/it, etc. 把…指出来（给某人看）: *Will you point his wife out to me if you see her?* 如果看见他的妻子，你就指给我看好吗？◇ *He drove them around Beverley Hills, pointing out where the stars lived.* 他开车带他们在比佛利山转悠，把明星们的住所指给他们看。◇*The guide pointed out various historic monuments.* 导游介绍了各处历史遗迹。
◆ v + n/pron + adv ◆ v + adv + n

,point sth 'out (to sb) to mention sth in order to give sb information about it or make them notice it （向某人）指出: *He thanked me for pointing out the mistakes in his report.* 他感谢我指出了他报告中的错误。◇ *I must point out that my part in the rescue was very small.* 我必须说明，在这次营救行动中我的作用很小。◇ ***It must be pointed out that** this new drug is not a miracle cure.* 必须指出的是，这一新药并不是什么灵丹妙药。◇ *He doesn't like having his faults pointed out to him.* 他听不进别人的指正。◇ *'He's not my father, he's my stepfather,' he pointed out angrily.* "他不是我父亲，他是我继父。"他愤怒地说。
NOTE **Point sth out** is often used in the pattern **point out that ...** * point sth out 常用于 point out that …句型。
◆ v + adv + n ◆ v + n/pron + adv ◆ v + adv + speech

'point to sb/sth → POINT AT/TO SB/STH

'point to sth 1 to mention sth that you think is important and/or the reason why a particular situation exists 提出，指出（重要的事项或原因）: *She pointed to unemployment as a reason for rising crime.* 她强调失业导致了犯罪率上升。 **2** if a fact, event or situation **points to** sth, it suggests that this is true or likely to happen 暗示；显示: *All the signs pointed to a successful year ahead.* 所有迹象都预示来年将一帆风顺。◇ *The facts seem to point to him having been murdered.* 事实似乎表明他是被谋杀的。◇ *She had symptoms which pointed to a diagnosis of kidney failure.* 从症状来看，她很可能患了肾衰竭。
◆ v + prep

,point 'up sth (*BrE, formal*) to give special emphasis to one particular aspect of a problem, fact or opinion; to show sth very clearly 特别强调；明确显示: *This incident points up the hostility between the two sides.* 此次事件凸显了双方间的敌意。
NOTE When the object of **point up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **point** and **up** * point up 的宾语如果是名词，应置于 up 之后；但如果是代词，应置于 point 和 up 之间: *There are divisions in the party, and the conference has pointed them up.* 该党内部存在很多分歧，这次会议将它们暴露无遗。
◆ v + adv + n ◆ v + pron + adv

poke /pəʊk; *AmE* poʊk/

,poke a'bout/a'round; ,poke a'bout/a'round sth (*informal*) **1** (*also* **,poke 'through sth** *especially AmE*) to look for sth, especially sth that is hidden among other things that you have to move （在…中）搜寻，翻找: *They were poking around in the bushes, looking for their ball.* 他们在灌木丛中找他们的球。◇ *What were you doing poking about in my room?* 你在我房间里翻箱倒柜想找什么？◇ *He spent his weekends poking around dusty old bookshops.* 他周末时都泡在布满尘埃的旧书店里淘书。◇ *Customs officials poked through the containers looking for weapons.* 海关人员在集装箱里查找武器。 **2** to try to find out information, especially secret or hidden information; to get involved in sth that does not concern you 刺探；打听；干涉: *A reporter had been poking around, trying to discover something in my past.* 有位记者一直试图打探我过去的事。
◆ v + adv ◆ v + prep

,poke a'long (*AmE, informal*) to move somewhere very slowly 缓慢移动: *The bus poked along at about 30 mph, stopping in every tiny town.* 公共汽车以大约每小时 30 英里的时速缓慢行驶，在每座小镇都停车。
◆ v + adv

,poke a'round; ,poke a'round sth (*AmE, informal*) to move or do things slowly, without hurrying 闲散地移动（或行事）；闲荡；从容做事: *I was just poking around in town all morning.* 我整个上午都在城里闲逛。
◆ v + adv ◆ v + prep

'poke at sth to push your finger, a stick, etc. into sth, often several times （用手指、棍子等反复地）捅，戳，扎: *She poked at her salad with her fork.* 她用叉子拨弄着色拉。
SYN **prod at sth**
◆ v + prep

,poke 'out; ,poke 'out of sth (*also* **,poke 'through, ,poke 'through sth**) if sth **pokes out** or **pokes out of** sth, you can see it because a small part is coming through a hole or is no longer covered （从…中）突出，探出，露出: *His toes were poking through the holes in his socks.* 他的脚趾从袜子的破洞处露了出来。◇*Two feet poked out from under the bed.* 床底下伸出了两只脚。◇ *There were flowers poking out of holes in the wall.* 花儿从墙洞里伸出来。
SYN **stick out, stick out of sth; stick through, stick through sth**
◆ v + adv ◆ v + adv + prep ◆ v + prep

,poke sth 'out; ,poke sth 'out of sth to move sth suddenly forwards or out of sth 忽然前移；突然从…出来: *The door opened and Max*

poked his head out. 门开了，马克斯猛地探出头来。◇ *The pony poked its nose out of the door as I went past.* 我走过时，小马一下子把鼻子伸出门来。
OBJ **head, tongue** SYN **stick sth out, stick sth out of sth**
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
◆ v + n/pron + adv + prep

ˌpoke ˈthrough; ˌpoke ˈthrough sth → POKE OUT, POKE OUT OF STH

ˌpoke ˈthrough sth (*especially AmE*) → POKE ABOUT/AROUND, POKE ABOUT/AROUND STH 1

ˌpoke ˈup to become visible because a small part is coming through a hole, etc. 突出；露出：*The grass had begun to poke up through the snow.* 草开始破雪而出了。
SYN **stick up**
◆ v + adv

polish /ˈpɒlɪʃ; *AmE* ˈpɑːl-/

ˌpolish sb ˈoff (*informal, especially AmE*) to kill sb 杀死；干掉：*She hired an assassin to polish him off.* 她雇了杀手来除掉他。
◆ v + n/pron + adv ◆ v + adv + n

ˌpolish sth ˈoff (*informal*) to finish sth quickly, especially food or drink 很快做完；迅速吃光（或喝干）：*They polished off the pudding in no time.* 他们眨眼工夫就把布丁扒拉下肚了。◇ *I'll polish off this last bit of work, then we can go out.* 我加把劲把剩下这点活儿干完，我们就可以出去了。
◆ v + adv + n ◆ v + n/pron + adv

ˌpolish sth ˈup 1 to make changes to sth in order to improve it 改善；修饰：*The college needs to polish up its image.* 这所学院得提升一下形象了。OBJ **act, image 2** to improve your skills in sth that you have learned but have not used for a long time 捡起，重温（生疏了的技能等）：*She went on a course to polish up her German.* 她去听课，以便温习一下德语。
OBJ **French, Italian, etc.** SYN **brush sth up**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ponce /pɒns; *AmE* pɑːns/

ˌponce aˈbout/aˈround (*BrE, informal*) to do silly things in a way that looks ridiculous, especially to attract attention; to waste time （尤指为引人注意）胡闹，招摇；浪费时光：*He ponces around on the show, interviewing members of the audience.* 他在节目中装模作样地采访观众。◇ *I could have finished that job while you've been poncing around!* 有你无所事事瞎折腾的那点时间，我就能把那活儿干完了！
◆ v + adv

ponder /ˈpɒndə(r); *AmE* ˈpɑːn-/

ˈponder about/on/over sth to think about sth carefully for a period of time 仔细考虑；深思：*She pondered over what he had said.* 她对他的话左思右想。◇*They were left to ponder on the implications of the announcement.* 他们只好反复思考公告的言外之意。➲ note at THINK STH OVER
◆ v + prep

pony /ˈpəʊni; *AmE* ˈpoʊni/ (**ponies, ponying, ponied**)

ˌpony ˈup; ˌpony ˈup sth (*AmE, informal*) to pay money for sth （为…）付款：*If you really want it, you have to pony up.* 你如果真的想要，就得付钱。◇ *Each guest had to pony up $40 for the meal.* 这顿饭每位客人得掏 40 块。
◆ v + adv + n ◆ v + pron + adv

poop /puːp/

ˌpoop ˈout (*AmE, slang*) **1** (**on sb/sth**) (*also* **ˌpoop ˈout of sth**) to fail to do sth that you have arranged to do; to stop doing sth because you are very tired or afraid 没做（安排好的事）；（因劳累或害怕）停止做：*I was supposed to go out last night but I pooped out.* 我昨晚没有按原定计划出去。◇ *I'm sorry to poop out on you, but I have the worst headache.* 很抱歉我爽约了，可我头疼得厉害。 **2** (**on sb**) if a machine **poops out**, it stops working （机器）停止运转，抛锚：*The horn on my old Toyota pooped out on me.* 我的旧丰田车喇叭坏了。
◆ v + adv **1** also v + adv + prep

ˌpoop sb ˈout (*AmE, informal*) to make sb very tired 使筋疲力尽；使疲惫不堪：*A long day at the office poops me out.* 在办公室忙了一整天，把我累垮了。➲ note at TIRE SB OUT
◆ v + n/pron + adv
▶ **ˌpooped ˈout** *adj* [not before noun] (*informal, especially AmE*) very tired 筋疲力尽；疲惫不堪：*I was pooped out after a long day at the office.* 在办公室忙了一整天，累得我够呛。

pop /pɒp; *AmE* pɑːp/ (**-pp-**)

ˌpop ˈin (*informal, especially BrE*) to visit sb/sth for a short time （短暂）走访，逗留：*She often pops in for coffee.* 她常来小坐，喝杯咖啡。◇ *I'll pop in to see you at the weekend.* 周末我会去看看你。
SYN **drop in (on sb/at ...)** ➲ note at VISIT WITH SB
◆ v + adv

ˌpop sth ˈin/ˈround (*BrE*) to deliver sth to sb on your way to another place 顺道递送：*I'll pop the library books in on my way home.* 我回家时会捎带把图书馆的书还了。◇ *Could you pop those photos round later?* 回头请顺便把那些照片带来好吗？
SYN **drop sth by; drop sth in (to sb/sth); drop sth off**
◆ v + n/pron + adv

ˌpop ˈoff (*informal, especially BrE*) **1** to go or leave somewhere, especially for a short time （尤指短暂）前往，离开：*I'm going to pop off early tonight* (= leave work early). 我今晚打算早点下班。◇ *They just pop off to France whenever they feel like it.* 他们兴致一来就去法国。 **2** to die 翘辫子；一命呜呼：*When I pop off, all my*

money goes to you. 我死后，我的钱全都归你。**3 (to sb)** (*AmE*) to talk angrily about sb/sth or to criticize sb/sth in public 怒气冲冲地说；当众指责：*The assistant coach popped off to the press about the team's poor performances.* 助理教练在媒体面前公开批评本队的糟糕表现。
◆ v + adv

ˌpop sth ˈon (*BrE, informal*) **1** to put on a piece of clothing quickly（迅速）穿上（衣服）：*He popped on his jacket and went out.* 他披上夹克就出去了。**2** to turn on a piece of electrical equipment 开启（电器）：*I'll pop the kettle on for some tea.* 我来烧壶水泡茶喝。
◆ v + n/pron + adv ◆ v + adv + n

ˌpop ˈout 1 (*also* **ˌpop ˈout of sth**) to come out from a place suddenly 突然出现；（从…）冒出：*He just popped out from behind a tree.* 他冷不丁从树后蹿了出来。◇ (*figurative*) *I didn't mean to tell them—it just popped out* (= I spoke) *before I realized.* 我不是有意要告诉他们的——我说漏嘴了。◇ (*figurative*) *His eyes nearly popped out of his head* (= he was very surprised) *when he saw what she was wearing.* 看到她的穿着，他吃惊得眼珠子几乎都要瞪出来了。**2** (*especially BrE*) to leave somewhere for a very short time 暂时离开：*John's just popped out to get a newspaper.* 约翰刚刚出去取份报纸。
◆ v + adv **1** also v + adv + prep

ˌpop ˈover/ˈround (*BrE*) to visit sb's home for a short time 上门短暂拜访：*Pop over if you feel lonely.* 你要是觉得孤单就来我家里坐坐。
SYN **drop by; drop over** (*especially AmE*)
◆ v + adv

ˌpop ˈup (*informal*) to appear or happen when you do not expect it 冷不防冒出；突然出现；意外发生：*He seems to pop up in the most unlikely places.* 他好像神出鬼没。◇ *When you click with the mouse, a menu pops up.* 点击鼠标就会弹出菜单。
◆ v + adv

▶ **ˈpop-up** *adj* [only before noun] **1** (*computing*) a **pop-up** function is one that appears quickly on the screen when you choose it while you are working on another document 弹出式的：*a pop-up menu/window* 弹出式菜单 / 弹窗 **2** (of a book, etc. 书籍等) having pictures that stand up when you open the pages 有立体活动图的：*a pop-up book* 立体图书 **3** (*AmE*) a **pop-up** store is a shop/store that opens for a short time in a place where many people will see it, in order to advertise the company that owns it（为推广公司品牌短暂经营的）限时展售店，品牌游击店：*a pop-up store on Fifth Avenue* 第五大道上的限时展售店

ˌpop ˈup; ˌpop sth ˈup (*AmE*) (in baseball 棒球) to hit a ball very high, so that it can be easily caught by the opposing team 打出高飞球：*He popped it up into left field and Haines caught it.* 他打出了左外野高飞球，海恩斯接住了。◇ *Miller popped up and the inning was over.* 米勒击出腾空球，一局随之结束。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

▶ **ˈpop-up** *n* (*AmE*) (in baseball 棒球) a ball which is popped up 高飞球；腾空球：*He hit a pop-up into center field.* 他打出了中外野高飞球。

pore /pɔː(r)/

ˈpore over sth to study sth by looking at it or thinking about it very carefully 打量；审视；钻研：*She was poring over an old map.* 她全神贯注地看一张旧地图。
◆ v + prep

post /pəʊst; *AmE* poʊst/

ˌpost sth ˈoff (to sb) (*BrE*) to send sth to sb by post/mail（给某人）邮寄，邮递：*I posted a letter off to you this morning.* 我今天上午给你寄了封信。
OBJ **letter, parcel** **SYN** **mail sth off; send sth off (to sb)**
NOTE You can also use **post a letter, etc.**, but this refers to the action of putting the letter in the mailbox 也可用 post a letter 等，但这是指把信投入邮箱的动作：*Did you remember to post my letter?* 你没忘记把我的信寄出去吧？
◆ v + n/pron + adv ◆ v + adv + n

ˌpost sth ˈup to put a notice, etc. up on a wall so that people can see it 贴出（通告等）；公布：*The exam results will be posted up in the hall.* 考试成绩将在礼堂张榜公布。
◆ v + n/pron + adv ◆ v + adv + n

potter (*BrE*) /ˈpɒtə(r); *AmE* ˈpɑːt-/ (*AmE* putter)

ˌpotter aˈbout/aˈround; ˌpotter aˈbout/aˈround sth to do things or move without hurrying, especially when you are doing sth that you enjoy and that is not important 从容做事；欣然从事；漫步；闲荡：*They spent the day pottering about by the river.* 他们在河边逍遥了一天。◇ *She was happy just pottering around the house.* 她就乐意在家里晃悠。
OBJ **the house, the garden**
◆ v + adv ◆ v + prep

pounce /paʊns/

ˈpounce on sb/sth (*also* **ˈpounce upon sb/sth** *more formal*) to quickly notice sth that sb has said or done, and criticize it or use it for your own advantage 抓住不放，一把揪住（进行抨击）：*As soon as I opened my mouth, the teacher pounced on me.* 我刚一张嘴就被老师抓住了错。◇ *He said something silly and the other boys pounced on it at once.* 他说了句傻话，马上遭到了其他男孩的嘲笑。◇ *His mistake was pounced on by the press.* 他的失误立刻被新闻界揪住并大做文章。
SYN **seize on sth** (*more formal*)
◆ v + prep

ˈpounce on sth (*also* **ˈpounce upon sth** *more formal*) to accept an opportunity, etc. with enthusiasm（急切地）抓住，把握（机会等）：*She pounced on the opportunity to work with*

them. 有机会同他们一起工作，她求之不得。
SYN **seize sth** (*more formal*)
• v + prep

pound /paʊnd/

ˌpound sth ˈout to play a tune on a musical instrument very loudly （用乐器）大声弹奏: *Cole was pounding out a tune on the piano.* 科尔正在用力弹一首钢琴曲。◇ (*figurative*) *She pounded out her poems on an old typewriter.* 她用一台旧打字机噼里啪啦打出她的诗歌。
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

pour /pɔː(r)/

ˌpour sth aˈway to get rid of a liquid by emptying it out of its container 倒掉，倾倒（液体）: *He poured the water away after he finished washing the car.* 他洗完车把水倒掉了。
• v + n/pron + adv • v + adv + n

ˈpour down to rain heavily 下大雨；大雨如注: *It's pouring down.* 大雨滂沱。◇ *The rain poured down all weekend.* 整个周末都在下暴雨。
SYN **pelt down**
NOTE **Pour** is also used on its own, but only with the subject *it* * pour 也单独使用，但仅和主语 it 连用: *It's pouring (with rain).* 天正下着大雨。
• v + adv
▸ **ˈdownpour** *n* a heavy shower of rain 倾盆大雨；滂沱大雨；暴雨

ˌpour ˈforth; ˌpour ˈforth sth (*formal*) to appear or to produce sth from somewhere in large numbers or amounts 涌现；大量产生: *The doors opened and a crowd of people poured forth.* 门开了，一群人蜂拥而出。◇ *He poured forth a stream of bitter accusations.* 他连珠炮般提出了一连串严厉指控。
• v + adv • v + adv + n

ˌpour ˈin; ˌpour ˈinto sth to arrive somewhere in large numbers or amounts 涌进；（向…）源源而来: *Complaints poured in after last night's programme.* 昨晚节目播出后，投诉纷至沓来。◇ *Sunlight poured in through the windows.* 阳光从窗户倾泻而入。◇ *Fans were still pouring into the stadium.* 球迷继续涌入体育场。
SYN **flood in, flood into sth**
• v + adv • v + prep

ˌpour sth ˈinto sth to provide a large amount of money for sth 投入（大量金钱）到；大量投资于: *The council has been pouring money into the area.* 议会一直在向这个地区投入大笔资金。
• v + n/pron + prep

ˌpour sth ˈoff to remove some of the liquid from a container, cooking pot, etc. by pouring 倒出（容器中的部分液体）: *When the fish is cooked, pour off the water.* 鱼煮熟后，把水滗出去。
• v + adv + n • v + n/pron + adv

ˌpour it ˈon (*AmE*) (*informal*) **1** (of a team or sports player) to play very well against your opponent, so that you are difficult to defeat （运动队或选手）发挥出色，难以击败: *The Rangers came onto the ice and poured it on from the very beginning.* 流浪者队上了冰球场，从开局起便稳操胜券。 **2** to talk or behave in an exaggerated way in order to impress sb （为引人注目而）言行夸张，表现过火: *She was really pouring it on, making sure he knew she was available.* 她一个劲儿卖弄风情，想让他明白她仍待字闺中。
• v + it + adv

ˌpour ˈout; ˌpour sth ˈout 1 (*also* **ˌpour ˈout of sth, ˌpour sth ˈout of sth**) to come out or to produce sth from somewhere in large amounts or numbers 涌出；大量产生: *Black smoke poured out of the engine.* 发动机排放出滚滚黑烟。◇ *People poured out through the gates.* 人们涌出大门。◇ *Factory chimneys poured out smoke.* 工厂烟囱喷出了浓烟。 **2** when feelings or words **pour out**, or sb **pours them out**, they are expressed, usually after they have been kept hidden for some time （感情或话语在压抑后）奔涌，迸发；一吐为快: *All her feelings of resentment just* ***came pouring out.*** 她一股脑儿倾吐出所有的怨恨。◇ *The whole story then poured out.* 接着，事情的来龙去脉被和盘托出。◇ *He poured out his troubles to me.* 他对我倾诉了他的烦恼。
• v + adv • v + adv + n • v + pron + adv • v + n + adv (*less frequent*) **1** also v + adv + prep • v + n/pron + adv + prep
▸ **ˈoutpouring** *n* **1** [usually pl.] a strong and sudden expression of feeling （感情的）倾吐，迸发: *She hated having to listen to his passionate outpourings.* 她讨厌听他那热切的表白。 **2** a large amount of sth produced in a short time 涌现: *a remarkable outpouring of scholarship* 学术成果的层出不穷

power /ˈpaʊə(r)/

ˌpower ˈup; ˌpower sth ˈup if a machine **powers up**, or sb/sth **powers it up**, it is switched on and becomes ready to use 发动，启动（机器）: *Switch on the computer then wait for it to power up.* 接通计算机的电源，然后等它启动。◇ *This switch will power up the monitor.* 这个开关控制监视器。
• v + adv • v + adv + n • v + n/pron + adv

precede /prɪˈsiːd/

preˈcede sth with sth (*formal*) to do or say sth before the main thing that you want to do or say 在（正事）前做；在（正题）前说；以…开始（或引导）: *They often precede their performances with a short talk or display.* 他们常在演出前说几句话或进行花絮表演。
• v + n/pron + prep

predispose /ˌpriːdɪˈspəʊz; *AmE* -ˈspoʊz/

prediˈspose sb to sth (*also* **prediˈspose sb towards sth** *less frequent*) (*formal*) to make sb

more likely to do sth or to suffer from a particular illness 使倾向于做；使易患（疾病）：*Cigarette advertising predisposes children to smoking.* 烟草广告会诱导儿童抽烟。◇ *His lifestyle predisposed him to high blood pressure.* 他的生活方式使他易患高血压。◇ *Certain people may be predisposed to mental illness.* 有些人易患精神疾病。
NOTE Often used in the passive 常用于被动语态: *He believes that some people are predisposed to criminal behaviour.* 他认为有些人有犯罪倾向。
◆ v + n/pron + prep

preface /ˈprefəs/

ˈpreface sth by/with sth; ˈpreface sth by doing sth (*formal*) to say sth before you start making a speech, answering a question, etc. 以…为开端；作…的开场白: *It is helpful if an interviewer prefaces each group of questions with a brief explanation.* 访谈主持人最好在每组提问前进行简要讲解。
◆ v + n/pron + prep

prefix /ˈpriːfɪks/

ˈprefix A to B; ˈprefix A with B to add letters, numbers or words to the beginning of a number or word 在…前面加（字母、数字或字词）：*Prefix 020 to the number you want to call.* 在你要拨打的号码前加 020。◇ *Prefix the number you want to call with 020.* 在你要拨打的号码前加 020。
◆ v + n/pron + prep

preside /prɪˈzaɪd/

preˈside over sth (*formal*) to lead or be in charge of a meeting, ceremony, etc. 主持（会议、仪式等）；担任（会议等）的主席: *She presided over the meeting.* 她主持了会议。◇ *The court is presided over by a single judge.* 该法庭只有一名法官负责审案。◇ (*figurative*) *His government presided over* (= were responsible for) *a massive increase in unemployment.* 他的政府对失业大幅增加负有责任。
◆ v + prep

press /pres/

ˌpress aˈhead/ˈon (*also* **ˌpress ˈforward** *less frequent*) **(with sth)** to continue moving forward quickly; to continue to do a task in a determined way 继续快速前进；坚持不懈地做: *He pressed on, even though it was now dark.* 尽管夜幕降临，他仍继续赶路。◇ *They decided to press ahead with their plans.* 他们决定继续推进他们的计划。
SYN **forge ahead (with sth)**
◆ v + adv

ˈpress for sth; ˈpress sb for sth to make repeated and urgent requests for sth （向…）催逼，不断迫切要求: *The unions are pressing for a pay rise.* 工会不断强烈要求涨工资。◇ *I must press you for a reply.* 我不得不催促你才能得到答复。
SYN **push for sth, push sb for sth**
◆ v + prep

ˌpress ˈforward → PRESS AHEAD/ON

ˌpress ˈin (on/upon sb) to move nearer to sb in a way that seems likely to cause harm 逼近；进逼: *He felt as if the walls were pressing in on him.* 他觉得四周的墙壁仿佛要向他压过来。
SYN **close in (on sb/sth)**
◆ v + adv

ˌpress ˈon → PRESS AHEAD/ON

ˈpress sth on sb to try to make sb accept sth, even though they may not want it 强迫（某人）接受；把…强加于: *She pressed cake and tea on us.* 她执意要我们吃蛋糕、喝茶。
◆ v + n/pron + prep

presume /prɪˈzjuːm; *AmE* -ˈzuːm/

preˈsume on/upon sth (*formal*) to use sb's friendship or kindness for your own advantage in an unfair way （不正当地）利用，滥用（他人的情谊或善意）：*I felt it would be presuming on our friendship to keep asking her for help.* 如果一再央求她帮忙，我觉得是过分利用了我们之间的交情。
OBJ **friendship, hospitality**
◆ v + prep

pretend /prɪˈtend/

preˈtend to sth (*formal*) (*usually used in negative sentences and questions* 通常用于否定句和疑问句) to claim to be or have sth, especially when it is not true 声称；自称；自诩: *I don't pretend to any great knowledge of the situation.* 我不敢自夸对局势有多么了解。
◆ v + prep

pretty /ˈprɪti/ (**pretties, prettying, prettied**)

ˌpretty sth ˈup (*especially AmE*) to make sth look or seem better than before 装饰；修饰；美化: *She had prettied up the front porch with a few plants.* 她用些花花草草装饰了前廊。
◆ v + n/pron + adv

prevail /prɪˈveɪl/

preˈvail on/upon sb (to do sth) (*formal*) to persuade sb to do sth 劝说；说服: *Can I prevail on you to play the piano for us?* 烦请您为我们弹奏钢琴好吗？◇ *She was prevailed upon to give one final performance.* 她被说服最后再演一场。
◆ v + prep

prey /preɪ/

ˈprey on sb (*also* **ˈprey upon sb** *more formal*) to treat sb who is weaker than you in an unfair or dishonest way in order to get sth or gain an advantage for yourself 欺压，掠夺（弱者）：*The thieves have been preying on elderly people living alone.* 窃贼们一直在偷盗独居老人的财物。
SYN **exploit sb**

◆ v + prep

IDM **prey on sb's 'mind** if a problem or a thought **preys on your mind**, you think and worry about it all the time （问题或想法）萦绕心头；使耿耿于怀；使忧心忡忡

'prey on sth (*also* **'prey upon sth** *more formal*) if a bird or an animal **preys on/upon** another bird or animal, it hunts and kills it for food （鸟兽）捕食，猎食：*They prey on small mammals.* 它们捕食小型哺乳动物。◇ *These small fish are preyed upon by sharks and other fish.* 这些小鱼是鲨鱼和其他鱼类的猎物。

◆ v + prep

pride /praɪd/

'pride yourself on sth; 'pride yourself on doing sth to be proud of sth such as a personal quality or a skill 引以为傲；为…而自豪：*She had always prided herself on her appearance.* 她总是对自己的容貌洋洋自得。

◆ v + pron + prep

print /prɪnt/

,print sth 'off/'out to produce a document or information from a computer in printed form （从计算机中）打印出：*I'll print off enough copies for everyone to have one.* 我会给每人打印一份的。◇ *I'm waiting for the results to be printed out.* 我等着把结果打印出来。

OBJ **copy**

◆ v + adv + n ◆ v + n/pron + adv

▶ **'printout** *n* a printed copy of information in a computer file （计算机）打印件；打印资料：*She asked for a printout of the previous year's accounts.* 她索要了一份去年账目的打印件。

,print sth 'up to produce sth in printed form, especially quickly or in large quantities （尤指快速或大量）打印出：*He printed up 200 000 catalogues for the new season.* 他为新的一个季度打印了 20 万份产品目录。

◆ v + adv + n ◆ v + n/pron + adv

prise (*BrE*) (*AmE* prize) /praɪz/ (*also* pry /praɪ/ (*especially AmE*)

,prise sth 'out of sb; 'prise sth from sb to obtain some information, etc. from sb with great difficulty （用尽手段）诱供，逼问，强迫透露：*I finally managed to prise his new address out of her.* 我最后总算从她口中套出了他的新住址。◇ *She had a way of prising secrets from people.* 她打探秘密很有一手。◇ *You'll be lucky to prise any money out of him!* 要是能从他那里弄到钱，算你走运！

◆ v + n/pron + adv + prep ◆ v + n/pron + prep

proceed /prəˈsiːd; *AmE* proʊ-/

pro'ceed against sb (*formal, law*) to start a court case against sb 起诉；控诉：*I shall instruct my solicitor to proceed against you for trespass.* 我要委托我的律师控告你非法侵入他人土地。

◆ v + prep

pro'ceed from sth (*formal*) to be caused by or be the result of sth 由…而引起；是…的结果：*The dispute proceeded from a wrong interpretation of the law.* 争端起因于对法律的错误解释。

◆ v + prep

prod /prɒd; *AmE* prɑːd/ (-dd-)

'prod at sth to press sth with your finger or with a pointed object, especially to see what it is, or what it is made of, etc. （用手指或锐器）捅，戳，杵，刺：*He prodded at the plate of fish with his fork.* 他拿叉子翻弄那盘鱼。

SYN **poke at sth**

◆ v + prep

pronounce /prəˈnaʊns/

pro'nounce for/against sb/sth to give a judgement in court for or against sb/sth 作有利于 / 不利于…的判决；判…胜诉 / 败诉

◆ v + prep

pro'nounce on/upon sth (*formal*) to express an opinion or give a judgement on sth 就…表态；对…作出判断：*The minister will pronounce on the situation today.* 部长今天将对局势发表讲话。

◆ v + prep

prop /prɒp; *AmE* prɑːp/ (-pp-)

,prop sb 'up to support sb by putting sth under or behind them 支撑，托起（某人）：*We propped her up with a pillow.* 我们给她垫了一个枕头。◇ *He tried to prop himself up on his elbow.* 他努力用胳膊肘撑起身子。

◆ v + n/pron + adv ◆ v + adv + n

,prop sth 'up 1 to keep sth standing or stop sth from falling by putting sth under or behind it 撑起；支起：*A family photo was propped up against some books on her desk.* 她的书桌上靠着书立着一张全家福。◇ *The tree had to be propped up with thick posts.* 那棵树得用些粗棍子顶住。 **2** to support sth that is having financial, political, etc. difficulties 支持；扶持；援助：*The regime is being propped up by foreign aid.* 这个政权依靠外援维持着。◇ *The government will no longer prop up inefficient industries.* 政府将不再补贴效益低下的产业。

◆ v + n/pron + adv ◆ v + adv + n

provide /prəˈvaɪd/

pro'vide against sth (*formal*) to make plans in order to deal with or prevent a bad or unpleasant situation 预防；防备；未雨绸缪：*Does your insurance provide against loss of income?* 你的保险是否赔付收入损失？

◆ v + prep

pro'vide for sb to give sb the things that they need to live, such as food, money and clothing 为…提供生活所需：*How will she provide for six children?* 她将如何养活六个孩子？◇ *My family will be well provided for if I die.* 万一我死了，我的家人将衣食无忧。

OBJ **children, family**

◆ v + prep

pro'vide for sth (*formal*) **1** to make plans or arrangements to deal with sth that may happen in the future 为…作好准备；为…作好预防措施: *The budget provides for rising inflation.* 预算考虑到了通货膨胀可能上升。 SYN **allow for sth 2** (of a law, etc. 法律等) to make it possible for sth to be done 就…作出规定；为…提供法律依据: *European legislation provides for expansion of the EU.* 欧盟立法就欧盟扩员作出了规定。
◆ v + prep

prowl /praʊl/

,prowl a'round; ,prowl a'round sth (*also* **,prowl a'bout/'round, ,prowl a'bout/'round sth** *especially BrE*) **1** to move quietly and carefully around an area, often with the intention of committing a crime 潜行（图谋不轨）: *There was someone prowling around outside.* 外面有个人蹑手蹑脚的。◇ *Why were you prowling about the building so late?* 这么晚了，你怎么还在大楼周围转悠？ **2** to walk around a room, a building, etc., because you are worried, bored or unable to relax （因焦虑、无聊或紧张）徘徊，走来走去: *Her husband prowled about restlessly.* 她丈夫焦躁不安地来回踱步。◇ *She got up and prowled around the room.* 她站起身来在房间里踱来踱去。
◆ v + adv ◆ v + prep

pry (*AmE*) /praɪ/ (pries, prying, pried)

,pry sth 'out, etc. → PRISE STH OUT, ETC.

psych /saɪk/

,psych sb 'out (*informal*) to make an opponent feel less confident by saying or doing things that make you seem better, stronger, etc. than them 使（对手）心虚胆怯；震慑（对手）: *The other team tried to psych us out before the game started.* 对方运动队试图在比赛开始前就把我们从心理上打垮。
◆ v + n/pron + adv ◆ v + adv + n

,psych sb 'up; ,psych yourself 'up (**for sth**) (*informal*) to prepare sb/yourself mentally for sth difficult, such as a game, an exam, an interview, etc. （为困难的事）作好思想准备: *Boxers need to psych themselves up for the fight.* 拳击手需要为比赛作好心理准备。◇ *I'd got psyched up for the interview but then it was cancelled at the last minute!* 我为面试作好了心理准备，可临到最后却取消了！
◆ v + n/pron + adv ◆ v + adv + n

puff /pʌf/

,puff a'way (**at/on sth**) (*informal*) (*usually used in the progressive tenses* 通常用于进行时) to smoke a pipe, cigarette, etc., often when you are thinking deeply （常指沉思时）吸，抽（烟斗、香烟等）: *He stood looking out of the window, puffing away at his pipe.* 他站在那里，一边眺望窗外一边吸着烟斗。
◆ v + adv

,puff sth 'out to make sth larger and rounder by filling it with air 使充气；吹胀: *She puffed out her cheeks in anger.* 她气得鼓起了腮帮子。◇ *Her hair was puffed out round her face.* 她披头散发。
OBJ **cheeks, chest**
◆ v + n/pron + adv ◆ v + adv + n

,puff 'up; ,puff sth 'up to swell or to make sth swell and increase in size （使）膨胀，肿胀: *He could feel his face puffing up where Mark had hit him.* 他能感觉到脸被马克打肿了。◇ *He puffed up his chest like an exotic bird.* 他像只怪异的鸟儿一样鼓起了胸脯。◇ *The medicine makes my ankles puff up.* 这种药把我的脚踝弄肿了。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv
IDM **be puffed up with 'pride, etc.** to be too full of pride, etc. 骄傲自大；妄自尊大；趾高气扬: *She was so puffed up with conceit she didn't notice people were avoiding her.* 她自命不凡，没意识到人们都躲着她。

pull /pʊl/

,pull a'head; ,pull a'head of sb/sth to move in front of sb/sth, especially suddenly or unexpectedly （突然或出人意料地）抢先，领先: *I pulled ahead of the other runners on the last straight.* 在直道冲刺时，我一下子超过了其他选手。
◆ v + adv ◆ v + adv + prep

,pull sb/sth a'part 1 to separate sb/sth, often people or animals that are fighting 拉开，分开（打斗的人或动物）: *It took several of us to pull them apart.* 我们上了好几个人才把他们拉开。 SYN **separate sb/sth** (*more formal*) **2** to severely criticize sb/sth 严厉批评；斥责: *She pulled my work apart and made me do it again.* 她把我的工作批得一无是处，而且让我返工。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

🔑 **,pull sth a'part** to destroy sth or separate sth into pieces by pulling parts of it in different directions 毁坏；拆散；拆卸: *I pulled the machine apart, but couldn't find what was wrong with it.* 我卸开机器，但没找到毛病。◇ *The fox was pulled apart by the dogs.* 几条狗把狐狸撕成了碎片。 ⊃ note at TEAR STH UP
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

,pull sb a'side to take sb to a quiet corner or place to talk to them privately 把某人拉到一旁（私下说话）: *I pulled him aside to warn him not to say anything.* 我把他拉到一边，警告他什么也别说。
SYN **take sb a'side**
◆ v + n/pron + adv

,pull sth a'side to move sth such as a curtain so that you can see sth 拉开（帘子等）: *She pulled the curtain aside to reveal a small door.* 她掀开帘子，露出了一扇小门。
OBJ **curtain**
◆ v + n/pron + adv ◆ v + adv + n

'pull at sth 1 to pull sth lightly several times especially to gain attention （尤指为引人注意）接连轻拽: *The little boy pulled anxiously at*

her sleeve. 小男孩焦急地拉了拉她的袖子。 **2** → PULL ON/AT STH

SYN **tug at sth**

• v + prep

,**pull a'way (from sth) 1** when a vehicle **pulls away**, it begins to move （车辆）开动: *The train was pulling away as we reached the station.* 我们赶到车站时火车刚刚启动。◇ *I started the engine and pulled away from the kerb.* 我发动引擎驶离了路边。 **2** to gradually move further in front of sb/sth; to start to win a game or competition by getting more points than your opponent 逐渐拉大（与对手的）距离（或比分）；获胜在望: *The British boat began to pull away from the Italians* (= in a race). 英国赛艇渐渐甩开了意大利赛艇。◇ *The German pair pulled away to finish three games ahead* (= in tennis). 德国双打选手以胜三局领先。 **3 (from sb/sth)** to move quickly away from sb/sth 迅速离开；逃脱: *She pulled away from him in horror.* 她惊恐地挣脱了他。

• v + adv

,**pull sb/sth a'way (from sb/sth)** to make sb/sth move away from sb/sth 使远离；拉开: *I pulled her away from the edge.* 我把她从边上拉了回来。

• v + n/pron + adv • v + adv + n

,**pull 'back 1 (from sb/sth)** to move backwards away from sb/sth 退回；缩回: *He pulled back and stared at her in disbelief.* 他倒退一步，疑惑地盯着她。◇ *The camera then pulled back to a wider view.* 然后摄影机镜头拉回，使取景变宽。 **2** to decide not to do sth you were intending to do, usually because of possible problems 退却；反悔: *Their sponsors pulled back from financing the movie.* 赞助商打了退堂鼓，不再资助该部影片。 **SYN** **withdraw**

• v + adv

,**pull 'back**; ,**pull sb/sth 'back 1** to move back from a place; to make an army move back from a place 撤离；撤回（部队） **2** (*BrE, sport*) to improve a team's position in a game 扭转颓势；挽回败局；翻盘: *Rangers pulled back to 4–3.* 流浪者队以 4:3 反超。◇ *They pulled back a goal in the last few minutes of the game.* 在比赛结束前几分钟，他们扳回了一球。

• v + adv • v + adv + n • v + n/pron + adv

,**pull sb/sth 'back** to hold sb/sth and move them/it backwards, sideways or away from sth 向后拉；拉到一旁；拽开: *I pulled the child back from the edge.* 我把孩子从边上拉了回来。◇ *He pulled back the curtain.* 他拉开了窗帘。◇ *She pulled the sheet back to show us the wound.* 她掀开被子，让我们看伤处。

• v + n/pron + adv • v + adv + n

,**pull sb 'down** (*informal, especially AmE*) to have a bad effect on sb's health or happiness 使虚弱；使扫兴: *The strain is really pulling me down.* 压力着实把我拖垮了。

SYN **get sb down**

• v + n/pron + adv • v + adv + n

🔑,**pull sth 'down 1** to move sth from a higher to a lower position 拉下；放下: *She pulled down the blinds and locked the door.* 她放下卷帘，锁上了门。◇ *He dried his hands and pulled down his sleeves.* 他擦干手，放下衣袖。 **OBJ** **blinds, trousers 2** (*especially BrE*) to destroy a building completely 摧毁，捣毁，拆除（建筑物）: *My old school has been pulled down.* 我的母校被拆了。 **OBJ** **house, building** **SYN** **demolish sth** (*more formal*) ⊃ note at KNOCK STH DOWN **3** (*computing*) to make a list of possible choices appear on a computer screen by pressing one of the buttons on the mouse 下拉（选项菜单） **4** (*informal*) → PULL STH IN

• v + n/pron + adv • v + adv + n

▸ **'pull-down** *adj* [only before noun] used to describe a list of possible choices that appears on a computer screen below a title 下拉式的: *a pull-down menu* 下拉式菜单

'pull for sb/sth (*AmE*) to support and encourage sb/sth and hope they will be successful 支持；激励: *Hang in there, we're all pulling for you to win!* 坚持下去，我们都在为你加油，希望你取胜!

SYN **root for sb/sth**

• v + prep

🔑,**pull 'in**; ,**pull 'into sth 1** if a train or a bus **pulls in**, it arrives somewhere and stops （火车或公共汽车）到站，进站停靠: *The express pulled in on time.* 特快列车准时进站了。◇ *The coach pulled into bay 27.* 该辆长途汽车驶进了27 号站台。 **2** (*BrE*) if a vehicle or a driver **pulls in**, they move to the side of the road and stop （车辆或司机）驶向路边停靠: *Pull in in front of the bus.* 开到路边，停在公共汽车前。◇ *He pulled into the parking lot and turned off the engine.* 他把车开进停车场熄了火。

SYN **draw in, draw into sth**

OPP **pull out, pull out of sth**

• v + adv • v + prep

,**pull sb 'in 1** (*informal*) to bring sb to a police station in order to ask them questions 拘留（盘问）: *The police have pulled him in for questioning.* 警方把他扣起来讯问。 **SYN** **bring sb in 2** if an event or a show **pulls** people **in**, it attracts people in large numbers （活动或演出）聚集，吸引（很多人）: *The show is still pulling in the crowds.* 表演依然吸引着大批观众。 **OBJ** **crowds, customers** **SYN** **get sb in**

• **1** v + n/pron + adv • v + adv + n

• **2** v + adv + n • v + n/pron + adv

,**pull sth 'in** (*also* ,**pull sth 'down**) (*informal*) to earn a particular amount of money 赚，挣（钱）: *He must be pulling in a hundred thousand.* 他肯定能赚十万。

• v + adv + n • v + n/pron + adv (*rare*)

🔑,**pull 'off**; ,**pull 'off sth** (of a vehicle or its driver 车辆或司机) to leave the road in order to stop for a short time 驶离（公路）后短暂停车: *He pulled off onto the verge.* 他把车开到路边停下。◇ *I pulled off the main road and stopped.* 我把车驶离大路然后停下。

• v + adv • v + prep + n

,**pull sb/sth 'off**; ,**pull sb/sth 'off sb/sth** to strongly pull away sb/sth that is attacking

sb/sth else 用力拉开（进攻的人或动物）: *They tried to pull off the dogs with their hands.* 他们试图徒手把那些狗拽开。◇ *He had to be pulled off the older man by two policemen.* 两名警察才把他从老人身边拉开。

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

,pull sth 'off 1 to remove an item of clothing quickly or with difficulty（迅速或费力地）脱下（衣物）: *She pulled off her hat and gloves.* 她一把摘掉帽子和手套。 SYN **take sth off** OPP **pull sth on 2** (*informal*) to succeed in doing or achieving sth difficult 做成，完成（困难的事情）: *The goalie pulled off a terrific save.* 守门员来了个漂亮的救球。◇ *If anyone can* ***pull it off****, I'm sure you can.* 如果有什么人能办成这事，我敢说就是你了。 SYN **bring sth off**

◆ **1** v + n/pron + adv ◆ v + adv + n

◆ **2** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

,pull sth 'on to put an item of clothing on quickly or with difficulty（迅速或费力地）穿上（衣物）: *I pulled my shorts on and ran outside.* 我套上短裤，跑了出去。

SYN **put sth on**

OPP **pull sth off**

◆ v + n/pron + adv ◆ v + adv + n

'pull on/at sth to take long deep breaths from a cigarette, etc. 猛抽，狠吸（香烟等）: *She pulled on her cigar.* 她深深地吸了口雪茄。

OBJ **cigarette, cigar**

◆ v + prep

🔑**,pull 'out 1** (*also* **,pull 'out of sth**) if a train or bus **pulls out**, it leaves a place（火车或公共汽车）出站，驶离: *The train pulled out (of the station) on time.* 火车准点开出了车站。 SYN **draw out, draw out of sth** OPP **pull in, pull into sth 2 [+ adv/prep]** (of a vehicle or its driver 车辆或司机) to move away from the side of a road, from behind sth, etc. 驶离路边；超车: *I pulled out onto the main road.* 我开车驶上了主干道。◇ *A white van suddenly pulled out in front of me.* 一辆白色小货车突然超车到我前面。

◆ v + adv **1** also v + adv + prep

🔑**,pull 'out; ,pull 'out of sth; ,pull sb/sth 'out; ,pull sb/sth 'out of sth 1** to move or to make sb/sth move away from sth or stop being involved in it（使）脱离，退出: *They are pulling their troops out of the war zone.* 他们正从战区撤军。 **2** (*also* **,pull 'out of doing sth, ,pull sb/sth 'out of doing sth**) to stop being involved in sth or decide not to do sth you had promised to do; to make sb do this（使）退却，反悔: *The other firm wanted to pull out of the deal.* 对方公司想退出交易。◇ *The manager has pulled the team out of the competition.* 主教练让本队退出了比赛。◇ *The company is pulling out of sponsoring the team.* 那家公司停止赞助该队了。

SYN **back out, back out of sth, back out of doing sth; withdraw (from sth), withdraw sb/sth (from sth)** (*more formal*)

◆ v + adv ◆ v + prep ◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

▶ **'pull-out** *n* an act of taking an army away from an area; an act of taking an organization out of a system, a deal, etc.（军队的）撤退，撤离；（机构的）撤出，退出: *their unexpected pull-out from the competition* 他们出人意料的退赛

🔑**,pull sth 'out; ,pull sth 'out of sth 1** to take sth out of somewhere by pulling（从…）拉出，抽出，拽出: *He pulled an envelope out of his pocket.* 他从口袋里掏出一个信封。◇ *The woman suddenly pulled out a knife.* 那名女子突然拔出一把刀。 **2** to remove sth from sth else; to separate sth from sth else（从…）把…移开，分离出: *I pulled out the middle page of the magazine to show him.* 我抽出杂志的中页给他看。

◆ v + n/pron + adv ◆ v + n/pron + adv + prep

▶ **'pull-out** *n* a part of a magazine, newspaper, etc. that can be taken out easily and kept separately（报刊等的）可取出的插页: *an eight-page pull-out* 八页的插页◇ *a pull-out guide to health* 活页保健指南

🔑**,pull 'over; ,pull sb/sth 'over** to move or to make sb/sth move, to the side of the road and stop（使）停靠路边: *He pulled over and jumped out of the car.* 他把车停在路边，然后跳下车。◇ *I pulled over to let the ambulance pass.* 我开车到路边给救护车让道。◇ *A police car pulled me over.* 警车令我把车开到路边停下。

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

🔑**,pull 'through; ,pull 'through sth; ,pull sb 'through; ,pull sb 'through sth 1** to get better after an illness; to help sb get better after an illness（帮助）康复；（使）痊愈: *Few people expected him to pull through after the accident.* 几乎没人认为事故后他会康复。◇ *She has pulled through the operation remarkably well.* 她手术后恢复得非常好。◇ *He suffered terrible injuries, but his courage pulled him through.* 他伤得很重，但他靠勇气挺了过来。 **2** to succeed in doing sth very difficult or in dealing with difficult problems; to help sb do this（帮助）完成（困难的事情）；（使）渡过（难关）: *He's got his problems at school, but with help he'll pull through.* 他在学校遇到了困难，但帮他一把他就能克服的。◇ *It's going to be tough but we'll pull through it together.* 这事会很棘手，但我们将齐心协力渡过难关。◇ *She relied on her business experience to pull her through.* 她靠从商经验挺了过来。

◆ v + adv ◆ v + prep ◆ v + n/pron + adv ◆ v + n/pron + prep

,pull sth 'to if you **pull** a door **to**, you close it or almost close it by pulling it towards you 拉上，关上，带上（门）: *Pull the door to on your way out.* 出去时把门带上。

OBJ **door** SYN **shut sth**

OPP **push sth to**

◆ v + n/pron + adv

,pull to'gether if a group of people **pull together**, they act or work together in order to achieve sth 齐心协力；通力合作；万众一心: *If we all pull together, we'll finish by Friday.* 如

果我们劲儿都往一处使，到星期五就能完成。 SYN cooperate; hang together (*especially AmE*), stick together (*informal*)
• v + adv

ˌ**pull sth toˈgether 1** to make all the different parts of an organization, an activity, etc. work together in a successful way 使（组织等）团结一心；使（行动等）协调一致： *His inspired leadership pulled the party together.* 他的卓越领导才干使全党上下同心同德。 **2** to organize a variety of ideas, etc. in a logical and careful way （有系统地）集中，组合，整合（思想等）: *This lecture pulls together several recent theories.* 这次讲座系统地介绍了几个新理论。
• v + n/pron + adv • v + adv + n

ˌ**pull yourself toˈgether** to gain control of your feelings and start to act in a calm and sensible way 控制住情绪；恢复镇定: *She made a great effort to pull herself together.* 她咬紧牙关，保持冷静。◇ *Stop crying and pull yourself together!* 别哭了，振作起来！
• v + pron + adv

ˌ**pull sb/sth ˈunder** to make sb/sth become completely covered in water 把…卷进水中: *He felt the waves pulling him under.* 他觉得波浪要把他吞没了。
• v + n/pron + adv

ˌ**pull ˈup** (of a vehicle, or its driver 车辆或司机) to stop, especially for a short time 短暂停留；临时停靠: *He pulled up alongside me at the traffic lights.* 在红绿灯处，他把车停在我旁边。◇ *A taxi pulled up outside.* 一辆出租车停在了外面。 SYN **draw up**
• v + adv

ˌ**pull sb ˈup 1 (on/for sth)** (*BrE, informal*) to criticize sb for sth they have done badly or wrong 训斥；斥责: *She pulled him up on his untidy handwriting.* 他写字歪歪扭扭，被她训斥了一顿。◇ *I was pulled up for not using the correct procedure.* 因为没有按正确步骤操作，我挨了一顿批评。 **2** to make sb stop doing or saying sth very suddenly 使突然停住；使愣住: *The shock of his words **pulled me up short**.* 他的话如晴空霹雳，把我怔住了。◇ *The expansion of industry was **pulled up sharply** by an economic crisis.* 经济危机使工业扩张陡然陷入停顿。 SYN **draw sb up**
• v + n/pron + adv • v + adv + n

ˌ**pull sth ˈup 1** to move sth from a lower to a higher position 把…向上拉: *She pulled her shorts up and put a T-shirt on.* 她穿上短裤，套上 T 恤衫。 **2** to remove sth from the ground with force （从地里）拔起，拔出: *Kids had pulled all the shrubs up.* 孩子们把灌木全都拔掉了。 **3 (to sth)** to bring sth such as a chair closer to sb/sth 把（椅子等）搬到近处；拉近: *Pull up a chair and sit down.* 搬张椅子过来坐下。 SYN **draw sth up**
• v + n/pron + adv • v + adv + n
IDM **pull your ˈsocks up** (*BrE*) to try to develop a more serious, responsible attitude to your work; to improve your behaviour 端正态度；改善行为: *He'll have to pull his socks up* 才好。

SYNONYMS 同义词辨析

pull through

get better • get well • heal up • pull through • recover

These verbs all mean to stop suffering from an illness or injury. 这些动词都表示复原、康复、痊愈。

get better (of a person or a part of the body) to become healthy again after being ill or hurt （人或身体某个部位）（病后或伤后）复原，痊愈: *I hope you get better soon.* 我希望你很快康复。◇ *My wrist is getting better.* 我手腕好些了。

get well (of a person) to recover from an illness （人）（病后）康复，痊愈: *Get well soon!* 祝早日康复！◇ *They sent me a get-well card.* 他们给我寄来一张明信片，祝我早日康复。

heal up (of a wound or injury) to become healthy again; to make a wound or injury healthy again （使）（伤口或损伤）愈合: *The cut healed up without leaving a scar.* 伤口愈合了，没留伤疤。 NOTE **Heal** can be used on its own * heal 可单独使用: *It took a long time for the wounds to heal.* 伤口很长时间

pull through (*not formal*) to get better after a serious illness or operation （重病或手术后）康复，痊愈: *The doctors think she will pull through.* 医生认为她会恢复健康的。

recover (of a person) to become healthy again after being ill or hurt （人）（生病或受伤后）康复，痊愈: *He's still recovering from his operation.* 他手术后还在恢复。◇ *Mother and baby are recovering well.* 母亲和孩子恢复得很快。 ▸ recovery *n* : *He made a full recovery.* 他完全康复了。

WHICH WORD?

Get well is used especially to talk about the wish or need for sb to recover; it is not used much in the past tense. * get well 尤用于表达对某人康复的祝愿或某人康复的必要性，一般不用于过去时。

PATTERNS AND COLLOCATIONS

- to recover **from** sth
- to **gradually** recover/get better/heal (up)
- to **completely/partially** recover/heal (up)

if he wants to pass that exam. 想通过考试他就得加倍努力。

▶ **'pull-up** *n* an exercise in which you hold onto a high bar above your head and pull yourself up towards it （单杠）引体向上: *She does 50 pull-ups and 100 sit-ups every morning.* 她每天早晨做50 次引体向上和100 次仰卧起坐。

,pull yourself 'up 1 to move your body into a standing position, especially by holding sth firmly and using force （尤指紧紧抓住某物用力）站起来: *Julia pulled herself up from the sofa.* 朱莉娅使劲从沙发上站起身来。◇ *I* ***pulled myself up to my full height*** *and glared angrily at Dan.* 我昂首挺胸站立起来，对丹怒目而视。 **2** to stop doing or saying sth very suddenly 猛然停止；突然打住: *I started to ask about her family, but* ***pulled myself up sharply*** *when I saw she was getting upset.* 我开始询问她的家庭情况，见她变得心烦意乱，便立刻打住了。

SYN **draw yourself up**

• v + pron + adv

IDM **pull yourself up by your (own) 'boot-straps** (*informal*) to improve your situation yourself, without help from other people 自强不息；自力更生

pump /pʌmp/

NOTE A **pump** is a machine that is used to force liquid, gas or air into or out of sth. * pump 指泵。

,pump sth 'in; ,pump sth 'into sth to give large amounts of money or resources to sth 把（资金或资源）大量投入（或大量注入）: *Millions have been pumped into this industry.* 对这个产业已经投资了几百万。

OBJ **money** SYN **inject sth (into sth)**

• v + n/pron + adv • v + adv + n • v + n/pron + prep

,pump 'out; ,pump 'out of sth; ,pump sth 'out; ,pump sth 'out of sth 1 (of a liquid 液体) to come out of somewhere or to be produced from somewhere with force and in large amounts 涌出；涌流；喷涌: *Blood was pumping out of the wound.* 鲜血正从伤口喷出来。◇ *Cars are pumping out tons of pollutants every year.* 汽车每年排放成吨的污染物。 **2** if music, sound, etc. **pumps out** or sb **pumps it out**, it is produced from somewhere very loudly and for a long time （使）（音乐、声音等）连续高声播放: *Heavy metal was pumping out of huge speakers.* 巨大的扬声器不断播放着震耳欲聋的重金属音乐。

• v + adv • v + adv + prep • v + adv + n • v + n/pron + adv • v + n/pron + adv + prep

,pump sth 'out; ,pump sth 'out of sth to remove a gas, liquid, etc. from inside sth with a pump （用泵）（从…）排出，吸出: *The fire brigade pumped out the basement.* 消防队把地下室的水抽了出来。◇ *The fire brigade pumped the water out of the basement.* 消防队把地下室的水抽了出来。

• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

,pump sb 'up; ,pump yourself 'up (*informal, especially AmE*) to make sb feel more excited or determined about sth 给…打气；鼓舞斗志: *I was really pumped up for the race.* 那次赛跑我真是憋足了劲儿。

NOTE Often used in the passive. 常用于被动语态。

• v + adv + n • v + n/pron + adv

,pump sth 'up 1 to fill a tyre, etc. with air using a pump 为（轮胎等）充气（或打气）: *Pump your tyres up before you set off.* 出发前给轮胎打足气。 **2** (*informal, especially BrE*) to increase the amount, value or volume of sth 增加（数量、价值或体积）: *They always pump their prices up before Christmas.* 他们总是在圣诞节之前提价。

• v + n/pron + adv • v + adv + n

punch /pʌntʃ/

,punch 'in/'out; ,punch sb 'in/'out (*AmE*) to record the time that you arrive at or leave work, by putting a card into a machine; to do this for sb else （替某人）用计时卡登录上班 / 下班时间；（替某人）刷计时卡: *He punched in ten minutes late.* 他上班刷卡迟到了十分钟。◇ *I was in such a hurry to leave that I forgot to punch out.* 我下班时过于匆忙，忘了刷卡。◇ *Would you punch me in? I'm going to be late.* 你可以帮我刷卡吗？我要迟到了。

SYN **clock in/on, clock sb in/on** (*BrE*), **clock off/out** (*BrE*)

• v + adv • v + n/pron + adv

,punch sth 'in; ,punch sth 'into sth to put information into a computer, etc. by pressing keys 将（信息）键入（计算机等）: *She punched in the security code and the door opened.* 她输入密码，门开了。

• v + adv + n • v + n/pron + adv • v + n/pron + prep

,punch 'out, etc. (*AmE*) → PUNCH IN/OUT, ETC.

,punch sb 'out (*AmE, informal*) to hit sb repeatedly 反复击打；连续揍: *Touch my car and I'll punch you out.* 你敢动一下我的车，我就让你尝尝我的拳头。

SYN **beat sb up**

→ see also PUNCH IN/OUT, PUNCH SB IN/OUT

• v + n/pron + adv

,punch sth 'out 1 to press a combination of buttons or keys on a computer, telephone, etc. 按键（输入号码、字符等）: *He picked up the phone and punched out Donna's number.* 他拿起电话，拨打唐娜的号码。 **2** to hit sth very hard and make a hole in it or make sth fall out 在…上打孔；打破；打掉: *The burglar had punched out a pane of glass to open the window.* 窃贼打碎一块玻璃，弄开了窗户。

• v + adv + n • v + n/pron + adv

push /pʊʃ/

,push sb a'bout (*especially BrE*) → PUSH SB AROUND

,push a'head/'forward/'on (with sth) to continue with a plan in a determined way 毅然推行（计划）: *They pushed ahead with the modernization programme.* 他们坚定地推进现代化方案。
→ see also PUSH ON
• v + adv

⚷,push sb a'round (*also* **,push sb a'bout** *especially BrE*) (*informal*) to order sb to do things in a threatening or unpleasant way 对（某人）发号施令；任意摆布: *Don't let him push you around.* 别让他对你指手画脚。
SYN kick sb around
• v + n/pron + adv

,push sb/sth a'side 1 to move sb/sth to a position where you are not prevented from going somewhere or doing sth 推开，移开（妨碍前进的人或物）: *He pushed her aside and went into the room.* 他推开她，进了房间。◇ *I pushed the curtain aside to get a better view.* 我拉开窗帘开阔视野。 **2** to treat sb/sth as if they are/it is not important; to avoid thinking about sb/sth 将…置之不理；把…抛诸脑后: *When his sister brought home a school friend, he felt pushed aside and abandoned.* 他妹妹带了一位同学回家，他觉得自己被扔在一边，无人理会。◇ *Emma immediately pushed the unpleasant thought aside.* 埃玛立刻把这个不愉快的想法抛诸脑后。
• v + n/pron + adv • v + adv + n

,push sb/sth a'way to remove sb/sth from in front of you with your hands or arms, to show that you do not want them/it 把（不需要的人或物）推开: *He offered to help, but she pushed him away.* 他主动来帮忙，却被她推开了。◇ *She pushed her plate away. 'I'm not hungry.'* 她把盘子推到一边说："我不饿。" ◇ (*figurative*) *Had he lied to me? I* ***pushed the thought away.*** 他对我说谎了吗？我不愿这样想。
• v + n/pron + adv • v + adv + n

,push 'back (at sb) (*AmE*) to respond to sth that you think is wrong by telling the person responsible that you do not like it （向负责人）投诉，抱怨，拒绝: *Minority groups are pushing back at the city's police department, after years of being mistreated.* 由于年复一年饱受不公正待遇，少数族群不断向市警察局发难。
• v + adv
▶ **'pushback** *n* [U] (*AmE*): *The pushback from left-wing groups on the subject of tax cuts has been strong and loud.* 左翼团体在减税问题上持强烈反对立场。

,push sb 'back 1 to use force to make sb move backwards, especially by using your hands or arms 把（人）向后推: *The police pushed the protesters back.* 警察把示威者挡了回去。 **2** if sb **pushes** soldiers, an army, etc. **back**, they force them to move away from a place 迫使（士兵、部队等）撤离；打退: *Magnus's army was gradually pushed back into a defensive circle.* 马格努斯的部队被迫一步步撤回防守圈。
• v + n/pron + adv • v + adv + n

,push sth 'back 1 to make sth move backwards by using your hands, arms, legs, etc. 把…向后推: *He pushed his chair back and stood up.* 他把椅子向后一推，站了起来。 **2** to make the time or date of a meeting, etc. later than originally planned 推迟；延迟: *The release of their new album has been pushed back until early next year.* 他们的新专辑推迟到明年年初发行。
• v + n/pron + adv • v + adv + n

⚷,push 'by/'past; ,push 'by/'past sb to use force to go past other people, rudely making them move to one side （推搡着）向前挤，挤过去: *She pushed by without saying a word.* 她一言不发地挤了过去。◇ *He followed me to the door and pushed past me into the house.* 他跟随我来到门口，把我推到一边，进了屋子。
• v + adv • v + prep

'push for sth; 'push sb for sth to keep asking for sth, or asking sb to do sth, because you think it is very important 不断要求；争取；敦促: *We are pushing hard for electoral reform.* 我们强烈要求选举改革。 ◇ *They're pushing me for a decision on the matter.* 他们在催促我就此事作出决定。
SYN press for sth, press sb for sth
• v + prep • v + n/pron + prep

⚷,push 'forward 1 to move forward through a group of people until you are near the front 挤到前面: *She pushed forward through the crowd.* 她挤到了人群前面。 **2** → PUSH AHEAD/FORWARD/ON **3** if soldiers, an army, etc. **push forward**, they move forward against the enemy, especially with some difficulty （士兵、部队等）向敌方推进，艰难前进
• v + adv

,push sb/yourself 'forward to try to make sb notice sb/yourself, especially in order to obtain sth such as a job or a move to a more important job （使）引人注目，出风头: *He's not the sort of person who pushes himself forward.* 他不是想方设法表现自己的那种人。
• v + n/pron + adv

,push 'in (*BrE, informal*) to move in front of other people who are waiting in a line 插队；加塞儿: *They thought I was trying to push in at the head of the queue.* 他们以为我想插到队列前面。
SYN cut in (*AmE*)
• v + adv

,push 'off 1 (*informal, especially BrE*) used to tell sb rudely to go away 滚开；一边去: *Push off and leave me in peace!* 滚远点，让我安静一会儿！ **2** to leave sb/a place, especially in order to go home 离开；动身回家: *It's time I pushed off and did some work.* 我该回家干活儿去了。 **3 (from sth)** to move away from land in a boat, or from the side of a swimming pool （乘船）离岸；离开（游泳池边）: *He pushed off from the bank and rowed downstream.* 他划船离开河岸顺流而下。
• v + adv

ˌpush ˈon **1** (to …) to continue travelling somewhere （向…）继续行进: *We decided to push on to Stonehaven.* 我们决定继续前往斯通黑文。 **2** → PUSH AHEAD/FORWARD/ON
◆ v + adv

ˈpush sth on/onto sb to try to make sb accept or buy sth they do not really want 迫使接受；强迫买下；强人所难: *He keeps pushing his attentions on her.* 他没完没了地向她大献殷勤。
◆ v + n/pron + prep

ˌpush sb ˈout; ˌpush sb ˈout of sth to make sb leave a place or an organization 驱逐；开除: *He refused to resign, so his colleagues pushed him out.* 他拒绝辞职，于是同僚把他赶下了台。◇ *Patients are being pushed out of hospital before they are really ready.* 病人还没痊愈就要被赶出医院。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

ˌpush sb/sth ˈout to make sb/sth less important than before; to replace sb/sth with sb/sth else 降低…的重要性；使失势；替换: *My parents didn't want me to feel pushed out by my younger brother.* 父母不想让我因为我弟弟而感到失宠。◇ *'Harry Potter' is pushing out more traditional children's stories.* 《哈利·波特》正取代较为传统的童话。
◆ v + adv + n ◆ v + n/pron + adv

ˌpush sb/sth ˈover to make sb/sth fall to the ground; to make sth fall onto its side or turn over 推倒；推翻: *I was pushed over in the playground.* 我在运动场上被撞倒了。
◆ v + n/pron + adv ◆ v + adv + n

▶ **ˈpushover** *n* (*informal*) **1** a task that is easy to do; a contest that you win easily 轻而易举的事；轻松获胜的比赛: *The game against Sheffield will be a pushover.* 和谢菲尔德队的比赛将易如反掌。 **2** a person who is easy to influence or persuade 容易说服的人；好说话的人；耳软心活的人

ˌpush ˈpast, etc. → PUSH BY/PAST, ETC.

ˌpush ˈthrough; ˌpush ˈthrough sth to use force to cross a barrier, especially one formed by a crowd of people 冲过（障碍物）；挤过（人群）: *He **pushed his way through** to the front of the crowd.* 他挤到了人群前面。
◆ v + adv ◆ v + prep

ˌpush sth ˈthrough; ˌpush sth ˈthrough sth to get a new law, plan or proposal officially accepted 使通过；使获批准: *We're trying to push through the reforms as quickly as possible.* 我们正在争取尽快促成这些改革。◇ *The Prime Minister promised to push the bill through Parliament quickly.* 首相允诺让议会从速通过这项法案。
OBJ **bill, reforms, legislation**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌpush sth ˈto if you **push** a door **to**, you close it or almost close it by moving it away from you 把（门）推合；关闭: *I pushed the door to.* 我把门推上了。
OBJ only **door** SYN **shut sth**
OPP **pull sth to**
◆ v + n/pron + adv

ˌpush toˈwards sth to make progress towards achieving an aim 向（目标）推进: *We are pushing towards full membership of the EU.* 我们正向正式加入欧盟的目标迈进。
◆ v + prep

ˌpush sb toˈwards sth; ˌpush sb toˈwards doing sth to make sb try to do or achieve sth 使尝试；使争取: *The need for aid finally pushed them towards cooperation with the USA.* 由于需要援助，他们最终还是与美国进行了合作。
◆ v + n/pron + prep

ˌpush sth ˈup to make sth rise or increase 使上升；使增长: *A shortage of land pushed property prices up.* 土地短缺推高了房地产价格。
OBJ **prices, rates, costs**
◆ v + n/pron + adv ◆ v + adv + n

pussyfoot /ˈpʊsifʊt/

ˌpussyfoot aˈbout/aˈround to be careful or anxious about expressing your opinion in case you upset sb （为照顾他人情绪而）说话谨慎，不正面表达，支支吾吾: *Alison should stop pussyfooting around and tell him what she really thinks.* 艾莉森不该再闪烁其词了，得对他表明她自己的真实想法。
◆ v + adv

put /pʊt/ (putting, put, put)

ˌput aˈbout (*technical*) if a ship **puts about**, it changes direction （船）改变航向，转向: *The ship put about and headed back to port.* 船掉头驶回港口。
◆ v + adv

ˌput it aˈbout (*also* **ˌput yourself aˈbout**) (*BrE, slang*) to have sexual relationships with a lot of different people 与多人有染；滥交: *He had a reputation for putting it about when he was at college.* 他上大学时出了名地爱乱搞。
◆ v + it + adv

ˌput sth aˈbout (*informal, especially BrE*) to spread information, stories, etc. among a group of people 散布；传播: *Someone has been **putting it about that** you're leaving.* 有人散布消息说你要走了。◇ *This was an idea put about by the government.* 这一构想是从政府传出的。◇ *Rumours were put about that the shop was closing.* 传言说商店要关门了。
OBJ **rumour, idea, it**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌput yourself aˈbout (*BrE*) **1** (*informal*) to be sociable and friendly in public, especially in order to become well-known （尤指为了出名）喜欢交际，待人友善: *Politicians like that are always putting themselves about at parties.*

那种政客总是出没于各类聚会。 **2** (*informal, sport*) to be very involved in a game and play with enthusiasm （比赛中）全身心投入，奋力拼搏：*Christian is a no-nonsense defender who puts himself about and is popular with the fans.* 克里斯蒂安是一名敬业的后卫，比赛中积极投入，深受球迷喜爱。 **3** → PUT IT ABOUT
◆ v + it + adv

'put sb/sth above sb/sth → PUT SB/STH BEFORE SB/STH

,put sth a'cross (*also* **,put sth 'over**) **(to sb)** to communicate your ideas, feelings, etc. to sb clearly and successfully （清楚有效地）交流，沟通（思想、感情等）：*The campaign failed to put the message across.* 这次活动未能有效传达信息。◇ *She's very good at putting across her ideas.* 她非常善于表达其个人想法。
OBJ **message, idea, point** SYN **get sth across**
◆ v + n/pron + adv ◆ v + adv + n
IDM **put one a'cross sb** (*informal*) to trick sb 欺骗，蒙骗（某人）

,put yourself a'cross (*also* **,put yourself 'over**) **(to sb)** (*BrE*) to make sb understand your ideas, your personality, etc. 表明自己的想法；使别人了解自己：*She puts herself across well at interviews.* 她面试表现得很好。
◆ v + pron + adv

,put sth a'side 1 to place sth to one side 把…放在一边：*She put the newspaper aside and stood up.* 她把报纸放在旁边站了起来。 SYN **lay sth aside 2** to keep an item for a customer to collect later （为顾客）保留：*I asked them to put the dress aside for me.* 我让他们把这件连衣裙给我留着。 **3** (*also* **,put sth 'by** *especially BrE*, **,put sth a'way**) to save some money to use later 积蓄，储存，积攒（钱款）：*He had been putting some money aside every month.* 以前他一直每月攒点钱。 OBJ **money 4** to decide to keep a period of time for a particular task or activity 留出，腾出（时间）：*We need to put aside some time to deal with this.* 我们得抽出时间处理这事。 OBJ **time 5** to ignore or forget sth 忽视；不理睬；忘记：*Doctors have to put their personal feelings aside.* 医生一定不能受个人感情的影响。◇ *They decided to put aside their differences.* 他们决定搁置双方的分歧。 SYN **set sth aside; disregard sth** (*more formal*)
◆ v + adv + n ◆ v + n/pron + adv

'put sth/sb at sth to calculate or estimate sth to be a particular size, amount, etc. 计算；估算：*I'd put his age at about sixty.* 我估计他大约六十岁。◇ *I'd put him at about sixty.* 我估计他大约六十岁。◇ *The cost of the project is put at two million pounds.* 这一项目预计耗资两百万英镑。
OBJ **figure, cost**
◆ v + n/pron + prep + n

,put sb a'way (*informal*) **1** to send sb to prison, to a hospital for people who are mentally ill, etc. 监禁；把某人送进监狱（或精神病院等）：*He was put away for 15 years.* 他被关押了 15 年。◇ *If you're found guilty, they'll put you away for a long time.* 如果被判有罪，你就要长期坐牢。 NOTE Often used in the passive. 常用于被动语态。 **2** (*AmE, slang*) to kill sb 杀死；干掉：*He was ordered to put the hostage away.* 他受命将人质杀死。
◆ v + n/pron + adv ◆ v + adv + n

,put sth a'way 1 to put sth in a box, drawer, etc. because you have finished using it 把…放回；把…收起：*He washed the dishes and put them away.* 他把盘子洗干净放回碗柜。◇ *I'm just going to put the car away* (= in the garage). 我正要把车开进车库。◇ *Kids, will you put away your toys now?* 孩子们，现在把玩具收起来好吗？ **2** → PUT STH ASIDE 3: *She's putting some money away for college.* 她正在攒钱准备上大学。◇ *I'm **putting something away for a rainy day*** (= for difficult times). 我在积谷防饥。 **3** (*informal*) to eat or drink large quantities of sth 猛吃；猛喝；胡吃海塞：*They put away five bottles of wine between them!* 他俩共喝了五瓶酒！◇ *I don't know how he manages to put it all away!* 真不知道他怎么吃得下这么多！ **4** (*BrE, informal, sport*) to score a goal 得分：*He had a couple of chances which he failed to put away.* 他有两三次机会，但未能得分。 **5** (*AmE*) → PUT STH DOWN 4
◆ v + n/pron + adv ◆ v + adv + n

,put sth 'back 1 to return sth to its usual place; to return sth to the place it was before 把…放回：*He uses my things and never puts them back.* 他用了我的东西从来不放回原处。◇ *Put the book back on the shelf, will you?* 把书放回书架好吗？◇ *She carefully put the letters back where she'd found them.* 她小心翼翼地把信放回原处。 SYN **replace sth** (*more formal*) **2 (to …)** to move sth to a later time or date 推迟；延迟：*The meeting has been put back to next week.* 会议已延期到下周。◇ *The game has been put back 24 hours.* 比赛推迟了 24 小时。 SYN **postpone sth** (*more formal*) OPP **bring sth forward 3** to cause sth to be delayed 拖延；延缓：*The strike has put back our deliveries by over a month.* 罢工使我们的交货延误了一个多月。 SYN **set sth back 4** to move the hands of a clock back to give the correct earlier time, especially at the end of summer （尤指夏时制结束时）向后拨，拨慢（钟表指针）：*We forgot to put the clocks back last night.* 我们昨晚忘记把时钟指针拨回去了。 OBJ **the clocks, your watch** OPP **put sth forward 5** (*informal*) to drink a large quantity of alcohol 大量喝（酒）：*I had just put back my sixth beer of the evening.* 我刚刚灌下当晚的第六瓶啤酒。 SYN **knock sth back 6 (into sth)** to give sth to or do sth for an organization, a society, etc. that has given you sth 用…回报；以…报答：*The school has been so good to me. I really want to put something back into it.* 学校对我这么好，我真想能对学校有所回报。 OBJ **something** SYN **give sth back 7** to spend more money on sth in order to make it better or more successful 对…增加（投资）：*The government isn't putting enough money back into the economy.* 政府对经济没有追加足够的资金。 OBJ **money**
◆ **1,2,4** v + n/pron + adv ◆ v + adv + n

◆ **3,5** v + adv + n ◆ v + n/pron + adv

IDM **put the 'clock back** to return to a situation that existed in the past 倒退；复旧；回到从前：*I wish I could put the clock back and give our marriage another chance.* 我希望时光倒流，再给我们的婚姻一次机会。

'put sb/sth before sb/sth (*also* **'put sb/sth above sb/sth**) to give sb/sth more importance than sb/sth else 把…看得比…重要；把…放在…之上：*He puts his children before anyone else.* 他把子女看得比谁都重要。◇ *They have always put business before pleasure.* 他们一直是正事在先，享乐在后。◇ *Some young men put their own career above their partner's.* 有些年轻男子把自己的事业看得比配偶的事业要重。
◆ v + n/pron + prep

,put sth be'fore sb/sth to present sth to sb/sth 向…展示；把…提交给：*She will put her arguments before the committee.* 她将向委员会陈述自己的观点。◇ *The new evidence was put before the court.* 新的证据已呈交法庭。
OBJ **proposal, evidence, plan**
◆ v + n/pron + prep

,put sth be'hind you to try to forget about sth unpleasant that has happened and not allow it to affect your future 把…置之脑后：*She wanted to put the past behind her.* 她想忘掉过去。
OBJ **your/the past, your problems**
◆ v + n/pron + prep + pron

,put sth 'by (*especially BrE*): *He puts a few pounds by every week.* 他每周都存几英镑。◇ *She's got some money put by.* 她有些存款。→ PUT STH ASIDE 3

,put 'down (*especially BrE*) if a plane or its pilot **puts down**, the plane comes down to the ground （飞机或飞行员）降落，着陆：*The plane put down at Manchester airport.* 飞机降落在曼彻斯特机场。◇ *He had to put down in a field.* 他只好降落在一块田里。
SYN **set down, set sth down; land, land sth**
◆ v + adv

,put sb 'down 1 (*also* **,put yourself 'down**) to criticize sb and make them feel stupid, especially in front of other people; to say sth that suggests that you have a low opinion of yourself 使（当众）出丑；使出洋相；使丢人现眼；自我贬低：*She's always putting people down.* 她总是挖苦别人。◇ *Don't put yourself down!* 别妄自菲薄！ SYN **do sb down, do yourself down** (*BrE, informal*) **2** (*BrE*) (of a bus, etc. 公共汽车等) to allow sb to get off 让（某人）下车：*The bus stopped to put down some passengers.* 公共汽车停下来让乘客下车。◇ *Ask the driver to put you down outside the City Hall.* 告诉司机让你在市政厅外下车。 OBJ **passengers** SYN **set sb down** (*especially BrE*) OPP **pick sb up 3** to put a baby to bed 安置（婴儿）入睡：*She's just put the baby down.* 她刚刚把小孩哄睡。 OBJ **baby**
◆ **1,3** v + n/pron + adv ◆ v + adv + n (*rare*)
◆ **2** v + n/pron + adv ◆ v + adv + n

▶ **'put-down** *n* (*informal*) a remark or an action that is intended to make sb look stupid 令人难堪的话（或行为）；噎人的话：*She produces some wonderful put-downs.* 她真会奚落人。

,put yourself 'down 1 → PUT SB DOWN 1 **2** → PUT SB/STH DOWN, PUT YOURSELF DOWN

,put sb/sth 'down to place sb/sth that you are holding onto the floor or another surface 放下；搁下：*She put her bag down by the door.* 她把包放在门边。◇ *Put me down!* 把我放下来！◇ (*figurative*) *It's a great book. I couldn't put it down!* (= stop reading it) 这本书太精彩了。我简直爱不释手！
OPP **pick sb/sth up**
◆ v + n/pron + adv ◆ v + adv + n

,put sb/sth 'down; ,put yourself 'down (for/as sth) (to do sth) to add sb's name or your own name to a list; to write sth down 列入（名单等）；登记；注册；写下：*She put herself down for an aerobics class.* 她报名上有氧健身班。◇ *I've put Jack's name down for the local school.* 我已经给杰克报名上当地的学校。◇ *We've been put down to go to a class at 4 p.m.* 我们已报名上下午 4 点钟的课。◇ *I'll put the meeting down in my diary.* 我要把这次会面记在日志里。◇ *He put himself down on the form as 'unfit'.* 他在表格上给自己填了个"身体欠佳"。◇ *I've put some ideas down on paper.* 我在纸上写了几点想法。◇ *Could you put down in writing what you feel?* 请把你的感受写下来好吗？◇ *I've put you* (= your name) *down where it says 'next of kin'* (= on a form). 我把你的名字填在了"最近亲属"一栏。 ➲ note at WRITE STH DOWN
◆ v + n/pron + adv ◆ v + adv + n

,put sth 'down 1 to replace the part of the telephone that you speak into (the **receiver**) of a telephone and end your conversation 挂断（电话）：(*BrE*) *She put the phone down on me!* 她居然挂断了我的电话！ OBJ only **the phone, the receiver 2** to pay part of the cost of sth 支付（部分费用）；缴纳（订金）：*I've put down a deposit on our trip.* 我已经付了我们旅行的订金。 OBJ **deposit 3** to move sth from a higher to a lower position 把…放下；使垂下：*The sun's in my eyes—can I put the blind down?* 阳光太刺眼——我可以放下窗帘吗？◇ *Put your feet down, please!* (= off the table/chair) 请把脚放下来！◇ *The rain stopped so she put her umbrella down.* 雨停了，她把伞收了起来。 **4** (*AmE also* **,put sth a'way**) to kill an animal because it is old or sick 对（衰老或有病的动物）实施人道毁灭；对…处以安乐死：*The horse was injured and had to be put down.* 那匹马受伤了，只好对它实施安乐死。◇ *We had to* **have** *our cat* **put down**. 我们只得结束了猫的生命。
NOTE Often used in the passive. 常用于被动语态。 **5** to stop sth by force 镇压；平定：*The revolt was swiftly put down.* 叛乱被迅速镇压下去。 OBJ **rebellion, uprising, revolt** SYN **suppress sth; crush sth 6** to spread sth on the floor or ground 在地板上铺；在地面上撒：*We decorated the room and put a new carpet down.* 我们装饰了房间，铺了张新地毯。◇ *I'm going to*

put some poison down for the rats. 我要往地上放置些老鼠药。**7** (in a game of cards 纸牌游戏) to play a card 出（牌）；打出: *She put down the ace of spades.* 她打出黑桃 A。◇ *Each player puts down a card in turn.* 打牌的人轮流出牌。
OBJ **card, ace, etc.** **8** to present sth formally for discussion by a parliament or a committee 将…提交（由议会或委员会审议）: *to put down a motion/an amendment* 提交一项动议 / 修正案
SYN **table sth** (*formal*)
◆ v + n/pron + adv ◆ v + adv + n
IDM **put your 'foot down** **1** (*BrE*) to drive faster; to drive very fast 踩油门；加速行驶；开快车 **2** to be very firm in opposing sth 坚决反对: *You'll just have to put your foot down and say no.* 你只要坚定地说"不"就行了。**put your 'head down** to go to sleep 睡觉；入睡: *Why don't you put your head down for a while?* 你干吗不睡一会儿呢？

,put sb 'down as sth to think that sb is a particular type of person, especially when you do not know them very well（尤指在不太了解的情况下）把某人看作，把某人视为: *I put the boy down as a troublemaker as soon as I saw him.* 我一见到这孩子就认为他很顽皮。◇ *I would never have put you down as an athlete!* 我怎么也想不到你是个运动员！
◆ v + n/pron + adv + prep + n

,put sb 'down for sth to write down that sb is willing or wishes to buy sth, give an amount of money, etc. 为…登记预购（或认捐等）: *Put me down for three tickets for the Saturday show.* 给我预订三张星期六的演出门票。
◆ v + n/pron + adv + prep

'put sth down to sth to consider that sth is caused by sth 把…归因于: *They put everything down to fate.* 他们把一切归因于命运的安排。
SYN **attribute sth to sth** (*formal*); **chalk sth up to sth** (*informal*)
◆ v + n/pron + adv + prep

,put sth 'forth (*formal* or *literary*) **1** (*especially AmE*) → PUT STH FORWARD 3 **2** (*AmE*) to make a strong physical or mental effort to do sth 用劲；费心；尽心尽力: *He isn't putting forth the necessary effort.* 他没有尽力。OBJ **effort**
◆ v + adv + n ◆ v + n/pron + adv (*rare*)

,put sb/sth 'forward; ,put yourself 'forward (for/as sth) to suggest sb/yourself as a candidate for a job, a position, etc. 推荐；提名；自荐: *Can I put your name forward for the job?* 我推荐你来做这份工作好吗？◇ *Only one woman has put herself forward as a candidate.* 只有一名女性毛遂自荐。◇ *We would like to put you forward as head of department.* 我们想推举你为部门主管。◇ *My name was put forward for the scholarship by the principal.* 我获得了校长的奖学金提名。
OBJ **name**
◆ v + n/pron + adv ◆ v + adv + n

,put sth 'forward **1** to move sth to an earlier time or date 将…提前: *We've put the meeting forward a couple of days.* 我们把会期提前了两三天。 SYN **bring sth forward** **2** to move the hands of a clock forward to give the correct time, especially at the beginning of summer（尤指夏时制开始时）向前拨，拨快（时钟指针）: *We forgot to put the clocks forward last night.* 我们昨晚忘记把时钟指针往前拨了。◇ *France is an hour ahead, so you'll have to put your watch forward when you get there.* 法国早一个小时，所以你到了那里得把表拨快。 OBJ **the clocks, your watch** OPP **put sth back** **3** (*also* **,put sth 'forth** *formal, especially AmE*) to suggest an idea or a plan so that it can be discussed 提出；提议: *She put forward several ideas for new projects.* 她为新项目提出了好几个设想。◇ *This theory was originally put forward by Darwin.* 该理论是由达尔文最先提出的。
OBJ **argument, proposal, idea** SYN **bring sth forward**
◆ **1** v + n/pron + adv ◆ v + adv + n
◆ **2** v + n/pron + adv ◆ v + adv + n (*rare*)
◆ **3** v + adv + n ◆ v + n/pron + adv

,put 'in (at ...), ,put 'into ... (*BrE*) (of a ship or its sailors 船或船员) to stop in port for a short time 暂时进（入…）港；入港: *The ship put in at Lisbon.* 轮船暂时停靠里斯本港。◇ *The captain was instructed to put into Calais for repairs.* 船长得到指令驶入加来港检修。
OPP **put out (to/from ...)**
◆ v + adv ◆ v + prep

,put 'in; ,put 'in sth to interrupt another speaker in order to say sth 打断…讲话；插话: *'But what about us?' he put in quickly.* "可我们怎么办呢？"他连忙插嘴问。◇ *Could I put in a word?* 我可以插句话吗？
SYN **interject sth** (*more formal*)
◆ v + adv + speech ◆ v + adv + n ◆ v + n/pron + adv

,put sb 'in (*especially BrE*) to elect a political party as the government; to choose sb officially to do a particular job 选举（执政党）；任命（某人）: *The voters put the Conservatives in with a large majority.* 选民以压倒性多数票选举保守党上台。
◆ v + n/pron + adv ◆ v + adv + n

,put sb 'in/'into sth **1** to make sb go to a particular institution, such as a school, hospital, etc. 把某人送进（学校、医院等）: *He was put in prison for five years.* 他入狱五年。◇ *An accident put him in hospital for three weeks.* 车祸后他入院治疗三个星期。◇ *We had to put granny in/into a nursing home.* 我们不得不把奶奶送到养老院。 NOTE When this meaning of the phrasal verb is used with *hospital* and *prison*, **in** is usually used rather than **into**. 这个短语动词与 hospital 和 prison 连用作此义时，通常用 in，不用 into。 **2** to give sb a particular job to do 给某人指派（工作）: *We put her in/into sales and she did really well.* 我们让她搞销售，她确实干得很好。
◆ v + n/pron + prep
IDM **put sb in the 'picture** (*informal*) to give sb the information they need in order to understand a situation 给…介绍情况；使了解

背景: *You should put Mike in the picture as soon as possible.* 你应该尽快让迈克了解情况。 **put sb in their 'place** to make sb feel stupid or embarrassed when they have shown too much confidence 挫某人的锐气; 煞某人的威风; 使有自知之明 **put yourself in sb's shoes** to imagine that you are in another person's situation, especially when it is an unpleasant or difficult one 设想处于某人（尤指不快或困难）的处境; 站在…的立场; 设身处地: *Don't be angry with your brother. Try to put yourself in his shoes.* 别生你哥哥的气了，替他想一想吧。

,put sth 'in 1 to fit a piece of equipment, furniture, etc. into a particular place 安装（设备、家具等）: *Steve put the shower in by himself.* 史蒂夫自己把淋浴器装上了。◇ *They had central heating put in when they moved into the flat.* 他们搬进这所公寓时安装了中央供暖设备。 SYN **install sth** (*more formal*) **2** to officially make a claim, a request, etc. 正式提出（要求等）: *I've put in a request for some extra funding.* 我已提出申请，要求追加资金。◇ *They've put in an offer on the house* (= to buy it). 他们出了个价，想买这套房子。 OBJ **offer, claim 3** to give sth, such as time or money, in order to help sb/sth 拿出，付出（时间、金钱等）: *We all put in five pounds for Lucy's present.* 我们每人出五英镑为露西买礼物。 **4** to plant sth in the ground 种植; 栽种: *Have you put any bulbs in this autumn?* 今年秋天你种鳞茎植物了吗? OBJ **bulbs, seeds**

◆ v + n/pron + adv ◆ v + adv + n

IDM **put in an ap'pearance** to go somewhere for a short time 露一下面: *I can't stay long at the party, but I'd better put in an appearance.* 我不能在聚会上呆很久，可我好歹要露个面儿。

,put sth 'in; ,put sth 'in/'into sth 1 to include sth in a story, a letter, etc. 把…写入，把…插入（故事、信函等中）: *He didn't put anything in his letter about coming to stay.* 他信中只字未提要过来住。◇ *When you write the report, make sure you put in the latest figures.* 写报告时别忘了用最新数据。 **2** to pay money into a bank account 把（钱）存入（账户）; 存（钱）: *He put £500 into his account.* 他往户头上存了 500 英镑。 OBJ **money** SYN **pay sth in, pay sth into sth; deposit sth 3** (*also* **put sth into doing sth**) to give a lot of time or effort to sth or to doing sth 花费，耗费，投入（时间、精力等）: *She's put a lot of effort into improving her French.* 她下了很大功夫提高她的法语水平。◇ *Thank you for all the hard work you've put in.* 感谢你付出的辛勤劳动。 OBJ **effort 4** (*also* **put sth into doing sth**) to provide money for sth 提供，投入，投放（资金）: *The school has put a lot of money into (buying) new equipment.* 学校花了一大笔钱购置新设备。 OBJ **money, resources** SYN **invest sth**

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

▶ **'input** *n* [C, U] time, knowledge, ideas or work that you put into a project, etc. in order to make it succeed 投入的时间（或知识、想法、人力等）; 资源投放; 投入: *Nurses should have more input into the way patients are treated.* 护士应该想更多办法照顾好病人。◇ *Thank you for your input to the discussion.* 感谢你们在讨论中献计献策。

NOTE There is also a verb **input sth** meaning *to put information into a computer* and a related noun **input**. 还有动词 input sth，意思是将信息输入计算机，相关名词是 input。

,put 'in for sth (*especially BrE*) to apply formally for sth 申请: *Are you going to put in for that job?* 你想申请那份工作吗? ◇ *She's going to put in for a transfer.* 她打算申请调职。

OBJ **transfer, job**

◆ v + adv + prep

,put sb/sth/yourself 'in for sth to enter sth/yourself for a competition 给…登记，报名（参加比赛）: *She's put herself in for the 100 metres.* 她已报名参加 100 米赛跑。◇ *You should put that photo in for the competition.* 你应该拿那张照片参赛。

◆ v + n/pron + adv + prep

,put 'into ... (*BrE*) → PUT IN (AT ...), PUT INTO ...

,put sb 'into sth → PUT SB IN/INTO STH

,put sth 'into sth 1 to add a quality to sth 将…注入; 使融入: *Do you need to put some excitement into your life?* 你需要给生活加点刺激吗? **2** → PUT STH IN, PUT STH IN/INTO STH

◆ v + n/pron + prep

put sth into doing sth → PUT STH IN, PUT STH IN/INTO STH 3,4

,put 'off doing sth → PUT STH OFF 1

,put sb 'off 1 to cancel a meeting or sth you had arranged with sb 取消，撤销（与某人的会面或安排）: *He was supposed to come yesterday, but I put him off.* 他本来昨天要来的，可我把他打发掉了。◇ *Tell her you want to talk to her and don't be put off.* 告诉她你想跟她谈谈，别让她推三阻四。 **2** (*BrE*) (of a vehicle, a driver, a ship, etc. 车辆、司机、船舶等) to stop in order to allow sb to get off 停下卸（客）; 让某人下去: *I asked the bus driver to put me off near the town centre.* 我请公共汽车司机在快到市中心时让我下车。

◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

,put sb 'off; ,put sb 'off sb/sth; ,put sb 'off doing sth to make sb stop liking sb/sth; to make sb lose interest in sb/sth 使某人对…反感; 使某人对…失去兴趣: *His manner tends to put people off.* 他的态度容易让人反感。◇ *Your story is putting me off my food!* 你说的事儿让我吃不下饭了! ◇ *The accident put her off driving for life.* 那场车祸让她一生都不想开车了。◇ *The way he treated his wife really put me off him.* 他那么对待他的妻子实在让我厌恶。◇ *Don't be put off by her appearance—she's really very sweet.* 别看她外表凶 —— 她其实很温和。

◆ v + n/pron + adv ◆ v + adv + n (*rare*) ◆ v + n/pron + prep

▶ **'off-putting** *adj* (*informal, especially BrE*) unpleasant; making sb dislike or not be interested in sth/sb 讨厌的; 令人反感的; 使人失去

兴趣的: *The computer made a buzzing noise that she found off-putting.* 计算机发出的嗡嗡声让她心烦。◇ *I find it very off-putting to have someone watching me all the time.* 我觉得一直被人监视着非常讨厌。◇ *His manner is very off-putting.* 他的态度令人十分反感。

,put sb 'off; ,put sb 'off sth to disturb sb who is trying to give all their attention to sth 使分神; 搅扰: *Don't put me off when I'm trying to concentrate.* 我要集中精神时别打扰我。◇ *The sudden noise put her off her game.* 突如其来的嘈杂声干扰了她的比赛。
SYN **distract sb (from sth)**
◆ v + n/pron + adv ◆ v + adv + n (*rare*) ◆ v + n/pron + prep

,put sth 'off 1 (*also* **,put 'off doing sth**) to change sth to a later date or time 推迟; 延迟: *We'll have to put the meeting off until next week.* 我们只能把会议延期到下个星期。◇ *He keeps putting off going to the dentist.* 他把看牙医的事一拖再拖。 SYN **delay sth 2** (*especially BrE*) to switch sth off 切断…的电源; 关掉: *Could you put the lights off before you leave?* 你临走时把灯关了好吗? OBJ **lights, the television, etc.** SYN **switch sth off; turn sth off**
◆ v + n/pron + adv ◆ v + adv + n **1** also v + adv + -ing

,put sb 'on (*AmE, informal*) (*usually used in the progressive tenses* 通常用于进行时) to laugh at sb, especially by pretending that sth is true that is not 拿…开玩笑; 愚弄; 作弄: *I thought you were putting me on!* 我当你是在耍我呢!
SYN **have sb on** (*BrE*)
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv
▶ **'put-on** *n* [C, usually sing.] (*AmE, informal*) an act of laughing at sb by telling them that sth is true that is not; a joke or trick 玩笑; 愚弄; 作弄: *Don't take it so seriously—it was just a put-on.* 别当真 —— 不过是开个玩笑而已。

,put sb 'on; ,put sb 'on sth to give sb the telephone so that they can speak to the person calling 让某人接听电话: *She put Tim on the phone.* 她让蒂姆接电话。◇ *Put Jane on for a minute, will you?* 让简接听一下电话好吗?
◆ v + n/pron + adv ◆ v + n/pron + prep

,put sb 'on sth 1 to make sure that sb gets on a plane, train, etc. 把…送上（飞机、火车等）: *We put Ruth on the bus to Carlisle.* 我们把鲁思送上了开往卡莱尔的公共汽车。 **2** to make sb follow a particular diet, take a particular medicine, etc. 使遵照（规定饮食）; 使服用（某种药物）: *The doctor put him on antibiotics.* 医生让他服用抗生素。◇ *Tim's been put on a low-fat diet.* 蒂姆被要求只吃低脂肪食物。 **3** to decide that sb should do a particular job 决定由…做（某工作）: *They're going to put*

SYNONYMS 同义词辨析

put sth on

affect sth ◆ assume sth ◆ fake sth ◆ feign sth ◆ put sth on

These verbs all mean to behave in a particular way, in order to make other people believe sth that is not true. 这些动词都表示装作、假装、伪装。

affect sth (*formal, often disapproving*) to pretend to be thinking or feeling sth or to have a particular way of speaking, often in order to impress other people （常表示为使人印象深刻）佯作, 假装: *She affected a calmness she did not feel.* 她故作镇静。

assume sth (*formal*) to pretend to be thinking or feeling sth; to pretend to have a particular way of speaking 佯作; 假作: *She assumed an air of concern.* 她摆出一副关切的姿态。

fake sth (*not formal*) to pretend that you are ill, injured or have a particular physical feeling 装作; 装（病）: *She's not really sick—she's just **faking it**.* 其实她没病 —— 她不过在装病罢了。

feign sth (*formal*) to pretend that you have a particular emotion or that you are ill, injured, asleep or dead 佯作; 佯装: *'Who cares?' said Alex, feigning indifference.* "谁在乎啊?" 亚历克斯说, 装出漠然的样子。

put sth on (*not formal*) to pretend to be thinking or feeling sth; to pretend to have a particular way of speaking 装作; 假装: *I don't think she was hurt. She was just **putting it on**.* 我认为她并未受伤。她不过是在装模作样。

WHICH WORD?

Put on is often used with a phrase describing sb's face or voice * put on 常与描写脸色或语气的短语连用: *to put on a look of concern/an artificial accent* 装作关心 / 装腔. **Put on** is rather informal; **assume** and **affect** are both formal. **Affect** is often more disapproving than **assume**, suggesting that you think the person's behaviour is silly. * put on 不太正式; assume 和 affect 均为正式用语。与 assume 相比, affect 常含贬义, 暗示该人的行为。

PATTERNS AND COLLOCATIONS

- to feign/assume/affect **indifference**
- to feign/assume **interest**
- to feign/affect **surprise**
- to feign/fake **illness/injury**
- to put on/assume/affect an **accent**
- to put on/assume an **air of** concern, indifference, etc.

someone else on that project. 他们要换别人来承担那个项目。
◆ v + n/pron + prep

,**put sth 'on 1** to put an item of clothing, etc. on your body 穿；戴；披：*Aren't you going to put your coat on?* 你不打算穿外套吗？◇ *Hang on, I need to put my glasses on.* 等一下，我得戴上眼镜。◇ *I can't find anything clean to put on!* 我找不到一件干净衣服穿！◇ *Have you put your seat belt on?* (= in a car) 你系好安全带了吗？◇ *Could you put his shoes on for him?* 请帮他穿上鞋好吗？ OBJ **'coat, shoes, glasses, etc.** OPP **take sth off** ➲ note at HAVE STH ON **2** to apply sth to your skin 抹；擦；涂：*She's putting her make-up on.* 她在化妆呢。◇ *Make sure you put some sun cream on before you go out.* 出去前别忘了搽防晒霜。 OBJ **lipstick, make-up, perfume** SYN **apply sth** OPP **take sth off 3** (*especially BrE*) to switch sth on 开动；发动；打开：*Shall I put the light on?* 我可以开灯吗？◇ *Let's put the kettle on and have a cup of tea.* 我们烧壶水沏杯茶吧。 OBJ **the light, the heating, the radio, the kettle** SYN **switch sth on; turn sth on** OPP **put sth off; switch sth off; turn sth off 4** to begin to cook food 开始做饭：*I need to get home and put the dinner on.* 我得回家做饭了。 SYN **get sth on 5** to make a CD, etc. begin to play 播放（CD 等）：*Do you mind if I put some music on?* 我放点音乐，你不介意吧？◇ *She put on a Bob Marley CD.* 她播放了鲍勃·马利的CD。 OBJ **some music, CD, video 6** to operate the brakes on a vehicle (= a device for slowing or stopping the vehicle) 刹（车）：*Don't forget to put the handbrake on.* 别忘了拉上手闸。◇ *She put on the brakes suddenly.* 她猛地踩下刹车。 OBJ **the brakes, the handbrake** SYN **apply sth** (*more formal*) **7** to grow heavier by the amount mentioned 增加（体重）；发胖：*He's* ***put on*** *a lot of* ***weight*** *since I last saw him.* 他比我上次见他时胖多了。◇ *I've put on two kilos in two weeks.* 我两周内体重增加了两公斤。 OBJ **weight** SYN **gain sth** (*more formal*) OPP **lose sth** NOTE Not used in the passive. 不用于被动语态。 **8** to provide sth specially 专门提供：*They put on extra trains during the holiday period.* 假期额外增开了列车。◇ *A splendid lunch was put on for the visitors.* 专门为客人们准备了丰盛的午餐。 OBJ **bus, train** SYN **lay sth on** OPP **take sth off 9** to produce or present a play, an exhibition, etc. 举办；上演；展出：*The local drama group are putting on 'Macbeth'.* 当地剧团正在演出《麦克白》。◇ *The museum put on a special exhibition about dinosaurs.* 博物馆专门举办了恐龙展。 OBJ **play, exhibition, show** SYN **stage sth** (*more formal*) OPP **take sth off 10** to pretend to have a particular feeling or quality 装作；假装：*He put on a hurt expression.* 他作出一副受到伤害的表情。◇ *Can you put on an American accent?* 你能模仿美国口音吗？◇ *She isn't really upset—she's just* ***putting it on.*** 她并不是真的苦恼 —— 她不过是在装样子。◇ *He seemed furious, but I think it was all put on.* 他似乎怒不可遏，可我想这都是在演戏。 OBJ **accent, expression** SYN **assume sth** (*formal*)
◆ v + n/pron + adv ◆ v + adv + n
▶ **'put-on** *n* [C, usually sing.] (*AmE, informal*) sth that is done to trick people 假象；骗局：*Kate's shabby appearance is just a put-on. Her parents are both lawyers.* 凯特的寒酸相不过是装出来的，她父母都是律师。

,**put sth 'on sth 1** to add an amount of money to the price or cost of sth 在（价格或成本）上加⋯；加价：*The new tax put 20p on the price of a packet of cigarettes.* 新税使得每包香烟涨价 20 便士。 OPP **knock sth off sth 2** to bet money on sth 把钱押在⋯上；下赌注：*I've put £10 on Sultan's Promise* (= a horse) *in the next race.* 下一轮赛马，我在"苏丹希望"身上押了 10 英镑。 OBJ **bet (on sth), money**
◆ v + n/pron + prep

,**put sb 'onto sb/sth** (*also* ,**put sb 'on to sb/sth**) **1** to tell sb about a person, an organization, etc. that could help them, or sth that they might like or find useful 为⋯介绍；提供信息：*Could you put me onto a good accountant?* 你能给我介绍个好会计师吗？ **2** to connect sb by telephone to sb else 让⋯接听电话：*Could you put me onto the manager, please?* 请让经理接电话好吗？ **3** to inform the police, etc. about a crime or a criminal 向（警方等）告发（或检举）：*Do you know who put the police onto the hackers?* 你知道是谁向警方举报黑客的吗？
◆ v + n/pron + prep ◆ v + n/pron + adv + prep

,**put 'out 1 (to/from ...)** (*BrE*) (of a boat or a crew 船只或船员) to move out to sea from a port 出航；离港：*The ship put out to sea by night.* 轮船在夜间出海了。◇ *We put out from Liverpool.* 我们从利物浦起航。 OPP **put in (at ...) 2** (*AmE, slang*) (of a woman 女子) to agree to have sex with sb 同意性交：*She won't put out on a first date.* 她不会初次约会时就跟人上床。 NOTE Sometimes considered offensive. 有时会被视为含冒犯意。
◆ v + adv

,**put sb 'out 1** to make trouble, problems, extra work, etc. for sb 给⋯增添（麻烦、问题、额外工作等）：*I hope our arriving late didn't put you out at all.* 但愿我们迟到没有给你添什么麻烦。 **2 be ,put 'out** to be upset or offended 烦恼；生气：*Jeff wasn't at all put out by what I said.* 杰夫根本不介意我的话。◇ *I was a bit put out that I hadn't been invited.* 没受邀请，我有点郁闷。 **3** (*informal*) to make sb go to sleep or become unconscious 使入睡；使昏迷：*These pills should put him out for a few hours.* 这些药片能让他昏睡几个小时。 → see also PUT YOURSELF OUT
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

,**put sth 'out 1** to make sth stop burning 使熄灭；扑灭：*Firefighters soon put the fire out.* 消防队员很快把火扑灭了。◇ *He put his cigarette out.* 他捻灭了香烟。 OBJ **fire, cigarette, candle** SYN **extinguish sth** (*more formal*) **2** (*especially BrE*) to switch sth off 切断⋯的电源；关掉：*Put the light out before you come to bed.* 睡觉前把灯关了。 OBJ **the light** SYN **put sth off; switch sth off; turn sth off 3** to take sth out of your

house and leave it, often for sb to collect 将…放在户外（待收集）: (*BrE*) *Remember to put the dustbins/rubbish out.* 记住扔垃圾。◇ (*AmE*) *Remember to put the garbage/trash out.* 记住扔垃圾。◇ *She put the washing out to dry.* 她把洗好的衣服晾出去了。 OPP **bring sth in** **4** to place sth where it will be noticed and used 把…摆好；预备好（物品）: *Have you put out clean towels for the guests?* 你给客人准备好干净毛巾了吗？ **5** to stretch part of your body away from yourself towards sb else （向某人）伸出: *He put his hand out to shake mine.* 他伸出手来同我握手。 OBJ **hand, tongue** **6** (*also* ˌ**put sth ˈout of sth**) to put a part of your body through a door or window to the outside 使（身体部位）探出（门或窗）；把…弄出（门或窗）: *She opened the window and put her head out.* 她打开窗户探出头来。◇ *Sam put the cat out of the door roughly.* 萨姆粗暴地把猫赶出门外。 **7** (*BrE*) to broadcast sth; to publish or issue sth 播放；出版；公布: *The programme will be put out on Channel 4.* 该节目将在第四频道播出。◇ *The CD was put out for the American market.* 这张 CD 是为美国市场发行的。◇ *The police put out an urgent appeal for witnesses.* 警方发出了寻找目击证人的紧急呼吁。 OBJ **appeal, statement** SYN **broadcast sth** **8** (*informal*) to produce sth 生产；制造: *The factory puts out 500 new cars a week.* 这家工厂每周生产 500 辆新车。◇ *They put out a new software package last month.* 他们上个月开发了一个新软件包。 SYN **produce sth** **9** (*also* ˌ**put sth ˈforth** *more formal*) (of a plant 植物) to develop or produce new leaves, etc. 长出（新叶等）；抽（芽）: *The roses are putting out new shoots already.* 玫瑰已经开始发出新芽。 OBJ **flowers, shoots, leaves** **10** to make a figure, a result, etc. wrong 使（数字、结果等）出错: *A price increase put our estimates out by £650.* 涨价使我们的估算出现 650 英镑的误差。 **11** (**to sb**) to give a job, a task, etc. to a worker who is not your employee or to another company so that the work will be done in another place 把（工作）外包: *A lot of editing is put out to freelancers.* 很多编辑工作都外包给了自由职业者。◇ *The cleaning contract was* ***put out to tender*** (= companies were asked to make offers to supply these services). 清洁合同对外招标了。 OBJ **work** **12** (*informal*) to push a bone out of its normal position 使脱臼: *She fell off her horse and put her shoulder out.* 她摔下马来，造成肩关节脱位。◇ *I put my back out lifting those boxes.* 我扛那些箱子时扭伤了背。 OBJ **your back, shoulder** SYN **dislocate sth** (*formal*)
◆ v + n/pron + adv ◆ v + adv + n

▸ ˈ**output** *n* [U, sing.] **1** the amount of sth that a person, machine, company, etc. produces （个人、机器、公司等的）创作量，产量，输出量: *The company aims to increase output in the coming year.* 公司计划来年增产。◇ *His musical output has diminished in recent years.* 他近年的音乐作品减少了。 **2** (*computing*) the information produced by a computer 输出: *data output* 数据输出 NOTE There is also a verb **output sth**, related to this meaning. 与此义相关的动词是 output sth。 **3** the power, energy, etc. produced by a piece of equipment 输出功率；输出量: *an output of 100 watts* 功率 100 瓦

ˌ**put yourself ˈout** to make a special effort to do sth for sb 特意为…忙活；专诚为…做事: *Please don't put yourself out on our account.* 请别特意为我们费心了。◇ *She really put herself out for the visitors.* 她悉心招待来客。
→ see also PUT SB OUT 1
◆ v + pron + adv

be ˌput ˈout → PUT SB OUT 2

SYNONYMS 同义词辨析

put sth out

blow sth out ◆ **extinguish sth** ◆ **put sth out** ◆ **smother sth** ◆ **stub sth out**

These verbs all mean to stop a fire, etc. from burning. 这些动词都表示扑灭、熄灭。

blow sth out to put out a flame, etc. by blowing 吹灭；吹熄: *Maisie blew out the candles on her birthday cake.* 梅茜吹灭了生日蛋糕上的蜡烛。

extinguish sth to make a fire stop burning 扑灭；使熄灭: *Firefighters tried to extinguish the flames.* 消防队员想方设法灭火。

put sth out to stop sth from burning 扑灭；使熄灭: *Firefighters soon put the fire out.* 消防队员很快把火扑灭了。

smother sth to make a fire stop burning by covering it with sth 闷灭；闷熄: *He tried to smother the flames with a blanket.* 他试图用毯子把火闷灭。

stub sth out to stop a cigarette, etc. from burning by pressing the end against sth hard 掐灭，掐熄（香烟等）: *He stubbed out his cigarette in the ashtray.* 他在烟灰缸里掐灭了香烟。

WHICH WORD?

Extinguish has a similar meaning to **put out**, but is more formal. * extinguish 与 put out 含义相近，但更为正式。

PATTERNS AND COLLOCATIONS

- to extinguish/put out/smother **a fire/the flames/a blaze**
- to blow out/extinguish/put out a **candle**
- to extinguish/put out/stub out a **cigarette**

ˌput yourself ˈover (to sb) → PUT YOURSELF ACROSS (TO SB)

ˌput sth ˈover → PUT STH ACROSS

IDM put one ˈover on sb (*informal*) 1 to persuade sb to accept sth that is not true; to trick sb 蒙骗；诱骗: *No one is going to put one over on him.* 没人能让他上当。 2 to show that you are better, stronger, etc. than sb else by defeating them 占上风；压倒；击溃: *We'd love to put one over on the Welsh team.* 我们要战胜威尔士队。

ˌput sth ˈpast sb (to do sth) (*informal*) (*always used in negative sentences with* ***wouldn't*** 总与 wouldn't 一起用于否定句) to be surprised that sb has done sth wrong, illegal, etc. 对某人（做错事、违法等）感到吃惊: *I wouldn't put it past him to use force to get what he wants.* 即使他为了达到目的使用暴力，我也不会感到惊讶。◇ *'She won't tell the teacher, will she?' 'I wouldn't put it past her!'* "她不会告诉老师吧？""告诉了也不稀奇！"◇ *Personally I wouldn't put anything past him!* 依我看他什么都干得出来！

OBJ only **it, anything, that**

NOTE Not used in the passive. 不用于被动语态。

◆ v + n/pron + prep

ˌput sb/yourself ˈthrough sth 1 to make sb/yourself experience sth unpleasant or difficult 使经受（痛苦或磨炼）；折磨: *He* ***put*** *his parents* ***through hell.*** 他让他的父母饱受折磨。◇ *Why* ***put*** *yourself* ***through it?*** 你何必自讨苦吃呢？◇ *She never forgot the terrible ordeal he had put her through.* 她永远忘不了他带来的深重苦难。 2 to pay for sb to attend a school, college, etc. 供某人上（学）: *She worked part-time to put herself through university.* 她靠打零工挣钱读完了大学。

◆ v + n/pron + prep

ˌput sb/sth ˈthrough (to sb/sth) to connect sb to sb else by telephone 给…接通（电话）；为…转接（至…）: *Could you put me through to the manager, please?* 请找经理接电话好吗？◇ *The call was put through to the wrong extension.* 电话接错分机了。◇ *Hold the line, I'm putting you through.* 别挂电话，我这就给你转接过去。

◆ v + n/pron + adv

ˌput sb/sth ˈthrough sth to test sb/sth to see what they are able to do 检验，测试（能力或性能）: *We put the machines through a series of tests.* 我们对机器进行了一系列检测。◇ *The team are put through a fitness programme.* 该队接受了体能项目测试。

◆ v + n/pron + prep

IDM put sb/sth through their/its ˈpaces to give sb/sth tasks to perform in order to find out what they are/it is able to do 考验某人的能力；检验某物的性能: *He put the car through its paces.* 他检测了汽车性能。◇ *She watched the team being put through their paces.* 她看着团队接受测试。

ˌput sth ˈthrough; ˌput sth ˈthrough sth to complete a plan, programme, etc. successfully 完成；促成；达成: *This was the last deal James put through.* 这是詹姆斯做成的最后一笔生意。◇ *Has the legislation been put through parliament?* 这项法律议会通过了吗？

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌput sth ˈthrough sth to change sth by using a machine, a process, etc. （使用机器、工艺等）改变，使发生变化: *She put some oranges through the juicer.* 她用榨汁机榨了些橙子。◇ *The fish is then put through the smoking process* (= to produce smoked fish). 下一步就把鱼进行熏制。

◆ v + n/pron + prep

▶ ˈthroughput *n* [U, C, usually sing.] (*technical*) the number of people that are dealt with, or the amount of work that is done, in a particular period （特定时间段的）接待量，生产量，业务量: *Hospitals have increased the throughput of patients.* 医院提高了接诊量。

ˈput sb to sth to make trouble, problems or extra work for sb 给…增添（麻烦、问题、工作等）: *I hope we're not putting you to too much trouble.* 但愿我们没有给你添太多的麻烦。

◆ v + n/pron + prep + n

ˈput sth to sb 1 to suggest sth to sb for them to consider 建议；给…提出（建议）: *Your proposal will be put to the board of directors.* 你的建议将提交董事会。◇ *The question of strike action must be put to union members.* 采取罢工行动的问题必须提交工会成员讨论。◇ *When are you going to put the idea to your parents?* 你打算什么时候把这个想法告诉父母？◇ *I'll* ***put it to you straight*** (= tell or ask you sth in an honest and direct way). 我会直截了当跟你说的。 OBJ **proposal, idea, view** 2 to ask sb a question 向…提问: *The audience were invited to put questions to the panel.* 听众获邀向专门小组提问。 OBJ **question**

◆ v + n/pron + prep

ˌput sth toˈgether 1 to make or repair sth by fitting parts together 组装；装配；拼接: *He took the clock apart and couldn't put it together again.* 他把钟拆开却装不起来了。◇ *Can you put a team together in time for the game on Saturday?* 你能否组个队赶上参加星期六的比赛？ SYN **assemble sth** (*more formal*) OPP **take sth apart** 2 to create sth 创作: *He's putting together a travel guide for the British Isles.* 他在撰写一本不列颠群岛旅行指南。◇ *The band are putting their first album together.* 这支乐队正在制作他们的第一张专辑。 3 to combine things 组合；结合: *What reaction will we get if we put these two chemicals together?* 把这两种化学试剂放在一起会产生什么反应呢？◇ *This painting is worth more than all the rest put together.* 这幅画比其他的加起来还要值钱呢。

◆ **1,3** v + n/pron + adv ◆ v + adv + n (*less frequent*)

◆ **2** v + adv + n ◆ v + n/pron + adv

IDM put our/your/their ˈheads together to

discuss sth as a group in order to reach a plan of action, a solution to a problem, etc. 集体讨论；群策群力：*We put our heads together and decided what had to be done.* 我们大家集思广益，拿出了行动方案。

ˈput sth towards sth to use or give an amount of money to pay part of the cost of sth 攒钱买；为…凑钱：*We will put the money towards a new computer.* 我们要把这笔钱攒起来买台新计算机。◇ *The city council will put £5 000 towards equipment for the nursery.* 市议会将拨出 5 000 英镑用于购置幼儿园的设备。 OBJ **money**
◆ v + n/pron + prep

ˌput sb ˈunder (*informal*) to make sb unconscious before a medical operation （手术前）使昏迷，麻醉：*I'm afraid we'll need to put you under for the operation.* 恐怕手术前我们得为你施行麻醉。
◆ v + n/pron + adv

ˌput ˈup [+ adv/prep] (*old-fashioned, especially BrE*) to stay somewhere for the night （在…）过夜；投宿：*We put up at a hotel.* 我们在旅馆过的夜。
◆ v + adv

ˌput ˈup sth 1 to resist strongly or fight hard in a game, a contest, an argument, etc. 激烈抵抗；奋力斗争；坚持争辩：*The other team didn't put up much of a fight.* 对方队伍没怎么抵抗。◇ *She's not likely to put up much resistance to the idea.* 她不会强烈反对这个想法。 OBJ **fight, resistance 2** to show a good level of skill in a game or a competition （比赛或竞争中）表现出色，技术娴熟：*The team put up a great performance* (= played very well). 该队打得很出色。 OBJ **performance, show 3** to suggest an idea for other people to discuss 提出（意见）：*to put up a proposal for a new book* 提议撰写一本新书 OBJ **argument, proposal**
◆ v + adv + n

ˌput sb ˈup 1 to let sb stay at your home; to arrange for sb to stay somewhere 让…留宿；为…安排住处：*We can put you both up for the night.* 我们可以留你俩过夜。◇ *They put us up at a hotel in town.* 他们安排我们住在城里的一家旅馆。 **2 (for sth)** to present sb as a candidate in an election; to propose sb for an official position 提名；推荐：*We hope to put up more women candidates in the next election.* 我们希望在下次选举时推举更多女性候选人。◇ *We want to put you up for club secretary.* 我们想推荐你当俱乐部干事。 OBJ **candidates**
◆ **1** v + n/pron + adv ◆ v + adv + n (*less frequent*)
◆ **2** v + n/pron + adv ◆ v + adv + n

ˌput sth ˈup 1 to raise sth from a lower to a higher position 举起；升起；抬高：*Put your hand up if you want to ask a question.* 想提问题就举手。◇ *It started raining so I put my umbrella up.* 下雨了，我撑起了伞。◇ *I've decided to put my hair up for the party.* 我决定把头发挽上去参加聚会。◇ *to put up a flag* 升旗 OBJ **your hand, your hair 2** to fix or fasten sth in a place where it will be seen; to display sth 置…于明显处；张贴；展示：*Several warning signs have been put up.* 挂起了几块警示牌。◇

SYNONYMS 同义词辨析

put sth together

assemble sth ◆ erect sth ◆ put sth together ◆ put sth up ◆ set sth up

These verbs all mean to make sth, especially by putting different parts together. 这些动词都表示组装、装配、搭起。

assemble sth to fit together all the separate parts of sth such as a piece of furniture or a machine 组装；装配；拼装：*The shelves are extremely easy to assemble.* 搁架极易安装。

erect sth (*formal*) to build sth; to put sth in position and make it stand upright 建起；竖起；设立：*Police had to erect barriers to keep the massive crowds back.* 警方不得不设置路障，以阻挡住人潮。

put sth together to make or prepare sth by fitting or collecting parts together 组装；装配；拼制：*to put together a model plane/an essay/a meal* 组装模型飞机 / 拼凑文章 / 拼凑菜肴

put sth up to build sth or place sth somewhere 建起；竖起；搭起：*I'm putting up shelves in the garage this weekend.* 这个周末我要在车库搭几块搁板。

set sth up to build sth or place sth somewhere 建起；竖起；搭起：*The police set up roadblocks on routes out of the city.* 警方在出城的道路上设置了路障。

WHICH WORD?

Assemble, put together and **set up** are not used for permanent buildings, whereas the others can be * assemble、put together 和 set up 不用于指永久性建筑物，而本组其他动词可用：*to set up/put up a fence/barrier/shelter* 筑篱笆 / 设障碍 / 搭架子◇ *They're putting up new hotels in the area.* 他们在该地区修建新宾馆。 You *set up camp* but *put up a tent* . * set up 与 camp 连用，put up 与 a tent 连用。

PATTERNS AND COLLOCATIONS

- to assemble/put together a **machine**
- to erect/set up/put up a **barrier**
- to erect/put up a **house/shelter/wall/fence/tent/statue/monument**
- to erect/put up some **shelves**
- to assemble/put together the **parts/sections** of sth

The exam results haven't been put up on the noticeboard yet. 布告栏还没有贴出考试成绩。◇ *Annie's put posters up all over her bedroom.* 安妮在她的卧室挂满了海报。◇ *They've put their Christmas decorations up already.* 他们已经把圣诞节装饰品挂起来了。OBJ **sign, poster, curtains, notice** OPP **take sth down 3** to build sth; to put sth into a standing position 建起；竖起；搭起: *These apartments were put up in the sixties.* 这些公寓楼建于六十年代。◇ *We had trouble putting the tent up in the dark.* 我们摸黑支帐篷很费劲儿。◇ *We need to put some shelves up for our books.* 我们得摆几个书架放书。OBJ **tent, shelf, fence** OPP **take sth down; pull sth down** ⊃ note at PUT STH TOGETHER **4** to increase the price, cost or level of sth 提高（价格、成本或水平）: *The theatre has put up ticket prices.* 剧院门票涨价了。◇ *The banks have put up their interest rates again.* 银行再次提高利率。◇ *The landlord wants to put up the rent by £20 a month.* 房东打算把月租提高 20 英镑。OBJ **prices** SYN **raise sth** OPP **bring sth down 5** (*informal*) to provide or lend money 提供，借出（资金）: *James put up half the money for the car.* 詹姆斯出了一半的买车钱。◇ *A local businessman has put up the £500 000 needed to save the football club.* 一名当地商人拿出了拯救该足球俱乐部所需的 50 万英镑。OBJ **money 6** ˌput sth ˈup for sth to offer sth to sb else for them to buy, etc. 提供（给别人购买等）；兜售: *The house has been **put up for sale**.* 这幢房子已经挂牌出售了。◇ *Why did Jess **put** her baby **up for adoption**?* 杰丝为什么要让别人收养她的孩子呢？OBJ **house, baby, child**

◆ **1,2,3,4** v + n/pron + adv ◆ v + adv + n
◆ **5** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)
◆ **6** v + n/pron + adv ◆ v + adv + n (*rare*)

IDM **put your ˈfeet up** to sit down and relax 坐下休息: *I can't wait to get home and put my feet up for a while.* 我恨不得马上回家歇歇脚。■ **ˌput-up ˈjob** (*BrE, informal*) a plan or an event that has been arranged secretly in order to trick sb 圈套；欺诈；障眼法: *The kidnapping was a put-up job.* 这个绑架事件是个骗局。

ˌput sb ˈup to sth; ˌput sb ˈup to doing sth (*informal*) to encourage or persuade sb to do sth wrong or stupid 怂恿；撺掇: *Some of the older boys must have put him up to it.* 那件事准是一些大孩子唆使他干的。◇ *Her sister put her up to climbing into the house through*

SYNONYMS 同义词辨析

put sth up

boost sth ◆ increase sth ◆ jack sth up ◆ put sth up ◆ raise sth

These verbs all mean to make the amount, number or level of sth bigger or greater. 这些动词都表示增加、增长、提高。

boost sth (*often approving*) (*used especially in newspapers*) to make sth increase （尤用于报章）增加，提升: *A last-minute rush by Christmas shoppers boosted sales.* 圣诞节前最后时刻的抢购使销售量大涨。

increase sth to make sth greater in amount, number, level, degree or value （数量、数目、水平、程度或价值）增多，增大，增强: *We need to increase productivity.* 我们需要提高生产效率。◇ *They've increased the price by 50%.* 他们提价 50%。◇ *increased demand/pressure/spending* 上升的需求 / 增大的压力 / 增加的消费

jack sth up (*informal, disapproving*) to increase sth, especially prices, by a large amount （尤指价格）大幅提高: *Florists always jack up the price of roses just before Valentine's Day.* 情人节临近时，花店老板总是大幅抬高玫瑰售价。

put sth up to raise or increase sth 提高；增加: *They've put up the rent by £20 a month.* 他们把月租提高了 20 英镑。

raise sth to increase the amount or level of sth （数量或水平）增长，提升: *The government has promised not to raise taxes.* 政府已经许诺不加税。◇ *How can we raise standards of teaching in our schools?* 我们怎样才能提高学校的教学水准？

WHICH WORD?

Increase is slightly more common than **raise** when talking about numbers, prices and figures; **raise** is more useful for abstract nouns such as feelings and qualities 指数目、价格和数字时，increase 比 raise 略微常见； raise 更多用于指心情、特质等抽象名词: *to raise interest/awareness* 提高利率 / 引起注意. **Boost** is always used about a positive increase * boost 总是用于指积极的增长: *to boost productivity/sales/spending* 提高生产效率 / 促进销售 / 刺激消费◇ *to boost sb's morale/career/confidence* 鼓舞士气 / 促进事业 / 增强自信. **Jack sth up** is nearly always used about an unwanted increase. * jack sth up 几乎总是用于指不乐见的增长。

PATTERNS AND COLLOCATIONS

- to increase/raise/boost sth **by** … /**from** … / **to** …
- to increase/raise/boost/jack up **prices**
- to increase/raise/boost your **income/profits**
- to increase/raise **salaries/taxes**
- to increase/raise/boost **awareness/interest/support/confidence**

an open window. 她姐姐教她从敞开的窗户爬进屋里。

• v + n/pron + adv + prep

ˌput ˈup with sb/sth to accept sb/sth that is annoying or unpleasant without complaining 宽容；忍受: *I don't know how your parents put up with you!* 我不知道你的父母怎么能容忍得了你！◇ *We put up with that car for years.* 我们将就着开那辆车有好几年了。◇ *I don't see why I should put up with being spoken to like that.* 我不明白我为什么要对那种话忍气吞声。◇ *I can put up with the rain—it's the cold I don't like.* 下雨我倒不介意 —— 但我受不了这种冷。◇ *She has a lot to put up with.* 她得处处忍让。

SYN **tolerate sth** (*more formal*); **endure sth** (*more formal*)

• v + adv + prep

ˈput upon sb (*BrE*) to use sb's kindness for your own advantage by asking them to do things for you that you should not expect them to do 利用（某人）的善意；占…的便宜: *I felt that my mother had been put upon.* 我觉得我母亲的好意被人利用了。

NOTE Often used in the passive. 常用于被动语态。

• v + prep

▸ **ˈput-upon** *adj* badly treated by sb who uses your kindness for their own advantage 被占便宜的；被利用的: *She is the most put-upon member of the family.* 在家里她是最受欺负的。

putter /ˈpʌtə(r)/

ˌputter aˈround, etc. (*AmE*) → POTTER ABOUT, ETC.

putz /pʌts/

ˌputz aˈround (*AmE, informal*) to waste time not doing anything useful or important 闲荡；浪费时光；瞎混: *You need to stop putzing around and do some real work.* 你不能再鬼混了，干点正经事吧。

• v + adv

puzzle /ˈpʌzl/

ˌpuzzle aˈbout sth → PUZZLE OVER/ABOUT STH

ˌpuzzle sth ˈout to find the solution to a difficult problem by thinking carefully about it 琢磨出…的答案；找到…的解决办法: *She couldn't puzzle out where her keys could have gone.* 她怎么也想不起她的钥匙放哪儿了。◇ *I spent hours trying to puzzle out an explanation for his behaviour.* 我琢磨了好几个小时想弄明白他的行为。◇ *I can't puzzle out how the box opens.* 我搞不懂怎么打开这个盒子。

SYN **work sth out**

NOTE **Puzzle sth out** is often used with the question words *how*, *what*, *why*, etc. * puzzle sth out 常与 how、what、why 等疑问词连用。It cannot be used in the passive. 不用于被动语态。

• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

ˈpuzzle over/about sth to think hard about sth because you want to understand it 认真琢磨；苦苦思索: *Police are still puzzling over the incident.* 警方仍然在追查事件发生经过。◇ *She puzzled over the postmark on the letter.* 她想弄明白信封上的邮戳。

• v + prep

Qq

quarrel /ˈkwɒrəl; *AmE* ˈkwɔːr-, ˈkwɑːr-/ (**-ll-**, *AmE* **-l-**)

ˈ**quarrel with sth/sb** (*especially BrE*) (*usually used in negative sentences* 通常用于否定句) to disagree with sth/sb 不赞同; 反对: *Few would quarrel with the principle of free education for all.* 绝少有人会反对普及义务教育这一原则。

• v + prep

queue /kjuː/ (**queuing** or **queueing**)

ˌ**queue** ˈ**up** (**for sth/to do sth**) (*BrE*) to wait or stand in a line with other people in order to get sth or do sth 排队等候: *They spent four hours queueing up for tickets.* 他们排了四个小时队买票。◇ *We had to queue up to get our visas.* 我们得排队办签证。

NOTE **Queue** is often used with the same meaning * queue 常作此义: *We spent four hours queueing for tickets.* 我们排了四个小时队买票。

→ see also LINE UP 1

• v + adv

be ˌ**queuing** ˈ**up for sth/to do sth** if you say that people **are queuing up** for sth, you mean that a lot of people want to have sth or do sth 纷纷等待; 争先恐后; 趋之若骛: *Actors are queuing up to work with this company.* 演员都期待与这家公司合作。

• be + v + adv + prep • be + v + adv + **to** +inf

quieten (*BrE*) /ˈkwaɪətn/ (*AmE* **quiet** /ˈkwaɪət/)

ˌ**quieten** ˈ**down**; ˌ**quieten sb/sth** ˈ**down** (*AmE* ˌ**quiet** ˈ**down**, ˌ**quiet sb/sth** ˈ**down**) to become, or to make sb/sth, calmer, less noisy or less active （使）安静下来，平静: *We've been really busy at work during the summer but things should **quieten down** now.* 我们暑期工作繁忙，不过现在事情应该少一些了。◇ *It took a long time for the baby to quieten down.* 过了好久，小孩才停止哭闹。◇ *Can you quieten the kids down?* 请让孩子们安静些好吗？

NOTE **Quieten/quiet** and **quieten/quiet sb/sth** are also used on their own, especially in more formal language * quieten / quiet 和 quieten / quiet sb / sth 也单独使用，尤用于更正式用语: *The class quietened.* 班上安静了。 ➲ note at SHUT SB UP

• v + adv • v + n/pron + adv • v + adv + n (*less frequent*)

quit /kwɪt/ (**quitting**, **quit**, **quit**, *BrE also* **quitting**, **quitted**, **quitted**)

ˈ**quit on sb** (*AmE, informal*) **1** to stop helping, working with or supporting sb when they need you most 离开（最需要获得帮助、合作或支持的人）; 撇下（某人）不管: *I can't believe he quit on the team after only two games!* 我无法相信他只打了两场比赛就离队了！◇ *You can't quit on me now, we're almost there!* 你不能现在丢下我，我们快到了！ **2** if a machine, a vehicle, etc. **quits on** you, it stops working at a time when you really need it （机器、车辆等在关键时刻）停止运转，抛锚: *The air conditioning quit on us in mid-July.* 在 7 月中旬这一节骨眼上，我们的空调罢工了。

• v + prep

R r

rabbit /'ræbɪt/

ˌrabbit 'on (about sb/sth) (*BrE, informal, disapproving*) to talk about sth for a long time in a boring way （没完没了地）闲谈，闲扯，唠叨；喋喋不休: *What's he rabbiting on about?* 他在唠叨些什么啊？
SYN **go on (about sb/sth)**
◆ v + adv

rack (*also* **wrack** *less frequent*) /ræk/

ˌrack 'up sth (*informal, especially AmE*) to get or collect a large amount or quantity of sth, such as profits or losses in a business or points in a competition 累积（盈利、亏损等）；累计（得分）；聚集: *The company racked up $20 billion in sales.* 公司销售额累计达 200 亿元。◇ *Bush has racked up victories in another five states.* 布什在另外五个州又获得了胜利。
NOTE When the object of **rack up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **rack** and **up** * rack up 的宾语如果是名词，应置于 up 之后；但如果是代词，应置于 rack 和 up 之间: *Even more impressive than the goals he scored was the effortless way he racked them up.* 比他所得的分数更令人印象至深的，是他不断进球得分时的轻松自如。
◆ v + adv + n ◆ v + pron + adv (*less frequent*)

raffle /'ræfl/

NOTE A **raffle** is a competition where people buy tickets with a number on and some of the numbers are later chosen to win prizes. * raffle 指抽彩。

ˌraffle sth 'off to offer sth as a prize in a raffle 以…为抽彩奖品: *The cake will be raffled off to raise money for the school.* 抽奖活动是为学校筹款，奖品是这个蛋糕。
NOTE **Raffle sth** is used more frequently on its own with this meaning. * raffle sth 单独使用作此义更常见。
◆ v + adv + n ◆ v + n/pron + adv

rag /ræg/ (-gg-)

'rag on sb (*AmE, informal*) to complain to sb about their behaviour, work, etc. 抱怨；责难；责骂: *My boss is always ragging on me.* 老板总是责骂我。
◆ v + prep

rail /reɪl/

'rail against/at sb/sth (*formal*) to protest about sb/sth in an angry or bitter way 强烈抗议；愤怒谴责；怒斥: *to rail against the government/authorities* 痛斥政府 / 当局◇ *There's no point in railing against the decision.* 强烈反对这一决定毫无意义。
◆ v + prep

rain /reɪn/

ˌrain 'down (on/upon sb/sth), ˌrain sth 'down (on/upon sb/sth) to fall or to make sth fall on sb/sth in large quantities （使）散落，撒落（在…上）: *Huge boulders rained down on us.* 巨石不断地朝我们砸来。◇ *He rained blow after blow down on my skull.* 他一拳又一拳地打在了我头上。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

be ˌrained 'off (*BrE*) (*AmE* **be ˌrained 'out**) (*informal*) if an event such as a sports game is **rained off**, it stops or it does not take place because of rain （体育比赛等活动）因雨中断，因雨取消: *The game was rained off.* 比赛因雨中断了。◇ *It looks as if the concert is going to be rained off.* 看样子音乐会要因雨取消了。
◆ be + v + adv

rake /reɪk/

NOTE A **rake** is a tool with a long handle and a row of metal points at the end. * rake 指耙子。

ˌrake sth 'in (*informal*) to earn large amounts of money without difficulty 轻易地赚（大钱）: *The company rakes in about £190 million.* 公司轻而易举地赚了大约 1.9 亿英镑。◇ *Since she moved to London she's been* ***raking it in.*** 她从搬到伦敦以来钱已经赚得数不清。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌrake sth 'off to take part of the profits of sth, especially secretly or dishonestly （从…中）抽头，吃回扣，拿佣金: *Landlords have been raking off commission from inflated insurance premiums.* 房东们一直在从高额保险费中抽取佣金。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌrake 'over sth (*BrE, informal, disapproving*) to examine sth that happened in the past in great detail and keep talking about it, when it should be forgotten 翻出，重提（往事）: *There's no point in raking over the events of the past.* 唠叨旧事毫无意义。
OBJ **the past**
◆ v + prep
IDM **rake over old 'coals/'ashes** to discuss sth that happened in the past in detail, when it should be forgotten 重提往事；翻旧账 **rake sb over the 'coals** (*AmE*) (*BrE* **haul sb over the 'coals**) to criticize sb severely because they have done sth wrong 申斥；怒斥

ˌrake 'through sth to examine a collection of things or what is inside sth 在…中查找；搜

遍: *I raked through my bag but couldn't find my ticket.* 我在包里翻来找去，但没找到票。
SYN **search through sth** ➲ note at SEARCH FOR SB/STH
◆ v + prep

ˌrake sth ˈup **1** to talk about sth unpleasant that has happened in the past, which people would like to forget 重提，翻出（令人不快的往事）：*I didn't come here to rake up old arguments.* 我不是来重提以前的争吵的。 **2** to collect sth into a pile using a rake 用耙子使聚拢；把…耙成一堆: *I raked up all the leaves.* 我把树叶全耙到一块儿。
◆ v + adv + n ◆ v + n/pron + adv

rally /ˈræli/ (rallies, rallying, rallied)

ˌrally aˈround/ˈround; ˌrally aˈround/ˈround sb if people **rally around** or **rally around** sb, they work together to help and support sb who is in a difficult situation 聚集在一起，集结起来（帮助支持某人）：*When she was ill, the neighbours all rallied round to help her.* 她生病期间，左邻右舍都来帮助她。◇ *His friends rallied around him when they heard the news.* 朋友们一得到消息就都来支持他。
◆ v + adv ◆ v + prep

ram /ræm/ (-mm-)

ˌram ˈinto sb/sth; ˌram sth ˈinto sth to hit sth violently; to make sth hit sth violently （使）猛撞，猛击: *He was going too fast and rammed into the car in front.* 他速度太快，猛地撞上了前面的车。◇ *The thieves rammed their truck into the jeweller's window.* 窃贼开着货车猛地撞进了珠宝店的橱窗。
◆ v + prep ◆ v + n/pron + prep

ramble /ˈræmbl/

ˌramble ˈon (about sb/sth) (*BrE*) to talk or write a lot about sb/sth in a confused and boring way 漫谈；闲扯；漫笔: *What is she rambling on about?* 她在东拉西扯些什么呢？◇ *There's me rambling on, and you haven't told me your news yet.* 光我一个人在说个不停，你还没把你的事儿告诉我呢。
◆ v + adv

ramp /ræmp/

ˌramp ˈdown; ˌramp sth ˈdown to decrease in stages; to make sth decrease in stages （使）分阶段降低；使逐步缩减；使缓降: *As the fighting ramps down, the soldiers are looking forward to going home to their families.* 随着战事逐渐减少，士兵们翘首盼望返乡与家人团聚。◇ *We are ramping down our activities in the region.* 我们正逐步减少在这一地区的活动。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌramp ˈup; ˌramp sth ˈup to increase in stages; to make sth increase in stages （使）分阶段提高；使逐步增加；使缓升: *The manufacturer has ramped up production of this popular new model.* 生产商逐步增加了这款畅销新品的产量。◇ *Internet sales have been ramping up over the past year.* 在过去一年里，互联网上的销售额一直稳步上升。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

range /reɪndʒ/

be ˌranged aˈgainst/ˈwith sb/sth; ˌrange yourself aˈgainst/ˈwith sb/sth (*formal*) to join with other people to oppose sb/sth （与他人一起）反对/联合: *He felt as though the whole family was ranged against him.* 他感觉好像全家人合伙对付他。◇ *She ranged herself more with her parents than with her brother.* 她多数时候是站在父母而不是兄弟一边。
◆ be + v + prep ◆ v + pron + prep

rap /ræp/ (-pp-)

ˌrap sth ˈout to say sth quickly and sharply 迅速厉声说出；喝（令）：*The officer rapped out orders.* 军官大声下令。
OBJ **command, order** SYN **bark sth out**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*) ◆ v + adv + speech

rat /ræt/ (-tt-)

ˈrat on sb (*informal*) to give information to people in authority, causing trouble for sb 打小报告；告发；出卖: *Say what you like about Ali but he has never ratted on his friends.* 随便你怎么说阿里，但他从未打过朋友的小报告。
◆ v + prep

ˈrat on sth (*BrE, informal*) to fail to keep a promise you have made 违背（诺言）：*They accused the government of ratting on promises to the disabled.* 他们指责政府背弃了对残疾人的承诺。
OBJ **promise, pledge**
◆ v + prep

ratchet /ˈrætʃɪt/

ˌratchet sth ˈup to make prices, etc. increase a little at a time 逐步提高（价格等）：*The interest rates have been ratcheted up sharply.* 利率渐渐调得很高。◇ *The hormone rushes around the brain, ratcheting the heart rate up from 60–80 to about a hundred.* 荷尔蒙在脑中四处窜动，把心率从60–80逐渐提高到大约 100。◇ (*figurative*) *The government have ratcheted up the pressure on the protest organizers.* 政府对示威组织者施加的压力逐步增大。
◆ v + adv + n ◆ v + n/pron + adv

ˌratchet sth ˈdown to make prices, etc. decrease a little at a time 逐步降低（价格等）：*Management were determined to ratchet down costs.* 管理层决心逐步压缩成本。
◆ v + adv + n ◆ v + n/pron + adv

ration /ˈræʃn/

ˌration sth ˈout to divide sth that there is not very much of between a group of people in such a way that everyone gets a small share 分

配，配给（有限的东西）：*They rationed the water out among the survivors.* 他们把水分给了幸存者。

OBJ **food, water**

• v + n/pron + adv • v + adv + n

rattle /'rætl/

ˌrattle aˈround; ˌrattle aˈround sth (*informal*) to live, work, etc. somewhere that is much too big for your needs 在空荡荡的地方居住（或工作等）：*There are only two of us, rattling around in this massive office.* 这么大的办公室空落落的，只有我们两个人。◇ *They're rattling around that house now that the children have left.* 孩子们走后就剩下他们住在空荡荡的房子里。

• v + adv • v + prep

ˌrattle sth ˈoff to say or repeat sth from memory, quickly and without any effort 不假思索地说出（或背诵）；脱口而出：*She rattled off the names of the movies Hitchcock had directed.* 她顺口就报出了希区柯克所执导的电影的片名。

SYN **reel sth off**

• v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˌrattle ˈon (about sth) (*informal*) to talk quickly and for a long time about sth that is not important or interesting 喋喋不休地说（无谓或无趣的话）：*He rattled on about his job for over an hour.* 他喋喋不休地聊他的工作，说了一个多小时。

SYN **waffle on (about sth)**

• v + adv

ˌrattle ˈthrough sth (*BrE, informal*) to do sth very quickly 迅速地做：*He rattled through his homework then went out.* 他急急忙忙写完作业就出去了。

• v + prep

reach /riːtʃ/

ˌreach sth ˈdown (for sb) to get sth down from a high place （为某人）从高处取下：*Could you reach that vase down for me?* 请帮我把那个花瓶拿下来好吗？◇ *She reached down a box from the top shelf.* 她从架子最上层把盒子拿了下来。

NOTE In informal spoken language **reach sb down sth** is also used 非正式口语也说 reach sb down sth: *Could you reach me down that vase?* 请帮我把那个花瓶拿下来好吗？

• v + n/pron + adv • v + adv + n

ˌreach ˈout; ˌreach sth ˈout to stretch your arm or your hand in order to touch or get sth 伸出（胳膊或手）：*He reached out to switch on the light.* 他伸手开灯。◇ *I **reached out a hand** to touch her face.* 我伸手摸她的脸。◇ *The child reached out for her hand.* 孩子伸过手来握她的手。

• v + adv • v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˌreach ˈout to sb to show sb that you are interested in them and/or want to help them; to try to get people's interest or attention （向某人）表示感兴趣，伸出援助之手；试图吸引…的注意力：*The organization is trying to reach out to people of all ages and from all levels of society.* 该组织试图吸引各年龄段以及社会各阶层人士。◇ *The party has failed to reach out to young people.* 该党不能吸引年轻人。◇ *The makers of this movie have tried to reach out to an older audience.* 这部影片的制作人试图让影片满足年长观众的口味。

• v + adv + prep

▸ **ˈoutreach** *n* the activity of an organization that provides a service or advice to people in the community, especially those who cannot come to an office, a hospital, etc. for help 外展服务，外延活动（指在服务机构以外的场所提供的社区服务等）：*a rural outreach programme* 农村外展活动◇ *outreach work* 外展工作

read /riːd/ (read, read /red/)

ˌread sth ˈback to read a message, a letter, etc. aloud in order to check that it is correct 读出，复述（以便核对）：*I got her to read the message back to me to make sure it was right.* 我让她把留言给我复述一遍，以保证正确无误。

• v + n/pron + adv • v + adv + n

ˌread sth ˈinto sth to think that sth has a meaning or an importance that it probably does not have 认为…另有深意；对…作过度解读：*It's a mistake to read too much into the results of one opinion poll.* 对一次民意调查结果作过度的解读是错误的。◇ *You can read anything you want into horoscopes.* 占星术算命怎么理解都行。◇ *Her voice was cold and I wasn't sure what to read into it.* 她语气冷淡，我弄不清该作何解释。

OBJ **too much, something, anything**

• v + n/pron + prep

ˌread sth ˈoff to look at the measurement shown on a machine or measuring device 看（机器或测量设备）上的读数：*The speed can be read off from the graph.* 速度可以从图表中读取。◇ *I looked at the thermometer and read off the temperature.* 我看了看温度计上的读数。

• v + adv + n • v + n/pron + adv

ˌread ˈon to continue reading 继续读；接着读：*The book was so exciting he read on until dawn.* 那本书太精彩了，他一口气读到天亮。◇ *The idea is to make the reader want to read on.* 目的是吸引读者继续读下去。◇ *If you want to find out more, read on!* 欲知后事，请看下文！

• v + adv

ˌread sth ˈout (to sb) **1** to read sth aloud, especially to other people 大声读（给某人听）；朗读：*She read out the names of the winners.* 她宣读了获胜者的名字。◇ *The teacher read my poem out to the class.* 老师在班上朗读了我的诗。◇ *There's a letter from Tom. Shall I read it out to you?* 汤姆来信了。要不要读给你听？ **2** (*especially AmE, computing*) to get back information that is stored on a computer; to produce a display of the information on a screen 读取，读出（数据）

◆ v + adv + n ◆ v + n/pron + adv ◆ v + adv + speech

▶ 'read-out *n* (*computing*) a record or display of information on a computer screen （数据的）读取，读出: *The computer will work out the best route for you and give you a read-out on the screen.* 计算机会为你设计出最佳路线并显示在屏幕上。

,read sth 'through (*also* **,read sth 'over** *less frequent*) to read sth from the beginning to the end, usually in order to find any mistakes 通读（以便检查核对）: *I read through my translation, checking for mistakes.* 我把我的译文从头到尾校了一遍。◇ *When she read her letter through the next day, she decided not to send it.* 第二天她把信通读之后便决定不发了。◇ *When she'd finished, Emily read over what she'd written.* 她写完以后，埃米莉通读了一遍。
◆ v + adv + n ◆ v + n/pron + adv

,read 'up on sb/sth; ,read sb/sth 'up (*also* **,read 'up about sb/sth** *less frequent*) to read a lot about a particular subject in order to learn about it （就某一课题）广泛阅读，博览群书: *Have you been reading up on the history of the island?* 你是不是一直在大量阅读这个岛的历史？◇ *I've been reading this place up in the library.* 我一直在图书馆查阅这个地方的相关资料。
◆ v + adv + prep ◆ v + adv + n ◆ v + n/pron + adv

rear /rɪə(r); *AmE* rɪr/

'rear sb/sth on sth to give a person or an animal a particular type of food, entertainment, etc. when they are young （用…）喂养，饲养；（以…）培育，娱乐: *I was reared on jazz, but later discovered rock.* 我是听爵士乐长大的，后来才接触到摇滚乐。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + prep

,rear 'up 1 if a horse, etc. **rears up**, it stands on its back legs with its front legs in the air （马等）用后腿支撑直立: *The horse reared up and she fell off.* 这匹马用后腿支撑直立起来，把她摔了下去。 **2** if a building, mountain, etc. **rears up**, it seems to lean over you in a threatening way （楼房、峭壁等）危立，陡立: *The cliff reared up before them.* 在他们面前悬崖壁立。
NOTE **Rear** is also used on its own with these meanings, especially meaning 1 * rear 单独使用也作这些含义，尤其是第 1 义: *The horse reared and she fell off.* 马用后腿支撑直立起来，把她摔了下去。
◆ v + adv

reason /'ri:zn/

,reason sth 'out to think carefully about sth in a logical way in order to understand it 推论，琢磨（原因）: *Let's try to reason out why he behaved as he did.* 我们来想一想，他为什么会有这种行为。◇ *Reason it out for yourself—why do you think she didn't say where she was going?* 你自己想想 —— 你觉得她为什么不说她要上哪儿去？
SYN **figure sb/sth out; work sth out**
◆ v + n/pron + adv ◆ v + adv + n

'reason with sb to talk to sb in order to persuade them to be more sensible 和某人讲道理；规劝: *It's impossible to reason with her when she's in this mood.* 她情绪不好，不可能听得进劝告。◇ *He can't be reasoned with.* 他这人不可理喻。
◆ v + prep

rebound /rɪ'baʊnd/

re'bound on sb (*also* **re'bound upon sb** *more formal, less frequent*) if sth that you do, especially sth that is intended to be unpleasant for sb else, **rebounds on** you, it has an unpleasant effect for you instead 反作用于；使反受其害；使搬起石头砸自己的脚: *His trick seems to have rebounded on him.* 他的伎俩似乎使他自食其果。◇ *These measures could rebound on the poorest families* (= affect them instead of the people they were intended to affect). 这些措施反而会殃及那些最贫困的家庭。
◆ v + prep

reckon /'rekən/

'reckon on sb/sth; 'reckon on doing sth; 'reckon on sb/sth doing sth to rely on sb/sth or on sth happening; to expect sb to do sth or sth to happen 指望；依赖；寄希望于: *We were reckoning on a profit of about half a million.* 我们希望有大约 50 万的盈利。◇ *You can reckon on my support.* 你放心，我会支持你。◇ *We hadn't reckoned on them arriving so early.* 我们没料到他们来得这么早。◇ *You can't always reckon on having good weather in June.* 不能指望 6 月常有好天气。◇ *The company thought they would easily get permission to build a hotel, but they hadn't reckoned on the local people.* 公司认为能轻而易举获得建造宾馆的许可，但他们并未寄希望于当地人。
SYN **count on sb/sth, count on doing sth, count on sb/sth doing sth**
◆ v + prep

,reckon sth 'up (*especially BrE*) to add figures or numbers together 累加；总计；合计: *That'll be £20.50, if I've reckoned it up correctly.* 如果我没算错的话，总额应该是 20.50 英镑。
SYN **add sth up; calculate sth** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

'reckon with sb/sth 1 (*usually used in negative sentences* 通常用于否定句) to consider sb/sth as a possible problem that you should be prepared for 考虑到，预料到，顾及（可能出现的问题）: *Unfortunately, we hadn't reckoned with Emily.* 可惜我们忘了考虑埃米莉。◇ *We must reckon with the possibility of failure.* 我们必须考虑到有可能失败。 **2** to consider or deal with sb/sth as a serious opponent or problem 考虑，处理，应付（对手

或问题）：*He had to reckon with a great deal of opposition.* 他不得不认真对待诸多反对意见。◇ *The team are still **a force to be reckoned with*** (= they will be difficult to defeat). 该队依然不容小觑。
◆ v + prep

'reckon without sb/sth (*especially BrE*) to not consider sb/sth as a possible problem and therefore not be prepared for it 没考虑到；没预料到；没有顾及：*We allowed an hour to get there, but we'd reckoned without the traffic.* 我们原打算用一个小时赶到那里，但没考虑到交通状况。
◆ v + prep

reconcile /'rekənsaɪl/

'reconcile sb/yourself to sth; 'reconcile sb/yourself to doing sth to make sb/yourself accept an unpleasant situation because nothing can be done to change it 无奈地接受；将就；顺从于：*They were reconciled to the fact that he wouldn't be coming back.* 他不会回来了，对此他们也无可奈何。◇ *I've reconciled myself to having no money while I'm a student.* 作为学生没钱花，我已经习惯了。
◆ v + n/pron + prep

reduce /rɪ'djuːs; *AmE* -'duːs/

re'duce sb/sth to sth to bring sb/sth to a particular state, especially a worse one 使陷入（更糟的）境地；使陷入窘境：*She was reduced to tears by their criticism.* 他们的批评使她落泪。◇ *The building was reduced to a heap of rubble.* 这座建筑物化成了残垣断壁。◇ *Her questioning reduced him to a state of confusion.* 她的提问使他越听越糊涂。
◆ v + n/pron + prep

re'duce sb to doing sth to make sb do sth they do not approve of or are ashamed of because there is no other choice for them 迫使某人做某事；使沦落到做某事的地步：*I was reduced to borrowing money from friends.* 我迫不得已向朋友借钱。
NOTE Nearly always used in the passive. 几乎总是用于被动语态。
◆ v + n/pron + prep

re'duce sth to sth to change sth into a simpler or more general form 将…简化为；将…概括成：*His arguments can be reduced to four points.* 他的论据可以概括成四点。
◆ v + n/pron + prep

reek /riːk/

'reek of sth (*disapproving*) **1** to smell very strongly of sth unpleasant 散发（难闻的气味）：*His breath reeked of tobacco.* 他满嘴烟臭味。 **2** if sth **reeks of** sth, it suggests very strongly that there is sth unpleasant or suspicious about it 明显带有（令人不快或生疑的迹象）：*His statement reeks of hypocrisy.* 他的话显然很虚伪。◇ *The whole place reeked of neglect.* 整个地方明显疏于管理。
◆ v + prep

reel /riːl/

NOTE A **reel** is a round object around which you wind such things as thread or wire. * reel 指卷轴。

,reel sth 'in/'out to wind sth on/off a reel 用卷轴绕起；从卷轴上放开：*He slowly reeled the fish in.* 他慢慢收卷钓线，把鱼钓上来。◇ *The firefighters reeled out the hose.* 消防队员放开了水龙软管。◇ *The line caught on something in the water as he reeled it in.* 他收绕钓线时钩到了水里的什么东西。
◆ v + n/pron + adv ◆ v + adv + n

,reel sth 'off 1 to say a long list of things quickly and without having to think about it 滔滔不绝地讲出；一口气说出：*He reeled off the names of the people he'd invited.* 他一口气报出了他邀请的人的名字。 OBJ **list, names, figures** SYN **rattle sth off 2** (*informal, especially BrE*) (in a sports competition 体育比赛) to win a series of games or a number of points 连赢（比赛）；连得（比分）：*The Bulls reeled off nine consecutive points.* 公牛队连获九分。◇ *Sharapova reeled off three straight games.* 莎拉波娃连胜三局。 OBJ **points, games** SYN **chalk up sth**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

,reel sth 'out → REEL STH IN/OUT

refer /rɪ'fɜː(r)/ (-rr-)

re'fer to sb/sth 1 (as sth) to mention or talk about sb/sth 提到；谈及；说起：*She never referred to the incident again.* 她再也没有提起过这件事。◇ *Passengers are now referred to as 'customers'.* 乘客现在都称作"顾客"。 **2** to describe or be connected to sb/sth 涉及；意思上指向；与…有关：*This paragraph refers to the events of last year.* 这一段说的是去年发生的事。◇ *This phenomenon is referred to in detail in chapter nine.* 这一现象在第九章有详细的阐述。◇ *The term 'visually handicapped' refers to students who have serious difficulties in seeing.* "视障生"一词指的是有严重视力缺陷的学生。
◆ v + prep

re'fer to sth to look at sth for information 查阅；查询；参考：*You don't need to refer to a dictionary for this exercise.* 做这个练习不必查词典。◇ *It is important to provide a record that can be referred to.* 提供可以查阅的记录十分重要。
OBJ **book, dictionary, manual, instructions**
SYN **consult sth** (*more formal*)
◆ v + prep

re'fer sb/sth to sb/sth to send sb/sth to a different place or person in order to get help, advice or a decision 将…移交（或委托）…处理；让…去（找）：*The case was referred to the Court of Appeal.* 该案已提交上诉法院审理。◇ *My tutor referred me to a counsellor.* 导师让我去找辅导员。◇ (*formal*) *I refer you to my letter of 2 June.* 请查看一下我 6 月 2 日给你的信。
◆ v + n/pron + prep

SYNONYMS 同义词辨析

refer to sb/sth

allude to sb/sth • **cite sth** • **mention sth/sb** • **refer to sb/sth**

These verbs all mean to write or speak about sb/sth, especially in order to give an example or prove sth. 这些动词都表示提到、谈及、说起，尤指举例或引证。

allude to sb/sth (*formal*) to mention sth in an indirect way 暗指；影射；间接提及: *The problem had been alluded to briefly in earlier discussions.* 此前的讨论曾对这个问题略有涉及。

cite sth (*formal*) to mention sth as a reason or an example, or in order to support what you are saying （作为理由或例证）援引，引用，引证: *He cited his heavy workload as the reason for his breakdown.* 他说工作量大是他身体垮掉的原因。

mention sth/sb to write or speak about sth/sb, especially without giving much information （尤指简略地）提及，谈起: *Nobody mentioned anything to me about it.* 没人对我说过这件事的只言片语。

refer to sb/sth to mention or speak about sb/sth 提到；谈及；说起: *I promised not to refer to the matter again.* 我保证过再也不提这件事。

PATTERNS AND COLLOCATIONS

- sth is **commonly/frequently/often** mentioned/referred to/cited/alluded to
- to mention/refer to/allude to sb/sth **briefly/casually/in passing**
- to mention/refer to sb/sth **directly/explicitly**
- the example mentioned/referred to/cited/alluded to **above/earlier/previously**
- to mention/refer to/cite **an example/an instance/a case** of sth

reflect /rɪˈflekt/

reˈflect on sb/sth (*also* **reˈflect upon sb/sth** *more formal*) to make sb have a particular opinion of sb/sth 使对…有（某种看法）；反映: *When the department performs badly, it reflects on me as manager* (= it makes people think I am a bad manager). 部门表现欠佳，我这个经理就会遭人非议。◇ *This incident* ***reflects badly*** *on everyone involved.* 这件事令所有当事人蒙羞。◇ *When our students are successful it* ***reflects well*** *on the whole school.* 如果我们的学生学业有成，整个学校也有光彩。
NOTE **Reflect on sb/sth** is often used with adverbs, especially *badly* or *well*. * reflect on sb / sth 常与 badly、well 等副词连用。
• v + prep
IDM **reflect great credit on sb/sth** to show that sb/sth is very good or has done sth very well 反映…（做得）很好: *The fine condition of the cars reflects great credit on their owners.* 车况良好说明车主保养得当。◇ *The young orchestra's performance reflected great credit on their training.* 从青年管弦乐队的演出可以看出他们训练有素。

regale /rɪˈɡeɪl/

reˈgale sb with sth to entertain sb with stories, jokes, etc. 通过（故事、笑话等）愉悦（某人）: *She was regaling us with tales of her youth.* 她讲她年轻时的事，逗我们开心。
• v + n/pron + prep

rein /reɪn/

ˌrein ˈin; ˌrein sth ˈin (*also* **ˌrein ˈback, ˌrein sth ˈback** *less frequent*) to pull on the reins of a horse (= the leather bands that go around its neck) to make it go more slowly or stop 勒缰绳使（马）慢行（或止步）: *Felipe reined back and rode beside her.* 费利普勒了勒缰绳，和她并排骑行。◇ *She reined in her horse and waited for John to catch up.* 她勒住马等着约翰赶上来。
• v + adv • v + adv + n • v + n/pron + adv

ˌrein sb/sth ˈin (*also* **ˌrein sb/sth ˈback** *less frequent*) to control sb or sth more strictly 严格控制；严厉约束: *We need to rein in public spending.* 我们需要严控公共开支。◇ *The new President is faced with the task of reining in the military.* 新总统面临着严管军队的任务。◇ *He was unable to rein back his impatience.* 他按捺不住自己的急躁情绪。
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

relate /rɪˈleɪt/

relˈate to sb/sth **1** to feel that you can understand a person, a situation, sth that sb does or feels, etc. and have sympathy with them/it 理解并认同；谅解；体恤: *She was unable to relate to her youngest child.* 她没办法理解她最小的孩子。◇ *I find him very difficult to relate to.* 我发现他这人难以捉摸。◇ *I just couldn't relate to that movie at all.* 我根本无法欣赏那部电影。◇ *She could relate to his feelings of guilt about his children.* 她体谅他对自己孩子的愧疚感。 **2** to be connected to sb/sth; to refer to sb/sth 涉及；与…有关联；关系到: *All the documents relating to the matter were destroyed.* 与此事相关的所有文件都销毁了。◇ *The new law relates only to children born after 1996.* 新法只适用于 1996 年后出生的儿童。
• v + prep

relieve /rɪˈliːv/

reˈlieve sb of sth **1** (*formal*) to carry out a difficult or unpleasant task for sb else, or instead of them 替…做（难事或苦差）；减轻…的负担: *Robots can relieve people of dull and repetitive work.* 机器人可以代做单调重复的工作。◇ *Can I relieve you of some of your bags* (= carry them for you)*?* 我帮你提几个包好吗？ **2** (*formal*) to dismiss sb from a job or responsibility 革除，解除（职务）：*He was relieved of his post as manager.* 他被免去经理职务。 NOTE Often used in the passive. 常用于被动语态。 **3** (*informal, ironic*) to rob sb of sth 偷取；抢走: *The thief relieved him of his wallet.* 扒手偷走了他的钱包。

◆ v + n/pron + prep

rely /rɪˈlaɪ/ (relies, relying, relied)

reˈly on sb/sth (*also* **reˈly upon sb/sth** *more formal*) **1** (**for sth**) to need or depend on sb/sth 依赖；依靠: *She still has to rely on her parents for money.* 她仍然得向父母要钱花。◇ *He hasn't got a car, and relies on public transport to get around.* 他没汽车，外出得靠公交。◇ *We relied on Anna to translate for us.* 我们靠安娜给我们翻译。◇ *Before they got a piped water supply, local people had to rely on getting their water from wells and tanks.* 没通管道自来水之前，当地人只得依赖水井或储水池取水。 SYN **depend on/upon sb/sth (for sth)** ➲ note at DEPEND ON SB/STH **2** to trust or have confidence in sb/sth 信任；信赖: *You can safely rely on her judgement.* 你可以放心大胆地相信她的判断。◇ *You can rely on Jon to turn up late!* (= he always does) 乔恩准保迟到！◇ *For the first time in years she had someone she could rely on.* 多年来第一次她有了可以信任的人。◇ *We relied on the advice of our solicitor.* 我们听从我方律师的建议。◇ *She cannot be relied on to tell the truth.* 不能指望她说实话。 SYN **count on/upon sb/sth; depend on/upon sb/sth**

◆ v + prep

remember /rɪˈmembə(r)/

reˈmember sb to sb (*BrE*) (*not used in the progressive tenses* 不用于进行时) used to ask sb to say hello and give your good wishes to sb else 代（我）问候（某人）；代（我）向某人致意: *Remember me to your mother.* 代我向你母亲问好。

◆ v + n/pron + prep

remind /rɪˈmaɪnd/

reˈmind sb of sb/sth (*not used in the progressive tenses* 不用于进行时) if sb/sth **reminds you of** sb/sth, they make you think

SYNONYMS 同义词辨析

remind sb of sb/sth

bring sb/sth to mind ◆ **conjure sth up** ◆ **evoke sth** ◆ **remind sb of sb/sth** ◆ **take sb back**

These verbs both mean to bring a feeling, a memory or an image into your mind. 这些动词都表示忆起、想起、想到。

bring sb/sth to mind (*formal*) to remind you of sb/sth 使忆及；使忆起: *The painting brings to mind some of Picasso's early works.* 这幅画让人想起毕加索的一些早期作品。

conjure sth up to make sth appear as a picture in your mind 使呈现于脑际；使想起: *That smell always conjures up memories of holidays in France.* 那股气味总是让人回想起在法国度假的情景。

evoke sth (*formal*) to bring a memory, feeling or image into your mind 唤起；引起；想起: *The music evoked memories of her youth.* 那首乐曲唤起她对青春时期的回忆。◇ *His case is unlikely to evoke public sympathy.* 他的境况不可能博得公众的同情。

remind sb of sb/sth (*not used in the progressive tenses*) (of a person, place, thing or event) to make sb think of another person, place, etc. because they are similar in some way 使想起；使联想到: *You remind me of your father when you say that.* 你说那句话的时候，让我想起了你父亲。◇ *That smell reminds me of Italy.* 那股气味令我想起意大利。

take sb back to make sb remember a time in the past 带回到（过去）；使回想起: *The smell of the sea* ***took him back to*** *his childhood.* 大海的气息将他带回了孩提时代。◇ *That song takes me back 30 years.* 那首歌使我回忆起 30 年前的往事。

WHICH WORD?

Conjure sth up can be more visual than **evoke** and usually means to remember sth in pictures or images. **Evoke** is used more for talking about memories and feelings. **Remind** and **take back** refer specifically to memories. 与 evoke 相比，conjure sth up 更为形象化，常指想起画面或形象。evoke 多用于指回忆和感觉。remind 和 take back 特指回忆。

PATTERNS AND COLLOCATIONS

- to remind sb of/evoke/conjure up/take sb back to **the past/past times**
- to evoke/conjure up **a memory/a picture/an image/a feeling**
- to **vividly** remind sb of sth/evoke sth/conjure sth up

of sb/sth because they are similar 使想起；使联想到: *The smell of bread baking reminds me of home.* 烤面包的香味让我想家了。◇ *When Clare smiled, she reminded me of her mother.* 克莱尔的微笑让我回想起她的母亲。◇ *Listening to her, he was reminded of Helen.* 听着她的声音，他想起了海伦。◇ *Watching his serious face, with its big round glasses, she was reminded of an owl.* 看着他那又大又圆的眼镜和严肃的面孔，她想到了猫头鹰。
• v + n/pron + prep

renege /rɪˈniːg, rɪˈneɪg/

reˈnege on sth to break a promise, an agreement, etc. 违背，违反（承诺、协定等）: *Clarke claimed that she had reneged on her promise to marry him.* 克拉克声称她违背了婚誓。
OBJ **deal, debt, contract**
• v + prep

rent /rent/

ˌrent sth ˈout (to sb) to allow sth that you own to be used by another person in return for payment 出租，租借（给某人）: *They rented the house out to students.* 他们把房子租给了学生。◇ *Most of these houses are rented out.* 这些房子大多租出去了。
OBJ **room, house, etc.** SYN **hire sth out (to sb); let sth out (to sb)** (*BrE*)
NOTE **Rent sth** can also be used on its own with the same meaning * rent sth 单独使用也作此义: *You could rent a room to a student.* 你可以把一间房租给学生。
• v + n/pron + adv • v + adv + n

repair /rɪˈpeə(r); *AmE* -ˈper/

reˈpair to ... (*formal* or *humorous*) to go to a place 去（某地）: *After dinner, they repaired to the lounge for coffee.* 饭后他们到休息室喝咖啡。
• v + prep

report /rɪˈpɔːt; *AmE* rɪˈpɔːrt/

reˌport ˈback 1 (to sb) (on sb/sth) to give a spoken or written account of some information that you were asked to find out about （向某人）汇报: *I have to report back to the manager on our progress.* 我得向经理汇报我们的进展。 **2 (to ...)** to return to a place, especially in order to start work again 返回（工作岗位等）: *When do you have to report back for duty?* 你什么时候必须归队？
• v + adv

reˌport ˈin (to sb/sth) to contact sb to let them know where you are or what you are doing 报告，汇报（方位或工作情况）: *The officer briefly reported in (to the police station).* 那位警察（向警察局）简单报告了一下情况。

reˈport to sb (*business*) (*not used in the progressive tenses* 不用于进行时) if you **report to** sb in a company or an organization, they are responsible for your work and tell you what to do 是…的下属；受…的领导；向…负责: *She reports directly to the chief executive.* 她受总裁直接领导。◇ *A new team will be put together for the project, reporting to me.* 这个项目将组建一支新团队，由我负责。
• v + prep

reside /rɪˈzaɪd/

reˈside in sb/sth (*formal*) to be in sb/sth; to be caused by sth 在于；由…引起（或造成）: *The attraction of the book resides in its illustrations.* 这本书的魅力在于它的插图。◇ *The interests of the child reside in getting the best possible education.* 对孩子来说，其权益体现在能否得到尽可能好的教育。
• v + prep

reˈside in/with sb/sth (*formal*) to be present in or belong to sb/sth 存在于；隶属于；属于: *Supreme authority resides with the President.* 最高权力属于总统。◇ *Political power seems to reside increasingly in Brussels.* 布鲁塞尔的政治力量似乎在不断增强。
• v + prep

resign /rɪˈzaɪn/

reˈsign yourself to sth; reˈsign yourself to doing sth to be ready to accept sth unpleasant because you cannot avoid it 无奈地接受；顺从于: *She **resigned herself to her fate**.* 她听天由命。◇ *They resigned themselves to being defeated.* 他们只得认输了。◇ *I've resigned myself to staying in again tonight.* 我今晚还是不打算出门。
• v + pron + prep

resolve /rɪˈzɒlv; *AmE* rɪˈzɑːlv/

reˈsolve into sth; reˈsolve sth into sth to separate or to be separated into its parts 分成，分解为（若干部分）: *The design resolved into a number of different patterns.* 设计图分成若干不同的图案。◇ *a lawyer's ability to resolve facts into their legal categories* 律师将事实按其所属法律范畴分门别类的能力
• v + prep • v + pron + prep

reˈsolve into sth; reˈsolve itself into sth 1 if sth you see or hear at a distance **resolves into** sth or **resolves itself into** sth, you gradually see it or hear it clearly as a particular thing （远处的景物或声音）逐渐呈现为: *The grey shape resolved into a group of walkers.* 灰影渐渐清晰起来，原来是一群徒步赶路的人。◇ *The white light resolved itself into the headlights of a car.* 白色亮光渐渐看得出来是一辆汽车的前灯。 **2** to gradually become or be understood as sth 逐步变成；逐渐被理解为: *The discussion eventually resolved itself into two main issues.* 讨论最终集中在两大主要议题上。◇ *The question resolves itself into whether individuals should be allowed to choose such a course of action.* 问题逐步归结为是否应该允许个人选择这种做法。
• v + prep • v + pron + prep

resonate /ˈrezəneɪt/

ˈresonate with sth (*formal*) (*not usually used in the progressive tenses* 通常不用于进行时) to be full of a particular quality or feeling 充满: *She makes a simple story resonate with complex themes and emotions.* 她使一个简单的故事充满了复杂的主题和情感。
◆ v + prep

resort /rɪˈzɔːt; *AmE* rɪˈzɔːrt/

reˈsort to sth; reˈsort to doing sth to make use of sth, especially sth bad or unpleasant, as a way of achieving sth, often because no other course of action is possible （常指迫不得已而）诉之于，采取: *They should be able to settle their differences without resorting to violence.* 他们应该能够解决分歧，无须诉诸暴力。◇ *They resorted to bribery to get what they wanted.* 他们最后靠行贿达到目的。◇ *Various measures were resorted to.* 已采取了各种措施。
OBJ **violence, bribery**
◆ v + prep

rest /rest/

ˈrest on sb/sth (*also* **ˈrest upon sb/sth** *more formal*) **1** to depend on sb/sth 寄托在…上: *Britain's hopes of a medal now rest on Henderson.* 英国现在寄希望于亨德森摘得奖牌。 **2** if your eyes **rest on** sb/sth, you look at them/it （视线）落在…上: *Her eyes rested on a photograph on the desk.* 她的目光停留在桌上的一张照片上。 SUBJ **eyes, gaze**
◆ v + prep

ˈrest on sth (*also* **ˈrest upon sth** *more formal*) to be based on sth 基于；以…为基础: *The whole case rests on one man's evidence.* 整个案件都基于一名男子的证词。◇ *His argument seemed to rest on a false assumption.* 他的论点似乎建立在错误的假设之上。
◆ v + prep

ˌrest ˈup (*informal*) **1** (*old-fashioned, especially BrE*) to rest after an illness or injury （因病或因伤）休息；养病；养伤: *He was advised to rest up for a week after his fall.* 他摔了一跤，要遵医嘱歇息一个星期。 NOTE **Rest** on its own is more usual. * rest 单独使用更常见。 **2** (*especially AmE*) to rest in order to gain energy and strength, for example after an illness or before a sports competition （因病）休养；（为准备比赛等）养精蓄锐: *You should rest up if you're going to be fit for the game.* 你要想以最佳状态参加比赛，就应该养养劲儿了。◇ *The climbers decided to rest up for a couple of days before continuing up to the summit.* 登山队员决定休息几天再继续向顶峰进发。 NOTE **Rest** can also be used on its own with this meaning. * rest 单独使用也作此义。
◆ v + adv

ˈrest with sb (**to do sth**) (*formal*) (*not used in the progressive tenses* 不用于进行时) to be sb's responsibility （责任）落在…身上: *The decision rests entirely with you.* 这个决定完全得由你来作。◇ *The responsibility for bringing up children rests with the parents.* 养育子女是父母的责任。◇ ***It rests with** the bus company **to** prove they were not responsible for the accident.* 公共汽车公司应当拿出证据证明他们对这一事故没有责任。
SYN **lie with sb (to do sth)**
◆ v + prep

result /rɪˈzʌlt/

reˈsult in sth to have a particular effect; to make sth happen 产生（某种效果）；导致: *The accident resulted in 67 deaths.* 这场事故造成 67 人死亡。◇ *The agreement will result in employers working more closely with students and teachers.* 协议将促成雇主和师生更加紧密地合作。
OBJ **death, increase, loss**
◆ v + prep

retail /ˈriːteɪl/

ˈretail at/for sth (*business*) to be sold at a particular price 以…价格零售: *The DVDs retail at £15 each.* * DVD 每盘售价 15 英镑。
◆ v + prep

return /rɪˈtɜːn; *AmE* rɪˈtɜːrn/

reˈturn to sth 1 to go back to a previous state 回复，恢复（先前的状态）: *Train services have **returned to normal** after the strike.* 罢工过后，铁路运营已恢复正常。 SYN **go back to sth 2** to start discussing a subject you were discussing earlier 回到，重提（先前的话题）: *He returns to this topic later in the report.* 他在报告中后来又提到了这个主题。 SYN **come back to sth**
◆ v + prep

rev /rev/ (**-vv-**)

ˌrev ˈup; ˌrev sth ˈup if the engine of a vehicle **revs up**, or sb **revs it up**, it runs quickly although the vehicle does not move （使）（发动机）快速旋转: *The car revved up and roared away.* 车子发动起来，然后轰鸣而去。
NOTE **Rev** and **rev sth** are also used on their own. * rev 和 rev sth 单独使用也作此义。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌrev ˈup (**for sth**), **ˌrev sb/sth ˈup** (**for sth**) (*especially AmE*) to become, or to make sb/sth, more active or excited （使）活跃起来，兴奋起来: *The team are revving up for next week's game.* 该队对下周的比赛跃跃欲试。◇ *It's his job to rev up the audience before the show starts.* 他负责在表演开始前鼓动观众的情绪。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

revel /ˈrevl/ (**-ll-, -l-**)

ˈrevel in sth; ˈrevel in doing sth to enjoy a situation or an experience very much 陶醉于；沉迷于；纵情于: *I think he's secretly revelling in all the attention.* 我觉得他对于能够引起广泛关注正暗自得意。◇ *She seems to revel*

in annoying her parents. 她似乎以惹父母生气为乐。
◆ v + prep

revert /rɪˈvɜːt; AmE rɪˈvɜːrt/

reˈvert to sb (*law*) (of property and land 财产或土地) to return legally to the owner 复归，归还（物主）: *After his death the house reverted to its original owner.* 他死后房子归还给了原先的主人。
◆ v + prep

reˈvert to sth; reˈvert to doing sth (*formal*) **1** to go back to a previous condition or activity, especially a worse one 恢复，退回（尤指较差的状况）: *When the pressure is on, players revert to bad habits.* 遇到压力，运动员就会恢复坏习惯。◇ *After a good year the team* ***reverted to type*** *in their last game* (= they played badly again). 该队的表现好了一年，上一场比赛中又故态复萌。◇ *After 80 years as a school, the building has reverted back to being a house again.* 这座建筑用作校舍 80 年后又重新成为住宅。 **2** to start talking or thinking again about a subject you were considering earlier 重提，再次思考（先前的话题）: *To revert to your earlier question ...* 回到你之前提出的问题…
◆ v + prep

revise /rɪˈvaɪz/

reˌvise sth ˈdown to decrease an estimate in order to correct or improve it 调低，下调（估计值）: *The company was forced to revise down its earnings forecast.* 公司被迫下调预期收益额。
◆ v + n/pron + adv ◆ v + adv + n

reˌvise sth ˈup to increase an estimate in order to correct or improve it 调高，上调（估计值）: *US growth forecasts have been revised up.* 对美国经济增长的预估数据已经调高。
◆ v + n/pron + adv ◆ v + adv + n

revolve /rɪˈvɒlv; AmE rɪˈvɑːlv/

reˈvolve around sb/sth; reˈvolve around doing sth (*also* **revolve round sb/sth, revolve round doing sth** *especially BrE*) to have sb/sth as the main subject or interest 围绕；以…为中心；将…作为主旨（或兴趣）: *His whole life revolved round cars.* 他一辈子都在和汽车打交道。◇ *You think the whole world revolves around you.* 你以为整个世界都围着你转呢。◇ *Much of a dolphin's life revolves around finding and eating food.* 海豚生命的大部分时间用于觅食和进食。
◆ v + prep

reˈvolve around sth (*also* **reˈvolve round sth** *especially BrE*) to move around sth in a circle 绕…旋转: *The earth revolves around the sun.* 地球围绕太阳转动。
◆ v + prep

rid /rɪd/ (**ridding, rid, rid**)

ˈrid sb/sth/yourself of sb/sth (*formal*) to remove sth/sb unpleasant from a person, a place or an organization 去除；清除；（使）摆脱: *The government pledged to rid the country of nuclear weapons.* 政府承诺销毁本国的所有核武器。◇ *How could she rid herself of Charles?* 她怎样才能摆脱查尔斯？
NOTE **Get rid of sb/sth** is a more common way of saying **rid yourself of sb/sth** * get rid of sb / sth 是 rid yourself of sb / sth 的更常见说法: *How could she get rid of Charles?* 她怎样才能摆脱查尔斯？
◆ v + n/pron + prep

riddle /ˈrɪdl/

ˈriddle sb/sth with sth to fill sb/sth with bullets or with holes 使布满，使遍布（子弹或窟窿）: *His body was riddled with bullets.* 他被子弹打得体无完肤。◇ *wooden beams riddled with holes* 千疮百孔的木梁◇ *a bullet-riddled car* 弹坑累累的汽车
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

be ˈriddled with sth to be full of sth, especially sth unpleasant or bad 充满；弥漫；充斥: *The whole organization is riddled with corruption.* 整个组织从上到下腐败透顶。
◆ be + v + prep

ride /raɪd/ (**rode** /rəʊd; AmE roʊd/, **ridden** /ˈrɪdn/)

ˈride on sth (*usually used in the progressive tenses* 通常用于进行时) to depend on sth 决定于；取决于；有赖于: *My whole future is riding on this interview.* 我的未来全押在这场面试上。◇ *There's a lot of money riding on this deal.* 这宗交易关系到一大笔钱。◇ *She has* ***a lot riding on*** *this film after the failure of the last two.* 上两部电影失败之后，她对这一部寄予厚望。
◆ v + prep

ˌride sth ˈout to manage to survive a difficult period or situation without suffering serious harm 安然渡过（难关）；经受住: *Do you think the president will be able to ride out this latest crisis?* 你认为总统能挺过最近这次危机吗？◇ *Of course your parents were angry, but you should have stayed to* ***ride out the storm.*** 你父母当然生气，但你应当留下来挨过那一刻的。
OBJ **storm, recession**
◆ v + adv + n ◆ v + n/pron + adv

ˌride ˈup if an item of clothing **rides up**, it gradually moves upwards, out of position（衣服）慢慢向上移，渐渐缩上去: *His waistcoat was riding up over his stomach.* 他的西装背心缩到腹部以上了。◇ *My skirt tends to ride up.* 我的裙子老是向上拱。
◆ v + adv

rifle /ˈraɪfl/

ˌ**rifle ˈthrough sth** to search quickly through sth such as drawers, cupboards or papers, in order to find or steal sth 迅速搜寻；匆忙翻找: *Sally rifled through her wardrobe looking for something to wear.* 萨莉翻腾着衣柜找穿的。◇ *The room looked as if a burglar had rifled through it.* 房间看上去像遭过劫似的。◇ *The drawers had been rifled through.* 有人翻检过抽屉。
• v + prep

rig /rɪg/ (-gg-)

ˈ**rig sb/sth ˈout** (in/with sth) (*old-fashioned, BrE*) to provide sb/sth with clothes or equipment 为…提供（衣服或设备）: *We rigged them out from top to bottom* (= bought them new clothes, shoes, etc.). 我们给他们从头到脚穿戴一新。◇ *The ship had been rigged out with state-of-the-art equipment.* 这艘轮船安装了最先进的设备。
SYN **kit sb/sth out (in/with sth)** (*BrE*)
NOTE Often used in the passive. 常用于被动语态。
• v + adv + n • v + n/pron + adv
▸ ˈ**rig-out** *n* (*BrE, informal, disapproving*) a set of clothes worn together 一套服装；全套服饰；装束: *Where are you going in that rig-out?* 你穿了那身衣服去哪儿啊？

ˌ**rig sth ˈup 1** to fix a piece of equipment into place 安装；装配: *We've rigged up lights in the garden for the party.* 为开晚会我们在花园里安了灯。◇ *He was rigged up to a machine so that the nurses could check his heartbeat.* 他身上连接了机器，让护士检查心跳。 **2** to make or build sth quickly, using whatever materials are available （用现有材料）匆匆做成，草草搭建: *He had rigged up a sort of tent, using his jacket and shirt.* 他用夹克衫和衬衣匆忙搭了个帐篷样的东西。
• v + adv + n • v + n/pron + adv

ring /rɪŋ/ (**rang** /ræŋ/, **rung** /rʌŋ/)
NOTE **To ring** is not used in American English to mean 'to telephone'. **To call** is the most common verb for this in American English. It is also used in British English, as well as **to phone**. 美国英语不用 to ring 表示打电话，表达此义的最常用动词是 to call。to call 和 to phone 也用于英国英语。

ˌ**ring aˈround/ˈround**; ˌ**ring aˈround/ˈround sb/sth** (*BrE*) to phone several people or places to find out information or discuss sth 到处（给…）打电话: *I've spent the morning ringing round travel agents.* 我一上午都在给各旅行社打电话。
• v + adv • v + prep

ˌ**ring ˈback**; ˌ**ring sb ˈback** (*BrE*) to telephone sb again or to telephone sb who telephoned you earlier （给某人）再打电话，回复电话: *I'll ring you back later with more details.* 我过会儿再打电话跟你细说。◇ *Your mother called. She wants you to ring back.* 你母亲来电话了。她让你回个电话。◇ *I've only got a few coins for this call* (= from a public telephone). *Can you ring me back?* 我只有几枚硬币打这个电话。你给我打过来好吗？
• v + adv • v + n/pron + adv
▸ ˈ**ringback** *n* [U, C] a telephone service that you can use if you call sb and their telephone is being used, so that your telephone will ring when the line is free 电话自动重拨服务

ˌ**ring ˈin** (*BrE*) **1** to telephone the place where you work （往工作单位）打电话: *She felt so exhausted she* ***rang in sick*** (= to say she could not come to work). 她感觉筋疲力尽，于是给单位打电话请病假。◇ *The boss rings in several times a day, even when he's on holiday.* 老板一天打几次电话过来，即使他休假也不例外。 **2** to telephone a radio programme, etc. （给电台节目等）打电话: *Listeners were asked to ring in with their opinions.* 电台欢迎听众拨打电话发表意见。
• v + adv

ˌ**ring ˈoff** (*BrE*) to end a telephone conversation, and put the telephone down 挂断电话: *He rang off before I could explain.* 我还没来得及解释他就把电话挂了。
SYN **hang up**
• v + adv

ˌ**ring ˈout** to be heard loudly and clearly 清脆响亮；发出响声: *His clear voice rang out across the hall.* 他清脆的嗓音响彻大厅。◇ *Suddenly shots rang out nearby.* 附近突然响起一阵枪声。
• v + adv

ˌ**ring ˈround, etc.** (*BrE*) → RING AROUND/ROUND, ETC.

ˌ**ring ˈthrough (to sb/sth)** (*BrE*) to make a telephone call to sb, especially within the same building （给同一楼内的人）打电话: *Reception rang through to say my visitor had arrived.* 服务台打来电话说我的客人到了。
• v + adv

ˌ**ring ˈup**; ˌ**ring sb/sth ˈup** (*BrE*) to telephone sb/sth （给…）打电话: *He rang up to apologize.* 他打电话来道歉。◇ *We must ring Jenny up tonight.* 我们今晚一定得给珍妮打个电话。◇ *Can you ring up the station to check the train times?* 你打电话到火车站核实一下列车时刻好吗？◇ *My dad was once rung up by someone claiming to be John Lennon.* 我爸爸曾经接到一个自称约翰·列侬的人打来的电话。
NOTE **Ring** and **ring sb** are also frequently used on their own. **Ring up** and **ring sb up** are very common in spoken English. * ring 和 ring sb 也常单独使用。ring up 和 ring sb up 在英语口语中十分常见。 ➲ note at CALL UP, CALL SB/STH UP
• v + adv • v + n/pron + adv • v + adv + n

ˌ**ring sth ˈup** to record the cost of goods being bought in a shop/store on a machine (a **cash register**); to make sales of the value mentioned 将（款项）输入收银机；达到（某一销售额）: *She rang up the drinks on the till.* 她将饮料款额打在收银机上。◇ *The company rang up profits of $160 million last year.* 公司去年利

润达 1.6 亿元。
• v + adv + n • v + n/pron + adv

rinse /rɪns/

ˌrinse sth ˈout **1** to make sth clean by washing it in water 冲洗；洗刷干净：*Ruth finished her coffee and rinsed out her cup under the tap.* 鲁思喝完咖啡就到水龙头前把杯子冲洗干净。◇ *Rinse your mouth out to get rid of the taste.* 漱漱口，去去嘴里的味道。 NOTE **Rinse sth** is also used on its own * rinse sth 也单独使用：*She quickly rinsed her cup and plate.* 她很快清洗好了杯子和盘子。 **2** (*also* **ˌrinse sth ˈout of sth**) to remove sth such as soap from sth else with water 把（肥皂等）冲掉；漂洗：*Leave the conditioner on your hair for three minutes and then rinse it out.* 让护发素在头发上留三分钟，然后冲洗干净。
SYN **wash sth out**
• v + n/pron + adv • v + adv + n **2** also v + n/pron + adv + prep

rip /rɪp/ (-pp-)

ˌrip sb/sth aˈpart **1** to criticize sb/sth very severely 痛斥；抨击：*After she'd gone, we ripped her apart.* 她走后，我们把她大骂了一通。◇ *My tutor ripped my essay apart.* 导师把我的文章批驳得一无是处。 SYN **rip into sb/sth; tear sb/sth apart** **2** to defeat sb/sth eaily 轻松击败：*We ripped the other team apart in the second half.* 我们在下半场轻取对手。 SYN **tear sb/sth apart**
• v + n/pron + adv • v + adv + n (*rare*)

ˌrip sth aˈpart to destroy sth completely 完全摧毁；全部毁掉：*The hooligans had **ripped the place apart**.* 那伙流氓把这个地方全毁了。
SYN **tear sth apart; tear sth up**
• v + n/pron + adv • v + adv + n (*rare*)

ˈrip at sth to attack sth violently and tear it or cut it 猛烈撕扯；用力割：*The bird ripped at its rival's throat.* 那只鸟猛啄对手的喉咙。◇ (*figurative*) *The hurricane tore at their skin and ripped at their clothes.* 飓风吹割着他们的皮肤，撕扯着他们的衣服。
• v + prep

ˌrip ˈinto sb/sth (with sth) (for sth/for doing sth) (*informal*) to criticize sb in an angry way for sth they have done or said （因…）怒骂，呵斥：*He ripped into me for being late.* 他因为我迟到而训了我一通。
SYN **lay into sb/sth (with sth) (for sth/for doing sth)**
• v + prep

ˌrip ˈinto/ˈthrough sb/sth to go very quickly or violently into or through sb/sth （猛地）钻入，穿透：*An explosion ripped through a four-storey apartment building.* 剧烈的爆炸穿透了一座四层公寓楼。
• v + prep

ˌrip sb ˈoff (*informal*) to cheat sb, for example by charging them too much for sth, selling them sth of poor quality, etc. （以劣质品等）欺骗；敲…竹杠；宰（客）：*The bank was accused of ripping off its customers.* 银行被指责欺诈客户。◇ *The tickets were very expensive. We felt we'd been ripped off.* 票价很贵。我们觉得被宰了。◇ *The law protects tenants from being ripped off by landlords.* 法律保障租户免受房东欺诈。
• v + adv + n • v + n/pron + adv
▸ **ˈrip-off** *n* [usually sing.] (*informal*) a situation where you pay too much for sth; sth that is not worth what you pay for it 宰客；不划算的东西：*They charged you £25 for a T-shirt? What a rip-off!* 一件 T 恤衫他们开价 25 英镑？抢钱啊！◇ *The meal was a total rip-off.* 那顿饭完全不合算。◇ *rip-off prices* 过高的价格

ˌrip sb/sth ˈoff (*informal*) to copy sb/sth, by stealing ideas, designs, etc. especially in order to make money for yourself 抄袭；盗版；仿冒：*Another band has ripped off our song.* 另一支乐队剽窃了我们的歌曲。◇ *She was accused of ripping off other people's ideas.* 她被控抄袭他人的构思。
• v + adv + n • v + n/pron + adv
▸ **ˈrip-off (of sth)** *n* (*informal*) a copy of sth, especially one that is not as good as the original 山寨产品；盗版产品；冒牌货；仿制品：*He has a stall that sells designer rip-offs* (= clothes). 他开了个店铺，卖仿冒品牌服装。

ˈrip sth ˈoff (*slang*) to steal sth 偷窃；盗取：*Thieves broke in and ripped off five computers.* 盗贼破门而入，偷走了五台计算机。
SYN **nick sth** (*BrE, slang*)
• v + n/pron + adv • v + adv + n
▸ **ˈrip-off** *n* (*informal*) an act of stealing sth 盗窃；偷盗：*It was a scandalous rip-off of public funds.* 那是一起盗用公款的丑闻。

ˌrip sth ˈoff; ˌrip sth ˈoff sb/sth to remove sth, especially clothing, very quickly by pulling sharply 猛地拉下（或拽下）；迅速脱下：*The fans were trying to rip his clothes off.* 追随者试图拉掉他的衣服。◇ *She ripped the poster off the wall.* 她把海报从墙上一把扯下来。
SYN **tear sth off, tear sth off sb/sth**
• v + n/pron + adv • v + adv + n

ˈrip on sb (*AmE*) to laugh at sb or make jokes about them 嘲笑；开…的玩笑；拿…寻开心：*My buddies were ripping on me about a poem I had written.* 朋友们拿我写的一首诗取笑我。
• v + prep

ˌrip ˈthrough sb/sth → RIP INTO/THROUGH SB/STH

🔑 **ˌrip sth ˈup** **1** to tear sth to pieces 撕碎；撕毁：*I ripped the letter up without reading it.* 我看也不看就把信撕成了碎片。 ➲ note at TEAR STH UP **2** to pull sth quickly or violently from the floor or ground （从地上）迅速拉起，猛地拔起：*A gang of teenagers ripped up fences and plants.* 一帮十来岁的孩子拔掉了围栏和花草。◇ *We've ripped up the old carpets and painted the walls.* 我们把旧地毯扯了起来，粉刷了墙壁。
SYN **tear sth up**
• v + n/pron + adv • v + adv + n
IDM **rip/tear up the ˈrule book** to start doing

things in a way that is different from the way things are usually done, usually resulting in an improvement 破旧立新；打破陈规：*What we were able to do was rip up the rule book and design a car that doesn't damage the environment.* 我们所能做的就是打破陈规，设计对环境无害的汽车。

rise /raɪz/ (**rose** /rəʊz; *AmE* roʊz/, **risen** /ˈrɪzn/)

ˌrise aˈbove sth **1** to not be affected or limited by problems, insults, etc.; to be able to deal with problems 不受…影响（或局限）；克服；超越：*She was able to rise above her disability.* 她战胜了自身的残疾。 **2** to be too wise or good to do sth wrong or to think or behave in the way other people do 不为…所动；高出，超脱于（常人）：*He had an unusual ability to rise above the prejudices of his generation.* 他能力超群，能够摆脱同代人所持的偏见。◇ *There will always be gossip. You have to try and rise above it.* 流言蜚语总会有。你必须尽量置之不理。 **3** to be better than other similar things 超出（同类事物）；出类拔萃：*Her articles never rise above the level of a gossip column.* 她的文章从未超出过八卦专栏的水准。
◆ v + prep

ˈrise to sth **1** to deal successfully with a situation or problem that you do not expect or do not usually have to face 成功应对（非常情况、突发问题等）：*The job wasn't easy but Sam was ready to* ***rise to the challenge****.* 那份工作并不轻松，可萨姆愿意迎接挑战。◇ *The play was a challenge for the actors but they* ***rose to the occasion****.* 这部戏对演员是个挑战，但他们应付裕如。 **2** to react when sb is deliberately trying to make you angry or get you interested in sth 上当；中圈套；入陷阱：*I refuse to rise to that sort of comment.* 对此类言论，我拒绝置评。◇ *I decided to flatter him and he* ***rose to the bait*** (= he reacted in the way that I wanted). 我决定奉承他一番，结果他上钩了。
◆ v + prep

ˌrise ˈup 1 (against sb/sth) (*formal*) to start to fight against or refuse to obey people in authority, for example a government or king 反抗；起义；反叛：*The people rose up against the invaders.* 人们起来抗击侵略者。 **SYN** **rebel (against sb/sth)** **2** (*literary*) to appear as a tall shape above the surroundings 高耸；屹立；挺立：*A magnificent palace rose up before her.* 一座富丽堂皇的宫殿矗立在她面前。
◆ v + adv
▸ **ˈuprising** *n* a situation in which a group of people join together to fight against or to refuse to obey people in authority 起义；暴动；造反：*The uprising was ruthlessly suppressed.* 起义被残酷镇压下去了。

roar /rɔː(r)/

roar back (*AmE*) (of a sports team) to start beating your opponent easily after losing （体育运动队）轻易反败为胜，后来居上，轻松翻盘：*The Sixers won the first two games, but the Trail Blazers roared back with four straight wins.* 七六人队赢了前两场比赛，但开拓者队连胜四场，轻松翻盘。
◆ v + adv

rock /rɒk; *AmE* rɑːk/

ˌrock ˈup (*BrE, AustralE, informal*) to arrive, especially in a relaxed way or without giving advance warning 悠闲自在地到达；不打招呼来到：*You can't just rock up to that kind of restaurant without booking — they're very selective.* 那种饭店你不能不经预约想去就去——他们可不是来者不拒。
SYN **roll up** (*informal*)
◆ v + adv

roll /rəʊl; *AmE* roʊl/

ˌroll aˈround (*BrE also* **ˌroll ˈround**) (*informal*) **1** (*BrE also* **ˌroll aˈbout**) to be laughing so much that you can hardly control yourself 大笑不止：*Her speech had everyone rolling around with laughter.* 她的话令大家笑得前仰后合。 **2** (of a regular event 常规事件) to arrive; to happen at the usual time 定期举行；重临；周而复始：*We have to be ready when election time rolls around again.* 我们必须为下次选举作好准备。 **SYN** **come round, come around**
◆ v + adv

ˌroll sth ˈback **1** to reduce the amount of influence, power or importance that sth has; to change sth so that it is the opposite of what it was 降低（影响、力量或重要性）；逆转：*They were determined to roll back union power.* 他们决心削弱工会的权力。 **2** to reduce prices, wages, etc. 减低，削减（价格、工资等）：*We must roll back inflation.* 我们必须降低通货膨胀。 **OBJ** **prices** **3** to make sth go back or further away 使回复（原貌）；扩大（领域）：*to roll back the frontiers of space/science* 拓展太空 / 科学领域◇ *The former star* ***rolled back the years*** *with a brilliant performance last night* (= he played as he did when he was younger). 这位前巨星昨晚展现了昔日的丰采。
OBJ **frontiers**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
▸ **ˈrollback (of sth)** *n* **1** (*especially AmE*) a reduction or decrease in sth 回降；削减：*a 2% rollback in taxes* 减税 2% **2** (*computing*) a return to the condition that existed before there was an error in a computer system （计算机系统的）还原，恢复

ˌroll sth ˈdown **1** to open out a piece of clothing, etc. that has been folded over and over 展开，铺开，摊开（卷起之物）：*She rolled down her sleeves and buttoned the cuffs.* 她放下衣袖，扣上袖口的纽扣。 **OBJ** **sleeves** **2** to lower sth; to open a window in a car, especially by turning a handle 放低；摇开（车窗）：*He rolled down the car window and waved to us.* 他摇下车窗向我们挥手。 **OBJ** **car window**

OPP **roll sth up**
• v + adv + n • v + n/pron + adv

ˌroll ˈin (*informal*) **1** to arrive in great numbers or quantities 滚滚而来；大量涌入；纷至沓来: *Offers of help continue to roll in.* 不断有人表示愿意提供帮助。 **2** to arrive somewhere, usually late and without being worried or sorry 姗姗来迟: *Rob finally rolled in at lunchtime.* 到午饭时分，罗布终于慢吞吞地来了。
• v + adv

roll off sth to be produced, usually in large numbers, in a factory 从…批量下线: *By next year, 60 000 cars will be rolling off its assembly lines.* 到明年，将会有 6 万辆车驶下流水生产线。
• v + prep

ˌroll ˈon 1 (of time 时间) to pass steadily 流逝；过去: *As the years rolled on the painful memories began to fade.* 光阴荏苒，痛苦的回忆开始被淡忘。 **2** to continue without changing very much 继续进行；持续不变: *For the next few weeks the debate rolled on.* 在随后的几周里，争论仍在继续。 **3 roll on ...** (*BrE, informal*) used to say that you wish sth would come soon （用于表示愿望）…快来吧: *Roll on summer!* 夏天快点到来吧！
• v + adv

ˌroll sb/sth ˈout (*informal, especially AmE*) to use sb/sth to help you achieve sth 动员；动用: *He rolled out all his old friends to help him win the election.* 他发动了所有的老友故交来帮他赢得选举。◇ *The circus rolled out bears to announce its arrival.* 马戏团以狗熊表演拉开了演出序幕。
• v + adv + n • v + pron + adv • v + n + adv

ˌroll sth ˈout 1 to make a substance flat and thin by rolling sth over it 将…轧平；把…辗薄: *Roll out the pastry with a clean rolling pin.* 用干净的擀面杖把油酥面团擀平。 OBJ **pastry, dough 2** to open sth that is in a roll and put it flat on the ground 展开，铺开（卷起之物）: *I rolled out my sleeping bag and crawled in.* 我摊开睡袋爬了进去。 OPP **roll sth up 3** to officially make a new product available or start to use a new system 将…公之于世；正式推出（新产品）；正式启用（新系统）: *The Air Force will roll out its new planes in November.* 空军的新型飞机将于11月投入使用。SYN **launch sth**
• v + adv + n • v + n/pron + adv

IDM **roll out the red ˈcarpet (for sb)** to treat sb like a very important visitor 铺红地毯隆重欢迎；以贵宾般的礼节接待

▶ **ˈroll-out** *n* an occasion when a company introduces or starts to use a new product or system （新产品的）面世；（新系统的）启用: *a roll-out ceremony* 新品上市仪式◇ *the global roll-out of the new corporate identity* 新企业标识在全球的推出

ˌroll ˈover (*informal*) to be easily defeated without even trying 不作抵抗；轻易认输；束手就擒: *We can't expect them to just roll over for us.* 我们不能指望他们向我们举手投降。◇ *They thought the unions would roll over.* 他们认为工会会坐等失败。
• v + adv

ˌroll ˈover; ˌroll sb/sth ˈover 1 (of a person 人) to turn from lying on one side of your body to the other side; to move sb in this way （使）翻身: *She rolled over onto her back.* 她翻了个身仰卧着。◇ *I rolled the baby over and sat up.* 我把婴儿翻过身来，自己坐了起来。 **2** (of a vehicle, a boat, etc. 车船等) to turn onto its side or upside down; to move sth in this way （使）侧翻，翻转: *The car rolled over into a ditch.* 汽车翻进了沟里。
SYN **turn over, turn sb/sth over**
• v + adv • v + n/pron + adv

ˌroll ˈover sth (*computing*) to move a computer mouse so that you point to a particular area on the screen 滑动鼠标至（屏幕某处）: *When you roll over these hot spots, they change colour.* 移动鼠标指向这些热点，它们会变色。
SYN **mouse over sth**
• v + prep

▶ **ˈrollover** *n* [C, U]: *Most browsers support rollovers.* 大多数浏览器支持鼠标滑动触发。 ◇ *rollover buttons* 鼠标滑动触发按钮

ˌroll sb ˈover (*BrE, informal*) to defeat sb easily 轻松击败: *They rolled us over in the replay.* 他们在重赛中轻而易举地打败了我们。
• v + adv + n • v + n/pron + adv

ˌroll sth ˈover 1 (*finance*) to allow money that sb owes to be paid at a later date 准许延期偿还；将（债务）转期: *The government agreed to roll over the debt.* 政府批准将债务展期。 OBJ **debt, loan 2** to save points, credits, etc. that are supposed to be used in one time period and use them at a later time 转移，延后使用（积点、积分等）: *My mobile phone network allows me to roll over any unused minutes from one month to the next.* 我的手机网络允许我把一个月中剩余的分钟数转到下月使用。 **3** (*BrE*) to add the prize money in a competition in a particular week to the prize money the next week, if no one has won it 将（本周未开出的奖金）滚存至（下周奖金）: *This week's lottery jackpot will be rolled over until next week.* 这个星期彩票的奖金将累加到下个星期。
• v + adv + n • v + n/pron + adv

▶ **ˈrollover** *n* **1** [C] (*BrE*) a prize of money in a competition that is formed by adding the prize from one week when no one has won it to the prize for the next week 累积奖金: *This week there is a rollover of £14 million.* 本周的累积奖金是1 400万英镑。◇ *a rollover jackpot/week* 累积奖金 / 有累积奖金的一周 **2** [U] (*finance*) the act of allowing money that is owed to be paid at a later date （欠款的）延期偿还；（债务）转期

ˌroll ˈround (*BrE*) → ROLL AROUND

ˌroll ˈup (*informal*) to arrive, especially in a relaxed way or without giving advance warning 悠闲自在地到达；不打招呼来到: *He*

finally rolled up an hour late. 他最后迟到了一小时。◇ *Roll up! Roll up for the greatest show on earth!* (= used to invite people who are passing to come and form an audience) 快来看啊！快来看全球最棒的表演！
SYN **rock up** (*BrE, AustralE, informal*)
◆ v + adv

ˌroll sth ˈup 1 to turn the end of a piece of clothing over and over to make it shorter 卷起，挽起（衣服）: *He rolled up his sleeves and started washing the dishes.* 他挽起衣袖开始洗盘子。 OBJ **sleeves, trousers** OPP **roll sth down 2** to fold sth to make the shape of a tube or a ball 把…卷成筒形（或球形）；把…卷起来: *She rolled up the sleeping bag.* 她卷起了睡袋。 OPP **roll sth out 3** to close the window in a car, especially by turning a handle; to raise sth 摇上（车窗）；将…升高: *She rolled up the window and drove off.* 她摇上车窗开车走了。
OBJ **car window** OPP **roll sth down**
◆ v + adv + n ◆ v + n/pron + adv
▶ **ˈroll-up** *n* (*BrE, informal*) a cigarette that you make yourself （自制的）烟卷，卷烟: *Simon lit a roll-up.* 西蒙点了根烟卷。

ˌroll sb/sth ˈup to defeat or gain an advantage against a group of enemy soldiers, etc. 击败；占…的上风: *Counter-intelligence services rolled up many of Moscow's spy networks.* 反情报机构捣毁了莫斯科的多个间谍网。◇ *Numerous terrorist cells have been rolled up.* 众多恐怖分子的基层组织被破获。
◆ v + adv + n ◆ v + n/pron + adv

romp /rɒmp; *AmE* rɑːmp/

ˌromp aˈhead/aˈway (*BrE*) to make progress, increase or win quickly and easily 进步神速；快速增加；轻易获胜: *The home team romped away to win by three goals.* 主队轻而易举地以三分取胜。
NOTE This verb is mostly used in newspapers. 这个动词主要用于报章。
◆ v + adv

ˌromp ˈthrough sth (*BrE, informal*) to do sth easily and quickly 轻易而快速地做: *She romped through the exam questions.* 她轻松答完了考试题。
NOTE This verb is mostly used in newspapers. 这个动词主要用于报章。
◆ v + prep

root /ruːt/

ˌroot aˈround; ˌroot aˈround/ˈthrough sth (*BrE also* **ˌroot aˈbout, ˌroot aˈbout sth**) **(for sth)** to move things around to try to find sth 翻找；搜寻: *He was rooting around in the drawer for his keys.* 他翻抽屉找他的钥匙。◇ *Someone had been rooting through the rubbish.* 有人一直在垃圾堆里翻来翻去。
◆ v + adv ◆ v + prep

ˈroot for sb/sth (*informal*) (*usually used in the progressive tenses* 通常用于进行时) to support or encourage sb in a sports competition or when they are in a difficult situation 为（参赛运动员或困境中的人）助威；为…鼓劲: *Good luck—I'll be rooting for you!* 祝你好运——我会为你加油的！ ➲ note at CHEER SB ON
◆ v + prep

ˌroot sb/sth ˈout 1 to find the person or thing that is causing a problem and remove or get rid of them/it 肃清；铲除；根除: *The government has promised to root out police corruption.* 政府承诺要杜绝警务人员腐败。◇*The troublemakers seem to have been rooted out.* 惹是生非的人似乎都已被揪出来了。 OBJ **corruption 2** (*informal*) to find sb/sth when it is not easy or it takes a long time 终于发现（或找到）: *They eventually rooted out two witnesses.* 他们最终找到了两名目击者。◇ *I've got some instructions for the camera somewhere—I'll see if I can root them out.* 我把照相机的使用说明不知道放在什么地方了——我来看看能不能找出来。◇ *I'll root out the photo for you.* 我来给你找出这张照片。 SYN **dig sth out; hunt sth down/out**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌroot ˈthrough sth → ROOT AROUND, ETC.

ˈroot sb to sth if fear, shock, etc. **roots you** to a place, it makes you unable to move 使（因恐惧、震惊等）呆住不动: *She stood* ***rooted to the spot*** *in horror.* 她吓得呆立不动。
◆ v + n/pron + prep

ˌroot sth ˈup to dig or pull up a plant, tree, etc. with its roots 连根挖起；连根拔起: *Kids have been rooting up plants.* 孩子们一直在拔花草。
◆ v + adv + n ◆ v + n/pron + adv

rope /rəʊp; *AmE* roʊp/

ˌrope sb ˈin; ˌrope sb ˈinto sth; ˌrope sb ˈinto doing sth (*informal*) to persuade sb to take part in an activity or to help you, even when they do not want to 劝说某人加入；说服某人帮忙: *We'll rope Colin in to help us.* 我们要游说科林来帮助我们。◇ *I got roped into washing all the dirty dishes.* 我被拉来洗所有的脏盘子。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌrope sth ˈoff to separate one area from another with ropes, in order to stop people from entering it 用绳子围起；用绳子隔开: *The scene of the crime had been roped off.* 犯罪现场周围拉起了绳子。
OBJ **area**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

rot /rɒt; *AmE* rɑːt/ (-tt-)

ˌrot aˈway to gradually decay 逐渐腐烂: *The window frame had rotted away.* 窗框已经

烂了。
◆ v + adv

rough /rʌf/

ˌrough sth ˈout to draw or write the main parts of sth without including all the details 画…的草图；草拟：*She roughed out the design on the back of an envelope.* 她在信封背面勾画设计草图。◇ *I've roughed out a few ideas for the book.* 我给这本书草拟了几个构思。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌrough sb ˈup (*informal*) to hurt sb by hitting or kicking them, especially in order to frighten or warn them （尤指为表示恐吓或警告）对…拳打脚踢，对…大打出手：*They didn't want to kill him, just rough him up a little.* 他们并不想杀他，只是让他吃了点皮肉之苦。◇ *Demonstrators claimed they had been roughed up by the police.* 示威者声称他们遭到了警察殴打。
SYN **beat sb up** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

round /raʊnd/

ˌround sth ˈdown → ROUND STH UP/DOWN

ˌround sth ˈoff 1 (*AmE also* **ˌround sth ˈout**) (**with sth**) to end or complete sth in an acceptable way 圆满结束；圆满完成：*We rounded off the meal with coffee.* 我们最后喝了咖啡，心满意足地吃完了那顿饭。◇ *The team rounded off a successful season with another brilliant victory.* 该队再次完胜对手，圆满结束了战绩显赫的赛季。◇ *The evening was rounded off with a disco.* 晚会以一曲迪斯科圆满结束。
OBJ **the day, the evening 2** to give a smooth curved shape to the edge of sth 除去…的棱角；使边缘光滑：*I rounded off the corners with sandpaper.* 我用砂纸磨光棱角。
◆ v + adv + n ◆ v + n/pron + adv

ˈround on sb to suddenly speak angrily to sb and criticize or attack them 突然责骂；突然指责；突然攻击：*He rounded on her angrily and told her to keep her mouth shut.* 他突然怒气冲冲地呵斥她，并让她闭嘴。
◆ v + prep

ˌround sth ˈout (*AmE*) → ROUND STH OFF 1

ˌround sb/sth ˈup to bring together a number of people, animals or objects in one place 聚拢；驱集：*to round up cattle/sheep* 把牛 / 羊赶到一块儿◇ *The gang were rounded up and put in jail.* 那伙人遭到逮捕，被投进了监狱。◇ (*humorous*) *We've rounded up some good speakers for the conference.* 我们为会议请到了几位高水平的演讲人。
◆ v + adv + n ◆ v + n/pron + adv
▶ **ˈround-up** *n* [usually sing.] **1** a brief summary of the most important points of news or sport, for example on a television or radio news programme 新闻摘要；综合报道：*a news round-up* 新闻综合报道◇ *a round-up of the day's events* 今日赛事综述 **2** an act of bringing people or animals together in one place 聚拢；驱集：*a round-up of wild ponies* 赶拢野生矮马 ◇ *a round-up of suspects* 嫌疑犯的集中拘押

ˌround sth ˈup/ˈdown (**to sth**) to increase/decrease a number to the next highest or lowest whole number （把数字）上入，下舍；将（数字）调高（或调低）成整数：*He rounded the price down to $900.* 他把价格去掉零头取整为 900 元。◇ *Totals should be rounded up to the nearest whole number.* 总数应该入为最接近的整数。
◆ v + n/pron + adv ◆ v + adv + n

rub /rʌb/ (-bb-)

ˌrub aˈgainst sb/sth; ˌrub ˈup against sb/sth if an animal **rubs (up) against** sb/sth, it moves backwards and forwards and presses itself against them/it （动物）在…上蹭：*The cat rubbed (up) against her.* 猫在她身上蹭来蹭去。
◆ v + prep ◆ v + adv + prep

ˌrub aˈlong (with sb/together) (*BrE, informal*) to live or work together with sb in an acceptable way （与某人）相处融洽：*We rub along all right with the neighbours.* 我们和邻居处得很融洽。
SYN **get on/along (with sb/together)**
◆ v + adv

ˌrub sb/sth ˈdown; ˌrub yourself ˈdown to rub the skin of a person, an animal, etc. with sth such as a towel, to make it clean and dry 将（人、动物等）擦干净：*She rubbed herself down with a towel.* 她用毛巾擦干身体。◇ *After exercise each horse must be rubbed down.* 训练后必须把每匹马都擦干净。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈrub-down** *n* [usually sing.] an act of rubbing sb/sth/yourself with a towel, for example （用毛巾等的）擦身，擦干

ˌrub sth ˈdown 1 (*especially BrE*) to make sth clean by rubbing it with a cloth, etc. （用布等）将…擦干净，把…揩干净：*Rub the walls down well before painting them.* 粉刷墙壁之前先把墙擦干净。 **2** to make the surface of sth smooth by rubbing it with special paper, etc. （用专用的纸等）将…打磨光滑：*He rubbed the woodwork down with sandpaper.* 他用砂纸把木制品打磨光滑。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈrub-down** *n* [usually sing.] (*especially BrE*) **1** an act of cleaning the surface of sth with a cloth, etc. 擦拭；揩；抹 **2** an act of rubbing the surface of sth to make it smooth 打磨；磨光

ˌrub sth ˈin to say sth to sb which reminds them of sth that they feel embarrassed or guilty about and would like to forget 提及（令人尴尬或愧疚的事）；触及（痛处）；揭开（伤疤）：*I already know it was my fault—there's no need to* ***rub it in***. 我早知道是我错了——没必要再提了。◇ *Was he trying to rub in the fact that he didn't like me?* 他是不是还想说他不喜欢我？

OBJ it

NOTE Not used in the passive. 不用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

IDM **rub sb's 'nose in it** to remind sb of sth they feel embarrassed or guilty about and would like to forget 提起某人以往的尴尬事（或过失）；揭疮疤

,rub sth 'in; ,rub sth 'into sth to spread a substance over a surface while pressing firmly with your fingers, a cloth, etc. 涂；抹；搽：*Rub the lotion into your skin with your fingers.* 用手指将润肤露揉进皮肤里。◇ *Spray on the polish and rub it in well.* 喷上亮光剂并抹匀。

OBJ **cream, lotion**

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

,rub 'off (on/onto sb) if sth, such as a good quality that sb has, **rubs off** onto you, you gain some of that quality by spending time with the person （良好品质等）感染，传给：*Let's hope some of his good luck rubs off on me!* 希望他的好运能分给我一些吧！◇ *None of her love for nature has rubbed off onto her children.* 她对大自然的热爱一点都没有传给她的孩子。

◆ v + adv

,rub 'off; ,rub sth 'off; ,rub sth 'off sth to be removed from sth by rubbing; to remove sth from sth by rubbing （被）擦掉，抹掉：*Somebody's used the wrong kind of pen on the whiteboard and it won't rub off.* 有人在白色书写板上用错了笔，擦不掉了。◇ *He quickly rubbed the mud off his face.* 他迅速擦掉了脸上的泥。

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

,rub sb 'out (*AmE, slang*) to murder sb 干掉；除掉：*He was rubbed out before he could talk.* 他还没来得及开口说话就被人杀了。

SYN **bump sb off** (*informal*); **do away with sb** (*informal*); **murder sb**

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

,rub sth 'out (*BrE*) to remove the marks made by a pen, pencil, etc. from a piece of paper, a board, etc. 擦掉（字迹等）：*Draw the outline with a soft pencil, so that you can rub it out later.* 用软芯铅笔勾画轮廓，便于以后擦去。

SYN **erase sth** (*more formal*)

◆ v + n/pron + adv ◆ v + adv + n

,rub 'up against sb/sth → RUB AGAINST SB/STH

ruck /rʌk/

,ruck 'up; ,ruck sth 'up (*BrE*) to form untidy folds; to make sth do this （使）起皱褶：*Your blouse has rucked up at the back.* 你的衬衫后面起褶儿了。◇ *Her skirt was rucked up.* 她的裙子皱了。

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

rule /ruːl/

,rule sth 'in; ,rule sth 'into sth (*formal*) if sb **rules sth in**, they decide that it is possible, or that it can or should happen 认为…有可能发生：*He asked for all possible results to be ruled into the discussions.* 他要求讨论时要考虑到所有可能出现的结果。

OPP **rule sth out, rule sth out of sth**

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

🔑 **,rule sb 'out (as sth), ,rule sb 'out of sth** **1** if sb **rules** sb else **out**, they decide that it is not possible for them to have done sth or to do sth, or that they are not suitable for sth 把（某人）排除在外；认为（某人）不适合：*The police soon ruled out her husband as a suspect.* 警方很快就排除了她丈夫的嫌疑。◇ *The producer ruled out an older actress for the role.* 制片人认为年长的女演员不适合该角色。◇ *Ramsay has been ruled out as too old for the job.* 拉姆齐被认为年纪太大，不适合做那份工作。 **2** if sth **rules sb out**, it makes it impossible for sb to have done sth or to do sth, or makes them not suitable for sth 使（某人）被排除；使（某人）不适合：*Several people saw her at the restaurant at 9.00 p.m. so that seems to rule her out as the murderer.* 有几个人晚上 9 点在饭店见过她，因此似乎排除了她是凶手的可能性。◇ *Beckham has been ruled out of tonight's game with a knee injury.* 贝克汉姆因膝部受伤不可能参加今晚的比赛了。

→ see also RULE YOURSELF OUT, ETC.

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

🔑 **,rule sth 'out (as sth), ,rule sth 'out of sth** **1** if sb **rules sth out**, they decide that it is not possible, or that it cannot or should not happen 将…排除在外；认为…不可能发生：*The police have ruled out suicide.* 警方排除了自杀的可能。◇ *I wouldn't rule anything out.* 我不会排除任何可能性。◇ *Detectives have not **ruled out the possibility** that she was abducted.* 探员们尚未排除她被绑架的可能性。◇ *Paris has been ruled out as the site for the next Olympics.* 巴黎已经没有可能成为下届奥运会的主办地了。◇ *Sabotage was ruled out of the investigation.* 蓄意破坏未列入本次调查。 OPP **rule sth in, rule sth into sth** **2** if sth **rules** sth **out**, it makes it impossible for sth to happen, or makes sth not suitable for a particular purpose 使不可能发生；使不适合：*The latest developments **rule out the possibility** of peace.* 最近的事态发展使和平遥不可及。◇ *The change in the weather ruled out any climbing the next day.* 因天气变化第二天不可能登山了。◇ *The size of the house ruled it out as a family home.* 房子太小，住不下一家人。

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + adv + prep

,rule yourself 'out; ,rule yourself 'out of sth to decide you do not want to or are not able to do sth; to decide that you are not suitable for sth 认为自己不想做（或没有能力、不适合）：*Smith has not ruled himself out of*

Saturday's game. 史密斯并未排除自己参加星期六比赛的可能性。
◆ v + pron + adv ◆ v + pron + adv + prep

rumble /ˈrʌmbl/

ˌrumble ˈon (*especially BrE*) if an argument, a disagreement, etc. **rumbles on**, it continues slowly and steadily for much longer than it should （辩论、争执等）拖得很长，拖拖拉拉: *The dispute rumbled on through the summer.* 整个夏天都在没完没了地争论。◇ *The row has been rumbling on for two years.* 争吵已经持续两年之久。
◆ v + adv

run /rʌn/ (running, ran /ræn/, run)

ˌrun aˈbout, etc. (*BrE*)
▶ **ˈrunabout** *n* (*informal*) **1** a small car, boat or aircraft, used mainly for short journeys （用于短途旅行的）小型汽车，小船，小型飞机 → RUN AROUND, ETC. **2** (*AmE*) a person who moves from place to place 居无定所的人；流浪者

ˌrun aˈcross sb/sth to meet sb or find sth by chance 偶然遇见；碰巧发现: *I ran across Mary in town yesterday.* 我昨天在城里巧遇玛丽。
SYN **come across sb/sth**
◆ v + prep

ˌrun ˈafter sb (*informal*) to try to persuade sb to have a romantic or sexual relationship with you 追求: *He's always running after younger women.* 他总在追求年轻女子。
◆ v + prep

🔑 **ˌrun ˈafter sb/sth** to run to try to catch sb/sth; to chase sb/sth 追捕；追逐: *They ran after the thief but he got away.* 他们追赶小偷，可他跑掉了。
◆ v + prep

ˌrun aˈlong (*old-fashioned, informal*) used to tell sb, especially a child, to go away and not disturb you （尤用于命令儿童）走开，一边去: *Run along now, children, I'm busy.* 孩子们，都走开吧，我忙着呢。
◆ v + adv

🔑 **ˌrun aˈround**; **ˌrun aˈround sth** (*BrE also* **ˌrun aˈbout/ˈround**, **ˌrun aˈbout/ˈround sth**) **1** to run in different directions, especially in an excited way （兴奋地）各处跑，东奔西跑: *It's a lovely park to run around in.* 这个公园不错，可以在里面四处跑跑。◇ *The children were running round the house with no clothes on.* 孩子们光着身子在房子里跑来跑去。◇ *They stopped the car to let the dogs run about.* 他们停车让狗下去遛遛。 **2** to move very quickly from place to place, being very busy 奔走忙碌；疲于奔命: *I ran around like a mad thing all day.* 我一整天疯了似的到处奔波。◇ *He's been running about the place organizing the party.* 他一直在这里四处奔走组织聚会。◇ *I've been running round everywhere looking for you!* 我跑遍了所有地方找你！◇ *He's had the police* ***running around in circles*** (= being very busy but not achieving anything). 他搞得警察四处扑空。 SYN **rush around, rush around sth; tear around, tear around sth**
◆ v + adv ◆ v + prep
▶ **ˈrunaround** *n* if you give sb the **runaround**, you treat them badly by delaying them, not telling them the truth, etc. 兜圈子；耍弄: *You know where she is, but you're just* ***giving me the runaround.*** 你知道她在哪儿，可你却在和我兜圈子。

ˌrun aˈround after sb (*BrE also* **ˌrun ˈround after sb**) to be very busy doing a lot of things for sb, when they should be able to do them for themselves 替…做其力所能及的事；替…忙活: *His mother shouldn't have to run around after him.* 他的母亲不该替他忙活。◇ *She spends all her time running round after the children.* 她所有的时间都花在为孩子瞎忙活上了。
◆ v + adv + prep

ˌrun aˈround with sb (*disapproving*) to spend a lot of time with sb 与…厮混；和…泡在一块儿: *Their son is running around with a bad crowd.* 他们的儿子与一帮坏人混在一起。
◆ v + adv + prep

ˈrun at sb to run towards sb to attack them or as if you were going to attack them 冲过去袭击；冲向: *He ran at me with a knife.* 他拿着刀朝我冲过来。
◆ v + prep

ˈrun at sth (*often used in the progressive tenses* 常用于进行时) to be at or near a particular level or rate 达到，接近（某种水平或比率）: *Inflation is running at 26%.* 通货膨胀率为 26%。◇ *Interest rates were running at record levels.* 利率接近历史最高水平。 SUBJ **inflation, unemployment**
◆ v + prep

🔑 **ˌrun aˈway 1** (**from sb/sth**) to move quickly away from sb/a place; to escape from sb/a place 迅速离开；逃离: *A man was seen running away from the shop.* 有人看见一名男子从商店里跑了出去。◇ *'Bye then,' she said, and ran away without looking back.* "再见吧。" 她说完头也不回地跑开了。◇ *His first instinct was to run away.* 他的本能反应就是逃走。 → see also RUN OFF 1 **2** (**from sth**) to leave the place where you are living or staying suddenly and secretly because you are unhappy 出走: *She ran away from home.* 她离家出走。◇ *He ran away and joined a circus.* 他离家出走后进了马戏团。 → see also RUN OFF 2 **3** to leave a person or a place to try to avoid doing sth （为免做某事而）离开某人，离开某地，避开，躲避: *Don't run away—I want your advice.* 别溜——你得帮我出主意。 **4** used to tell a child to go away and not disturb you （用于命令儿童）走开，别捣乱: *Run away and play.* 一边玩儿去。
◆ v + adv
▶ **ˈrunaway** *adj* [only before noun] **1** (of a situation or an event 情况或事件) happening quickly and easily and not able to be controlled 迅猛的；急骤的；无法控制的: *The movie has been a runaway success.* 这部电影一

SYNONYMS 同义词辨析

run away

flee • make off • run away • run off • take off

flee to leave a place very quickly, especially because you are in danger 逃离；逃走：*Refugees fled from the city.* 难民逃出了这座城市。◇ *The robbers fled empty-handed from the shop.* 强盗们一无所获，从商店逃跑了。

make off to hurry away, especially in order to escape from sb/sth 匆忙离开；（尤指）仓皇逃离：*The robbers made off before the police arrived.* 劫匪在警察赶到前逃走了。

run away to leave a person or place suddenly; to escape from sb/sth 突然离开；逃离：*He turned and ran away.* 他转身拔腿就跑。◇ *I tried to* ***run away from home*** *several times when I was a kid.* 我小时候几次想离家出走。

run off to escape from sb/sth by running 逃离；逃跑：*She ran off when I tried to talk to her.* 我正要和她说话，她却跑掉了。

take off (*informal*) to leave a place, especially in a hurry 匆匆离去；急忙离开：*When he saw me coming he took off in the opposite direction.* 他一看到我过来，就朝反方向急匆匆走了。

PATTERNS AND COLLOCATIONS

- to flee/run away/run off/take off/make off **in terror/in panic/empty-handed**
- to flee/run away/take off/make off **from sb/sth**
- to flee/run away/run off/take off/make off **to safety**
- **to be forced to/have to** flee/run away
- **to try to/attempt to/manage to** flee/run away/run off/take off/make off

炮打响。◇ *The game was a runaway victory for Liverpool.* 利物浦队这场比赛赢得干净利落。◇ *runaway inflation* 失控的通货膨胀 **2** (of an animal or a vehicle 动物或车辆) moving, but no longer under the control of the rider or driver 脱离控制的；失控的：*a runaway horse* 脱缰的马 **3** (of a person 人) having secretly left their home or the place where they are staying 出走了的：*runaway children/teenagers* 离家出走的孩子 / 少年

▸ **'runaway** *n* a person who has left their home or the place where they are staying suddenly and secretly because they are unhappy there 出走的人：*a 16-year-old runaway* 离家出走的 16 岁少年

,run a'way/'off; ,run a'way/'off with sb; ,run a'way/'off together to leave your home, husband, wife, etc. secretly with sb else in order to marry them or have a sexual relationship with them （与某人）私奔：*They ran away to Scotland.* 他们私奔到了苏格兰。◇ *We think John and Susie have run off together.* 我们认为约翰和苏茜一起私奔了。
• v + adv • v + adv + prep • v + adv + adv

,run a'way from sth to try to avoid dealing with or thinking about sth because it is difficult or unpleasant 逃避，回避（困难等）：*He is running away from his responsibilities.* 他在逃避责任。◇ *You can't just run away from difficult situations—you must face up to them.* 你不能只是回避——必须直面困难。
OBJ **responsibilities**
• v + adv + prep

,run a'way with sb, etc. → RUN AWAY/OFF, ETC.

,run a'way with sb if a feeling, an emotion, etc. **runs away with you**, you are not able to control it （感情、情绪等）无法抑制，失去控制：*Her imagination tends to run away with her.* 她动辄想入非非。◇ *My tongue ran away with me and I said things I regretted.* 我没留神说出了令我后悔的话。 SUBJ **imagination, tongue**
• v + adv + prep

,run a'way with sth 1 to win sth clearly or easily 轻松赢得：*Their team are running away with the championship.* 他们队即将轻松获得冠军。◇ *She ran away with the show* (= she was easily the best performer). 她轻而易举地当选最佳演员。 **2** (*especially AmE*) (*also* **,run 'off with sth**) to escape with sth that you have stolen or taken without asking 偷走；未经允许拿走；携…潜逃：*The treasurer ran away with all the funds.* 出纳携带所有资金潜逃了。 **3** (*informal*) to believe sth that is not true 误信；误认为：*Don't* ***run away with the idea that*** *everything was perfect in our marriage.* 不要以为我们的婚姻十全十美。 OBJ **idea, impression**
• **1,2** v + adv + prep
• **3** v + adv + prep + noun

,run sth 'by/'past sb (*informal*) to show sb sth or tell them about an idea, a proposal, etc. in order to get their reaction to it 给某人看…，说给某人听…（以观察其反应）：*I've got a few ideas I'd like to run by you.* 我有几个主意想说给你听听。◇ *Run that past me again.* 把那个再给我看看。
• v + n/pron + prep

,run 'down; ,run sth 'down 1 to lose power or stop working; to make sth do this （使）耗尽能量，停止工作：*I think the batteries are running down.* 我想电池快没电了。◇ *If you leave your headlights on, you'll run the battery down.* 让前灯亮着会耗尽电池的。 SUBJ **battery**
2 to stop functioning gradually or become smaller in size or number; to make sth do this

（使）逐步失去作用，萎缩，衰减：*Oil supplies in the region will start to run down in the next decade.* 未来十年内这个地区的石油资源将开始枯竭。◇ *The company are running down their operations in the UK.* 公司正逐步缩减在英国的业务。◇ *Businesses in the town have been allowed to run down during the last few years.* 在过去几年，该市的商业机构被压缩。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
▶ **'rundown (in/of sth)** *n* [usually sing.] (*BrE*) a reduction in the size, number, amount or importance of sth 削减；紧缩；萎缩：*The public are complaining about the rundown of health services.* 公众抱怨医疗卫生服务萎缩。
▶ **,run-'down** *adj* **1** (of a building or place 建筑或地区) in very bad condition; that has not been taken care of 破败的；疏于管理的：*run-down inner-city areas* 年久失修的内城区 **2** (of a business, etc. 商业机构等) not as busy or as active as it used to be 衰微的；颓败的；不景气的：*run-down transport services* 今不如昔的交通运输业 **3** [not before noun] (of a person 人) tired or slightly ill/sick, especially from working hard 疲惫；衰弱：*I'm feeling rather run-down.* 我觉得身体有点虚弱。

,run 'down sth; ,run sth 'down sth **1** to look quickly at a list; to quickly read and mention the items on it 快速浏览；迅速读出：*Her eyes ran down the figures on the page.* 她快速浏览了一下这一页上的数字。◇ *She ran her eyes down the page.* 她匆匆扫了一眼这一页。 **2** to pass, or to make sth pass, downwards over a surface （使）沿…向下移动：*She ran her finger down the page.* 她用手指往下点着浏览了那一页。
▶ **'rundown (on/of sth)** *n* [usually sing.] an explanation or a description of sth 解释；要略；纲要；综述：*I can give you a brief rundown on each of the job applicants.* 我可以向你简单介绍一下每位求职者的情况。◇ *We would like a full rundown on the progress of the project so far.* 我们想详细了解这个项目到现在为止的进展情况。◇ *a rundown of the history of each team* 各队的简史
◆ v + prep ◆ v + n/pron + prep

,run sb/sth 'down **1** (of a vehicle or its driver 车辆或司机) to hit a person or an animal and knock them/it to the ground 把…撞倒：*The cyclist was run down by a lorry.* 骑自行车的人被一辆货车撞倒了。◇ *You nearly ran down that pedestrian.* 你差点撞了那个行人。 SYN **knock sb down; knock sb over** NOTE Often used in the passive. It can also suggest that the driver of the vehicle intended to hit the person or animal 常用于被动语态，可表示司机故意肇事：*The officer challenged the thief and tried to make the car stop, but the driver ran him down.* 警察命令窃贼停下并试图拦住汽车，可司机开车撞了他。→ see also RUN SB/STH OVER **2** to criticize sb/sth in an unkind way 恶意批评；说…的坏话；贬低：*She's always running her husband down in front of their friends.* 她总是当着朋友的面数落丈夫。 SYN **disparage sb/sth** (*formal*) NOTE Not used in the passive. 不用于被动语态。 → see also RUN YOURSELF DOWN **3** to find sb/sth after looking for a long time （长时间搜寻后）找到：*I finally ran the book down in the college library.* 我终于在大学图书馆找到了这本书。 SYN **track sb/sth down; trace sb/sth** NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

,run yourself 'down to criticize yourself, often unfairly 过分自责；自我贬低；妄自菲薄：*You're always running yourself down!* 你总是自轻自贱！
→ see also RUN SB/STH DOWN 2
◆ v + pron + adv

,run 'in; ,run 'into sth (*AmE, informal*) to visit sb for a short time in an informal way; to go somewhere quickly on your way to somewhere else 顺便探望；顺路去（某处）；串门子：*I'll run in on my way home.* 我回家时顺便去看看。◇ *Can you run into the dry-cleaner's on your way to work?* 你上班时顺路到干洗店去一趟好吗？
◆ v + adv ◆ v + prep

,run sb 'in (*old-fashioned, informal*) to arrest sb and take them to a police station 把某人扭送警察局：*She was run in for shoplifting.* 她因为在商店里偷东西被抓到局子里去了。
◆ v + n/pron + adv ◆ v + adv + n (*rare*)
▶ **'run-in** *n* **1 (with sb)** (*informal*) an argument or a disagreement 口角；争吵：*I had a run-in with my mum this evening.* 我今晚和妈妈吵了一架。 **2** (*also* **'run-up**) **(to sth)** (*BrE*) a period of preparation just before an event takes place （活动等的）准备阶段，酝酿期：*the final run-in to the World Cup* 世界杯的最后准备阶段 **3** the action of approaching sth or the distance you cover 靠拢；接近；接近的路程：*the final run-in to the target* 向目标的最后靠拢

,run sb 'in; ,run sb 'into sth/ … to take sb by car to the centre of town, etc. 用车送某人去（市中心等）：*I need to go into town. Can you run me in?* 我需要进城去。你开车送我好吗？
◆ v + n/pron + adv ◆ v + n/pron + prep

,run sth 'in (*BrE*) (in the past) to drive a vehicle slowly and carefully when it is new so that you do not damage the engine （旧时）磨合运转，磨合驾驶：*I'm not going on motorways until I've run the car in.* 我要等车子磨合好之后再上高速公路。
◆ v + n/pron + adv ◆ v + adv + n

,run 'into sb to meet sb by chance 偶然遇见，碰到（某人）：*Guess who I ran into today?* 猜猜我今天碰见谁了？◇ *You rarely run into people you know in London.* 在伦敦很难撞见熟人。
SYN **bump into sb** (*informal*)
◆ v + prep

'run into sb/sth; 'run sth into sb/sth to accidentally crash into sb/sth; to make a vehicle do this 意外撞上；（开车）撞上：*The car went out of control and ran into a tree.* 车子失控撞上了一棵树。◇ *The lorry behind ran*

into the back of me (= my car). 后面的货车追尾撞了我的车。◇ *He ran his car into a tree.* 他开车撞到了树上。
• v + prep • v + n/pron + prep

'run into sth 1 to meet or enter an area of bad weather while travelling 途中遭遇（恶劣天气）: *We ran into a patch of thick fog just outside the city.* 我们刚出城就遇上了一片大雾。 OBJ **bad weather 2** to experience difficulties or problems 遭遇，遇到（困难或问题）: *We ran into problems right from the beginning of the project.* 这个项目一开始我们就遇到了问题。 OBJ **trouble, difficulties, problems, opposition 3** to reach a particular level or amount 达到（某种水平或数量）: *The bill will run into hundreds of pounds.* 账单金额将高达数百英镑。 **4** if things **run into** each other, or sth **runs into** sth else, they join so that they can only be separated with difficulty 相互连接；纠缠不清: *I tried to explain, but my words all ran into each other.* 我试图解释，然而却越说越乱。
• v + prep

,run sb 'into sth → RUN SB IN, RUN SB INTO STH

'run sth into sb/sth → RUN INTO SB/STH, ETC.

,run 'off 1 to move quickly away from sb/a place; to escape from sb/a place 迅速离开；逃离: *The thief ran off down a side street.* 小偷从小巷逃跑了。◇ *They ran off laughing.* 他们笑着跑开了。 → see also RUN AWAY 1 **2** to leave a place secretly 悄悄离开: *She ran off in the middle of the night.* 她半夜悄悄溜了。 → see also RUN AWAY 2, RUN AWAY/OFF, RUN AWAY/OFF WITH SB, RUN AWAY/OFF TOGETHER
• v + adv

,run 'off; ,run 'off sth if a road, path, etc. **runs off** or **runs off** a place, it leads away from it （道路等）从…通出，从…开出: *Can you see that road running off to the right?* 看到通向右边的那条路了吧？◇ *Several doors ran off the corridor.* 走廊上开了几道门。
• v + adv • v + prep

,run 'off; ,run 'off with sb, etc. → RUN AWAY/OFF, ETC.

,run 'off sb/sth to flow away from sb/sth 从…流出: *Water runs off the fields into the valley.* 水从田野流进峡谷。◇ *Sweat was running off her.* 她汗流浃背。 SUBJ **water, sweat**
• v + prep

▸ **'run-off** *n* [U, C] (*technical*) rain, water or other liquid that runs off land and into rivers, etc. （雨、水或其他液体的）径流，径流量

,run 'off sth; ,run sth 'off sth (of a machine, etc. 机器等) to use a particular type of power in order to operate a machine 以…为动力: *The outboard motor runs off an ordinary car battery.* 舷外发动机以一个普通汽车蓄电池来推动。
→ see also RUN ON STH, RUN STH ON STH
• v + prep • v + n/pron + prep

,run sth 'off 1 to produce copies of a piece of writing, etc. on a machine （用机器）复印，复制: *They ran off hundreds of copies of the leaflet.* 他们复印了几百张传单。◇ *Can you run these letters off for me?* 帮我把这些信件复印出来好吗？ NOTE In informal spoken language, **run sb off sth** and **run sb sth off** are also used 非正式口语也说 run sb off sth 和 run sb sth off: *I'll just run you off a copy.* 我这就给你复印一份。◇ *I'll run you a copy off now.* 我现在就给你复印一份。 **2** to produce sth that is usually difficult to write, such as a poem, speech, etc. quickly and easily 迅速流畅地写出；一气呵成: *She ran off a fantastic speech in no time at all.* 她转眼间就写好了一份精彩的演讲稿。
• v + adv + n • v + n/pron + adv

,run 'off with sb; ,run 'off together → RUN AWAY/OFF WITH SB, RUN AWAY/OFF TOGETHER

,run 'off with sth → RUN AWAY WITH STH 2

,run 'on 1 to continue to run in the same direction （朝相同方向）继续跑，接着跑: *I'll stop here, you run on ahead.* 我在这儿打住了，你接着往前跑吧。 **2** to continue longer than is necessary or expected 拖延；拖长: *I don't want the meeting to run on.* 我不想延长会议。 **3 (about sth)** (*especially AmE*) to continue talking for a long time about unimportant things 没完没了地唠叨；不停地啰唆: *She does tend to run on!* 她真能唠叨！◇ *She ran on with great enthusiasm about her latest project.* 她喋喋不休地大谈特谈她的最新课题。 **4** [+ adv/prep] (of a road or a track 道路或小径) to continue in the same direction 延伸；延续: *The road runs on into the desert.* 这条路一直通往沙漠。 **5** (of a line of text) to continue into the next line （文字的一行）接排，不分段: *This line runs on into the next verse of the poem.* 这一行接下一个诗节。
SYN **go on**
• v + adv

'run on sth if your thoughts, etc. **run on** a particular subject, you think or talk about it a lot （思想等）以…为中心，围绕: *Her thoughts kept running on their last meeting.* 她不断地回味着他们上次的会面。
• v + prep

'run on sth; 'run sth on sth to use a particular type of power or fuel to make a machine or a vehicle work 以…为动力: *You can run the car on any type of unleaded petrol.* 这辆车可使用任何类型的无铅汽油做燃料。
→ see also RUN OFF STH, RUN STH OFF STH
• v + prep • v + n/pron + prep

,run 'out 1 if a supply of sth **runs out**, it is finished or used up 用完；耗尽: *I'm going to keep travelling until my money runs out.* 我要一直旅行到钱花光为止。◇ *We have to eat quickly as time is running out.* 时间不多了，我们必须快点吃。◇ *One day his luck will run out.* 总有一天他会不再这么走运。◇ *My patience with her suddenly ran out.* 我突然对她失去了耐心。 SUBJ **money, petrol, time,**

luck, patience **2** (*also* **,run 'out of sth**) if a person or a machine **runs out** of a supply of sth, they finish it or use it all up （人或机器）用完，耗尽：*We're running out of money.* 我们快把钱花光了。◇ *Could you get some more milk? We've run out.* 再拿点牛奶过来好吗？我们喝完了。◇ *I've run out of patience with her.* 我已对她失去耐心。◇ *You've run out of space on the disk.* 你的磁盘没有空间了。◇ *The band seems to have run out of ideas.* 乐队似乎才思枯竭了。 OBJ **money, ideas, petrol, patience, time** **3** if a contract or other legal document **runs out**, it is no longer valid （合同等法律文件）失效，过期：*His contract with the club runs out at the end of the season.* 他和俱乐部的合同这个赛季末到期。 SYN **expire** (*more formal*)
◆ v + adv **2** also v + adv + prep

IDM **,run out of 'steam** (*informal*) to have less energy and enthusiasm and stop doing sth or do it less well 泄气；热情冷却：*I ran out of steam halfway up the hill.* 我爬到半山腰就累趴下了。◇ *The campaign seems to have run out of steam.* 这场运动似乎大势已去了。

,run sb 'out; ,run sb 'out of sth/ ... (*especially AmE*) to force sb to leave a place 使离开；把…赶走：*He vowed to run them out of town.* 他发誓要把他们赶出城去。
◆ v + n/pron + adv ◆ v + n/pron + adv + prep

,run sb 'out; ,run yourself 'out (in cricket, etc. 板球等) to make a player end their turn at hitting the ball by throwing the ball so that it hits the set of sticks, (the **wicket**), while they are still running （抛球击中三柱门）将（正在跑动的击球员）截杀出局：*He was run out for 73.* 他以 73 分被截杀出局。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

,run 'out on sb to leave sb that you live or work with, especially when they need your help 弃…而去；抛弃：*She ran out on him as soon as things got difficult.* 情况一变得艰难，她就离他而去。
◆ v + adv + prep

,run 'over 1 if a container or the liquid in it **runs over**, the liquid flows out of it over the edge 溢出；流出：*Don't let the bath run over!* 别让浴缸的水漫出来！◇ *The tea ran over into the saucer.* 茶水溢到了茶碟上。 SYN **overflow** **2** to continue longer than expected or planned 拖延；超时：*We've already run over so let's try to end the meeting soon.* 我们已经超过预定时间了，抓紧点儿把会开完吧。
◆ v + adv

,run 'over sb/sth; ,run sth 'over sb/sth to move over a surface; to make sth do this （使）在…表面经过：*I let the cold water run over me.* 我让凉水淋到身上。◇ *She ran her eye over the figures on the page.* 她浏览了一下那一页上的数字。
◆ v + prep

,run 'over sth to read through or think about sth quickly; to practise sth 快速阅读（或思索）；练习：*Let's run over the plans again.* 我们再把计划快速过一遍吧。◇ *I ran over the possibilities in my mind.* 我在脑子里飞快地估算了一下这些可能性。
SYN **go over sth**
◆ v + prep

🔑 **,run sb/sth 'over** (of a vehicle or its driver 车辆或司机) to knock a person or an animal down and often pass over their body or part of it 撞倒并碾过（人或动物）：*Two children were run over by a truck and killed.* 两名儿童被一辆卡车轧死了。◇ *I ran over a cat last night.* 我昨晚轧了一只猫。◇ *You nearly ran me over!* 你差点轧了我！
SYN **knock sb over**
→ see also RUN SB/STH DOWN 1
◆ v + n/pron + adv ◆ v + adv + n

,run sth 'past sb (*informal*) → RUN STH BY/PAST SB

,run 'round, etc. (*BrE*) → RUN AROUND, ETC.

,run 'through sb/sth if a feeling **runs through** sb/sth, it passes quickly through them/it （感觉）迅速传遍，快速穿过：*A thrill of excitement ran through her.* 一阵兴奋传遍了她的全身。◇ *She felt a tremor run through his body.* 她感到他全身一阵颤抖。◇ *An angry murmur ran through the crowd.* 愤怒的抱怨声在人群中迅速蔓延。 SUBJ **tremor, shiver, shudder, fear, relief**
◆ v + prep

🔑 **,run 'through sth 1** to be present in every part of sth 遍布：*There is a common theme running through all of her novels.* 一个共同主题贯穿她所有的小说。◇ *The English title picks up a thread running through the film.* 英文片名和贯穿影片的线索相呼应。 **2** to discuss, examine or read sth quickly 匆匆讨论（或检查）；快速阅读：*He ran through his list one more time.* 他又浏览了一遍清单。◇ *Can you run through some of these figures with me?* 和我一起核对一下这里的一些数据好吗？◇ *She mentally ran through the list of who to invite.* 她在脑子里匆匆过了一遍邀请来宾的名单。◇ *Let's run through what I'm meant to do again.* 咱们再来简要讨论一下我要做的事吧。 SYN **go through sth** **3** to perform, act or practise sth 表演；扮演；排练：*Could we run through Act 3 again, please?* 请大家再来排练一下第 3 幕好吗？ SYN **go through sth** **4** (*informal*) to use up or spend money carelessly 挥霍，乱花（金钱）：*She ran through a lot of money in her first year at college.* 她上大学的第一年花了很多钱。 SYN **go through sth**
◆ v + prep
▶ **'run-through** *n* a practice for an event or a performance 从头至尾的排练；试演；预演：*We're having the main technical run-through of the play tonight.* 我们今晚进行这部戏的主要技术排练。

'run to sb to go to sb for help, advice, protection, etc. 找某人（寻求帮助、建议、保护等）：*If you get hurt, don't come running to me.* 你要是受伤了，可别来找我。

◆ v + prep

'run to sth 1 to reach the amount, or size mentioned, especially a large one 达到（某一较大的数量或规模）: *The total cost runs to hundreds of pounds.* 全部费用高达数百英镑。◇ *The report already runs to 800 pages.* 报告已经长达 800 页。 **2** (*BrE*) (*often used in negative sentences and with* **can** 常与 can 一起用于否定句) if a person or their money can **run to sth**, they have enough money to pay for it 有足够…之用的钱: *We couldn't quite run to private education for the children.* 我们的钱不太够让孩子们接受私立学校教育。 **3** if your taste or your mind, etc. **runs to** sth, you enjoy it or can do it 喜好；能做: *His taste in music runs to pop and jazz, but that's about it.* 他喜爱流行乐和爵士乐，但也就听听而已。

◆ **1** v + prep + n

◆ **2,3** v + prep

,run 'up 1 to move quickly towards sb/sth 快速朝…移动；跑向: *She ran up to me, smiling.* 她笑着向我跑来。 **2** (in cricket and other sports 板球和其他体育运动) to run in order to gain speed before you throw a ball, jump, etc. 助跑: *Gough is now running up to bowl.* 高夫正在助跑投球。 **3** to increase 增长；增加: *Product prices have run up faster than expected.* 产品涨价的速度出乎预料。

◆ v + adv

▶ **'run-up** *n* (*BrE*) **1** (*sport*) the act of running or the distance you run in order to gain speed before you throw a ball, jump, etc. 助跑；助跑距离: *She took a run-up and kicked the ball.* 她助跑踢球。 **2** (*also* **'run-in** *less frequent*) **(to sth)** the period of preparation before an important event （重大活动的）准备阶段，酝酿期: *She's been training hard in the run-up to the big competition.* 她在大赛开始前的这段时间里刻苦训练。◇ *the run-up to the election* 选举前夕

,run sth 'up 1 to allow a bill, debt, etc. to reach a large total 积欠，累积（账单、债务等）: *I ran up a few debts while I was abroad.* 我出国期间欠下了几笔债。◇ *He's run up a huge bill on his credit card.* 他信用卡上积下了一大笔欠账。 OBJ **bill, debts, overdraft** **2 (for sb)** to make sth very quickly, especially an item of clothing 匆匆做，赶制（尤指衣服）: *I'll run up some new dresses for the girls.* 我要给女孩子们赶做几件新连衣裙。 NOTE In informal spoken language, **run sb up sth** and, less often, **run sb sth up** can also be used 非正式口语也可说 run sb up sth 或 run sb sth up，但后者不太常用: *Could you run me up some curtains/run me some curtains up?* 请帮我赶制几块窗帘好吗? **3** to raise sth, especially a flag 竖起，升起（尤指旗帜）: *They ran up a white flag and surrendered.* 他们举白旗投降了。 OBJ **flag** **4** to achieve sth 获得；实现: *The team have run up their best victory yet.* 该队取得了迄今为止最辉煌的胜利。 OBJ **victory, results**

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

,run 'up against sb/sth to experience a difficulty or a problem 遭遇，经历（困难或问题）: *The project keeps running up against the problem of lack of funds.* 这个项目接二连三地遭遇资金短缺问题。◇ *In this round, he will run up against the previous year's champion.* 在这一轮，他将和去年的冠军交手。

OBJ **problems** SYN **come up against sb/sth**

◆ v + adv + prep

'run with sb → RUN AWAY/OFF, RUN AWAY/OFF WITH SB, RUN AWAY/OFF TOGETHER

'run with sth to accept or start to use a particular idea or method 接受，采纳（主意或方法）: *OK, let's run with Jan's suggestion.* 好吧，我们就采用简的建议。

◆ v + prep

rush /rʌʃ/

,rush a'round; ,rush a'round sth (*BrE also* **,rush a'bout/'round, ,rush a'bout/'round sth**) to move very quickly from place to place, being very busy 奔走忙碌；疲于奔命: *I've been rushing around all day.* 我整整一天忙得团团转。◇ *He rushed about the room tidying.* 他跑来跑去忙着收拾房间。

SYN **run around, run around sth; tear around, tear around sth**

◆ v + adv

,rush 'in to do or decide sth very quickly, often without thinking about it for long enough 贸然行事；仓促决定: *He's very wary of rushing in and making changes.* 他十分谨慎，不愿轻率作出改变。

◆ v + adv ◆ v + prep

IDM **fools rush in (where angels fear to tread)** used to say that people with little experience will try to do the difficult or dangerous things that people with more experience would not do 智者避之，愚者趋之；无知者无畏

,rush 'into sth; ,rush 'into doing sth; ,rush sb 'into doing sth to do or decide sth quickly without thinking about it carefully; to make sb do this （使）贸然行事，仓促决定: *Don't go rushing into anything.* 不要贸然行事。◇ *You shouldn't rush into getting married.* 你不应当草率结婚。◇ *She won't be rushed into a decision.* 她不会受外界影响而轻率作出决定。◇ *Don't let anyone rush you into accepting the job.* 不要受任何人的影响以致冒冒失失接受那份工作。

◆ v + prep ◆ v + n/pron + prep

,rush 'off to leave quickly 迅速离开: *Don't rush off, I haven't finished.* 别忙着走，我还没弄完呢。

◆ v + adv

,rush sth 'out to produce sth very quickly 匆忙生产；赶制: *They rushed out the posters in time for the festival.* 他们及时为庆祝活动赶制出了海报。◇ *The book was rushed out by the publishers.* 出版商仓促付印了这本书。

◆ v + adv + n ◆ v + n/pron + adv

ˌrush ˈround, etc. (*BrE*) → RUSH AROUND, ETC.

ˌrush sth ˈthrough; ˌrush sth ˈthrough sth to make sth become official policy, etc. much quicker than normal 快速通过（法规等）: *The legislation has been rushed through.* 立法匆匆通过了。◇ *They rushed the bill through Parliament.* 他们在议会仓促通过了该议案。

OBJ **bill, legislation**

◆ v + n/pron + adv ◆ v + adv + n (*rare*) ◆ v + n/pron + prep

rustle /ˈrʌsl/

ˌrustle sb/sth ˈup (*informal*) to prepare or provide sth for sb very quickly without planning; to find sb very quickly 仓促准备（或提供）某物；迅速找到某人: *I'll rustle some lunch up for you.* 我给你马上弄些午饭来。◇ *I rustled up a few helpers to hand out leaflets.* 我仓促拉了几个帮手来分发传单。

◆ v + adv + n ◆ v + n/pron + adv

S s

sack /sæk/

ˌsack ˈout (*AmE, informal*) to lie down to rest or relax 躺下休息: *We sacked out on the couch and watched a video.* 我们躺在沙发上看录像。
◆ v + adv

saddle /ˈsædl/

NOTE A **saddle** is a leather seat for a rider on a horse. * saddle 指马鞍。

ˌsaddle ˈup; ˌsaddle sth ˈup to prepare to ride a horse by placing a saddle on it 给（马）备鞍: *Have you saddled up the horses yet?* 你给马套好鞍了吗？ ◇ *Saddle up, we're leaving right away.* 备鞍，我们马上就走。
OBJ **horse**
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˈsaddle sb/yourself with sb/sth; ˈsaddle sb/yourself with doing sth to give sb/yourself a difficult or unpleasant task or responsibility to deal with 使担负（难活儿、苦差或责任）: *I've been saddled with my brother's kids for the weekend* (= I have to take care of them). 我这个周末要照看我哥哥的孩子。◇ *He had saddled himself with huge debts.* 他背上了沉重的债务。◇ *I've been saddled with organizing the conference.* 组织会议的差事落在了我头上。
SYN **land sb/yourself with sb/sth, land sb/yourself with doing sth**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

safeguard /ˈseɪfɡɑːd; *AmE* -ɡɑːrd/

ˌsafeguard aˈgainst sth; ˌsafeguard sb/sth/yourself aˈgainst sth (*formal*) to prevent sth bad from happening; to keep sth safe from harm damage 防止；保护…以免（伤害或损失）: *Safeguard against theft by installing a burglar alarm.* 可安装防盗警报器防盗。◇ *The leaflet shows you how to safeguard your home against accidents.* 宣传单上说明如何预防家中各类事故。
◆ v + prep ◆ v + n/pron + prep

sail /seɪl/

ˌsail ˈthrough; ˌsail ˈthrough sth to succeed in an examination, a test, etc. very easily 轻松通过（考试、测试等）: *She sailed through her final exams.* 她顺利通过了期终考试。
OBJ **exam**
◆ v + adv ◆ v + prep

sally /ˈsæli/ (**sallies, sallying, sallied**)

ˌsally ˈforth (*also* **ˌsally ˈout** *less frequent*) (*old-fashioned* or *literary*) to leave a place in a determined or enthusiastic way （坚决或兴冲冲地）动身，出发，外出: *After lunch she sallied forth for a short walk.* 午饭后她兴致勃勃地出去散步了。
◆ v + adv

salt /sɔːlt; *BrE also* sɒlt/

ˌsalt sth aˈway to save money, etc. for the future, often secretly or dishonestly （常指秘密地或以欺瞒手段）贮存，储蓄: *He claimed she had salted money away in accounts in Brazil.* 他声称她把钱偷偷存到了巴西的账户。◇ *$10 billion had been salted away in banks.* 银行中秘密存入了 100 亿元。
OBJ **money**
◆ v + n/pron + adv ◆ v + adv + n

sand /sænd/

ˌsand sth ˈdown to make sth smooth by rubbing it with strong, rough paper （用砂纸）打磨，磨光: *Sand the doors down before you paint them.* 把门用砂纸打磨光滑再油漆。
NOTE **Sand sth** can be used on its own * sand sth 单独使用也作此义: *Sand the doors before you paint them.* 把门用砂纸打磨光滑再油漆。
◆ v + n/pron + adv ◆ v + adv + n

sandwich /ˈsænwɪtʃ, -wɪdʒ/

ˈsandwich sb/sth between sb/sth to fit sth/sb into a very small space between two other things or people 把…插在…中间: *I was sandwiched between two large men on the back seat.* 我在后排座位上被两个高大的男人挤在中间。◇ *The shop is sandwiched between a bank and a cafe.* 铺子就夹在一家银行和一家咖啡馆中间。
NOTE Nearly always used in the passive. 几乎总是用于被动语态。
◆ v + n/pron + prep

ˌsandwich A and B toˈgether (with sth) to put sth between two things to join them （用…）接合，粘合: *Sandwich the cakes together with cream.* 用奶油把蛋糕粘在一起。
◆ v + n/pron + adv ◆ v + adv + n

save /seɪv/

ˈsave on sth; ˈsave sth on sth to use less of sth or not more than necessary （在…上）节省，节约: *He saved on electricity by using candles.* 他为了省电使用蜡烛。◇ *Get your tickets early and save $5 on the cost of an adult ticket.* 早点买票，一张成人票可少花 5 元钱。
◆ v + prep ◆ v + n/pron + prep

🔑 **ˌsave ˈup; ˌsave sth ˈup (for sth)** to keep your money instead of spending it, especially because you want to buy a particular thing （为…）积蓄，攒钱: *She's saving up for a new*

computer. 她在攒钱买新计算机。◇ *I saved up all my wages to buy my parents a present.* 我省下全部工资给父母买礼物。

NOTE **Save** and **save sth** are used more frequently on their own with this meaning, especially in more formal English. * save 和 save sth 单独使用作此义更常见，尤用于正式英语。

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

,save sth 'up to keep sth to use or enjoy in the future 保存；保留：*I save up the week's newspapers to read at weekends.* 我把一周的报纸攒到周末看。

NOTE **Save sth** is used more frequently on its own with this meaning, especially in more formal English. * save sth 单独使用作此义更常见，尤用于正式英语。

◆ v + adv + n ◆ v + n/pron + adv

saw /sɔː/ (sawed, sawn /sɔːn/, *AmE also* sawed, sawed)

NOTE A saw is a tool with a long blade and sharp points along the edge. * saw 指锯子。

,saw sth 'down to cut sth down and bring it to the ground, using a saw 锯倒；锯下：*We had to saw down two trees.* 我们只好锯掉两棵树。

OBJ **tree**

◆ v + adv + n ◆ v + n/pron + adv

,saw sth 'off; ,saw sth 'off sth to remove sth from sth by cutting it with a saw （从…）锯掉，锯去：*I sawed the lower branches off the apple tree.* 我锯掉了苹果树低处的树枝。

OBJ **branch**

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

▶ **'sawn-off** (*BrE*) (*AmE* **'sawed-off**) [only before noun] (of a gun 枪) having had the long tube through which the bullets are fired, (the **barrel**), cut short 锯短枪管的：*a sawn-off shotgun* 枪管锯短的猎枪

,saw sth 'up (into) to cut sth into pieces using a saw 把…锯成（小块或碎片）：*All the trees were sawn up into logs.* 所有的树都被锯成一段段的木材。

◆ v + adv + n ◆ v + n/pron + adv

scale /skeɪl/

,scale sth 'down (*AmE also* **,scale sth 'back**) to reduce sth in size or importance 缩减，降低（规模或重要性）：*The company has scaled down its training programmes this year.* 公司削减了今年的培训项目。◇ *Police are scaling down the search for the attacker.* 警方正在缩小对袭击者的搜寻范围。◇ *Colin's tools were a scaled-down version of his father's.* 科林的工具是比照他父亲工具的尺寸按比例缩小的。

OBJ **programme, project** OPP **scale sth up** (*less frequent*) ⊃ note at CUT STH BACK

◆ v + adv + n ◆ v + n/pron + adv

,scale sth 'up to increase the size or importance of sth 增加，扩大（规模或重要性）：*We're deciding how to scale up our operation.* 我们正在考虑如何扩大我们的行动。

OPP **scale sth down**

◆ v + adv + n ◆ v + n/pron + adv

scan /skæn/ (-nn-)

,scan sth 'in; ,scan sth 'into sth to pass light over a picture or document using a special machine (a **scanner**) in order to copy it and put it in the memory of a computer 扫描…输入（计算机）：*Text and pictures can be scanned into the computer.* 文本和图像都可扫描输入计算机。

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

,scan 'through sth to look quickly but not very carefully at a document, etc. 粗略地看；扫视；浏览：*She scanned through the newspaper over breakfast.* 她边吃早饭边浏览报纸。

◆ v + prep

scare /skeə(r); *AmE* sker/

🔑 **,scare sb/sth a'way/'off** to make sb/sth leave or stay away by frightening them 把…吓跑；吓走：*She used a whistle to scare away her attacker.* 她吹响哨子吓跑了袭击她的人。◇ *The noise scared the birds off.* 响声惊飞了鸟雀。

SYN **frighten sb/sth away/off** (*especially BrE*)

◆ v + adv + n ◆ v + n/pron + adv

'scare sb into sth; ,scare sb 'into doing sth to make sb do sth by frightening them 威胁，恐吓（使某人做某事）：*He was scared into signing a confession.* 他迫于威吓在供状上签了字。◇ *Her threats finally scared him into action.* 她的威胁最终吓得他采取了行动。

◆ v + n/pron + prep

,scare sb 'off to accidentally make sb afraid of or nervous about sth they are planning to do （不经意间）吓退，吓走：*Many investors were scared off by the rumours.* 很多投资者都给传闻吓跑了。◇ *Don't act too interested or you'll scare him off.* 别表现得太投入，不然你会把他吓跑的。

SYN **frighten sb off** (*especially BrE*)

◆ v + n/pron + adv ◆ v + adv + n

,scare sb/sth 'off → SCARE SB/STH AWAY/OFF

,scare 'up sth (*AmE, informal*) to find sb/sth or to make sth by using whatever is available （尽力地）找到，筹措；（因陋就简地）凑合：*I'll see if I can scare up enough chairs for us all.* 我来看看能不能给大家凑够椅子。◇ *I'll try to scare up some friends to come and help us.* 我尽量拉些朋友来帮忙。

NOTE When the object of **scare up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **scare** and **up** * scare up 的宾语如果是名词，应置于 up 之后；但如果是代词，应置于 scare 和 up 之间：*I'll try to scare some up for you.* 我尽量给你弄些来。

◆ v + adv + n ◆ v + pron + adv (*less frequent*)

scarf /skɑːf; *AmE* skɑːrf/

,scarf sth 'down (*AmE, informal*) to eat sth very quickly 飞快地吃；狼吞虎咽：*He came*

home and scarfed down a piece of blueberry pie. 他回到家，风卷残云般吃下一块蓝莓馅饼。
SYN **scoff sth** (*BrE*, *informal*), **wolf sth down** (*informal*)
◆ v + n/pron + adv ◆ v + adv + n

ˌ**scarf sth ˈup** (*AmE*, *informal*) to eat sth very quickly 飞快地吃；狼吞虎咽：*The kids sat down and started scarfing up everything in sight.* 孩子们坐下来，开始狂吃眼前所有的食物。
SYN **scoff sth** (*BrE*, *informal*), **wolf sth down** (*informal*)
◆ v + n/pron + adv ◆ v + adv + n

scoop /skuːp/

ˌ**scoop sth ˈout 1** (*also* ˌ**scoop sth ˈout of sth**) to remove sth from the inside of sth else using a curved tool, such as a spoon, or your hand （用勺子、手等）从…中舀出，从…里取出：*Scoop all the seeds out of the fruit.* 把果实里的籽全挖出来。OBJ **seeds, flesh 2** to make sth hollow by removing the inside with a spoon, etc. （用勺子等）把…挖空，掏空：*First scoop out the melon using a spoon.* 先用勺子把瓜挖空。SYN **hollow sth out**
◆ **1** v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep
◆ **2** v + adv + n ◆ v + n/pron + adv

ˌ**scoop sb/sth ˈup** to move or lift sb/sth using a quick continuous movement （迅速）拿起，抓起，抱起：*I scooped up a handful of sweets.* 我抓起一把糖果。◇ *She scooped the baby up into her arms.* 她一下子把孩子揽入怀里。 ➲ note at LIFT SB/STH UP
◆ v + adv + n ◆ v + n/pron + adv

ˌ**scoop sth ˈup** to win or get sth easily, especially a large sum of money or a prize 轻松赢得，轻易得到（尤指巨款或奖项）：*The Liberals scooped up four fifths of the seats.* 自由党人不费吹灰之力便赢得了五分之四的席位。
OBJ **seats, prizes**
NOTE **Scoop sth** can also be used on its own * scoop sth 单独使用也作此义：*The movie scooped nine Oscars.* 这部影片轻而易举赢得了九项奥斯卡奖。
◆ v + adv + n ◆ v + n/pron + adv

scoot /skuːt/

ˌ**scoot ˈover** (*AmE*, *informal*) to move along on a seat to make room for another person （给某人）挪出座位：*Scoot over and make room for your sister.* 挪一挪，给你妹妹腾个座儿。◇ (*figurative*) *Scoot over, men! Women golfers are on the increase.* 让位吧，男士们！打高尔夫的女士越来越多了。
SYN **move over**
◆ v + adv

scope /skəʊp; *AmE* skoʊp/

ˌ**scope sb/sth ˈout** (*AmE*, *informal*) to look for sb/sth interesting or attractive; to search out sb/sth 寻找；物色：*We scoped out a place to spend the weekend.* 我们找到了一个地方过周末。
◆ v + adv + n ◆ v + n/pron + adv

score /skɔː(r)/

ˈ**score off sb** (*especially BrE*) to show that you are better than sb, especially by making clever remarks, for example in an argument 驳倒；挫败：*He's always trying to score off his colleagues.* 他总是和同事抬杠。
◆ v + prep

ˌ**score sth ˈout/ˈthrough** (*BrE*) to draw a line or lines through sth in a text to show that you do not want it 画线于；删去：*The last paragraph had been scored out.* 最后一段给画掉了。◇ *He neatly scored through the word 'impossible'.* 他在“impossible”一词上画了一条笔直的线。
SYN **cross sth out/through; delete sth**
◆ v + adv + n ◆ v + n + adv (*rare*)

scout /skaʊt/

ˌ**scout aˈround**; ˌ**scout aˈround sth** (*BrE also* ˌ**scout ˈround**, ˌ**scout ˈround sth**) (**for sb/sth**) to search an area or different places to try to find sb/sth （在某地）侦察，搜索，勘察（以寻找人或物）：*I'll go and scout around for some water.* 我去找些水来。
◆ v + adv ◆ v + prep

ˌ**scout sth ˈout** to find out what sth is like or where sth is, by searching （通过搜寻）发现，找到：*A team travelled to Moscow to scout out possible places for a meeting.* 一个小组去了莫斯科寻找可以开会的地方。◇ *The company is scouting out business opportunities in Vietnam.* 公司正在越南寻找商机。
◆ v + adv + n ◆ v + n/pron + adv

scrabble /ˈskræbl/

ˌ**scrabble aˈround** (*BrE also* ˌ**scrabble aˈbout**, ˌ**scrabble ˈround**) (**for sth**) to use your fingers to search for sth quickly or with difficulty （用手指迅速或困难地）摸索，摸找：*She scrabbled around in her bag for her glasses.* 她在包里摸来摸去找眼镜。
◆ v + adv

ˌ**scrabble at sth** to scratch at sth with small, hurried movements （动作匆忙地）抓，搔，挠：*She was scrabbling at the earth with her fingers.* 她用手指不断扒拉着泥土。
◆ v + prep

scrape /skreɪp/

ˌ**scrape ˈby** (**on sth**) to manage to live on the money you have, although you do not have much （靠…）勉强维生，艰难度日，糊口：*I can just scrape by on what my parents give me.* 我靠父母给的那点钱只能糊口。
◆ v + adv

ˌ**scrape ˈin**; ˌ**scrape ˈinto sth** (*BrE*) to manage to get a job, a position, a place at college, etc., but with difficulty 勉强获得（工作、职位、入学资格等）：*I just managed to scrape into university.* 我勉强升入了大学。◇ *He*

scraped in with 180 votes. 他以 180 票勉强当选。
◆ v + adv ◆ v + prep

ˌscrape sth ˈoff; ˌscrape sth ˈoff sth to remove sth from a surface by moving sth sharp and hard like a knife across it （用刀子等从…上）刮掉，削去: *He spent all day scraping paint off the walls.* 他花了整整一天时间刮掉墙上的油漆。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌscrape sth ˈout 1 (*also* **ˌscrape sth ˈout of sth**) to remove sth from the inside of sth else using sth sharp and hard like a knife （用刀子等从…中）挖出，掘出: *I scraped all the seeds out of the melon.* 我把瓜里的籽都挖了出来。◇ *He scraped out the bowl* (= removed everything from it) *with a teaspoon.* 他用茶匙把碗刮干净了。 **2** (*AmE*) to just manage to make enough money to live 只挣得糊口的钱: *He* ***scraped out a living*** *by drawing cartoons for local newspapers.* 他靠给当地的报纸画漫画勉强度日。 OBJ **living, existence**
◆ v + adv + n ◆ v + n/pron + adv **1** v + n/pron + adv + prep

ˌscrape ˈthrough; ˌscrape ˈthrough sth to succeed with difficulty in doing sth, especially in passing an exam 艰难完成；勉强通过（考试）: *I might scrape through (the exam) if I'm lucky.* 要是走运的话，我也许可以勉强及格。◇ *She just scraped through law school.* 她勉强从法学院毕业。
OBJ **exam**
◆ v + adv ◆ v + prep

ˌscrape sth toˈgether (*also* **ˌscrape sth ˈup** *less frequent*) to obtain or collect sth such as an amount of money with difficulty 勉强凑集；费力积攒；艰难筹措: *They managed to scrape together $1 200.* 他们好不容易凑了 1 200 元钱。◇ *We* ***scraped up enough money*** *to buy a small car.* 我们好不容易才凑够买辆小汽车的钱。
◆ v + adv + n ◆ v + n/pron + adv

scratch /skrætʃ/

ˌscratch aˈround (*BrE also* **ˌscratch aˈbout**) **(for sth)** to search for sth in a way that is not very organized, by looking at different things, looking on the ground, etc. （茫无头绪地）搜寻，查寻，查找: *He was scratching around on the ground for clues.* 他在地面上四处寻找线索。
◆ v + adv

ˌscratch sth ˈoff; ˌscratch sth ˈoff sth to remove sth from a surface by rubbing with your nails, etc. （用指甲等从…上）刮掉，擦去: *She scratched the paint off to see what was underneath.* 她刮开油漆察看下面是什么。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌscratch sth ˈout to remove a word, especially a name, from sth written, usually by putting a line through it 画去，删除（名字等）: *Their names had been scratched out.* 他们的名字被画掉了。
◆ v + n/pron + adv ◆ v + adv + n

scream /skriːm/

ˌscream ˈout 1 to give a loud, high cry, because you are hurt, frightened, etc. （因受伤、惊恐等）尖叫，放声大叫: *She screamed out in pain.* 她疼得大叫起来。 ➲ note at CRY OUT **2** **(for sth)** to be very obvious or noticeable; to demand attention 十分明显；引人注目: *The mistakes just scream out at you.* 这些错误显而易见。◇ *The cake was screaming out to be eaten.* 那块蛋糕令人垂涎欲滴。◇ *The market has been screaming out for a product like this.* 市场上亟缺此类产品。
◆ v + adv

screen /skriːn/

ˌscreen sth ˈoff to separate or hide an area of a room, etc. from another area by putting a tall piece of furniture or equipment in front of it or around it （用家具等）隔开，遮去（房间的一部分等）: *Part of the room had been screened off with a curtain.* 房间的一部分用帷幔隔开了。
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

ˌscreen sb/sth ˈout to not include sb/sth, or not allow sb to join an organization, enter a country, etc. because you think they may not be suitable or may cause trouble 把…排除在外；不准某人加入；拒绝某人入境: *Unsuitable candidates were screened out.* 不合格的候选者被淘汰了。◇ *His job is to screen out inquiries unlikely to result in a sale.* 他的工作是筛除不可能带来销售的客户咨询。◇ *Insurance companies often screen out people who are high risk.* 保险公司常常对高风险人群拒保。
◆ v + adv + n ◆ v + n + adv (*less frequent*) ◆ v + pron + adv

ˌscreen sth ˈout to prevent sth harmful from entering or going through sth 遮挡；遮住: *It is essential to screen out ultraviolet rays.* 挡住紫外线很有必要。◇ *A window blind will screen out too much light.* 窗帘会挡住太多的光线。
◆ v + adv + n ◆ v + n + adv (*less frequent*) ◆ v + pron + adv

screw /skruː/

ˌscrew aˈround (⚠, *slang*) **1** to have sex with a lot of different people 乱搞性关系；滥交 NOTE A more polite, informal way to say this is **sleep around**. 较礼貌和非正式的表达方式是 sleep around。 **2** (*AmE*) to waste time doing silly or useless activities 胡闹；闲荡: *Stop screwing around and do some work!* 别瞎晃荡了，干点正事吧！ NOTE A more polite, informal way to say this is **mess around**, or, in British English, **mess about**. 较礼貌和非正式的表达方式是 mess around 或英国英语的 mess about。
◆ v + adv

ˌscrew sb aˈround (*BrE*, ⚠, *slang*) to treat sb in a way that is deliberately not helpful to them or wastes their time 和…绕弯子；糊弄；耍弄：*Stop screwing me around and tell me the truth!* 别跟我兜圈子，跟我说实话！
NOTE A more polite, informal way of saying this is **mess sb about/around** (*BrE*). 较礼貌和非正式的英式英语表达方式是 mess sb about / around。
◆ v + n/pron + adv

ˌscrew sth ˈdown to attach sth firmly to sth else using screws （用螺丝钉）固定，拧紧：*Screw the lid of the box down securely.* 用螺丝钉把箱子盖拧牢。
◆ v + n/pron + adv ◆ v + adv + n

ˌscrew sth ˈon; ˌscrew sth ˈonto sth to fasten the top on a container by twisting it around 将（容器的盖子）拧紧；旋紧：*Is the top screwed on tightly?* 盖子拧紧了吗？
OBJ **lid, top**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep
IDM **have your head screwed on (right/the right way)** (*informal*) to be a sensible person 头脑清醒；思维清楚；明白事理

ˌscrew sb ˈout of sth (*slang*) to cheat sb and prevent them from having sth that they should have 骗取某人应得的东西：*She tried to screw him out of his winnings.* 她企图把他赢的钱骗走。
NOTE A more polite way to say this is **cheat sb out of sth**. 较礼貌的表达方式是 cheat sb out of sth。
◆ v + n/pron + adv + prep

ˌscrew sth ˈout of sb (*slang*) to force sb to give you sth; to get sth from sb with great difficulty 从某人处勒索（或榨取）某物：*They screwed the money out of her by threatening to hit her.* 他们威胁要揍她，逼她交出了钱。
◆ v + n/pron + adv + prep

ˌscrew sb ˈover (*AmE*, ⚠, *slang*) to trick sb in order to obtain sth valuable from them; to treat sb badly, especially by telling lies 欺诈；不公平对待：*He screwed her over and took all her money.* 他骗走了她所有的钱。
◆ v + n/pron + adv ◆ v + adv + n

ˌscrew ˈup; ˌscrew sth ˈup (*slang, especially AmE*) to do sth badly or spoil sth 搞糟；搅乱：*I was trying to be helpful, but I screwed up again.* 我本想帮忙，却又一次搞砸了。◇ *She screwed up all the arrangements.* 她把计划全毁了。
SYN **mess up, mess sth up**
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv
▶ **ˈscrew-up** *n* (*slang, especially AmE*) a situation that has been dealt with very badly; a bad mistake 混乱；严重错误：*There was a screw-up over the bookings.* 预订情况一团糟。

ˌscrew sb ˈup (*slang*) to make sb so upset or confused that they are unable to deal with problems in life 使烦恼得不能正常生活；使神经兮兮：*Her parents have really screwed her up.* 她的父母实在是把她逼疯了。
SYN **mess sb up**
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˌscrewed-ˈup** *adj* (*informal*) upset and anxious, especially because of sth bad that has happened to you in the past （因以前有过不幸遭遇）紧张不安的，心烦意乱的：*a screwed-up kid* 一个十分神经质的孩子

ˌscrew sth ˈup 1 (*BrE*) to squeeze sth into a tight ball 把…揉成团：*She screwed up the note and threw it away.* 她把字条揉成一团扔掉了。
OBJ **paper, letter** SYN **scrunch sth up 2** if you **screw up** your eyes or your face, your muscles become tight because you are in pain, the light is too bright, etc. （因疼痛、光线强烈等）眯起（眼睛），扭曲（面孔），龇牙咧嘴：*He screwed up his face in disgust.* 他厌恶地皱起了脸。 OBJ **face, eyes**
◆ v + adv + n ◆ v + n/pron + adv
IDM **screw up your ˈcourage** (*especially BrE*) to force yourself to be brave enough to do sth 鼓足勇气：*I finally screwed up my courage and went to the dentist.* 我终于鼓起了勇气去看牙医。
▶ **ˌscrewed-ˈup** *adj* (*BrE*) squeezed and twisted into a ball 揉成团的：*a screwed-up sheet of paper* 揉成一团的纸

scribble /ˈskrɪbl/

ˌscribble sth ˈdown to write sth quickly and carelessly 草草地写；匆匆记下：*She scribbled down the directions on her pad.* 她在便笺簿上潦草地记下了指示。
◆ v + adv + n ◆ v + n/pron + adv

scrimp /skrɪmp/

ˈscrimp on sth to spend too little money on sth or buy sth that is of poor quality 在…方面俭省；为省钱购买（劣质产品）：*If you're going to do a good job of renovating an old house, don't scrimp on materials.* 要想好好改造旧房，材料上可别舍不得花钱。
◆ v + prep

scroll /skrəʊl; *AmE* skroʊl/

ˌscroll ˈdown/ˈup (*computing*) to move down/up or backwards/forwards in the text on a computer screen so that you can read different parts of it 向下 / 向上移动，向后 / 向前滚动（以阅读计算机屏幕上的文本）：*She scrolled down to the end of the document.* 她滚屏到了文件末尾。
◆ v + adv

ˌscroll ˈthrough sth to move through a text on a computer screen quickly, without reading everything 粗略地读，滚屏浏览（计算机屏幕上的文本）：*You can scroll through the document using the wheel on your mouse.* 你可以用鼠标滚轮来滚屏浏览这份文件。
◆ v + prep

scrounge /skraʊndʒ/

ˌscrounge aˈround (for sth) (*AmE, informal*) to search around in different places for sth,

especially if it is difficult to find or there is not much available （尤指费力地）四处寻找，到处搜寻: *He scrounged around in his desk drawer for a paper clip.* 他在书桌抽屉里翻来翻去找回形针。
◆ v + adv

ˌscrounge sth ˈup (*AmE, informal*) to discover information about sb/sth by searching or asking questions （通过搜寻或询问）发现，找到: *It would be great if you could scrounge up some information on this.* 你要是能搞到一些这方面的情报，那就太好了。
◆ v + n/pron + adv

scrub /skrʌb/ (-bb-)

ˌscrub ˈin (*AmE*) → SCRUB UP

ˌscrub sth ˈoff; **ˌscrub sth ˈoff sth** to remove sth from the surface of sth by rubbing it hard with a brush, etc. （用刷子等从…上）刷掉，擦掉: *Scrub all that mud off the walls.* 把墙壁上的泥全刷掉。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌscrub sth ˈout to clean the inside of sth by rubbing it hard with a brush and usually with soap and water （用刷子、肥皂、水等）擦洗，擦净（某物的内部）: *He scrubbed out the pans.* 他把平底锅都刷干净了。◇ *The cupboards are scrubbed out every week.* 每周都要清洁碗柜。
◆ v + adv + n ◆ v + n/pron + adv

ˌscrub ˈup (*especially BrE*) (*AmE usually* **ˌscrub ˈin**) (of a doctor, nurse, etc. 医生、护士等) to wash your hands and arms very thoroughly before performing a medical operation （手术前）彻底擦洗手臂: *The surgeon scrubbed up and put on his gloves.* 外科医生洗干净手臂后戴上手套。◇ *He asked to scrub in for surgery.* 他要求擦洗手臂准备做手术。
◆ v + adv
IDM **scrub ˈup well** if sb **scrubs up well**, they look very attractive when they are clean and tidy （人）收拾干净后焕然一新，打扮得楚楚动人

scrunch /skrʌntʃ/

ˌscrunch sth ˈup (*informal*) **1** to squeeze sth into a small round shape in your hands 把…揉成小团: *He scrunched up the piece of paper and threw it at me.* 他把那张纸揉成一个小团，朝我扔过来。 OBJ **paper, letter** SYN **ball sth up** (*AmE*), **crumple sth up**; **wad sth up** (*especially AmE*) **2** to twist your face or part of it into a different shape 扭曲（面部）；眯起（眼睛）；皱起（眉头）: *He scrunched up his face, trying to concentrate.* 他紧皱眉头，努力集中精神。 OBJ **face, eyes**
◆ v + adv + n ◆ v + n/pron + adv

seal /siːl/

ˌseal sth ˈin to keep sth inside a container so that none of it can escape 把…密封在容器里: *The foil packet seals in the flavour.* 锡纸包装保存住了味道。
◆ v + adv + n ◆ v + n/pron + adv

ˌseal sth ˈoff if the police, the army, etc. **seal** a place or an area **off**, they put barriers there to prevent anyone from entering it （警察、军队等）封锁，封闭（某处）: *The police have sealed off the town centre.* 警察已经封锁了市中心。◇ *Seal off all the exits!* 封锁所有出口！
OBJ **area, road, building**
◆ v + adv + n ◆ v + n + adv (*less frequent*) ◆ v + pron + adv

ˌseal sth ˈup 1 to close an envelope, etc. by sticking the edges of the opening together 粘上（信封等）: *He sealed up the envelope and wrote the address on it.* 他粘好信封，然后写上地址。 **2** to close sth completely so that nothing can get in or out 将…关严: *I sealed up the windows to keep out the fumes.* 我关紧窗户挡住浓烟。 NOTE **Seal sth** is used more frequently on its own with these meanings. * seal sth 单独使用作这些含义更常见。
◆ v + adv + n ◆ v + n/pron + adv

search /sɜːtʃ; *AmE* sɜːrtʃ/

🔑 **ˈsearch for sb/sth** to look carefully for sb/sth 仔细搜寻；细查: *I searched everywhere for my passport.* 我到处找我的护照。
◆ v + prep

ˌsearch sb/sth ˈout to look for sb/sth until you find them 找出；查到；搜寻到: *He's searching out some old pictures to show us.* 他在找些旧照片给我们看。◇ *She wanted to search out her real parents.* 她想找到亲生父母。◇ *John searched me out and gave me a note.* 约翰找到我，交给我一张便条。
SYN **seek sb/sth out**
◆ v + adv + n ◆ v + n + adv (*less frequent*) ◆ v + pron + adv

🔑 **ˌsearch ˈthrough sth** to examine a collection of things or what is inside sth 在…中查找；搜遍；遍寻: *I searched through my bag but couldn't find my ticket.* 我把包翻了个遍，但没找到票。
SYN **rake through sth** ⊃ note at SEARCH FOR SB/STH
◆ v + prep

see /siː/ (saw /sɔː/, seen /siːn/)

🔑 **ˈsee about sth**; **ˈsee about doing sth** to deal with sth; to make arrangements for sth to be done 办理；料理；安排: *I'll go and see about lunch.* 我去安排一下午餐。◇ *I must see about getting someone to help you with the kids.* 我一定得找人来帮你照看孩子。◇ *He says he won't help, does he? Well,* ***we'll soon see about that*** (= I will demand that he does help). 他说他不愿帮忙，是吧？那好，让我们走着瞧。
◆ v + prep

ˌsee sb ˈin; **ˌsee sb ˈinto sth** to go with sb into a room, building, etc. to make sure that they get there safely 送某人进去；护送: *After seeing her in* (= into her home), *he rode off without a word.* 把她送到家后，他一句话也没

SYNONYMS 同义词辨析

search for sth

hunt for sb/sth • rake through sth • search for sth • search through sth • trawl through sth

These verbs all mean to try very carefully to find sb/sth that is lost or that you need or want, especially sb/sth that is difficult to find. 这些动词都表示寻找、搜寻、细查。 *See also* **look for sb/sth**.

hunt for sb/sth to try to find sb/sth that is difficult to find 寻找；搜求: *I'm still hunting for a job.* 我还在找工作。◇ *Police are hunting for a serial killer.* 警方正在追捕连环杀手。

rake through sth to look in sth carefully to find sth that is missing 在…中查找；搜寻: *I raked through my bag for the keys.* 我在包里找钥匙。

search for sb/sth to try to find sb/sth by looking carefully 仔细搜寻；细查: *I've been searching for those files.* 我一直在找那些文件。

search through sth to look in sth carefully to try to find sth that is missing or hidden 在…中查找；搜寻: *The customs officers searched through our bags.* 海关官员把我们的包搜了个遍。◇ *I searched through my files for the information.* 我在我的文档里找那条信息。
NOTE **Search** can be used on its own * search 可单独使用: *The customs officers searched our bags.* 海关官员搜了我们的包。

trawl through sth to search through a large amount of information or a large number of people, places, etc. looking for a particular thing or person 在（大范围）中搜寻；搜罗: *The police are trawling through their files for similar cases.* 警方正在档案中搜寻类似案例。

PATTERNS AND COLLOCATIONS

- to search through/rake through/trawl through sth **for** sb/sth
- to **carefully** search for sth
- to search **thoroughly/diligently/painstakingly** (for sb/sth)
- to search **eagerly/desperately/frantically/in vain** (for sb/sth)
- to search **far and wide/high and low**

说就开车离开了。
→ see also SEE SB/YOURSELF OUT, SEE SB/YOURSELF OUT OF STH
• v + n/pron + adv • v + n/pron + prep

ˌsee sth ˈin if you **see in** an occasion such as New Year, you are there when it happens 度过（新年等）；迎接…的到来: *They saw in the New Year with friends.* 他们和朋友一起跨年。◇ *He lived long enough to see in the new millennium.* 他活到了新千年。
OBJ **New Year**
• v + adv + n • v + n/pron + adv

ˈsee sth in sb/sth to believe that sb/sth has a particular quality or characteristic, especially a good one 认为…具有（某种良好的品质或特征）: *I don't know what she sees in him* (= I can't understand why she likes him or finds him attractive). 我弄不明白她看中他哪儿了。◇ *He sees good in everyone.* 他觉得每个人都有好的一面。◇ *I can see value in each argument.* 我认为每次辩论都有价值。
• v + n/pron + prep

ˌsee sb ˈoff **1** to go to a station, an airport, etc. to say goodbye to sb who is going on a journey 为…送行；送别: *We all went to the airport to see her off.* 我们全都去机场给她送行。 **2** (*BrE*) to force sb to leave a place, for example by chasing them 赶走；驱逐: *The dogs soon saw off the burglars.* 几条狗不一会儿就撵走了窃贼。 **3** to defeat sb 打败；击败: *She saw off her opponent and now goes into the final.* 她战胜对手进入了决赛。

• v + n/pron + adv • v + adv + n

ˌsee sth ˈoff (*BrE*) to be strong enough to resist sth 经受得住；能够抵挡: *The company saw off the threat of a takeover.* 公司面对收购威胁挺了过来。
• v + adv + n • v + n/pron + adv

ˌsee sb ˈout (*BrE*) (*not used in the progressive tenses* 不用于进行时) to last longer than the rest of sb's life 寿命比某人长；持续到某人余生: *I've had this coat for years, and I'm sure it will see me out.* 这件衣服我穿了好几年了，我肯定还能穿到老。
• v + adv + n • v + n/pron + adv

ˌsee sb/yourself ˈout; ˌsee sb/yourself ˈout of sth to go with sb out of a building, etc. to make sure that they find the way 送某人出去；送走: *Jay saw the last guests out and locked the door.* 杰伊送走最后几位客人后就锁上了门。◇ *Don't get up. I'll see myself out.* 别起来。不用送我出去。
→ see also SEE SB IN, SEE SB INTO STH
• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

ˌsee sth ˈout (*not used in the progressive tenses* 不用于进行时) **1** to stay in the same place, do the same things, or survive, until the end of sth 坚持到…结束: *She promised to see out the rest of her contract.* 她答应坚持干到合同期满。 **2** to last until the end of sth 持续到…结束: *We have enough fuel to see the winter out.* 我们的燃料足以过冬。

NOTE Not used in the passive. 不用于被动语态。

◆ v + adv + n ◆ v + n/pron + adv

ˌsee ˈover/ˈround sth (*BrE*) to visit and look at a place carefully 细看，察看（某处）：*We'd like to see over the flat again before we rent it.* 租下公寓之前我们想再好好看看。

SYN **look over sth; look around sth**

◆ v + prep

ˌsee ˈthrough sb/sth (*not used in the progressive tenses* 不用于进行时) to realize the truth about sb/sth 看透；识破：*We saw through him straight away.* 我们一下子就识破了他。◇ *I can see through your little game* (= trick). 我看穿了你的小把戏。

◆ v + prep

ˌsee sb ˈthrough; **ˌsee sb ˈthrough sth** to give sb support to enable them to survive a difficult experience or a particular period of time 帮助（或支持）某人渡过（难关）：*His courage and good humour saw him through.* 他靠勇气和乐观的性格挺了过来。◇ *She saw him through the months after his accident.* 在他出事故后的几个月中，她一直陪伴着他。◇ *I only have $20 to see me through the week.* 我只有 20 元钱来撑过这一周了。

◆ v + n/pron + adv ◆ v + n/pron + prep

ˌsee sth ˈthrough (*not usually used in the progressive tenses* 通常不用于进行时) to not give up a task, project, etc. until it is completed 把（任务、项目等）进行到底；坚持完成：*She's determined to see the job through.* 她决心坚持完成这项工作。

OBJ **project, job**

◆ v + n/pron + adv

ˈsee to sb/sth to deal with sb/sth that needs attention 办理；料理；照管：*I'll see to the kids.* 我来照看孩子。◇ *Lin was great and saw to everything.* 林真了不起，把一切都包了。◇ *Don't worry, I'll **see to it**!* 别担心，我来处理这事儿！◇ *We must get that door seen to.* 我们得找人修一下那扇门。

SYN **attend to sb/sth** (*formal*)

◆ v + prep

▸ **ˈseeing-to** *n* [sing.] (*BrE*) **1** an act of hitting sb hard in a fight 暴打；猛揍：*If he wasn't so big I'd give him a right seeing-to!* 要不是他块头那么大，我很想痛扁他一顿。◇ (*figurative*) *The England squad got a thorough seeing-to in the final.* 在决赛中，英格兰队遭遇惨败。 **2** an act of sex 性行为

ˈsee to it that ... to make sure that sth happens 确保；务使：*Can you see to it that everyone knows the date of the meeting?* 你负责把会议日期通知到每个人，能做到吗？

◆ v + prep

seek /siːk/ (sought, sought /sɔːt/)

ˌseek sb/sth ˈout to look for and find sb/sth, especially when this means using a lot of effort（尤指竭力）寻求，挑选，物色：*He sought her out to ask her advice.* 他找到她讨主意。◇ *She's always seeking out new business opportunities.* 她不断发掘新的商机。

OBJ **opportunities, information** SYN **track sb/sth down** (*less formal*) ⊃ note at LOOK FOR SB/STH

◆ v + adv + n ◆ v + n/pron + adv

seep /siːp/

ˌseep aˈway to flow away slowly and in small quantities 渗出；漏出：*Water had been slowly seeping away from the pond.* 池塘里的水一直在慢慢渗漏。◇ (*figurative*) *My anger began to seep away.* 我的怒火开始消下去了。

◆ v + adv

segue /ˈsegweɪ/

ˌsegue ˈinto sth to move smoothly from one song, subject, place, etc. to another（顺利）转到，接入（另一首歌、话题、地方等）：*a spiritual that segued into a singalong chorus* 后面紧接大合唱的灵歌◇ *He then segued into a discussion of children's rights.* 他接着转而讨论儿童权利。

◆ v + prep

seize /siːz/

ˈseize on sth (*also* **ˈseize upon sth** *more formal*) to suddenly show a lot of interest in sth, especially because you can use it to your advantage 突然大为关注，一把抓住（可利用的事物）：*The scandal was immediately seized upon by the press.* 新闻界立即紧紧盯住了这一丑闻。◇ *Peter seized eagerly on all opportunities for conversation.* 彼得逮谁跟谁聊。

SYN **pounce on sth**

◆ v + prep

ˌseize ˈup 1 if a machine or a part of a machine **seizes up**, it stops moving or working correctly（机器或部件）停止运转，发生故障，失灵：*The engine seized up after only three weeks.* 发动机只用了三个星期就坏了。◇ (*figurative*) *The whole city seized up* (= no traffic, etc. was able to move) *during the blizzard.* 遭受暴风雪袭击期间，全市陷入瘫痪。 **2** if a part of your body **seizes up**, it becomes stiff and you are unable to move it easily（身体部位）发僵，变僵硬：*My legs were beginning to seize up and I needed a rest.* 我腿麻了，需要休息一下。

◆ v + adv

sell /sel/ (sold, sold /səʊld; *AmE* soʊld/)

ˌsell sth ˈoff 1 to sell all or part of an industry, a company or a piece of land 售出，卖掉（产业、公司或土地）：*Unwanted land next to the farm was sold off.* 农场旁边闲置的地块给卖掉了。◇ *The government decided to sell off state companies.* 政府决定出售国有公司。

OBJ **assets, land, business, company 2** to sell things cheaply because you no longer want them or because you need the money 甩卖；抛售；变卖：*The store is selling off the old stock.* 那家商店正在折卖旧存货。◇ *The family silver was sold off to pay the debts.* 家里的银器被贱卖以还债。

◆ v + adv + n ◆ v + n/pron + adv

SYNONYMS 同义词辨析

sell sth off

auction sth off • sell sth off • sell (sth) up

These verbs all mean to give sth to sb in exchange for money. 这些动词都表示卖掉、变卖。

auction sth off to sell sth at an auction (= an event where things are sold to the person who offers the most money), especially sth that is no longer needed or wanted 拍卖处理（尤指不再需要的物品）: *The Army is auctioning off a lot of surplus equipment.* 军队正在拍卖大量的过剩装备。 NOTE **Auction** can be used on its own * auction 可单独使用: *The costumes from the movie are to be auctioned for charity.* 电影中使用的演出服装将进行义卖。

sell sth off to sell things cheaply because you want to get rid of them or because you need the money; to sell all or part of an industry, a company or land 甩卖；抛售；廉价出售（产业、公司或土地）: *In the nineties most state-owned industries were sold off.* 在九十年代，大多数国有企业被廉价出售了。 NOTE **Sell** can be used on its own * sell 可单独使用: *They sold the business at a profit/loss.* 他们把公司卖掉赚了一笔 / 卖亏了。

sell (sth) up (*especially BrE*) to sell your home, possessions, business, etc., usually because you are leaving the country or retiring （通常因出国或离职）卖掉（家当、财物、企业等）: *They sold up and moved to France.* 他们变卖了家当，移居法国。◇ *I sold up everything I had and bought a farm.* 我卖掉所有财产，买个了农场。

PATTERNS AND COLLOCATIONS

- to sell sth (off)/auction sth (off) **to sb/ for** £100, £47 000, etc.
- to sell (off)/auction (off) **assets/a collection/land/property**
- to sell (off) **shares/a company**
- to sell/auction a **house**
- to be **forced to/obliged to** sell sth (off)/sell sth up
- to sell sth (off) **cheaply/at a loss**

▸ **'sell-off** *n* (*BrE*) **1** the sale by the government of an industry or a service to individual people or private companies （国有企业的）出售: *the proposed sell-off of the rail company* 拟议中的铁路公司的出售◇ *sell-off plans* 出售计划 **2** (*AmE, business*) the sale of a large number of shares in a company, after which their value usually falls （公司股份的）大量抛售（通常造成股价下跌）

,sell sth 'on (to sb) to sell sth to sb else that you have bought not long before, usually in order to make a profit 转卖；倒卖；倒手: *She managed the business for a year and then sold it on.* 她把公司经营了一年，然后转手卖掉了。
• v + n/pron + adv • v + adv + n

be 'sold on sth (*informal*) to be convinced that sth is very good 相信…很好: *I could see she was sold on the idea.* 我看得出她非常赞同这个主意。◇ *I'm not really sold on American music.* 我并不怎么喜欢美国音乐。
OBJ **idea**
• be + v + prep

,sell 'out; be ,sold 'out 1 if tickets for a concert, a game, etc. **sell out** or are **sold out**, they are all sold and there are none left （门票等）售光，卖完: *The tickets for the game will sell out quickly.* 这场比赛的门票很快就会卖光。◇ *Tonight's performance is completely sold out.* 今晚演出的门票全部售罄。◇ *The first 5 000 copies of the book have sold out.* 这本书首次印刷的 5 000 册已经售完。 **2** (*also* **,sell 'out of sth, be ,sold 'out of sth**) if sb **sells out** of sth or is **sold out** of sth, they have sold all of it and have nothing left （人）售空，卖光（物品）: *I'm sorry, we've sold out of milk.* 抱歉，我们的牛奶卖完了。◇ *We are already sold out for tonight's concert.* 我们已经把今晚的音乐会门票卖光了。
• v + adv • be + v + adv **2** also v + adv + prep
• be + v + adv + prep

▸ **'sell-out** *n* [usually sing.] a play, concert, etc. for which all the tickets have been sold 门票销售一空的演出；客满的演出: *The gig is a sell-out.* 这场演奏会的门票销售一空。◇ *a sell-out tour/crowd* 场场爆满的巡演 / 座无虚席

,sell 'out (to sb/sth) (*disapproving*) **1** to ignore or change your principles or beliefs, especially to gain an advantage for yourself 背弃，背叛（原则、信念等）: *The rest of the gang accused him of selling out to the law.* 这个团伙的其他人指责他向警方告发了他们。◇ *a talented British movie director who's sold out to Hollywood* 一名投靠好莱坞的英国天才电影导演 **2** to sell your business or a part of your business 出售（企业）: *The company sold out to its rival.* 公司卖给了对手。
• v + adv

▸ **'sell-out** *n* [usually sing.] a situation in which sb is not loyal to sb who trusted them, by not doing sth that they promised to do, or by doing sth that they promised not to do 背叛；出卖: *a dreadful sell-out of their cause* 对他们事业的无耻背叛◇ *The deal was seen as a union sell-out to management.* 这项协议被视为工会变节投向资方。

,sell sb/sth 'out (to sb/sth) to not be loyal to sb （向…）出卖，变节: *They discovered who had sold them out to the enemy.* 他们已弄清是

谁向敌人出卖了他们。
◆ v + n/pron + adv ◆ v + adv + n

ˌsell ˈout of sth → SELL OUT, ETC.

ˌsell ˈup; ˌsell sth ˈup to sell your home, possessions, business, etc., usually because you need the money, are moving to another place or are stopping work 卖光，卖掉（家当、企业等）：*They sold up and moved to France.* 他们变卖了家当，移居法国。◇ *We decided to sell up everything and buy a farm.* 我们决定卖掉所有财产，然后买个农场。 ➲ note at SELL STH OFF
◆ v + adv ◆ v + adv + n ◆ v + pron + adv

send /send/ (sent, sent /sent/)

ˌsend sb/sth aˈhead to arrange for sb/sth to go or be taken to the place you are going to, before you arrive there 提前运送；派…打头阵：*The rest of the equipment was sent ahead by air.* 其余的设备先行空运走了。
◆ v + n/pron + adv

ˌsend aˈway (for sth) → SEND OFF (FOR STH)

🔑 **ˌsend sb aˈway** **1** to tell sb to leave 把某人打发走：*The reporters were sent away empty-handed* (= without any news). 记者都被打发走了，空手而回。 **2 (to ...)** to arrange for sb to go somewhere away from home 安排某人离开家（去某处）：*He was sent away to boarding school at the age of seven.* 他七岁时就被送进了寄宿学校。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

🔑 **ˌsend sb/sth ˈback (to sb/sth)** to return sb/sth to where they/it came from 把…退回；遣返：*The refugees were sent back to their own country.* 难民被遣送回国。◇ *You can send the goods back if you're not satisfied.* 不满意可退货。
SYN **return sb/sth (to sb/sth)** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

ˌsend sb ˈdown (*BrE*) **1** (*informal*) to send sb to prison 把…送进监狱；判…坐牢：*He was sent down for ten years.* 他被判了十年刑。 SYN **put sb away** **2** (*old-fashioned*) to make a student leave a university, especially Oxford or Cambridge, because of bad behaviour（尤指牛津或剑桥大学）勒令…退学，开除…的学籍：*She was sent down from Oxford.* 她被牛津大学除名了。 SYN **expel sb**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

🔑 **ˈsend for sb** to send a message to sb to ask them to come and see you, especially in order to help you 请某人来（帮忙等）：*Send for a doctor.* 叫大夫来吧。◇ *Has the doctor been sent for?* 请大夫了吗？
OBJ **doctor, police** SYN **call sb in**
◆ v + prep

ˈsend for sth to ask sb to bring or deliver sth to you 让人带来（或送来）某物：*Send for an ambulance.* 叫救护车吧。◇ *Have you sent for a catalogue* (= by post/mail)? 你去信索要目录了吗？◇ *More equipment has been sent for.* 已经要求发送更多设备来。
◆ v + prep

ˌsend sb ˈin **1** to order sb to go to a place to deal with a difficult situation 派…去（应付困难局面）：*Troops were sent in to restore order.* 已派军队前去恢复秩序。 OBJ **troops, police, army** **2** to tell sb to go into a room, where sb else is waiting to see them 让某人进去（会面）：*Send the next candidate in, please.* 请下一位申请人进来。
◆ v + n/pron + adv ◆ v + adv + n

ˌsend sth ˈin to send sth by post/mail to a place where it will be dealt with 把…寄到某处（处理）：*500 schools sent in entries for the competition.* 有 500 所学校寄来了参赛作品。◇ *Viewers are invited to send in their suggestions for next week's programme.* 欢迎观众来信对下周节目提出建议。
◆ v + n/pron + adv ◆ v + adv + n

ˌsend ˈoff (*also* **ˌsend aˈway** *especially AmE*) **(for sth)** to write to sb and ask them to send you sth by post/mail 函索：*If you save enough packets, you can send off and get a free toy.* 攒够包装纸可寄来免费换取玩具。◇ *You can send off for a free booklet.* 可来信免费索取小册子。
SYN **write away/off (to sb) (for sth)**
◆ v + adv

ˌsend sb ˈoff **1 (for sth)** (*BrE*) (in a sports game 体育比赛) to make sb leave the field because they have broken the rules of the game 罚…下场：*He was sent off for a foul.* 他因犯规被罚下。◇ *Three players got sent off in the first half.* 上半场比赛有三名运动员被罚下场。
OBJ **player** NOTE Often used in the passive. 常用于被动语态。 **2 (to ...)** to ask or tell sb to go somewhere 派…去；派遣：*The bank sent him off for four months' study at Harvard.* 银行派他去哈佛进修四个月。◇ *I always send the kids off to school looking clean and tidy.* 我总是让孩子们干净整洁地去上学。◇ *The men were sent off to find water.* 那些人被派出去找水。
◆ **1** v + n/pron + adv ◆ v + adv + n
◆ **2** v + n/pron + adv
▶ **ˌsending-ˈoff** *n* (*BrE*) (in a sports game 体育比赛) a situation when a player is told to leave the field because they have broken the rules 判罚下场；罚出场外：*It's his third sending-off this year.* 这是他今年第三次被罚下场了。◇ *The match saw three penalties and two sendings-off.* 这场比赛有三次罚球，两人被罚下场。
▶ **ˈsend-off** *n* (*informal*) an occasion when people come together to say goodbye to sb who is leaving 送行；送别；话别：*She was given a good send-off by all her colleagues.* 她受到了所有同事的热情欢送。

ˌsend sth ˈoff (to sb) to send sth by post/mail 寄某物（给某人）；邮送：*Have you sent that letter off yet?* 你把信寄出去了吗？
OBJ **letter, parcel** SYN **mail sth off (to sb)** (*AmE*), **post sth off (to sb)** (*BrE*)
◆ v + n/pron + adv ◆ v + adv + n

,send sth 'on 1 **(to ...)** to send a letter, etc. that has arrived at sb's old address to their new one 转寄，转投（信件等至新地址）: *I've asked a neighbour to send on any important letters.* 我已经请一位邻居帮忙转寄所有重要信件。 OBJ **letter** SYN **forward sth (to sb/sth)** (*more formal*) **2** **(to sb/sth)** to send sth you have received to sb else for them to see or deal with 转送；转递；转达: *I'll send the photos on to you.* 我会把照片转给你。 **3** to send sth to a place so that it arrives before you get there 先期发运（或送达）；提前送到: *We sent our furniture on by ship.* 我们把家具先行水运过去了。◇ *We've arranged for your belongings to be sent on.* 我们已经安排把你的东西提前发送过去了。

• v + n/pron + adv • v + adv + n

,send sb 'out to send sb somewhere for a particular purpose 派出某人（到某处执行任务等）；派遣: *I'll ask them to send someone out straightaway to fix the car.* 我会请他们马上派人修车的。◇ *If I'm not back by midnight, send out a search party!* 要是半夜我还回不来，就派出搜索队！

• v + n/pron + adv • v + adv + n

,send sth 'out 1 to send sth to a lot of different people or places 分发；散发: *I sent out fifty invitations.* 我发出了五十份请柬。◇ *Have we sent letters out to all the applicants?* 我们给所有的申请人都发信了吗？ OBJ **letter, information** SYN **mail sth out** **2** to produce sth, such as light, a signal, sound, etc. 发出，放出（光、信号、声音等）: *a fire sending out waves of warmth* 热浪滚滚的大火◇ *His brain was sending out warning signals telling him to be careful.* 他的大脑不断发出警报，提醒他小心。 OBJ **signal** SYN **emit sth** (*more formal*)

• v + n/pron + adv • v + adv + n

,send 'out for sth to ask a restaurant or shop/store to deliver food to you at home or at work 请（饭店或商店）送来（外卖食物）: *We could send out for a takeaway.* 我们可以叫外卖。

• v + adv + prep

,send sb 'up (*AmE, informal*) to send sb to prison 把某人关进监狱；判某人坐牢

NOTE Often used in the passive. 常用于被动语态。

• v + n/pron + adv • v + adv + n

,send sb/sth 'up (*BrE, informal*) to make people laugh, especially by copying sb/sth in an amusing way 滑稽模仿；戏仿…取乐: *a TV programme that sends up politicians* 模仿讽刺政客的电视节目◇ *Everyone was sending her up.* 大家都在模仿取笑她。◇ *The teacher heard me sending up her accent.* 老师听到了我怪声怪调地模仿她的口音。

• v + adv + n • v + pron + adv • v + n + adv (*rare*)

▶ **'send-up** *n* (*BrE, informal*) an act of making sb/sth look silly by copying them/it in an amusing way （对人或事物的）滑稽模仿，戏仿取乐: *The movie is a hilarious send-up of the Hollywood western.* 这部电影是对好莱坞西部片的戏仿。

separate /ˈseprət/

,separate sth 'off (from sth) to remove sth from a larger thing or group; to keep sth apart （从…）分出，分离，分割: *The property agency has been separated off from the main business.* 房地产经纪业务从主营业务中拆分出来了。

• v + adv + n • v + pron + adv • v + n + adv (*rare*)

,separate 'out; ,separate sb/sth 'out (from sth) to divide into different parts; to divide sb/sth into different parts or groups （使）分开；划分: *The mixture separates out into layers.* 这种混合物会分层。◇ *Plastics must be separated out into different types for recycling.* 塑料必须先行分类，再回收利用。◇ *We need to separate out fact from speculation.* 我们需要把事实和猜测区别开来。◇ *The process separates out the different gases.* 这个过程可将各种气体分离出来。

NOTE **Separate** and **separate sb/sth** can also be used on their own with this meaning. * separate 和 separate sb/sth 单独使用也作此义。

• v + adv + n • v + pron + adv • v + n + adv (*rare*)

serve /sɜːv; *AmE* sɜːrv/

'serve as/for sth to be used instead of sth else when there is nothing better available 凑合着当…用；权且用作: *An old box served as a table.* 用一个旧箱子将就着当桌子用。◇ *Small temporary buildings had to serve for offices.* 狭小的临时建筑权且作办公室用。

SYN **act as sth**

• v + prep

'serve sth on sb (*also* **'serve sth upon sb** *more formal*) **'serve sb with sth** (*law*) to give or send sb an official document, especially one that orders them to appear in court 把（传票等）送交某人；给某人发出（传票等）: *The police have served a summons on Mr Jackson.* 警方已向杰克逊先生发出了传票。◇ *The police have served him with a summons.* 警方已向他发出了传票。

OBJ **summons, notice, writ**

• v + n/pron + prep

,serve sth 'out 1 to continue doing sth until the end of a fixed period of time 做…直至期满: *She served out the rest of her sentence in an open prison.* 她在一座开放式监狱服满了剩下的刑期。 OBJ **notice, sentence, term** NOTE Not used in the passive. 不用于被动语态。 **2** (*especially BrE*) → SERVE STH UP

• v + adv + n • v + pron + adv • v + n + adv (*rare*)

,serve sth 'up 1 (*also* **,serve sth 'out** *especially BrE*) to put food onto plates and give it to people 端上（食物）: *He served up a delicious meal.* 他端上一桌可口的饭菜。 SYN

dish sth out; dish up, dish sth up 2 (*disapproving*) to give or offer sth 供应；提供: *All the TV channels served up the usual old movies during the holidays.* 假期所有电视频道都播放经典老片。
◆ v + n/pron + adv ◆ v + adv + n

ˌserve sth uˈpon sb; ˈserve sb with sth → SERVE STH ON SB

set /set/ (**setting, set, set**)

ˈset about sb (with sth) (*old-fashioned, BrE*) to attack sb 袭击；攻击；抨击: *He set about me with a stick.* 他用棍子打我。
◆ v + prep

ˈset about sth; ˈset about doing sth 1 to begin a task or an activity, especially with energy or enthusiasm 开始进行；开展（活动等）: *We set about the task of cleaning the apartment.* 我们动手打扫公寓。 **2** to approach a problem or task in a particular way 着手处理（问题）；展开（工作）: *You've set about this problem the wrong way.* 你处理这个问题的方式错了。◇ *How should I set about finding a job?* 我该怎样着手找份工作呢? SYN **go about sth, go about doing sth**
◆ v + prep

ˈset sb aˈgainst sb to make sb oppose a friend, relative, etc. 使反对（朋友、亲人等）: *The civil war set brother against brother.* 内战造成手足相残。
◆ v + n/pron + prep

ˌset sth aˈgainst sth 1 to consider sth by comparing good points with bad ones 权衡，掂量，比较（得失或优劣）: *Set against the benefits of the new technology is the possibility that jobs will be lost.* 权衡利弊，新技术固然有种种好处，但亦可能使一些人失去工作。 SYN **balance A against B 2** (*also* **ˈset sth ˈoff against sth**) (*finance*) to record sth as a business cost as a way of reducing the amount of tax you must pay 把…计作（营业成本）以降低（纳税额）: *The cost of looking for oil can be set against tax as business expenditure.* 勘探石油的成本可按营业支出记账以减税。 **3 be set against sth** if sth is **set against** sth else, it is placed near it or next to it so that the difference between the two is very noticeable 与…形成对比；以…作为衬托: *views of rocky islands set against fiery sunsets* 石矶岛和火红的落日交相辉映的景色◇ *Set against her white dress, her hair seemed even darker.* 在白色连衣裙的映衬下，她的头发显得越发乌黑。 **4 be set against sth** if a story, a film/movie, etc. is **set against** a particular time, event or place, the action happens at that time or place （故事、电影等）以…为背景，发生在: *It is a love story set against a backdrop of rural Irish life.* 这是一个以爱尔兰乡村生活为背景的爱情故事。
NOTE In meanings 3 and 4 **set sth against sth** is only used in the passive. 作第 3 和第 4 义时，set sth against sth 只用于被动语态。
◆ **1,2** v + n/pron + prep
◆ **3,4** be + v + prep

ˌset sth aˈhead (*AmE*) to change a clock or watch to show the correct later time 把（钟表）拨快（以校正时间）: *Don't forget to set your clocks ahead tonight* (= because the time has officially changed). 今晚别忘了把时钟调快。
OBJ **clock, watch** SYN **put sth forward** (*BrE*)
OPP **set sth back** (*AmE*), **put sth back** (*BrE*)
◆ v + n/pron + adv

ˌset sb/sth aˈpart (from sb/sth) to make sb/sth different from or better than others 使与众不同；使突出；使优于: *His confidence sets him apart from his classmates.* 他的自信使他有别于同班同学。◇ *It's the service at the restaurant that sets it apart.* 这家餐馆的服务独具特色。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

ˌset sth aˈpart (*BrE*) (*also* **ˌset sth aˈside** *AmE, BrE*) to keep sth such as money or time for a special use or purpose 留出（金钱、时间等）；拨出（供专用）: *A room was set apart for quiet reading.* 留出了一间房作为安静的读书室。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌset sth aˈside 1 to place sth to one side 把…放到一旁；把…搁到一边: *I set her letter aside, meaning to read it later.* 我把她的信放到一边，留待以后再读。 SYN **put sth aside 2** to save or keep sth for a particular purpose 省出；留出: *She sets aside £50 every month for her daughter's college fees.* 她每月存下 50 英镑留作女儿上大学的费用。◇ *We need to set aside some time to deal with this.* 我们得抽点时间处理这件事。 OBJ **money, time** SYN **put sth aside 3** to ignore sth such as your feelings or opinions, because other things are important 暂不考虑；暂且放下: *We decided to set our differences aside.* 我们决定搁置分歧。◇ *Let's set aside my personal feelings for now.* 眼下咱们就不要顾及我个人的感受了。 SYN **put sth aside 4** → SET STH APART: *Restaurants must set aside an area for non-smokers.* 餐馆必须留出禁烟区。 OBJ **area, room** SYN **put sth aside 5** (*law*) to reject a previous decision made by a court 撤销，驳回（法庭判决）；宣布无效: *The verdict was set aside by the Appeal Court.* 上诉法庭驳回了该裁决。 OBJ **decision, conviction** SYN **overturn sth** (*more formal*)
◆ v + adv + n ◆ v + n/pron + adv
▶ **ˈset-aside** *n* [U] a system in which the government pays farmers not to use some of their land for growing crops; the land that the farmers are paid not to use （政府补贴农民退耕部分耕地的）退耕补贴制度；退耕地: *750 acres of set-aside* * 750 英亩的退耕田地

ˌset sb ˈback sth (*informal*) to cost sb a large amount of money 使花费；使破费: *That new car must have set her back a bit.* 新汽车一定让她破费了一笔。◇ *This watch set me back £200.* 这只表花了我 200 英镑。
SYN **knock sb back sth** (*BrE, informal*)
NOTE Not used in the passive. 不用于被动

语态。
◆ v + n/pron + adv + n

ˌset sb/sth ˈback to delay the progress of sb/sth 耽搁…的进展；耽误；使延误：*The rain set the building programme back by several weeks.* 建筑计划因雨延误了几周。◇ *He was starting to play very well, but his injury has really set him back.* 他开始表现得非常好，但伤病着实拖了他的后腿。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈsetback** *n* a problem or difficulty that delays the progress of sb/sth 挫折；障碍：*Parry's broken ankle was a major setback for the team.* 帕里脚踝骨折对该队是一大打击。

ˌset sth ˈback (*AmE*) to change a clock or watch to show the correct earlier time 把（钟表）拨慢（以校正时间）：*I forgot to set my watch back last night* (= when the time officially changed). 我昨晚忘记把手表调慢了。
OBJ **clock, watch** SYN **put sth back** (*BrE*) OPP **put sth forward** (*BrE*), **set sth ahead** (*AmE*)
◆ v + n/pron + adv

be ˌset ˈback (from sth) if a building is **set back**, it is a long way from sth, especially a road （建筑物）远离（公路等）：*Their house is the only one that's set back (from the road).* 只有他们的房子位置（离公路）远。
◆ be + v + adv

ˌset ˈdown; ˌset sth ˈdown (of a plane, a pilot, passengers, etc. 飞机、飞行员、乘客等) to land 着陆；降落：*We set down on the beach.* 我们在沙滩上着陆了。◇ *The pilot set the plane down in a field.* 飞行员把飞机降落在一块田里。
SYN **put down** (*especially BrE*), **land, land sth**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌset sb ˈdown (*BrE*) (of a vehicle or its driver 车辆或驾驶员) to stop and allow sb to get off/out 让人下车；停车卸客：*The taxi set me down at the end of the road.* 出租车在路的尽头让我下了车。
SYN **drop sb/sth off**
OPP **pick sb up**
◆ v + n/pron + adv ◆ v + adv + n

ˌset sth ˈdown 1 (on sth) (*literary*) to place an object down on a surface 放下；搁下：*He set his glass down before he spoke.* 他放下玻璃杯开始说话。◇ *She set the tray down on the table.* 她把托盘放在桌上。 SYN **put sth down 2** to write sth down on paper in order to record it 写下；记下：*I wanted to set my thoughts down on paper.* 我想把自己的想法写下来。◇ *It's a good idea to set down your complaint in writing.* 以书面形式投诉是个好主意。 SYN **put sth down 3** to give sth as a rule, etc. 制定（规则等）；规定：*to set down guidelines/rules* 制定指导方针／规则 ◇ *qualifying standards set down by the Athletics Association* 由运动员协会制定的资格标准
◆ **1,2** v + n/pron + adv ◆ v + adv + n
◆ **3** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌset ˈforth (*literary*) to start a journey 出发；动身；起程：*They set forth for Crete.* 他们动身前往克里特岛。
SYN **set out** (*less formal*)
◆ v + adv

ˌset ˈforth sth (*formal*) to state sth clearly; to make sth known 明确陈述；声明：*The President set forth his views in a long television broadcast.* 总统在长篇电视讲话中阐述了自己的观点。◇ *Her beliefs have been clearly set forth.* 她已经表明了自己的信念。
NOTE When the object of **set forth** is a noun, it comes after **forth**, but when the object is a pronoun, it comes between **set** and **forth** * set forth 的宾语如果是名词，应置于 forth 之后，但如果是代词，应置于 set 和 forth 之间：*I have my opinions on the matter, but I would never set them forth in public.* 对此事我有自己的见解，但我永远也不会公之于众。
◆ v + adv + n ◆ v + pron + adv

ˌset ˈin if bad weather, an unpleasant feeling, an illness, etc. **sets in**, it begins and seems likely to continue （恶劣天气、不快感觉、疾病等）到来，开始：*I need to mend the roof before winter sets in.* 冬天到来前我得把屋顶修好。◇ *Panic set in when she realized how much work there was to do.* 意识到有那么多活儿要干后，她一下子就慌了。◇ *He eventually agreed to stay in bed, but it was too late—pneumonia had set in.* 他终于同意卧床休息，可是太晚了——他患上了肺炎。 SUBJ **panic, winter**
◆ v + adv
IDM **the ˈrot set in** used to describe the fact that a situation has become very bad and will continue like that 情况变坏；每况愈下：*She had problems at her first school, but when she changed schools the rot really set in.* 她在第一所学校学习就不好，然而转学后情况更糟。

ˌset sth ˈin/ˈinto sth to fix sth in a space so that it does not stick out beyond the surface 把…嵌入（…之内）：*A small safe had been set into the wall.* 墙壁里放了个小保险箱。
NOTE Usually used in the passive. 通常用于被动语态。 The verb **inset sth** has a similar meaning. 动词 inset sth 含义相近。
◆ v + n/pron + prep
▶ **ˈinset** *n* **1** a small picture, map, etc. inside a larger one （套印在大图、地图等中的）小图，小地图：*The committee members' names appeared in an inset.* 委员会成员名字列在了插图中。 **2** a piece of material, a small stone, etc. that is added on to sth else or put inside sth else 嵌入物；附加物：*a silver brooch with ruby insets* 镶嵌红宝石的银胸针

ˌset ˈoff to begin a journey 出发；动身；起程：*I set off for work at seven.* 我七点钟动身上班。◇ *Check your oil before setting off on a long journey.* 长途旅行出发前要检查一下油量。◇ *When are you planning to set off?* 你准备什么时候上路？
◆ v + adv

ˌset sb ˈoff; ˌset sb ˈoff doing sth (*informal, especially BrE*) to make sb start doing sth such as laughing, crying or talking 使笑起来；使哭起来；使说起话来：*Those photos*

SYNONYMS 同义词辨析

set off

leave • set off • set out • start

These verbs all mean to begin a journey. 这些动词都表示出发、动身、起程。

leave to go away from a person or place 离开: *It was raining when we left.* 我们走时天正下着雨。

set off to begin a journey 出发；动身；起程: *We set off at dawn.* 我们黎明时分上路了。◇ *Check all the doors and windows are locked before setting off.* 出发前检查一下所有门窗是否都锁好了。◇ *The group set off for Rome the next day.* 第二天那伙人起程去罗马。

set out to leave a place and begin a journey 出发；动身；起程: *They set out on the last stage of their journey.* 他们踏上了最后一段旅程。

start out to begin a journey 出发；动身；起程: *They started out at five o'clock in the morning.* 他们早上五点动身了。 NOTE **Start** can be used on its own * start 可单独使用: *I should get there by the afternoon if I start early.* 出发早的话，我下午能到那儿。

PATTERNS AND COLLOCATIONS

- to set off/start (out)/set out **late/early/at midday/at 9 o'clock**
- to set off/start (out)/set out **for/from** ...
- to set off/start/set out **back (to** ...)
- to set off/start (out)/set out **on a journey/voyage/trip**
- **before** setting off/starting (out)/setting out

always set her off (crying). 她一见那些照片就哭。◇ *Just seeing him laughing sets me off!* (= makes me start laughing) 一看到他笑，我就忍不住笑！

SYN **start sb off, start sb off doing sth**

• v + n/pron + adv

,set sth 'off 1 to make a bomb, etc. explode 使（炸弹等）爆炸；起爆: *to set off fireworks* 燃放烟火◇ *They set the bomb off as soon as they were a safe distance away.* 他们一退到安全距离就引爆了炸弹。 OBJ **bomb, firework 2** to make an alarm start 使（警报）响起；拉响（警报）: *The burglars set the alarm off.* 窃贼弄响了防盗器。◇ *If you burn the toast you'll set the smoke alarm off.* 面包片如果烤焦，烟雾报警器就会响。 OBJ **alarm 3** to start a process or series of events 引发，激起（一连串的事件）: *The news set off a wave of panic on world markets.* 这则消息引起全球市场的一阵恐慌。◇ *The girl's death set off a terrible chain of events.* 女孩之死引发了一连串可怕的事情。 OBJ **panic, chain/series of events** → see also SET STH UP 4 **4** to make sth appear more attractive by being placed near it 烘托；使突出；使显得更夺目: *That scarf sets off the blue of her eyes.* 围巾衬托出她的蓝眼睛。

• **1,2** v + n/pron + adv • v + adv + n
• **3,4** v + adv + n • v + n/pron + adv

,set sth 'off against sth

NOTE The verb **offset sth (against sth)** has a similar meaning 动词 offset sth (against sth) 含义相近: *There are certain expenses that you can offset against tax.* 某些支出可以抵税。 → SET STH AGAINST STH 2

'set on/upon sb (*formal*) to attack sb 攻击；袭击: *I was set upon by a gang of youths.* 我遭到一伙青年的袭击。

NOTE Often used in the passive. 常用于被动语态。

• v + prep

'set sb/sth on sb to make a person or an animal attack sb 使攻击（或袭击）某人: *The farmer threatened to set his dogs on us if we didn't leave at once.* 农夫威胁说，如果我们不马上离开，他就放狗咬我们。

• v + n/pron + prep

,set 'out 1 to leave a place and begin a journey, especially a long journey （尤指长途旅行）出发，动身，起程: *They set out on the last stage of their journey.* 他们踏上最后一段行程。◇ *We set out at dawn.* 拂晓时分，我们上路了。 **2 ,set 'out to do sth** to begin to do sth with a particular aim or purpose （胸怀目标）开始工作，展开任务: *She set out to break the world record.* 她开始力争打破世界纪录。◇ *They succeeded in what they had set out to do.* 他们实现了既定的目标。

• v + adv **2** also v + adv + **to** +inf

▸ **'outset** *n* the beginning of sth 开端；开始；起点: *We knew the danger **at/from the outset**.* 我们从一开始就意识到了危险。

,set sth 'out 1 to arrange or display sth 摆列；陈列；排列: *She began setting out plates and glasses.* 她开始摆放盘子和玻璃杯。◇ *Set out your answers neatly.* 把答案写得工整些。 **2** to present ideas, facts, etc. in a clear, organized way, in speech or writing （条分缕析地）陈述，表明: *This document sets out our objections to the proposal.* 这份文件阐明了我们对提案的反对意见。 OBJ **terms, reasons, policies, conditions**

• **1** v + adv + n • v + n/pron + adv
• **2** v + adv + n • v + pron + adv • v + n + adv (*rare*)

,set 'to (*old-fashioned, formal, especially BrE*) **1** to begin doing sth in a busy or determined way 起劲地干起来；毅然开始做: *She set to with a scrubbing brush* (= she started cleaning). 她拿起刷子起劲地擦洗起来。 **2** to begin fighting 开始打架: *They took off their jackets and set to.*

他们脱掉外衣就打了起来。
◆ v + adv
▶ ˌ**set-'to** *n* [sing.] (*informal, especially BrE*) a fight or an argument 打架；争吵：*He had a set-to with one of his workmates.* 他和一位工友吵了一架。

ˌ**set 'up**; ˌ**set sth 'up** to make a machine, some equipment, etc. ready to use 安装好，装配好，调试好（机器、设备等）：*He helped me to carry my equipment in and set up.* 他帮我把设备搬进来并调试好。◇ *It took hours to set up all the equipment.* 花了好几个小时才把所有的设备安装好。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌ**set 'up**; ˌ**set yourself 'up** to start running your own business 立业；创业：*He left the firm and set up in business on his own.* 他离开了公司自己创业。◇ *She set herself up as a hairdresser.* 她自己开了个美发店。
◆ v + adv ◆ v + pron + adv

ˌ**set sb 'up** **1** to provide sb with the money they need, for example to start a business, buy a home, etc. 资助，经济上扶持（某人）：*A bank loan helped to set her up in business.* 她靠一笔银行贷款做起了生意。◇ *He set his daughter up in her own apartment.* 他资助女儿买了她自己的公寓。◇ *If you win tonight's fight, you'll **be set up for life*** (= have all the money you will ever need). 你如果赢了今晚的拳击比赛，这辈子就不愁钱花了。 **2** (*informal*) to trick sb, especially by making them appear to be guilty of sth that they have not done （栽赃）诬陷，冤枉（某人）：*He claimed he had been set up by the police.* 他说警方冤枉了他。 **3** (*informal*) to make sb feel healthier, stronger, more active, etc. 使更健康；使更强壮；使更活泼：*A good breakfast will set you up for the day.* 早餐吃好一天都精力充沛。 **4** (**with sb**) (*informal*) to arrange for sb to meet sb so that they can have a romantic or sexual relationship 介绍某人（和…）约会；给…当红娘；为…搭桥：*He set me up with his sister.* 他介绍我和他妹妹约会。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n + adv (*less frequent*)
▶ '**set-up** *n* [usually sing.] (*informal*) **1** a situation in which sb tricks you or makes it seem as if you are guilty of sth that you have not done 诬陷；构陷；栽赃：*I didn't do it, this is a set-up!* 那事我没干，这是陷害！ **2** a situation when sb arranges for you to meet sb in order to begin a romantic or sexual relationship 经人介绍约会；相亲：*a set-up date* 相亲约会

⚷ˌ**set sth 'up** **1** to create sth or start a business, an organization, etc. 创建；建立；开办：*She gave a talk on setting up a business.* 她就如何创业发表了演说。◇ *A committee was set up t o investigate the problem.* 已成立委员会调查这个问题。◇ *young people **setting up home** for the first time* 初次成家的年轻人 OBJ **business, committee, system, company** **2** to build sth or put sth somewhere 架起；设立；设置：*The police set up roadblocks on all main roads.* 警方在所有干道上设置了路障。 ⊃ note at PUT STH TOGETHER **3** to organize or arrange sth; to make the arrangements for sth to happen 组织；安排；策划：*to set up a meeting* 筹划会议◇ *We'll set up the transport arrangements.* 我们来安排交通工具。 OBJ **meeting** **4** to start a process or a series of events 引发，导致（一连串事件）：*The crisis set up a chain reaction in other European markets.* 这次危机在欧洲的其他市场引起了连锁反应。 OBJ **chain reaction, chain of events** → see also SET STH OFF 3
◆ v + adv + n ◆ v + n/pron + adv
▶ '**set-up** *n* [usually sing.] (*informal*) the way sth is organized or arranged; a system 组织；机构；建制；体制：*I've only been here a week so I don't really know the set-up.* 我刚到一个星期，所以还不太清楚这里的组织架构。

ˌ**set yourself 'up** → SET UP, SET YOURSELF UP

ˌ**set yourself 'up as sth** to claim to be very important, know a lot about sth, etc. 以…自居；自诩为；自夸为：*He set himself up as an authority on modern art.* 他自我标榜为现代艺术权威。
◆ v + pron + adv + prep

'**set upon sb** (*formal*) → SET ON/UPON SB

settle /'setl/

⚷ˌ**settle 'down** **1** (*also* ˌ**settle yourself 'down**) to get yourself into a comfortable position when you are sitting or lying （舒适地）坐下，躺下：*She settled down in an armchair to read.* 她舒舒服服地坐在扶手椅上开始阅读。◇ *Tom settled himself down at the table.* 汤姆惬意地坐在桌子旁边。 **2** to start to have a calmer or quieter way of life, without many changes, especially living in one place （在某地）定居下来，过安定的生活：*He got married and settled down.* 他成了家并安定下来。 **3** to become relaxed and confident in a new situation; to get used to a new way of life, job, etc. 安顿下来；习惯于，适应（新生活、新环境等）：*She's settling down well at her new school.* 她在新学校很习惯。◇ *He just couldn't settle down in the city.* 他就是不能适应城市生活。 **4** to become calmer and less active 平静下来；安定下来：*I've been really busy at work, but things should settle down again soon.* 我确实工作一直很忙，但一切很快就会再平复下来的。◇ *Their speed settled down to a steady fifty miles an hour.* 他们降低车速，稳定在每小时五十英里。
◆ v + adv **1** also v + pron + adv

ˌ**settle 'down**; ˌ**settle sb 'down** to become or to make sb become calmer, less excited, etc. （使某人）安静下来，平静下来：*The children finally settled down and started work.* 孩子们终于安静下来开始干活了。◇ *The teacher had trouble settling the class down.* 老师没法让班上的同学安静下来。
◆ v + n/pron + adv

ˌ**settle yourself 'down** → SETTLE DOWN

ˌ**settle 'down to sth** (*also* '**settle to sth** *BrE*) to begin to think about sth or give your attention to doing sth 开始认真对待；安下心来做；专心致志于：*They had just settled down to*

dinner when the phone rang. 他们刚刚开始吃饭，电话铃就响了。◇ *I'm so worried that I can't settle to anything.* 我忧心忡忡，做什么事都静不下心来。

◆ v + adv + prep ◆ v + prep

'settle for sth; 'settle for doing sth to accept sth that is not quite what you wanted but is the best that you can get （无奈地）接受；将就，凑合着（做…）: *Both teams were happy to settle for a draw.* 两队都乐于接受平局的结果。◇ *He'd hoped to get £8 000 for the car but had to settle for a lot less.* 他本想把车卖到 8 000 英镑，但最后不得不以低得多的价格成交。◇ *I refuse to settle for (being) second best!* 我决不甘心屈居第二！

OBJ **less**

◆ v + prep

,settle 'in; ,settle 'into sth to become used to sth new, such as a new home, school or job 安顿下来；习惯于，适应（新事物、新环境等）: *She soon settled in at school.* 她很快便适应了学校生活。◇ *It took her a while to settle into her new job.* 她过了一段时间才适应了新工作。

OBJ **routine, school, job**

◆ v + adv ◆ v + prep

'settle on sth (*also* **'settle upon sth** *more formal*) to choose sth; to make a decision about sth 选定；决定: *We couldn't decide where to go but we eventually settled on Italy.* 我们定不下来去哪儿，最终决定去意大利。◇ *A date was finally settled on.* 最后敲定了日期。

SYN **decide on/upon sth**

◆ v + prep

'settle sth on/upon sb (*formal, law*) to arrange to give property or money to sb, for example after your death 把（财产等）给予（或分配给）某人: *He settled his entire estate on his son.* 他决定把全部财产都留给儿子。

OBJ **money, estate**

◆ v + n/pron + prep

'settle to sth (*BrE*) → SETTLE DOWN TO STH

,settle 'up (with sb) to pay sb the money you owe them （向某人）还钱；结算；结账: *We need to settle up with them for the hire of the room.* 我们得跟他们结清房租。◇ *I'll pay now—we can settle up later.* 现在我来付钱吧 —— 我们之间以后再算。

◆ v + adv

'settle upon sth, etc. → SETTLE ON STH, ETC.

sew /səʊ; *AmE* soʊ/ (sewed, sewn /səʊn; *AmE* soʊn/ or sewed)

,sew sth 'up **1** to join or repair sth using a needle and thread 缝拢；缝补: *Sew up the tear before it gets any worse.* 把撕破的地方及时缝补好。◇ *They cleaned the wound and sewed it up.* 他们清洗了伤口，然后缝合。 OBJ **seam, tear, wound** **2** (*informal*) to arrange sth in an acceptable way; to bring sth to an acceptable conclusion 安排妥帖；办好；解决: *They'd sewn the deal up by midday.* 到中午时分，他们做成了那桩生意。 OBJ **deal** **3** (*informal*) to have control of sth; to be likely to win sth 控制住；很可能获胜: *Her company* ***have got*** *the market* ***sewn up.*** 她的公司占领了市场。◇ *By half-time they* ***had*** *the game* ***sewn up.*** 比赛进行到一半他们就已胜券在握。 OBJ **market, game, election**

NOTE Often used in the passive in meanings 2 and 3, and in the phrase **have (got) sth sewn up.** 作第 2 和第 3 义时，常用于被动语态以及短语 have (got) sth sewn up 中。

◆ v + adv + n ◆ v + n/pron + adv

sex /seks/

,sex sb 'up (*informal*) to make sb feel sexually excited 激发（某人）的性欲；勾引

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv

,sex sth 'up (*informal*) to make sth seem more exciting and interesting 渲染；使更刺激；使更有趣: *The profession is trying to sex up its image.* 这个行当正在设法使自身形象更吸引人。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv

shack /ʃæk/

,shack 'up with sb; be ,shacked 'up with sb (*also* **,shack 'up together**) (*slang, disapproving*) to live with sb you are having a sexual relationship with but are not married to 和（性伴侣）同居: *He's shacked up with some girl he met in Berlin.* 他跟一个在柏林结识的女子同居。

◆ v + adv + prep ◆ be + v + adv + prep ◆ v + adv + adv

shade /ʃeɪd/

,shade sth 'in to make part of a picture darker, either with colours or using black 把…涂暗；画阴影: *He shaded in part of the graph.* 他把曲线图的一部分涂了暗色。

◆ v + adv + n ◆ v + n/pron + adv

,shade 'into sth to gradually change into sth else so that you cannot tell where one thing ends and the other begins （界线模糊地）渐变: *The blue gradually shades into purple.* 蓝色逐渐变成了紫色。◇ *Sometimes nervousness can shade into fear.* 有时紧张可能慢慢转变为恐惧。

◆ v + prep

shake /ʃeɪk/ (shook /ʃʊk/, shaken /ˈʃeɪkən/)

,shake 'down (*informal*) to become comfortable and confident in a new situation 融入新环境；适应新情况: *Once the team shakes down, results should improve.* 一旦整个队伍熟悉了情况，成绩应该可以提高。

◆ v + adv

▸ **'shakedown** *n* (*AmE, informal*) the test of a vehicle or an aircraft before it is generally used, to see if there are any problems （车辆或飞行器的）测试，试用，试驾，试航: *a shakedown flight* 试飞

,shake sb 'down (*AmE, slang*) to threaten sb in order to get money from them 敲诈；勒索: *They've found the guy who shook George down.* 他们找到了勒索乔治的家伙。◇ *police who shake*

down motorists for bribes 向开车人索贿的警察
◆ v + n/pron + adv ◆ v + adv + n
▶ 'shakedown *n* (*AmE, slang*) an act of trying to get money from sb with violence or threats 敲诈；勒索: *He was stabbed during a shakedown.* 他遭勒索时被刺伤了。

ˌshake sb/sth 'down (*AmE, informal*) to search a person or place in a very thorough way 彻底搜查（某人或某处）: *Police shook down the club, looking for drugs.* 警方彻底搜查了那家俱乐部，意图找到毒品。
◆ v + adv + n ◆ v + n/pron + adv
▶ 'shakedown *n* (*AmE, informal*) a thorough search of sb/sth （对人员或地方的）彻底搜查: *a police shakedown of the area* 警察对这个地区的大搜查

ˌshake sb 'off 1 to escape from sb; to get rid of sb who is following you 摆脱，甩掉（某人）: *He twisted and turned in a desperate attempt to shake off his pursuer.* 他左拐右转，拼命想甩掉追他的人。◇ *I think we've shaken them off.* 我相信我们已经甩开他们了。 **2** to escape from sb who is holding you and will not let go 摆脱，挣脱（某人）: *She clung to him, but he shook her off.* 她紧紧抱着他，可他挣脱了。
◆ v + adv + n ◆ v + n/pron + adv

ˌshake sth 'off to get rid of sth, such as an illness, that is causing you problems 摆脱，消除，驱除（疾病等）: *I can't shake off this cold.* 我感冒老不好。◇ *She struggled to shake off her image as a beauty with no brains.* 她努力摆脱自己的花瓶形象。
OBJ **(a) cold**
◆ v + adv + n ◆ v + n/pron + adv

'shake on sth to shake hands with sb in order to show that you agree to sth 就…握手确认（达成共识）: *Let's shake on it.* 咱们握手为定。
OBJ **deal, agreement, it**
◆ v + prep

ˌshake sth 'out 1 to open or spread sth by shaking it 抖开: *He shook the blanket out and spread it on the grass.* 他把毯子抖开铺在草地上。 **2** to open sth by shaking it in order to get rid of bits of dirt, dust, etc. 将（某物）抖干净: *She went outside to shake out the tablecloth.* 她到外面把桌布抖落干净。
◆ v + n/pron + adv ◆ v + adv + n

ˌshake sb 'up 1 to shock or upset sb 使吃惊；使不安: *She has been badly shaken up by the experience.* 那次经历让她大受刺激。 NOTE Often used in the passive. 常用于被动语态。 **Shake sb** is also used frequently on its own with this meaning * shake sb 单独使用也常作此义: *She was badly shaken by the experience.* 那次经历让她大受刺激。 **2** to surprise sb in order to make them think or behave in a different way, become more active, etc. 震动；激励；使振作: *He was asked to shake the staff up a bit.* 有人要求他调动一下员工的积极性。
◆ v + n/pron + adv ◆ v + adv + n

ˌshake sth 'up to make important changes in an organization, a profession, etc. in order to make it more efficient 彻底调整，重组（机构、行业等）: *The company needs shaking up a bit.* 公司需要进行重大改组。
◆ v + n/pron + adv ◆ v + adv + n
▶ 'shake-up (*also* 'shake-out) *n* a major change to a company or an organization in order to improve it （公司或机构的）大变动，剧变，重组: *The police force is facing the biggest shake-up in its history.* 警察队伍面临有史以来最大的一次变革。

shame /ʃeɪm/

'shame sb into sth; 'shame sb into doing sth to persuade sb to do sth by making them feel ashamed not to do it 使感到羞愧而不得不做某事: *They shamed him into apologizing.* 他们弄得他很羞愧，只好道歉。
◆ v + n/pron + prep

shape /ʃeɪp/

ˌshape 'up (*informal*) **1 [+ adv/prep]** to develop in a particular way, often in the way that you had hoped for 进展，发展（良好）: *Our plans are shaping up nicely.* 我们的计划进展顺利。◇ *How's the new team shaping up?* 新队伍的表现怎么样？ **2** to improve your work or your behaviour 改善工作（或行为）: *If you don't shape up, you'll lose your job.* 工作要是没起色，你会丢饭碗的。 **3** (*especially BrE*) to become thin and physically fit 改善身材（或体形）: *It's time to slim down and shape up for the summer.* 夏天快到了，该减减肥让身材更好一些了。
◆ v + adv
IDM **shape up or ship 'out** (*AmE, informal*) used to tell sb that if they do not improve their work or their behaviour they will have to leave their job, etc. （用于警告）再不好好干就滚蛋

share /ʃeə(r); *AmE* ʃer/

ˌshare sth 'out (among/between sb) to divide sth such as money, food or work and give an amount to each person 将…分配（给…）；分享；分担: *The work was shared out equally.* 工作平均分派给大家了。◇ *How can we share out the pizza between the five of us?* 我们五人怎么分这个比萨饼呢？
◆ v + adv + n ◆ v + n/pron + adv

sharpen /ˈʃɑːpən; *AmE* ˈʃɑːrpən/

ˌsharpen 'up; ˌsharpen sb/sth 'up to become, or to make sb/sth, better, more skilful, more effective, etc. than before （使）变得更好（或技术更高、更有效率等）；提高…的水平（或技术、效率等）: *She needs to sharpen up before next month's competition.* 下个月比赛之前，她的水平需要再提高一步。◇ *This exercise will help students sharpen up their reading skills.* 这个练习将帮助学生进一步提高阅读能力。◇ *Discipline has sharpened them up.*

纪律使他们更有效率了。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

shave /ʃeɪv/

ˌshave sth ˈoff to remove hair from your face, head, etc. 剃掉，剪去（胡须、头发等）: *Dad's shaved his beard off.* 爸爸刮掉了胡子。◇ *She shocked everyone by shaving all her hair off.* 她剃光了头发，让大家吃惊不小。
OBJ **beard, moustache, hair**
◆ v + n/pron + adv ◆ v + adv + n

ˌshave sth ˈoff; ˌshave sth ˈoff sth 1 to cut very thin pieces from the surface of a piece of wood, etc. （从…上）削掉，刨去，切掉: *I had to shave a bit off the door to make it shut.* 我把边缘部分刨去了一点门才能关上。◇ *Use a sharp knife to shave off thin rolls of chocolate.* 用锋利的刀子片下薄薄的巧克力卷儿。 **2** to make sth smaller or lower by a very small amount （微量地）减少，缩小: *We managed to shave 5% off the cost.* 我们设法把成本降低了 5%。◇ *He shaved half a second off the world record.* 他把世界纪录缩短了半秒。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

shear /ʃɪə(r); AmE ʃɪr/ (sheared, shorn /ʃɔːn; AmE ʃɔːrn/ or sheared)

be ˈshorn of sth (*literary*) to have sth important taken away from you 被褫夺；被剥夺；被掠夺: *a political party shorn of power* 被剥夺了权力的政党
◆ be + v + prep

ˌshear ˈoff; ˌshear sth ˈoff (*technical*) (especially of sth metal 尤指金属) to break under pressure; to cut through sth and make it break 受压断裂；剪切；切断: *The bolts holding the wheel in place sheared off.* 固定轮子的螺栓压断了。
◆ v + adv ◆ v + n/pron + adv ◆ v + n + adv

sheer /ʃɪə(r); AmE ʃɪr/

ˌsheer aˈway/ˈoff to suddenly move away in a different direction, especially to avoid hitting sth 急转，急拐（以避开某物）: *The car sheered wildly away, just missing the truck.* 汽车猛地一个转向，勉强避开了卡车。◇ *Her mind sheered away from images she did not wish to dwell on.* 她刻意不去想那些她不愿细想的场景。
SYN **veer off, veer away (from sth)**
◆ v + adv

shell /ʃel/

ˌshell ˈout (for sth), ˌshell sth ˈout (for sth) (*informal*) to pay for sth, especially when it is a lot of money or you do not really want to （为…）花很多钱，破费: *I'm not shelling out for another computer.* 我不会花钱再买一台计算机的。◇ *I had to shell out $500 for the air fare.* 我只得拿出 500 元买飞机票。
SYN **fork out (for sth), fork sth out (for sth)** ➲ note at PAY OUT, PAY STH OUT
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

shin (*BrE*) /ʃɪn/ (*AmE* **shinny**) (-nn-)

ˌshin ˈdown/ˈup; ˌshin ˈdown/ˈup sth (*BrE*) (*informal*) to climb down or up sth, using your hands and legs to hold it tightly 向下 / 向上攀爬: *He shinned down the drainpipe.* 他顺着排水管爬下来。◇ *You might be able to see if you shin up that tree.* 爬上那棵树，你就有可能看见了。
OBJ **drainpipe, rope**
◆ v + adv ◆ v + prep

shine /ʃaɪn/ (shone, shone /ʃɒn; AmE ʃoʊn/)

ˌshine ˈout 1 to shine brightly 照耀；闪耀: *A light shone out across the field.* 田野那边有光在闪耀。 **2** if a person or a thing **shines out**, you notice them because they are very much better than the others 突出；出众；鹤立鸡群: *She seemed to shine out from the rest.* 她看上去非常出众。
◆ v + adv

ˌshine ˈthrough; ˌshine ˈthrough sth to be seen clearly and easily 显现出来；显而易见: *In the last game her talent really shone through.* 在上一场比赛中，她真正展露了才华。◇ *His love of life shines through the pages of his book.* 他的书中字里行间流露出对生命的热爱。
◆ v + adv ◆ v + prep

shinny (*AmE*) /ˈʃɪni/ (shinnies, shinnying, shinnied)

ˌshinny ˈdown/ˈup; ˌshinny ˈdown/ˈup sth: (*AmE*) *Burglars broke into the art gallery through the roof, shinnied down the rope and stole five valuable paintings.* 窃贼吊绳索从屋顶爬下，闯入了美术馆，盗走了五件珍贵的画作。
→ SHIN DOWN/UP, SHIN DOWN/UP STH

ship /ʃɪp/ (-pp-)

ˌship sb ˈoff (to ...) (*informal*) to send sb away somewhere, especially when they do not want to go 送走某人，遣送某人（到…）: *They shipped the children off to camp.* 他们把孩子们送去宿营。◇ *I was shipped off to Canada.* 我被送到了加拿大。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌship sb/sth ˈoff (to ...) to send goods or people somewhere by ship 用船运走: *They shipped all their possessions off to Australia.* 他们把所有财物都海运到了澳大利亚。◇ *The goods were shipped off last week.* 货物上个星期装船运走了。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌship sb/sth ˈout (to ...) to send goods or people somewhere, especially by ship （尤指用船）运走: *They shipped the sculpture out to the States.* 他们把雕塑海运到了美国。◇ *Fresh*

supplies were shipped out. 新的补给品装船运走了。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

IDM **shape up or ship 'out** → SHAPE

shoo /ʃuː/ (**shoos, shooing, shooed**)

,shoo sb/sth a'way to get rid of sb/sth by waving your arms, making a noise, etc. （通过挥动手臂、发出嘘声等）轰走，赶走：*We tried to shoo the flies away.* 我们试图撵走苍蝇。

◆ v + n/pron + adv ◆ v + adv + n

,shoo sb/sth 'in; ,shoo sb/sth 'into sth (*informal, especially AmE*) **1** to send sb/sth into a room, building, etc. 把…带入（房间、建筑物等）：*Our friends unloaded our bags and shooed us into the house.* 朋友们卸下我们的包，带我们进了屋。◇ *After a minute, she opened the door and shooed me in.* 过了一会儿，她开门让我进来。NOTE Often used in the passive. 常用于被动语态。 **2** to ensure that sb wins a competition or an election or gets a job without going through the proper procedures （在比赛、选举或招聘中）内定，暗定（赢家或获聘用者）：*They're trying to shoo in their first choice without even giving her an interview.* 他们试图就将她作为首选录用她，连面试也想免了。◇ *I'm not going to sit back and watch my rival get shooed in.* 我不会坐视我的对手通过暗箱操作入选。◇ *She was surprised when she got shooed into the top job.* 她轻而易举获得了最高职位，她本人也大吃一惊。NOTE Usually used in the passive. 通常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

▶ **'shoo-in (for sth/to do sth)** *n* (*informal, especially AmE*) a person or team that will win easily 十拿九稳的取胜者；稳操胜券者：*Tiger Woods is a shoo-in for the championship.* 泰格•伍兹将轻松夺冠。

shoot /ʃuːt/ (**shot, shot** /ʃɒt; *AmE* ʃɑːt/)

🔑**,shoot sb/sth 'down 1** to shoot at sb/sth and make them/it fall to the ground 射倒；射伤；击毙；击落：*They were shot down in cold blood.* 他们被残忍地射杀了。◇ *They shot down a civilian aircraft by mistake.* 他们不小心击落一架民用飞机。 **2** (*informal*) to strongly criticize sb or their ideas, etc. 批驳，驳倒（某人）；彻底推翻（观点等）：*When I made a suggestion, they* ***shot me down in flames.*** 我提了个建议，却被他们彻底推翻了。◇ *My ideas were shot down one by one.* 我的观点被逐一驳斥。

◆ v + adv + n ◆ v + n/pron + adv

'shoot for sth (*AmE, informal*) (*usually used in the progressive tenses* 通常用于进行时) to try to get or achieve sth difficult 力争达到；努力获取：*They're shooting for another victory this season.* 他们争取这个赛季再赢一场。

◆ v + prep

,shoot 'off (*informal*) to leave somewhere very quickly 迅速离去：*She had to shoot off to*

SYNONYMS 同义词辨析

shoot sb down

blow sb away ◆ **gun sb down** ◆ **mow sb down** ◆ **pick sb off** ◆ **shoot sb/sth down**

These verbs all mean to kill or wound a person or animal with a gun. 这些动词都表示枪杀或射伤。

blow sb away (*especially AmE, informal*) to kill sb by shooting them 击毙；枪杀；开枪打死：*He thought that he would be the next to be blown away.* 他认为自己是下一个被枪杀的目标。

gun sb down (*usually passive*) (*used especially in newspapers*) to shoot sb and kill or seriously injure them （尤用于报章）枪击，枪杀，开枪打伤：*The policeman was gunned down while on duty.* 那名警察执勤时被枪击中。

mow sb down to kill sb using a gun or a vehicle, especially when several people are all killed at the same time （用枪）杀死，扫射（尤指多人）；（用车）轧死，碾死（尤指多人）：*The gunmen opened fire, mowing down at least seven people.* 持枪者开火打死至少七人。

pick sb off (*informal*) to aim carefully at a person, animal or aircraft, especially one of a group, and then shoot them 瞄准射击（处于群体中的一个目标）：*Snipers were picking off innocent civilians.* 狙击手对无辜平民逐一下手。

shoot sb/sth down (*usually passive*) to make a person or plane fall to the ground by shooting them/it 射倒；击落：*Several planes were shot down by enemy fire.* 数架飞机被敌军炮火击落了。

WHICH WORD?

Planes, people in planes, or people on the ground can be **shot down** ; only people on the ground can be **gunned down** . * shot down 可针对飞机、飞机上的人或地面上的人； gun down 仅针对地面上的人。

PATTERNS AND COLLOCATIONS

- to **threaten/be going** to shoot sb down/blow sb away
- to be shot down/gunned down **in cold blood**
- to be picked off **one by one/at random**

meet someone. 她得赶去见个人。◇ *I'm sorry, I've got to shoot off.* 抱歉，我必须马上离开。
◆ v + adv

ˌshoot sth ˈoff to remove sth by shooting 开枪打掉: *They shot the lock off.* 他们开枪把锁打掉了。
◆ v + n/pron + adv ◆ v + adv + n

ˌshoot ˈthrough (*informal, AustralE*) to leave, especially in order to avoid sb/sth 离去；躲避: *I was only five when my dad shot through.* 爸爸离开时我才五岁。
◆ v + adv

ˌshoot ˈup 1 (to sth) to rise or increase very quickly 陡增；猛涨；飙升: *The inflation rate has shot up to 20%.* 通货膨胀率激增到 20%。 **2** to grow taller in a short time 迅速长高: *She's shot up in the last few months.* 在过去的几个月里，她个头一下子蹿上来了。 ➲ note at GROW UP
◆ v + adv

ˌshoot ˈup; ˌshoot ˈup sth (*slang*) to make an illegal drug enter your body using a needle 注射（毒品）
OBJ **heroin, drugs**
◆ v + adv ◆ v + adv + n

ˌshoot sb/sth ˈup to injure sb or damage sth severely by shooting 开枪打伤（或打坏）；击伤（或击毁）: *An armed gang shot up the nightclub.* 一个武装团伙开枪把夜总会打得千疮百孔。
OBJ **house, bar, club**
◆ v + adv + n ◆ v + n/pron + adv

SYNONYMS 同义词辨析

shoot up

jump ◆ leap ◆ rocket ◆ shoot up ◆ soar ◆ spiral ◆ surge

These are all verbs that can be used when an amount, level or number increases quickly. 这些动词都表示陡增、猛涨、飙升。 *See also* **go up** .

jump (*used especially in newspapers*) to increase suddenly and by a large amount （尤用于报章）陡增，猛涨，飙升: *Prices jumped by 60% last year.* 去年物价暴涨 60%。◇ *Sales jumped from $2.7 billion to $3.5 billion.* 销售额从 27 亿元猛增到 35 亿元。

leap (*usually approving*) to increase suddenly and by a large amount 陡增；猛涨；飙升: *Shares leapt in value from 476p to close at 536p.* 股价从 476 便士开始飙涨，以 536 便士收盘。

rocket (of an amount or rate) to increase very quickly and suddenly 陡增；猛涨；飙升: *The total has rocketed from 376 to 532.* 总额从 376 激增到 532。

shoot up (*often disapproving*) to increase suddenly and by a large amount 陡增；猛涨；飙升: *Ticket prices shot up last year.* 去年票价狂涨。◇ *Burglaries in the city have shot up by nearly seventy per cent.* 本市的入室盗窃案骤升了近七成。

soar to increase very quickly in value, amount or level （价值、数量或水平）剧增，飞涨，突升: *Soaring costs/prices/temperatures have made progress difficult.* 成本 / 价格 / 温度陡升使进展步履维艰。◇ *Unemployment has soared to 18%.* 失业率激增至 18%。

spiral (*disapproving*) to increase quickly in level or amount （水平或数量）剧增，飞涨: *You must be aware of the spiralling cost of health care in this country.* 你肯定注意到了这个国家节节攀升的医疗保健费用。◇ *Prices are spiralling out of control.* 物价一路飞涨，失去控制。

surge (*especially business*) (of prices, profits or the rate of sth) to suddenly increase in value or level （价格、利润或比率）陡增，突升: *Profits from cigarettes surged to $225m last year.* 去年香烟的盈利猛增至 2.25 亿元。

WHICH WORD?

Leap is usually used when the increase is seen as a positive thing *profits, shares* and *prices* can **leap** or **jump**, but costs **jump** . **Leap** usually suggests a more dramatic, surprising or significant increase * leap 通常用于指积极的增长: profits （利润）、shares （股价）和 prices （价格）可用 leap 或 jump，但成本用 jump。leap 通常暗示更具戏剧性、惊人或重大的增长: *Raw material costs jumped 1 per cent last month.* 上个月原材料成本上涨了 1%。 **Shoot up** is used in more informal contexts, and especially when the increase is seen as a negative thing * shoot up 用于更加口语化的语境，尤用于指负面增长: *Prices/charges/interest rates have shot up.* 价格 / 费用 / 利率飞涨。 **Spiral** is nearly always used with a negative meaning *spiralling debt/prices* . * spiral 几乎总是用于负面的意义: spiralling debt / prices。

PATTERNS AND COLLOCATIONS

- to soar/jump/shoot up **in price/in number**
- to soar/jump/rocket/leap/shoot up **from…/ to…/by…**
- **the price/cost of sth** soars/jumps/surges/spirals/rockets/shoots up
- **profits** soar/jump/surge/leap
- **numbers/levels of sth** soar/jump/shoot up
- to soar/jump/surge/leap/shoot up **suddenly/dramatically**

shop /ʃɒp; *AmE* ʃɑːp/ (-pp-)

ˌ**shop aˈround (for sth)**, ˌ**shop aˈround sth (for sth)** to look at different shops/stores to compare the prices of goods or services so that you can buy the ones that are the best value （就某种商品或服务）比较…的价格；逐店选购；货比三家：*If you're buying a new MP3 player, shop around for the best price.* 你要是买新的MP3播放器，应该货比三家，买最合算的。◇ *It's worth shopping around the travel agents to find the best deal.* 比较各家旅行社，选择最划算的是值得的。◇ *When you open a bank account, it's a good idea to shop around first.* 开立账户前，不妨先比较一下各家银行的服务。
• v + adv • v + prep

shore /ʃɔː(r)/

ˌ**shore sth ˈup 1** to support part of a building or other large structure by placing large pieces of wood or metal against or under it so that it does not fall down （用梁柱等）支撑（建筑物）：*Engineers shored up the tunnel with wooden beams.* 工程师用木梁支撑隧道。◇ *The building was shored up to make it safe.* 这座建筑物被支撑起来加固。 **2** to support sth that is weak or failing 支持；稳住：*to shore up the economy/dollar/pound* 支撑经济 / 美元 / 英镑
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

shout /ʃaʊt/

ˌ**shout sb ˈdown** to shout to prevent sb who is speaking from being heard, because you do not like what they are saying or you disagree with them 用叫喊声压倒某人的讲话：*I tried to explain but they just shouted me down.* 我试图解释，可他们大喊大叫，把我的声音压下去了。◇ *The speaker was shouted down by angry protesters.* 愤怒的抗议者大叫大嚷，盖过了讲话人的声音。
• v + n/pron + adv • v + adv + n

ˌ**shout ˈout (to sb)**, ˌ**shout sth ˈout (to sb)** to suddenly say sth in a loud voice 突然（向某人）喊叫：*I shouted out to them but they didn't hear me.* 我朝他们大喊一声，可他们没听见。◇ *She shouted out a warning.* 她大声发出警告。◇ *He shouted out, 'Over here!'* 他高声呼喊："在这边！"
SYN **call out (to sb), call sth out (to sb)**
• v + adv • v + adv + n • v + n/pron + adv
• v + adv + speech
▸ ˈ**shout-out** *n* an act of mentioning sb's name by a performer at a concert or by a disc jockey (= a person who plays music on the radio or at a club), in order to give a message, say hello, etc. （音乐会表演者或音乐节目主持人提到某人名字的）提名致意，问候：*A big shout-out to my boyfriend Flavio on his birthday!* 我要大声祝我男友弗莱维奥，生日快乐！

shove /ʃʌv/

ˌ**shove ˈoff** (*BrE*) used to tell sb rather rudely to go away （粗鲁的说法）滚，滚开：*Just shove off and leave me alone!* 滚远点，别烦我！
SYN **push off**
• v + adv

ˌ**shove ˈup** (*BrE*) used to ask sb to move to make a space for sb else to sit down 挪出空位：*We can get one more in if you shove up.* 你挪动一下，我们就能再坐下一个。◇ *Shove up a bit!* 稍挪一挪！
SYN **budge up** (*BrE*), **move up**
• v + adv

show /ʃəʊ; *AmE* ʃoʊ/ (showed, shown /ʃəʊn; *AmE* ʃoʊn/ or, rarely, showed)

ˌ**show sb aˈround**; ˌ**show sb aˈround sth** (*BrE also* ˌ**show sb ˈround**, ˌ**show sb ˈround sth**) to go with sb when they visit a place for the first time, showing them what is interesting 领某人参观；带某人巡视：*There are guides in the palace who will show visitors around.* 宫殿里有导游带访客参观。◇ *I'll arrange for someone to show you around the school.* 我会安排人领你参观学校。
SYN **take sb around, take sb around sth**
→ see also SHOW SB OVER STH
• v + n/pron + adv • v + n/pron + prep

ˌ**show sb ˈin**; ˌ**show sb ˈinto sth** to lead a visitor to a place where they can wait, or to the room where sb is waiting to see them 把（客人）带入（等候处或会客室）：*Sarah showed the visitors in.* 萨拉把客人们领了进来。◇ *I was shown into a waiting room.* 有人把我带到候客室。
OPP **show sb out, show sb out of sth**
• v + n/pron + adv • v + adv + n • v + n/pron + prep

ˌ**show ˈoff** (*informal, disapproving*) to try to impress other people with your abilities, wealth, intelligence, etc. 炫耀；卖弄；显摆：*Stop showing off!* 别卖弄了！◇ *Bonnie was showing off to her friends, doing handstands on the grass.* 邦妮向朋友们炫耀，在草地上做倒立。
• v + adv
▸ ˈ**show-off** *n* (*informal, disapproving*) a person who likes to impress other people with their abilities, wealth, etc. 爱炫耀的人：*You're such a show-off!* 你真会卖弄！

ˌ**show sb/sth ˈoff (to sb) 1** to try to make people pay attention to sb/sth because you are proud of them/it （向人）显示，卖弄，夸耀：*He was showing his CD collection off to his friends.* 他在向朋友展示他收集的光盘。◇ *She brought her new boyfriend along to show him off.* 她把新男友带来炫耀一番。 **2** to make sb/sth look attractive or seem interesting or exciting by showing their best features 使显得迷人；使夺目；衬托：*The black sweater showed off her figure to full advantage.* 那件黑毛衣完美地衬托出她的身材。◇ *The music shows the band off in their best light.* 音乐展现了该乐队最出色的一面。

SYNONYMS 同义词辨析

show sb/sth off

flaunt sth • **parade sb/sth** • **show sb/sth off**

These verbs all mean to show people sb/sth that you are proud of. 这些动词都表示炫耀、卖弄、夸示。

flaunt sth (*disapproving*) to show sth you are proud of to other people, in order to impress them 夸耀；卖弄：*He did not believe in flaunting his wealth.* 他不赞成炫耀自己的财富。

parade sb/sth to show sb/sth in public so that people can see them/it （当众）夸耀，炫示：*The trophy was paraded around the stadium.* 奖杯被环绕体育场当众展示。◇ *The prisoners were paraded in front of the crowd.* 因犯被押解示众。

show sb/sth off to show people sb/sth that you are proud of 炫耀；卖弄；显摆：*She wanted to show off her new husband at the party.* 她想在聚会上将新老公炫耀一番。◇ *He likes to show off how well he speaks French.* 他喜欢卖弄自己的法语。 ▸ show-off *n* : a person who tries to show off: *You're such a show-off!* 你真爱炫耀！

WHICH WORD?

Show sb/sth off can be either approving or disapproving, but **flaunt sth** is nearly always disapproving. **Flaunt** is most commonly used with words relating to money, such as *wealth*, *prosperity* and *possessions*, but it is also often used with words for parts of the body and relationships * show sb / sth off 可褒可贬，但 flaunt sth 几乎总是带有贬义。flaunt 往往用于钱财类词语，例如 wealth （财富）、prosperity （繁荣）和 possessions （财产），但也常用于表示身体部位和关系的词语：*He wore a tight T-shirt which really showed off his muscles.* 他穿了件紧身 T 恤衫，使他的肌肉十分清晰地显现出来。 People **parade** things either because they are proud of them and want to impress other people, or because they want to make other people feel ashamed. 人们 parade 某事物，或表示因引以为傲而向人炫耀，或表示意图使他人感到羞惭。

PATTERNS AND COLLOCATIONS

- to show off/flaunt/parade sth **in front of** sb
- to show off/flaunt your **wealth/possessions**
- to show off/flaunt your **body/breasts**
- to show off/parade your **knowledge/skills/talents/medals**

• v + n/pron + adv • v + adv + n

ˌshow sb ˈout; **ˌshow sb ˈout of sth** to lead a visitor to the door out of a room, a building, etc. 把（客人）送出门：*I'll show you out.* 我来送送你。
OPP **show sb in, show sb into sth**
• v + n/pron + adv • v + adv + n • v + n/pron + prep

ˌshow sb ˈover sth (*BrE*) to take sb around a place they are visiting and show them what is interesting 领某人参观；带某人查看：*They showed me over the house.* 他们带我看了房子。
→ see also SHOW SB AROUND, SHOW SB AROUND STH
• v + n/pron + prep

ˌshow sb ˈround, etc. (*BrE*) → SHOW SB AROUND, ETC.

ˌshow ˈthrough; **ˌshow ˈthrough sth** to be visible through sth or behind sth （从…中）透出，显出，透视：*This paper is so thin the ink shows through.* 这纸薄得能透墨迹。◇ *His skull showed through his thin hair.* 他的脑壳在稀疏的头发下清晰可见。◇ *When he spoke, his bitterness showed through.* 他的言语流露出内心的酸楚。
• v + adv • v + prep

ˌshow ˈup (*informal*) to arrive or appear at the place you have arranged 如约赶到；出现；露面：*She finally showed up at lunchtime.* 午饭时分她终于赶来了。◇ *I arranged to meet him but he didn't show up.* 我约了和他见面，可他没来。
SYN **turn up** ⊃ note at TURN UP
• v + adv

ˌshow ˈup; **ˌshow sth ˈup** to become or to make sth easy to see （使）惹眼，显眼，显而易见：*His striped tie showed up well against his dark red shirt.* 他的条纹领带搭配深红色的衬衫显得十分醒目。◇ *Something odd has shown up on the X-ray.* * X 光片显示有些异常。◇ *Her lack of experience was shown up by the test.* 她缺乏经验，这在测试中看得出来。
• v + adv • v + adv + n • v + n/pron + adv

ˌshow sb ˈup (*informal*) to make sb else feel embarrassed by behaving badly or by doing sth better than them 使难堪（或尴尬、丢脸等）；使下不了台：*He said I'd shown him up in front of his friends.* 他说我弄得他在朋友面前下不了台。◇ *You really showed me up by snoring during the concert!* 你在音乐会上鼾声连连，真给我丢脸！◇ *Don't worry about being shown up by the kids.* 不要顾虑输给孩子们没面子。
• v + n/pron + adv • v + adv + n

ˌshow sb/sth ˈup as/for sth to show what sb/sth is really like, when this is worse than people thought 揭露；揭示…为…：*The book shows her up for what she really is: a fraud.* 这本书揭穿了她的真面目——一个骗

子。◇ *We were shown up as the second-rate team that we were.* 我们暴露出了二流球队的真实水平。
◆ v + n/pron + adv + prep

shower /ˈʃaʊə(r)/
ˌshower ˈdown; ˌshower ˈdown on sb/sth; ˈshower on sb/sth; ˌshower sth ˈdown on sb/sth; ˈshower sth on sb/sth to fall onto sb/sth, especially in a lot of small pieces （雨点般）落在…上；洒落：*Volcanic ash showered down on the town after the eruption.* 火山喷发之后，小城落了一层火山灰。◇ *The bottle broke and showered glass fragments on us.* 瓶子炸了，溅得我们满身都是玻璃碎片。
◆ v + adv ◆ v + adv + prep ◆ v + prep ◆ v + n/pron + adv + prep ◆ v + n/pron + prep
ˈshower sb with sth to drop a lot of small things onto sb 将…向某人抛撒：*The bride and groom were showered with rice as they left the church.* 新娘新郎离开教堂时，大家向他们身上撒大米。◇ *The roof collapsed, showering us with dust and debris.* 房顶塌了，灰尘和瓦砾雨点般落到我们身上。◇ (*figurative*) *He showered her with gifts.* 他送给她大量礼物。
◆ v + n/pron + prep

shrink /ʃrɪŋk/ (**shrank** /ʃræŋk/, **shrunk** /ʃrʌŋk/ or **shrunk, shrunk**)
ˌshrink aˈway/ˈback (from sb/sth) to move backwards or away from sb/sth, especially because you are frightened or disgusted 躲避；退避；畏缩：*She shrank away from him in horror.* 她惊恐万分地躲避他。
◆ v + adv
ˈshrink from sth; ˈshrink from doing sth (*often used in negative sentences* 常用于否定句) to be unwilling to do or accept sth that you find frightening, unpleasant or immoral 畏避，逃避，回避（可怕、不快或邪恶的事）：*She recognized her responsibility and did not shrink from it.* 她意识到自己的责任，没有退缩。◇ *He shrank from confronting his son face to face.* 他避免与儿子正面冲突。◇ *She never shrank from difficult tasks.* 她从不回避难度大的工作。
OBJ **task, duty** SYN **back away from sth**
◆ v + prep

shrivel /ˈʃrɪvl/ (**-ll-**, *AmE* **-l-**)
ˌshrivel ˈup to become dry and develop deep lines because of heat, lack of water, etc. 干瘪；打蔫儿；枯萎：*The apples left on the tree had shrivelled up.* 留在树上的苹果都蔫儿了。
NOTE **Shrivel** is used on its own with a similar meaning. * shrivel 单独使用也作相近含义。
◆ v + adv
▸ **ˌshrivelled ˈup** *adj*: *shrivelled-up apples* 干瘪的苹果

shroud /ʃraʊd/
be ˈshrouded in sth **1** to be covered or hidden by sth 被…遮盖；被…掩藏：*The city was shrouded in mist.* 城市笼罩在雾霭中。◇ *furniture shrouded in dust sheets* 蒙着防尘罩的家具 **2** if information, etc. is shrouded in mystery, it is hidden or kept secret （消息等）被掩盖，被隐藏：*His family background **is shrouded in mystery**.* 他的家庭背景扑朔迷离。◇ *Their work **is shrouded in secrecy**.* 他们的工作神秘莫测。
◆ be + v + prep

shrug /ʃrʌg/ (**-gg-**)
ˌshrug sth ˈoff **1** (*also* **ˌshrug sth aˈway** *less frequent*) to push sth back or away with your shoulders 耸肩顶回（或推走）：*She shrugged off her jacket.* 她抖抖肩甩掉外套。◇ *She put her hand on his shoulder but he shrugged it away.* 她把手搭在他的肩上，可他一耸肩闪开了。 OBJ **jacket, hand** **2** (*also* **ˌshrug sth aˈside** *less frequent*) to treat sth as if it is not important 不把…当回事；对…满不在乎（或不屑一顾）：*He shrugged off all the objections I raised.* 他对我提出的所有反对意见都置之不理。◇ *Barnes is trying to shrug off an ankle injury.* 巴恩斯试图不去理会脚踝的伤。 OBJ **injury, criticism**
◆ v + adv + n ◆ v + n/pron + adv

shuck /ʃʌk/
ˌshuck sth ˈoff (*AmE*) to take off a piece of clothing in a careless way （随意地）剥去，脱去（衣服）：*He shucked off his bathrobe and got into the shower.* 他脱掉浴袍，进了淋浴房。
◆ v + adv + n ◆ v + n/pron + adv

shut /ʃʌt/ (**shutting, shut, shut**)
ˌshut sb/sth aˈway to put sb/sth in a place where other people cannot see or find them/it 把…藏起来；隔离；禁闭：*He shut the files away in the safe.* 他把文件锁在保险柜里。◇ *prisoners shut away in jail for a long time* 长期监禁的犯人
SYN **lock sb up/away; lock sth up/away**
◆ v + n/pron + adv ◆ v + adv + n
ˌshut yourself aˈway (from sb/sth) to stay in your room or go somewhere where you will be completely alone 独自躲起来；隐藏：*He shut himself away in his study to finish the book.* 他独自躲进书房把书看完。◇ *You can't just shut yourself away from the world.* 你不能把自己封闭起来，不与外界接触。
SYN **lock yourself away**
◆ v + pron + adv
🔑 **ˌshut ˈdown; ˌshut sth ˈdown** **1** to stop opening for business; to stop sth from opening （使）关张，停业，倒闭，关闭：*The mine shut down last month.* 煤矿上个月关闭了。◇ *The club was shut down by the police.* 俱乐部被警方查封了。 SYN **close down, close sth down** **2** if

a machine **shuts down**, or sb **shuts it down**, it stops working （机器）停止运转；关闭（机器）：*The machine shuts down if there's an overload.* 一超负荷，机器就停。◇ *The computer system will be shut down over the weekend.* 周末将关闭计算机系统。

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

▶ **'shutdown** *n* **1** the act of closing a factory or business, either temporarily or permanently （工厂、企业暂时或永久的）关闭，停工，歇业：*The shutdown has put hundreds out of work.* 倒闭造成几百人失业。 **2** the act of stopping a large machine from working, either temporarily or permanently （大型机器的）关闭，停转，停车：*There was a fault in the nuclear reactor's emergency shutdown procedures.* 核反应堆的紧急关停程序有错误。

,shut sb/sth 'in; ,shut sb/sth 'in sth; ,shut yourself 'in; ,shut yourself 'in sth to put sb/sth in a room, a vehicle, etc. and keep them there; to go into a room, a building, a vehicle, etc. and stay there 把…关在（房间、建筑、车辆等）里面；在…里呆着：*They shut the animals in at night.* 他们夜间把牲畜圈起来。◇ *Liz rushed out and shut herself in her room.* 利兹冲了出去，然后把自己关在房间里。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

▶ **'shut-in** *n* (*old-fashioned, AmE*) a person who cannot leave their home because they are ill/sick or cannot move easily 因生病（或行动不便）不能离家的人；卧病在家的人

'shut sth in sth to trap or injure sth by closing sth tightly around it 把…卡在（或轧在）…中：*I shut my finger in the car door.* 我的手指被车门夹伤了。

OBJ **finger**

◆ v + n/pron + prep

,shut 'off; ,shut sth 'off 1 if a machine **shuts off**, or sb **shuts it off**, it stops working （机器）停止运转；关闭（机器）：*The heating shuts off automatically at 9.30.* * 9:30 自动停止供暖。◇ *I stopped the car and shut off the engine.* 我停下车，关闭了发动机。 SYN **switch off, switch sth off; turn off, turn sth off** OPP **switch on, switch sth on; turn on, turn sth on** **2** if a supply of gas, electricity, etc. **shuts off** or sb/sth **shuts it off**, it stops flowing （煤气、水、电等）停止供应；切断，停供（煤气、水、电等）：*The water shuts off automatically when the tank is full.* 水箱加满后自动停止注水。◇ *A valve shuts off the gas when the lid is closed.* 盖子一闭合，阀门就会切断煤气。

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

▶ **'shut-off** *n* **1** a device that stops sth working or stops power, gas, etc. from flowing 关闭装置；开关；阀：*a shut-off valve* 关闭用阀门 **2** a period when power, gas, etc. is prevented from flowing 断电；断水；断煤气：*a shut-off of the water supply* 停水

,shut sb/sth 'off (from sth) to keep sb/sth separate from other people or things 使（与…）隔离；隔绝：*A range of mountains shuts Bosnia off from the Adriatic.* 波斯尼亚和亚得里亚海之间有山脉相隔。◇ *The kitchen area is shut off from the rest of the room.* 做饭的地方与房间的其他部分隔开了。

◆ v + n/pron + adv ◆ v + adv + n

,shut yourself 'off (from sb/sth) to deliberately separate yourself physically or socially from other people 躲避（尘世）；离群索居：*After her son died, she just wanted to shut herself off from the world.* 儿子死后，她只想遁世离群。

SYN **cut yourself off (from sb/sth)**

◆ v + pron + adv

,shut sb 'out 1 (*also* **,shut sb 'out of sth**) to refuse to allow a person to share your thoughts, feelings or activities 把某人排除在（…）外；拒绝与某人分享：*Don't shut me out—I want to help you.* 别闷在心里 —— 我想帮你。◇ *I was shut out of the decision-making process.* 决策过程没让我参与。◇ *When he saw her with the baby he felt shut out.* 看到她和宝宝在一起，他有一种受到排斥的感觉。 SYN **exclude sb** (*more formal*) **2** (*AmE, informal*) to stop an opponent from scoring in a game or contest （比赛中）不让（对手）得分：*They shut out the Mets in their last game.* 在上次比赛中，他们让大都会队一分未得。

◆ v + n/pron + adv ◆ v + adv + n **1** also v + n/pron + adv + prep

▶ **'shutout** *n* (*AmE, informal*) a game in which one team does not score 一方得分为零的比赛；完胜

,shut sb/sth 'out; ,shut sb/sth 'out of sth to stop sb/sth from entering a place 使不能进入（某处）；挡住；遮住：*He closed the door firmly, shutting us out of the room.* 他用力关上门，不让我们进房间。◇ *I drew the curtains to shut out the light.* 我拉上窗帘遮挡光线。

OBJ **light, noise**

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + adv + prep

,shut sth 'out; ,shut sth 'out of sth to stop yourself from having particular feelings or from thinking about particular things 克制（某种感情或想法）；不去想：*She tried to shut out all the painful memories.* 她尽力回避这一切痛苦的回忆。

OBJ **pain, memories** SYN **block sth out, block sth out of sth**

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + adv + prep

,shut yourself 'out; ,shut yourself 'out of sth to be unable to enter your home because you have closed the door and left your keys inside 把自己锁在家门外：*I've shut myself out of the house again!* 我又把自己锁在门外了！

SYN **lock yourself out, lock yourself out of sth**

◆ v + pron + adv ◆ v + pron + adv + prep

🔑 **,shut 'up** (*informal*) used to tell sb rudely to stop talking or making a noise （粗鲁的说法）

SYNONYMS 同义词辨析

shut up

be quiet • fall silent • quieten (sb/sth) down • shut (sb) up • silence sb/sth

These verbs all mean to stop talking or making a noise, or to make people stop talking. 这些动词都表示（使）住口、（使）闭嘴、（使）安静。

be quiet a way of telling sb to stop talking or making a noise （用于命令）住口，闭嘴，保持安静: *'Be quiet!' said the teacher.* "静一静！"老师说。◊ *Will you please be quiet? I'm trying to read.* 请保持安静好吗？我正要读书。

fall silent (*formal*) to stop talking or crying 住口；闭嘴；停止哭闹: *As the curtain rose, the audience fell silent.* 随着帷幕升起，观众安静了下来。

quieten (sb/sth) down to become or make sb/sth calmer or less noisy （使）安静下来；（使）平静: *Things seem to have quietened down now.* 现在事态似乎平息下来了。◊ *A night in the cells will quieten him down.* 在单人牢房关上一宿，他就不闹了。 NOTE **Quieten** can be used on its own * quieten 可单独使用: *The chatter of voices gradually quietened.* 七嘴八舌的说话声渐渐变小了。

shut (sb) up (*informal*) to stop talking or make sb stop talking; a rude way of telling sb to stop talking （使）住口，闭嘴；（粗鲁的命令）住口，闭嘴: *Just shut up and listen!* 闭嘴，听好了！◊ *Will you tell Mike to shut up?* 你叫迈克闭嘴好吗？◊ *Somebody should shut him up.* 该有人叫他闭上嘴。

silence sb/sth to make sb/sth stop speaking or making a noise; to stop sb expressing their opinions 使闭嘴；使安静；弹压，压制（意见）: *She silenced him with a glare.* 她瞪了一眼，让他默不作声了。◊ *All protest has been silenced.* 所有反对意见均遭压制。

WHICH WORD?

Be quiet and **shut up** are used to tell people to stop making a noise. **Be quiet and shut up** are not polite. **Fall silent** is used to describe what people do, not to tell them what to do. * be quiet 和 shut up 用于叫别人安静下来，是不礼貌的说法。fall silent 用于描述人的行为，而非用于命令。

PATTERNS AND COLLOCATIONS

- to **tell/ask** sb to shut up/be quiet/hush
- the audience/class/room **falls silent/quietens down**
- to hush up **an affair/a murder/an incident**
- to silence **rumours/your critics**

住口，闭嘴: *Shut up and go away!* 住口，滚开！◊ *If you'd shut up, I could hear what the speaker is saying.* 你要是闭上嘴，我就能听清演讲人说的话了。
SYN **belt up** (*BrE*)
• v + adv

ˌshut sb ˈup (*informal*) to make sb stop talking or making a noise 使住口；使闭嘴；使安静: *I couldn't shut the kids up!* 我没法让孩子们安静下来！
• v + n/pron + adv

ˌshut sb/sth ˈup (in sth), **ˌshut yourself ˈup (in sth)** to keep sb/sth in a place and prevent them/it from going anywhere; to stay in a room and not go out 把…关住；把…关在…里；呆在屋里不出去: *He had been shut up in a cell for ten years.* 他被关在牢里十年了。◊ *Shut the dog up in the shed.* 把狗关进棚子里。◊ *My father used to shut himself up with his books for days.* 我父亲过去常常连续好几天独自躲在屋里看书。
• v + n/pron + adv • v + adv + n

ˌshut sth ˈup (*especially BrE*) to close a room, house, etc. and not use it for a period of time 把（房屋等）暂时关闭: *We shut the summer house up again for another year.* 我们再次关好避暑别墅的门窗，待明年再来。

SYN **close sth up**
• v + n/pron + adv • v + adv + n

IDM **shut up ˈshop** (*BrE, informal*) to close a business permanently; to stop working for the day 关闭；停业；关张；打烊: *It's time to shut up shop and go home for the day.* 该关店回家了。

shy /ʃaɪ/ (shies, shying, shied /ʃaɪd/)

ˌshy aˈway (from sth/from doing sth) to avoid doing sth because you are nervous or frightened （因紧张或害怕而）躲避，回避: *She shies away from close friendships.* 她不愿跟人深交。◊ *Don't shy away from saying what you think.* 别吞吞吐吐的，说出你的想法吧。
• v + adv

sic (*also* sick) /sɪk/ (-cc-)

ˈsic sth on sb (*AmE, informal*) to tell a dog to attack sb 放出狗去咬某人: *Back off or I'll sic the dog on you.* 走开，不然我就放狗咬你。
OBJ **dog** SYN **set sth on sb** (*BrE*)
• v + n/pron + prep

sick /sɪk/

ˌsick sth ˈup (*BrE, informal*) to bring food up from the stomach 呕吐；吐出: *The baby sicked up her milk.* 婴儿吐奶了。

SYN **throw sth up; vomit sth** (*more formal*)
◆ v + adv + n ◆ v + n/pron + adv

'sick sth on sb (*AmE, informal*) → SIC STH ON SB

sicken /'sɪkən/

'sicken for sth (*BrE*) (*usually used in the progressive tenses* 通常用于进行时) to show signs that you may be becoming ill/sick 显露出患病迹象；像是要得病: *I feel as if I'm sickening for something.* 我感觉好像得了什么病。◇ *You look as if you're sickening for flu.* 你看上去像是要患流感。
SYN **go down with sth; get sth**
◆ v + prep

side /saɪd/

'side with sb (against sb) to support sb in an argument, a disagreement, etc. 支持某人，和某人站在一起（反对…）: *The children always sided with their mother (against their father).* 孩子们总是站在妈妈一边（反对爸爸）。
◆ v + prep

sidle /'saɪdl/

,sidle 'over/'up (to sb) to approach sb in a shy, uncertain or secret way（羞怯、犹豫或悄悄地）走向，走近（某人）: *She sidled up to him and whispered in his ear.* 她悄悄地走到他身边，对着他的耳朵低语。
◆ v + adv

sift /sɪft/

'sift sth from sth; ,sift sth 'out from sth to separate sth, usually sth you want, from a group of things 从（众多东西）中选取（拟保留的东西）；筛选；挑选: *to sift (out) the good from the bad* 去劣存优
◆ v + n/pron + prep ◆ v + adv + n + prep ◆ v + n/pron + adv + prep

,sift sth 'out to separate sth, usually sth you do not want, from a group of things 从（众多东西）中去掉（不适合的东西）；剔除；淘汰: *We need to sift out unsuitable applications.* 我们需要剔出不合格的申请表。◇ *He helped me sift out the bad songs I'd written.* 他帮我筛除了我写得不好的那些歌。
◆ v + adv + n ◆ v + n/pron + adv

,sift 'through sth (for sth) to carefully examine a large amount of sth in order to find sth important or decide what is useful 详细审查，仔细检查（以寻找某物）: *I sifted through his papers for clues.* 我认真推敲他的文件，寻找线索。◇ *The judges sifted through 8 000 entries and finally picked the winner.* 评委详细审看了8 000份参赛作品，最后评出了获奖者。◇ *This pile of reports needs to be sifted through by the end of this week.* 这一叠报告本周末之前需要审阅完毕。
◆ v + prep

sign /saɪn/

,sign sth a'way to give up your rights, property, etc. by signing a document 签字放弃，签字让与（权利、财产等）: *The artist lost millions by signing away his rights to the cartoon character he created.* 那位艺术家签字放弃了他创作的卡通人物的所有权，因此损失数百万。
OBJ **rights**
◆ v + adv + n ◆ v + n/pron + adv

'sign for sth 1 to sign a form, etc. as proof that you have received sth 签收: *The postman asked me to sign for the packet.* 邮递员要我签收小包裹。◇ *This letter hasn't been signed for.* 这封信还没人签收。 **2** (*sport*) if a player **signs for** a club, he/she formally agrees to play for that team （运动员）和球队签约，正式同意为球队效力: *When did Rooney sign for United?* 鲁尼什么时候和曼联签约的？
◆ v + prep

,sign 'in; ,sign sb 'in to write your name or the name of a guest when you arrive at an office, a club, etc. （替客人）签到: *All visitors must sign in on arrival.* 来客均须签到。◇ *You have to be signed in by a member.* 你必须由会员帮你签到。
OPP **sign out, sign sb out**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

,sign 'off 1 (*BrE*) to end a letter, email, etc. 结束写信（或电子邮件等）: *I'll sign off now and post this.* 我这就把信写完并寄出去。 **2** to end a broadcast by saying goodbye or playing a piece of music （以道别或播放乐曲的形式）结束播送，停止广播: *I'll sign off with a reminder to tune in again tomorrow.* 播音到此结束，明天请继续收听。
◆ v + adv
▶ **'sign-off** *n* a way of ending a letter, email, etc. （信件、电子邮件等的）结束语: *His letter ended with an indecipherable sign-off which could have been 'lots of love'.* 他来信的结束语难以辨认，可能是"非常爱你"。

,sign sb 'off (*BrE*) to say officially that sb is too ill/sick to work for a particular period 给…开病假: *The doctor signed him off for a week.* 医生给他开了一周的病假。 SUBJ **doctor**
◆ v + n/pron + adv ◆ v + adv + n

,sign sth 'off (*BrE*) to give your formal approval to sth, by signing your name 签字认可；签名同意: *She signed off all the invoices.* 她在所有发票上签了名。
◆ v + adv + n ◆ v + n/pron + adv

,sign 'off on sth (*AmE, informal*) to express your approval of sth formally and definitely 正式批准: *The President hasn't yet signed off on this report.* 这份报告总统还没有正式批准。
◆ v + adv + prep

,sign 'on 1 (*BrE, informal*) to sign a form stating that you are unemployed so that you

can receive payment from the government 办理失业登记（以领取失业救济金）: *He had to sign on when the factory closed.* 工厂倒闭后，他不得不办理失业登记。 **2** (*old-fashioned, AmE*) to announce the start of broadcasting for the day 开始广播: *This is Jack Grainger signing on.* 我是杰克·格兰杰，现在开始播音。
◆ v + adv

ˌsign ˈon; ˌsign sb ˈon: *Eric has been signed on for the team as goalkeeper.* 埃里克和球队签了约，司职守门员。◇ *Shall I sign you on for the painting class?* 我要不要替你报名上美术班？◇ *I tried to sign on as a medical assistant.* 我想报名当医务助理。 → SIGN UP, SIGN SB UP
◆ v + adv ◆ v + n/pron + adv

ˌsign ˈout; ˌsign sb ˈout to write your name or the name of a guest when you leave an office, a club, etc. （替客人）签退，签字离开: *Don't forget to sign out when you go.* 离开时别忘了签退。◇ *You must sign your guests out when they leave the club.* 客人离开俱乐部，你必须替他们签退。
OPP **sign in, sign sb in**
◆ v + adv ◆ v + n/pron + adv

ˌsign sth ˈout to sign a document to say officially that sth can be removed from a place or that you have taken it 签字（同意）取走（或带出）: *There is no record of the file being signed out again.* 没有文件再次借出的签字。
◆ v + n/pron + adv ◆ v + adv + n

ˌsign sth ˈover (to sb) to give your rights or property to sb else by signing a document 签字转让（权利或财产）: *He signed the house over to his daughter.* 他签署文件，把房产过户到了女儿名下。
◆ v + n/pron + adv ◆ v + adv + n

ˌsign ˈup; ˌsign sb ˈup (*also* **ˌsign ˈon, ˌsign sb ˈon** *less frequent*) **1 (with/for sb)** to sign a document saying that you agree to work for sb, play for their team, etc.; to persuade sb to do this 签约受雇; 签约雇用: *She's signed up with an employment agency.* 她已签约就职于一家职业介绍所。◇ *We've signed up three new players.* 我们签约聘用了三名新队员。◇ *Who has been signed up to star in the new movie?* 谁签约主演新电影了？ **2 (for sth)** to arrange to do a course of study by adding your name or sb else's name to the list of people doing it （帮某人）报名、注册（上某课程）: *I've signed up for a pottery course.* 我已经报名上陶艺班。◇ *Shall I sign you up for the workshop too?* 我要不要也替你报名参加讲习班？ **3** to agree to become a member of the armed forces; to persuade sb to do this （使）报名入伍: *He tried to sign up when he was only fifteen.* 他刚十五岁就想报名参军。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

silt /sɪlt/

NOTE **Silt** is sand, mud, etc. that has been brought by flowing water. * silt 指泥沙、淤泥等。

ˌsilt ˈup; ˌsilt sth ˈup to become blocked with silt; to block sth in this way （使）淤塞: *The old harbour has silted up.* 老港口已经淤塞了。◇ *Mud is silting up the stream.* 泥沙淤积，阻塞了河道。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

simmer /ˈsɪmə(r)/

ˌsimmer ˈdown (*informal*) to become calm after a period of anger, excitement, violence, etc. 缓和下来; 平静下来: *Just simmer down and we'll discuss this calmly.* 先平静一下，然后我们心平气和地谈谈这件事。
SYN **cool down, calm down**
◆ v + adv

sing /sɪŋ/ (sang /sæŋ/, sung /sʌŋ/)

ˌsing aˈlong (with sb/sth), ˌsing aˈlong (to sth) to sing together with sb who is already singing or while a record, radio, or musical instrument is playing 随着（某人、唱片、广播或乐器）唱: *He sang along with the CD.* 他跟着播放的音乐光盘唱歌。◇ *We sang along to all the songs.* 我们跟唱了所有的歌曲。
◆ v + adv
▸ **ˈsingalong** *n* an informal occasion at which people sing songs together 众人自娱歌唱聚会: *We had a great singalong in the pub last night.* 我们昨晚在酒吧齐声跟唱，妙极了。

ˌsing ˈout; ˌsing sth ˈout to sing or say sth clearly and loudly 叫出; 唱出: *Sing out so that everyone can hear.* 亮开嗓门唱，让大家都能听见。◇ *If you need anything, just sing out.* 需要什么就喊一声。
◆ v + adv ◆ v + adv + speech ◆ v + adv + n ◆ v + n/pron + adv

ˌsing ˈup (*BrE*) to sing more loudly 更大声地唱; 放开嗓门唱: *Sing up, I can't hear you.* 大点声唱，我听不见。
◆ v + adv

single /ˈsɪŋgl/

ˌsingle sb/sth ˈout (for sth/as sb/sth) to choose sb/sth from among a group for special comment or treatment （为某事）单独挑出; 单独选出…（作为…）: *They singled her out for particular praise.* 他们特别表扬了她。◇ *He was singled out as the best student.* 他被评选为最佳学生。
NOTE Often used in the passive 常用于被动语态: *Why had Aidan been singled out for special treatment?* 为什么对艾丹特殊对待？
◆ v + adv + n ◆ v + n/pron + adv

sink /sɪŋk/ (sank /sæŋk/, sunk /sʌŋk/ or (*less frequent*) sunk, sunk)

ˌsink ˈback (into sth) to move or fall backwards, or lie down, especially when you are feeling tired 向后靠，向后倒（在…上）; 躺下: *She sank back into her chair.* 她向后一倒坐进椅子里。◇ *He sank back against the pillows, exhausted.* 他筋疲力尽地靠到枕头上。
◆ v + adv

ˌsink ˈin; ˌsink ˈinto sth 1 (of liquids 液体) to go down into another substance 渗透；渗入…中: *Apply the moisturizer and let it sink in.* 涂上润肤霜，让它渗进肌肤。◇ *The rain sank into the dry ground.* 雨水渗进了干旱的土地里。
SYN **be absorbed (into sth) 2** (of words, etc. 话语等) to be fully understood or realized 被完全理解；被吸收；消化: *It took a while for the news to sink in.* 过了一段时间，人们才完全明白这则消息。◇ *He paused to let his words sink into her brain.* 他停了一下，好让她充分领会他的意思。 SUBJ **words, news, meaning**
◆ v + adv

IDM **be ˈsunk in sth** to be in a state of unhappiness or deep thought 闷闷不乐；陷入沉思: *She just sat there, sunk in thought.* 她只是坐在那儿沉思。

ˈsink into sth to go gradually into a less active, happy or pleasant state 渐渐进入（不活跃或消沉、不快乐的状态）：*She sank into a deep sleep.* 她沉沉睡去。◇ *He sank deeper into depression.* 他越来越忧郁。
OBJ **depression** SYN **descend into sth** (*more formal*)
◆ v + prep

ˌsink ˈinto sth; ˌsink sth ˈinto sth to go deep into sth solid, to make sth sharp do this （把…）插入: *Sharp teeth sank into his arm.* 尖利的牙齿咬住了他的胳膊。◇ *The dog sank its teeth into my leg.* 狗猛咬我的腿。
◆ v + prep ◆ v + n/pron + prep

ˌsink sth ˈinto sth to spend a lot of money on a business or an activity, for example in order to make money from it in the future 把（资金）投入（企业或活动）：*We sank all our savings into the new company.* 我们把所有的积蓄都投进了新公司。
OBJ **a fortune** SYN **plough sth into sth**
◆ v + n/pron + prep

sip /sɪp/ (-pp-)

ˈsip at sth to drink sth slowly, taking a very small amount each time 小口小口地喝；浅啜；抿: *She sipped at her coffee.* 她一点一点地抿咖啡。
OBJ **drink**
◆ v + prep

siphon (*also* syphon) /ˈsaɪfn/

ˌsiphon sth ˈoff (from sth) (*informal*) to move money or resources from one place to another, usually illegally （非法）将（金钱或资源）抽走（或转移）：*She siphoned off profits into her own bank account.* 她擅自将盈利转到了她本人的银行账户上。
OBJ **money, funds** SYN **divert sth** (*more formal*)
◆ v + adv + n ◆ v + n/pron + adv

sit /sɪt/ (sitting, sat, sat /sæt/)

ˌsit aˈround; ˌsit aˈround sth (*BrE also* **ˌsit aˈbout/ˈround, ˌsit aˈbout/ˈround sth**) to spend time sitting down doing very little 无所事事地坐着；（在…）闲坐: *I'm far too busy to sit around here all day.* 我忙得很，没空在这儿成天闲坐着。◇ *We sat about talking for most of the morning.* 我们大半上午都坐着闲聊。◇ *All we could do was sit around and wait.* 我们能做的就是无聊地坐着等。◇ *They were sitting around the house chatting.* 他们闲散地坐在屋里聊天。
◆ v + adv ◆ v + prep

ˌsit ˈback 1 to sit or lean comfortably in a chair 舒服地（在椅子上）坐着（或倚靠着）：*He sat back in his chair and closed his eyes.* 他惬意地坐在椅子上，闭上了眼睛。 **2 (and do sth)** to relax, especially by not getting too involved in or anxious about sth 放松下来（做某事）：*Now all the work's done we can **sit back and** enjoy things!* 活儿全干完了，我们可以尽情玩啦！◇ *Are you going to sit back and let me do everything?* 你打算在一旁歇着，让我包揽所有的活儿？
◆ v + adv

ˌsit ˈby to do nothing to stop sth bad or unpleasant happening 坐视不管；袖手旁观；无动于衷: *I'm not going to sit by and let an innocent man go to jail.* 我不会坐视一个无辜的人去坐牢。
SYN **stand by**
◆ v + adv

🔑 **ˌsit ˈdown 1** to lower your body until you are sitting on a chair, etc. 坐下；就座: *Please sit down!* 请坐！◇ *We sat down on the sofa.* 我们在沙发上坐下。◇ *When everyone was sitting down, he began.* 大家还没落座，他就开始了。
→ see also SIT YOURSELF DOWN **2 (and do sth)** to give time and attention to sth in order to try to solve a problem or achieve sth 坐下来全神贯注（做某事）：*We've never actually **sat down and** talked the problem through.* 我们从来没有坐下来专心讨论过这个问题。 **3 (with sb)** to meet with sb to discuss sth （与某人）会面，面谈，会晤: *If you're feeling undervalued, it might be a good idea to sit down with your boss and talk about it.* 你要是觉得未受重用，跟老板面谈一下也许是个好主意。
◆ v + adv

▸ **ˈsit-down** *n* **1** [C] a strike, protest, etc. involving people sitting down and refusing to leave a place 静坐罢工；静坐抗议: *to stage a sit-down* 发起静坐请愿◇ *a sit-down protest* 静坐抗议 **2** [sing.] (*BrE, informal*) a short rest while sitting 坐着休息: *I need a sit-down.* 我需要坐下休息一会儿。 **3** [C] (*AmE*) a meeting to discuss sth 会面讨论；会晤: *Oprah will host a sit-down with some of Hollywood's hottest stars.* 奥普拉将主持一档访谈节目，受访者是好莱坞最走红的一些明星。

▸ **ˈsit-down** *adj* [only before noun] a sit-down meal, etc. is one where people sit on chairs instead of standing up （饭菜等）坐着吃的；坐着进行的

ˌsit ˈsb down to help or persuade sb to sit down either for a rest or to discuss sth 扶着某人坐下，说服某人坐下（休息或讨论）：*She sat him down in front of the fire.* 她扶他坐在炉火前。◇ *We need to sit him down and explain the*

SYNONYMS 同义词辨析

sit down

be seated • **sit (yourself) down** • **take a seat**

These verbs all mean to rest your weight on your bottom with your back upright, for example on a chair. 这些动词都表示就座、坐下。

- **be seated** (*formal*) to be sitting 坐下；就座：*She was seated at the head of the table.* 她坐在首席。◇ *Wait until all the guests are seated.* 等到所有客人都落座。 NOTE **Be seated** is often used as a formal way of inviting sb to sit down * be seated 常用于正式邀请他人入座：*Please be seated.* 请坐。
- **sit (yourself) down** to move from a standing position to a sitting position 坐下；就座：*Please sit down.* 请坐。◇ *He sat down on the bed.* 他在床上坐下。◇ *Come in and sit yourselves down.* 进来坐坐吧。 NOTE **Sit** can be used on its own * sit 可单独使用：*May I sit here?* 我可以坐这儿吗？
- **take a seat** to sit down 坐下；就座 NOTE **Take a seat** is used especially as a polite way of inviting sb to sit down * take a seat 尤用于礼貌邀请他人入座：*Please take a seat. I'll be with you shortly.* 请坐，我马上来陪你。

WHICH WORD?

All of these are used to ask people to sit. **(Please) be seated** is the most formal, and **sit yourself down** is the least formal. **Sit, be sitting** and **be seated** can also refer to the position sb is in 所有这些动词都用于邀请他人入座。(please) be seated 最正式，sit yourself down 最不正式。sit、be sitting 和 be seated 也可指某人所坐的位置：*He sat and stared at the letter in front of him.* 他坐下目不转睛地盯着面前的信。◇ *Where were you sitting?* 当时你坐在哪儿？◇ *We were seated in the front row.* 我们坐在前排。

PATTERNS AND COLLOCATIONS

- to sit/sit down/be seated/take a seat **on/in** sth
- to sit/sit down/be seated **astride** sth
- to sit/sit down/be seated/take a seat **beside/opposite/next to** sb/sth

situation. 我们得让他坐下来解释一下情况。
NOTE Not used in the passive. 不用于被动语态。
• v + n/pron + adv

ˌsit yourself ˈdown (*informal*) to lower your body until you are sitting on a chair, etc. 坐下；就座：*Come in and sit yourself down.* 进来坐下吧。
→ see also SIT DOWN 1
• v + pron + adv

ˈsit for sb/sth to be a model for an artist or a photographer 为…做模特：*She sat for some of the most famous artists of her day.* 她为她那个时代一些最知名的艺术家当过模特。
• v + prep

ˌsit ˈin (on sth) to attend a meeting, a class, etc. to watch it, not to take part 列席（会议）；旁听（课程）：*I was allowed to sit in on the meeting.* 我获准列席会议。◇ *I sat in on some English classes.* 我旁听了一些英语课。
• v + adv
▸ **ˈsit-in** *n* a form of protest in which people refuse to leave a factory, a building, etc.（拒绝离开工厂、建筑物等的）静坐示威，静坐抗议：*Workers decided to stage a sit-in.* 工人们决定发起静坐罢工。

ˌsit ˈin for sb to do sb's job or perform sb's duties while they are away 代某人顶班；替某人履行职责：*The chief reporter often sat in for George as editor.* 主任记者常顶替乔治做编辑。
SYN **stand in for sb**
• v + adv + prep

ˈsit on sth 1 to be a member of a group of people such as a committee 是（委员会等）的成员：*How many people sit on the committee?* 委员会有多少成员？◇ *My mother sat on the jury during a famous murder trial.* 我母亲曾经是一宗有名的谋杀案审判的陪审团成员。 OBJ **committee, council 2** (*informal*) to do nothing about a letter, report, etc. that sb has sent you 拖延办理；积压，搁置（信函、报告等）：*They've been sitting on my application for a month now.* 他们压着我的申请未加处理已有一个月了。
• v + prep
IDM **sit on the ˈfence** to avoid becoming involved in deciding or influencing sth 骑墙观望；保持中立：*You can't go on sitting on the fence trying not to upset anybody.* 你不能继续持观望态度，谁都不想得罪。 **(be) sitting on a ˈfortune/ˈgold mine** (*informal*) to own sth very valuable, often when you do not realize it（在不知不觉中）坐拥财富／金矿，拥有珍品：*His paintings are in great demand. If you have one, you could be sitting on a gold mine.* 他的画作很抢手。你要是有一幅，那可就发财了。

ˌsit ˈout to sit outside somewhere rather than inside 坐在外面：*It's too cold now to sit out.* 这会儿在外面坐着太冷了。◇ *Let's sit out on the balcony.* 咱们到阳台去坐吧。
• v + adv

ˌsit sth ˈout 1 to not take part in a dance, game or other activity 坐在一旁不参加（跳舞、游戏等活动）：*I think I'm going to sit*

this one out. 这一曲我不想跳了。 OBJ **dance 2** to stay in a place and wait for sth unpleasant or boring to finish 耐心等候（不快或乏味的事情）结束；挨到…结束：*to sit out a recession/slump/war* 熬过经济衰退 / 萧条期 / 战争◇ *We'll just have to* ***sit it out*** *here until things improve.* 我们只好一直在这儿耐着性子熬到事情有转机。

NOTE Not used in the passive. 不用于被动语态。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

'sit over sth to have a meal or a drink in a slow relaxed way （悠闲地）吃（或喝）：*We sat over breakfast and planned the day ahead.* 我们慢悠悠地吃着早餐，安排一天的日程。

OBJ **breakfast, dinner, etc.**

◆ v + prep

,sit 'round; ,sit 'round sth (*BrE*) → SIT AROUND, SIT AROUND STH

'sit through sth to stay until the end of a performance, speech, meeting, etc. that you think is boring or too long 一直坐到（冗长的演出、演讲、会议等）结束：*We had to sit through a whole dinner without a cigarette.* 我们一根烟都不能抽，一直熬到晚餐结束。◇ *I can't sit through four hours of Shakespeare!* 我可没耐心看完四个小时的莎士比亚戏剧！

◆ v + prep

,sit 'up 1 to be or to move yourself into a sitting position, for example, from lying down 坐起来；坐直：*He sat up, turned the light on, and looked at his watch.* 他坐起来开灯，看了看表。◇ *Do you feel well enough to sit up yet?* 你感觉怎么样，能坐起来了吗？ **2** to not go to bed until later than usual 熬夜；迟睡：*We sat up late watching a movie.* 我们熬夜看了场电影。 SYN **stay up 3 (and do sth)** to suddenly give your attention to sth （突然）关注起来，警觉起来：*We need an advert that will make people* ***sit up and take notice.*** 我们需要一个吸引人眼球的广告。◇ *This will make them sit up and listen.* 这样他们就会聚精会神用心听。

◆ v + adv

▶ **'sit-up** *n* an exercise in which you move from lying down to a sitting position 仰卧起坐：*I do about sixty sit-ups a day.* 我每天做大约六十个仰卧起坐。

,sit sb 'up to move sb from lying to a sitting position 让…坐起来：*She sat the baby up in the pram.* 她把孩子放在婴儿车里坐着。

◆ v + n/pron + adv

size /saɪz/

,size sb/sth 'up (*informal*) to form a judgement or an opinion of sb/sth 估计；估量；揣度；判断：*The two opponents were sizing each other up.* 两个对手相互打量着。◇ *I sized up the situation very quickly.* 我很快对形势作出了判断。

OBJ **situation** SYN **sum sb/sth up (as sb/sth)**

◆ v + n/pron + adv ◆ v + adv + n

skate /skeɪt/

,skate 'over/a'round sth (*BrE also* **,skate 'round sth**) to talk about sth difficult or embarrassing quickly, without giving attention to details 把（困难或尴尬的事）轻轻带过；对…轻描淡写：*She skated over the next part of her story.* 她对自己经历的下一个片段一带而过。

◆ v + prep

sketch /sketʃ/

,sketch sth 'in 1 to give more information or details about sth 补充说明；给…补充细节：*He sketched in the background to the case.* 他补充说明了此个案的背景。◇ *I'll sketch in the details later for you.* 我以后给你补上细节。◇ *You need to sketch in his character a little more.* 对他的性格你应当刻画得再细致一些。

OBJ **background, history 2** to add sth to a drawing quickly or roughly （给图画）略加几笔：*She sketched in a few more trees.* 她又粗略地画了几棵树。◇ *I sketched in the outline of the house.* 我又草草勾画了房子的轮廓。

◆ v + adv + n ◆ v + n/pron + adv

,sketch sth 'out 1 to draw all the main features of sth without showing exact details 画出…的草图：*He sketched out some preliminary designs.* 他简单地勾画了几个初步的设计。 **2** to give a brief general description of a plan or an idea 简述；概述；草拟：*She sketched out the plots of her novels in an exercise book.* 她在练习册上勾勒了她小说的情节。 SYN **outline sth** (*more formal*)

◆ v + adv + n ◆ v + n/pron + adv

skim /skɪm/ (-mm-)

,skim sth 'off 1 to remove a substance such as fat from the surface of a liquid 撇去（液体表面的油脂等）：*Skim off the fat and reheat the stew.* 把油撇掉后，再把炖菜热一热。 **2** to take the best part of sth for yourself, often in an unfair or dishonest way 提取，攫取，捞取（精华部分）：*She's been skimming off a percentage of the profits for years.* 她多年来一直在捞取一定份额的利润。

◆ v + adv + n ◆ v + n/pron + adv

,skim 'through sth to read sth very quickly in order to get a general impression or to find a particular point 浏览；粗略地读：*I only had time to skim through the report.* 我只来得及浮光掠影地看一遍报告。◇ *He skimmed through the article trying to find his name.* 他浏览了一下文章，想找到自己的名字。

OBJ **book, letter**

◆ v + prep

skimp /skɪmp/

'skimp on sth to spend less money or time on sth than is normal or necessary 节省（金钱或时间）；省吃俭用：*Older people shouldn't skimp on food or heating.* 老年人不应过分吝惜食品或取暖方面的开销。

SYN **hold back on sth**
◆ v + prep

skin /skɪn/

ˌskin ˈup (*informal*) to make a cigarette containing an illegal drug (**marijuana**) （给香烟）掺入（大麻）
◆ v + adv

skip /skɪp/ (-pp-)

ˌskip ˈoff (*BrE*) (*also* **ˌskip ˈout** *AmE*, *BrE*) (*informal*) to leave a place secretly or suddenly, especially for a dishonest reason, for example to avoid paying for sth （尤指出于不正当的原因）突然离去，溜走：*They skipped off without paying.* 他们没付钱就溜了。
◆ v + adv

ˌskip ˈout on sb/sth (*AmE*, *informal*) to leave sb, especially when they need you; to try to avoid a difficult situation by leaving a place （尤指不顾某人）离开，溜走；（为摆脱困境）逃避，远遁：*He just skipped out on his wife leaving her with four kids to take care of.* 他撇下妻子跑了，留下四个孩子让她照料。◇ *He was found 22 years after he skipped out on drugs charges.* 他因被控藏毒负罪潜逃，22年后被找到了。
SYN **run out on sb** (*especially BrE*)
◆ v + adv + prep

skirt /skɜːt; *AmE* skɜːrt/

ˌskirt aˈround sth (*BrE also* **ˌskirt ˈround sth**) **1** to be or move around the edge 环绕在…的边缘；位于…的四周：*We skirted around the pond and crossed the bridge.* 我们沿着池塘边走，然后过了桥。 **2** to avoid discussing or dealing with a difficult or embarrassing subject 回避，绕开（话题）：*She tactfully skirted around the subject of money.* 她巧妙避开了涉及钱的话题。◇ *The issue was skirted around for years.* 这个问题被回避很多年了。 OBJ **subject, question**
NOTE **Skirt sth** is also used on its own with both these meanings * skirt sth 单独使用也作这两种含义：*the road that skirted the lake* 环绕湖滨的道路◇ *to skirt laws/duties* 逃避法律 / 职责
◆ v + prep

skive /skaɪv/

ˌskive ˈoff; **ˌskive ˈoff sth** (*BrE*, *informal*) to avoid work or school by staying away or leaving early 旷工；逃学；早退：*I can skive off for a few hours.* 我可以提前几个小时溜出来。◇ *I decided to skive off school.* 我决定不去上学。
OBJ **school, work** SYN **bunk off, bunk off sth** (*BrE*)
NOTE **Skive** can also be used on its own, but not *skive sth* * skive 单独使用也作此义，但不能用 skive sth: *Where's Tom? I expect he's skiving again!* 汤姆在哪儿？我想他又溜了吧！
◆ v + adv ◆ v + prep

slack /slæk/

ˌslack ˈoff to do sth more slowly or work less hard than before 松懈；放松；懈怠：*We can't slack off until everything is finished.* 等一切都完成了，我们才能松劲儿。
SYN **ease off**
◆ v + adv

slacken /ˈslækən/

ˌslacken ˈoff to become less busy or active 闲下来；变懒散：*We've been really busy, but things are starting to slacken off now.* 我们忙极了，不过现在事情开始减少了。
◆ v + adv

slag /slæg/ (-gg-)

ˌslag sb/sth ˈoff (*BrE*, *slang*) to criticize sb/sth in a cruel, unkind way 诋毁；贬损；辱骂：*He's always slagging his brother off.* 他老损他的弟弟。
SYN **run sb/sth down** (*BrE*), **cut sb/sth down** (*AmE*, *more formal*)
◆ v + n/pron + adv ◆ v + adv + n

slam /slæm/ (-mm-)

ˌslam aˈgainst sb/sth, etc. → SLAM INTO/AGAINST SB/STH, ETC.

ˌslam sth ˈdown (**on/onto sth**) to put sth down with a lot of force, especially when you are angry 猛力放下，砰地摔下（落在…上）：*She slammed the book down on the table.* 她把书摔在桌子上。◇ *I slammed down the phone* (= put the receiver down and ended the phone conversation) *in a rage.* 我愤怒地摔了电话。
OBJ **phone, receiver**
◆ v + n/pron + adv ◆ v + adv + n

ˌslam ˈinto/aˈgainst sb/sth; **ˌslam sb/sth ˈinto/aˈgainst sb/sth** to crash, or to make sth crash, into sth with a lot of force （使）重重撞上，猛撞到：*The jeep slammed into the wall.* 吉普车撞到了墙上。◇ *In the crash she was slammed against the back of the seat.* 撞车时她被甩到了座位靠背上。 ➲ note at CRASH INTO SB/STH
◆ v + prep ◆ v + n/pron + prep

ˌslam sth ˈon if you **slam on the brakes** of a vehicle, you operate them suddenly and with force 用力踩（刹车）：*A child suddenly ran out into the road and I had to slam on the brakes.* 一个小孩突然跑上公路，我只好猛踩刹车。
OBJ only **brakes** SYN **jam sth on**
◆ v + adv + n ◆ v + n/pron + adv

slap /slæp/ (-pp-)

ˌslap sb aˈbout/aˈround (*informal*, *especially BrE*) to hit sb regularly or often, used especially of a man hitting a woman 常常打，动辄殴打（尤指男性打女性）：*He used to come back drunk and slap his wife around.* 他过去经常醉醺醺地回家打他老婆。

SYN **knock sb around**
◆ v + n/pron + adv

ˌslap sb ˈdown (*informal*) to criticize sb or their ideas or suggestions in an unfair way, often in public （公开且不公平地）奚落，指责，责骂：*He tried to object, but was immediately slapped down.* 他想表示反对，可立即遭到了喝止。◇ *If you ask a question, she just slaps you down.* 你要是提个问题，她就会把你痛批一顿。
SYN **cut sb down** (*AmE*)
◆ v + n/pron + adv ◆ v + adv + n

ˌslap sth ˈdown (on/onto sth) to put sth onto a surface in a quick and often noisy way, especially because you are angry 啪的一声把…放下（落在…上）：*He slapped down a copy of the book on the table.* 他把一册书猛地丢到桌子上。
◆ v + n/pron + adv ◆ v + adv + n

ˌslap sth ˈon; ˈslap sth on sb/sth (*informal*) to announce suddenly that sb must have a punishment, obey a new rule, etc., often when this is unfair 突然强制实行（惩罚）；突然强迫遵守（新规则等）：*Judges have been slapping on longer prison sentences.* 法官量刑时一直是选择判处较长的刑期。◇ *The government slapped a new tax on high earners.* 政府突然对高收入者强制征收新税。
◆ v + n/pron + prep

ˌslap sth ˈon; ˌslap sth ˈon/ˈonto sth (*informal*) to spread a substance on a surface quickly and carelessly （在…上）随意涂抹，胡涂乱抹：*I'd better slap some make-up on before I go out.* 出去前我得简单化化妆。
OBJ **paint, make-up**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌslap sth on sth (*informal*) to increase the price of sth suddenly 突然把（价格）提高…：*They've slapped 50p on the price of cigarettes.* 他们把烟价一下子提高了 50 便士。
◆ v + n/pron + prep

ˌslap sth ˈonto sth → SLAP STH ON, SLAP STH ON/ONTO STH

ˌslap sb ˈup (*slang*) to hit sb hard with your hand, many times （接连不断地用手）猛打，猛拍，猛掴
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

slash /slæʃ/

ˈslash at sb/sth (with sth) to attack sb violently with a knife, etc. and try to cut them/it （用刀等）猛砍，猛击：*He slashed at his opponent's face with a knife.* 他用刀子猛划对手的脸。
◆ v + prep

slave /sleɪv/

ˌslave aˈway (at sth) (*usually used in the progressive tenses* 通常用于进行时) used to emphasize how hard you are working, especially when you think people do not recognize this or feel grateful （默默地）辛苦劳作，做苦工：*I've been slaving away all day trying to get this work finished.* 我拼命忙了一整天，想把这活儿干完。
◆ v + adv

sleep /sliːp/ (slept, slept /slept/)

ˌsleep aˈround (*informal, disapproving*) to have sex with many different partners 到处跟人睡觉；乱搞性关系；滥交
◆ v + adv

ˌsleep ˈin 1 to remain in bed longer than usual in the morning （比平常）迟起；睡懒觉：*She usually sleeps in on Sundays.* 她星期天通常睡懒觉。SYN **lie in** (*BrE, informal*) **2** (*ScotE*) to sleep longer than you intended （比预定）迟起；睡过头：*I slept in and missed the bus.* 我睡过了头，误了公共汽车。SYN **oversleep**
◆ v + adv

ˌsleep sth ˈoff to get better after sth, especially drinking too much alcohol, by sleeping 以睡眠消除，睡一觉熬过（尤指酒劲）：*He's still sleeping off yesterday's hangover.* 他还在睡觉消解昨天的宿醉呢。◇ *Go home and **sleep it off**.* 回家睡一觉恢复恢复吧。
◆ v + adv + n ◆ v + n/pron + adv

ˈsleep on sth to delay making a decision about sth until the next day so that you can think about it 把…留待次日决定；把…拖到第二天再说：*Sleep on it and let me know tomorrow.* 晚上好好想想，明天给我个答复。
◆ v + prep

ˌsleep ˈout to sleep outdoors 在户外睡；露宿：*We slept out most nights when we were in Greece.* 我们在希腊时大多露宿。
◆ v + adv

ˌsleep ˈover to stay the night at sb else's home 在别人家过夜；借宿：*The kids are sleeping over with friends.* 孩子们在朋友家过夜。◇ *It's very late now—why don't you sleep over?* 现在已经很晚了 —— 为什么不就睡这儿呢？
◆ v + adv
▶ **ˈsleepover** *n* a party for children or young people when a group of them spend the night at one house （儿童或年轻人在某人家里的）过夜聚会

ˌsleep ˈthrough sth to not be woken up by sth such as a loud noise or a lot of activity 不被（吵闹或混乱）吵醒；睡觉不受…影响：*She slept right through the thunderstorm.* 她完全没被暴风雨吵醒。◇ *I'm afraid I slept through the alarm.* 恐怕闹钟没把我叫醒。◇ *Did he sleep through the whole incident?* 发生这事时自始至终他都在睡觉吗？
◆ v + prep

ˈsleep together; ˈsleep with sb (*informal*) to have sex with sb, especially sb you are not married to 和某人（尤指非配偶）发生性关系：*They have been sleeping together for months now.* 他们一块儿睡觉已经有几个月了。
◆ v + adv ◆ v + prep

slice /slaɪs/

ˌslice sth ˈoff; ˌslice sth ˈoff sth 1 to remove a thin piece of sth from sth larger by cutting （从…上）切下，割下（薄片）: *The top of his finger was sliced off in an accident.* 他的指尖在一次事故中被切掉了。◇ *She sliced a piece of meat off the joint.* 她从那一大块带骨肉上切下一片。 **2** to reduce sth by a particular amount 将…减少（某数量）；使削减: *He sliced two seconds off the world record.* 他把世界纪录缩短了两秒。

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

ˌslice ˈthrough sth (*especially BrE*) to pass through sth very easily （轻易地）切开，通过: *The axe sliced through the wood like butter.* 这把斧子劈柴如同切黄油块一样轻松。◇(*figurative*) *He sliced through all my objections.* 他轻而易举地驳倒了我的所有反对意见。

◆ v + prep

ˌslice sth ˈup to cut sth into flat thin pieces 把…切成薄片: *Would you slice the cucumber up?* 请把黄瓜切成片好吗?

◆ v + n/pron + adv ◆ v + adv + n

slick /slɪk/

ˌslick sth ˈback/ˈdown if you **slick** your hair **back/down**, you make it lie flat by putting oil, water, etc. on it 使（头发）平整光滑: *His hair was slicked back.* 他的头发梳得溜光。◇ *He still slicks down his hair with oil.* 他仍然用发油梳平头发。

OBJ **hair**

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

slim /slɪm/ (-mm-)

ˌslim ˈdown to become thinner, for example as a result of eating less （靠节食等）变苗条，减肥，瘦身: *She slimmed down to 60 kilos before her wedding.* 她在婚礼前把体重减到了 60 公斤。

SYN **trim down**

◆ v + adv

ˌslim ˈdown; ˌslim sth ˈdown to make sth, such as an organization or a company, smaller by employing fewer people, reducing the amount of work done, etc. 精简（机构）；裁减（人员）；减少（岗位）: *The coal industry has had to slim down.* 煤炭产业还得精简。◇ *The firm had to slim down its workforce.* 公司不得不裁员。◇ *a slimmed-down curriculum* 压缩了的课程

SYN **trim down, trim sth down**

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

sling /slɪŋ/

ˌsling ˈoff at sb (*AustralE, informal*) to laugh at sb in an unkind way 取笑；嘲笑；讥笑

◆ v + adv + prep

slip /slɪp/ (-pp-)

ˌslip aˈway 1 (*also* **ˌslip ˈoff**) to leave quietly without attracting attention 溜走；悄悄离开；不辞而别: *I slipped away to my room to write some letters.* 我偷偷躲进房间去写信。◇ *He managed to slip off alone for an hour.* 他设法独自溜掉了一个小时。 **2** (*also* **ˌslip ˈby**) if a period of time **slips away**, it passes more quickly than you realize （时间）不知不觉地流逝，飞逝: *She could see her childhood slipping away.* 她感到自己的童年在不经意间过去了。◇ *The afternoon slipped by.* 下午一晃就过去了。 **3 (from sb)** to disappear; to die or to stop existing 消失；消亡；死去: *He slipped away peacefully during the night.* 他夜间安详地去世了。◇ *I felt the game was slipping away from me* (= I was losing). 我感觉我这场比赛败局已定。

◆ v + adv

ˌslip ˈby 1 → SLIP AWAY 2: *Time just seemed to slip by.* 时间好像悄悄溜走了。 **2** if an opportunity, etc. **slips by**, it passes and you do not use it （机会等）溜走，失去: *I try never to let a chance to travel slip by.* 我争取不错过任何旅行机会。

◆ v + adv

ˌslip sth ˈin; ˌslip sth ˈinto sth to add sth to a speech, conversation or written text quickly or secretly （在说话或文字中）插入（几句话等）: *He usually slips a couple of jokes into his lectures.* 他讲课时常捎带穿插几个笑话。◇ *She slipped in a few comments about her boyfriend.* 她插话讲了讲她的男友。

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

ˌslip ˈinto sth 1 to put clothes on quickly and easily 迅速轻松地穿上: *I'll just slip into something more comfortable.* 我套件舒服点的衣服就行了。 OBJ **dress, shoes, etc.** OPP **slip out of sth** → see also SLIP STH OFF; SLIP STH ON **2** to pass into a particular state or situation, especially a difficult or unpleasant one 进入，陷入（尤指困难或不快的状况）: *The patient slipped into a coma.* 病人陷入了昏迷。◇ *The economy has slipped into recession.* 经济陷入衰退。 OBJ **coma, sleep, recession, debt**

◆ v + prep

ˌslip ˈoff → SLIP AWAY 1

ˌslip sth ˈoff to take clothes or shoes off quickly and easily 迅速轻松地脱下: *She slipped her shoes off by the door.* 她在门旁一下子踢掉了鞋子。◇ *Slip off your coat and I'll make some tea.* 快把外套脱了，我去沏茶。

OBJ **coat, shoes, etc.** OPP **slip sth on**

→ see also SLIP INTO STH; SLIP OUT OF STH

◆ v + n/pron + adv ◆ v + adv + n

ˌslip sth ˈon to put clothes or shoes on quickly and easily 迅速轻松地穿上: *Hold on, I'll just slip my coat on, then I'll be ready.* 等一下，我披上外套就好了。

OBJ **shoes, jacket, etc.** OPP **slip sth off**

→ see also SLIP INTO STH; SLIP OUT OF STH

◆ v + n/pron + adv ◆ v + adv + n

▸ **'slip-on** *n* [usually pl.] a shoe that you can put on and take off quickly and easily without having to tie or fasten anything 无带无扣的便鞋；懒人鞋；一脚蹬：*a pair of cheap slip-ons* 一双便宜的无带便鞋◇ *slip-on shoes* 无带便鞋

ˌslip ˈout (*informal*) if sth **slips out**, you say it when you do not intend to 无意中说出；不经意泄露：*I didn't mean to tell him—it just slipped out.* 我并不想告诉他的 —— 只是说漏嘴了。
◆ v + adv

ˌslip ˈout of sth to take off clothes quickly and easily 迅速轻松地脱下：*She slipped out of her clothes and got into the shower.* 她很快脱了衣服去冲淋浴。
OBJ **clothes, dress, etc.** OPP **slip into sth**
→ see also SLIP STH OFF; SLIP STH ON
◆ v + prep ◆ v + adv + prep

ˌslip ˈover to slide a short distance and fall 滑倒；失足：*He slipped over on the ice and broke his leg.* 他在冰上滑了一跤，摔断了腿。
◆ v + adv

ˌslip ˈthrough; **ˌslip ˈthrough sth** if sth or sb **slips through** or **slips through** a system, etc., a person or a system fails to find and deal with it/them 漏网；被漏掉；蒙混过关：*Mistakes occasionally slip through.* 偶尔有些错误会被忽略。◇ *Somehow he slipped through the company's screening process.* 他不知用何种方法混过了公司的审查程序。
◆ v + adv ◆ v + prep
IDM **(let sth) slip through your 'fingers** if sb/sth **slips through your fingers**, you fail to keep or use it/them （让…）溜走；把握不住：*The thief had slipped through their fingers yet again.* 小偷又一次从他们的眼皮底下溜走了。◇ *You've let your chances slip through your fingers.* 你已经一再错失机会。 **slip through the 'net** when sb/sth slips through the net, an organization or a system fails to find them and deal with them 漏网；被漏掉：*We tried to contact all the former students, but some slipped through the net.* 我们尽力联系所有校友，但还是遗漏了一些。

ˌslip ˈup (over sth) (*informal*) to make a careless mistake 疏忽；出纰漏：*I slipped up over the date of the meeting.* 我不小心把开会日期搞错了。◇ *He slipped up in his calculations.* 他粗枝大叶算错了。◇ *We slipped up there, didn't we?* 我们疏忽大意了，对吧？
◆ v + adv

▸ **'slip-up** *n* (*informal*) a careless mistake 粗心导致的错误；疏忽；纰漏：*One small slip-up could cost us the election.* 一个小小的失误就会让我们输掉选举。

slob /slɒb; *AmE* slɑːb/ (-bb-)

ˌslob aˈround/ˈout; **ˌslob aˈround sth** (*BrE, slang*) to spend time being lazy and doing nothing 游手好闲；无所事事；混日子：*We just slobbed out in front of the telly last night.* 我们昨晚就看了看电视打发时间。◇ *Are you going to slob around in your pyjamas all morning?* 你是不是要穿着睡衣晃荡一上午？◇ *I decided to slob around the campsite instead of going swimming.* 我决定在露营地转转，不去游泳了。
◆ v + adv ◆ v + prep

slobber /ˈslɒbə(r); *AmE* ˈslɑːb-/

ˈslobber over sb/sth (*informal*) to show, without any pride or control, how much you like or want sb/sth （毫无自尊或节制地）对…示爱：*I know he's in love with you but does he have to slobber over you in public?* 我知道他爱上了你，但是他非得在大庭广众之下对你大秀恩爱吗？
◆ v + prep

slog /slɒg; *AmE* slɑːg/ (-gg-)

ˌslog aˈway (at sth) (*informal*) to work hard and steadily at sth, especially a boring or difficult task, for a long time 勤勤恳恳地做，不辞辛劳地干（乏味或艰巨的工作）：*He slogged away at that report for weeks.* 他埋头苦干了几个星期写那份报告。
◆ v + adv

ˌslog it ˈout (*BrE, informal*) → SLUG IT OUT

ˌslog ˈthrough sth (*informal*) to work hard and steadily at sth, especially a boring or difficult task, for a long time 勤勤恳恳地做，不辞辛劳地干（乏味或艰巨的工作）：*I seem to have been slogging through this book for weeks.* 我啃这本书似乎有好几个星期了。
◆ v + prep

slop /slɒp; *AmE* slɑːp/ (-pp-)

ˌslop aˈbout/aˈround 1 **(in sth)** (of a liquid 液体) to move around in a container, often so that some liquid comes over the edge 晃荡；（常指）溢出，溅出：*Water was slopping about in the bottom of the boat.* 水在船底晃来晃去。 SYN **slosh around/about** 2 **(in sth)** to move around in water, mud, etc. （在水、泥等里）趟来趟去，走动：*She slopped around in the cooling water.* 她在凉爽的水里走来走去。 SYN **slosh around/about** 3 (*BrE, informal, disapproving*) to spend time relaxing or being lazy 休息；放松；偷懒：*She used to slop around all day in old jeans and sweatshirts.* 以前，她时常整天穿着旧牛仔裤和运动衫闲逛。
SYN **slouch about/around** (*BrE*), **hang around**
◆ v + adv

ˌslop ˈout (*BrE*) when prisoners **slop out**, they empty the containers that they use as toilets （囚犯）倒便桶
◆ v + adv

ˌslop ˈover; **ˌslop ˈover sth** (of a liquid 液体) to move around in a container so much that some liquid comes out over the edge 晃出；溅出：*Some tea had slopped over into the saucer.* 一些茶水泼到了茶托上。◇ *Water slopped over the edge of the bath.* 水从浴缸边上溢出来了。
◆ v + adv ◆ v + prep

slope /sləʊp; *AmE* sloʊp/

,**slope 'off** (*BrE, informal*) to go away, especially without being noticed, in order to avoid doing work, talking to sb, etc. 溜掉；悄悄走开；不告而别: *He always slopes off if there's any work to be done.* 一到要干活时他就开溜。◇ *Where are you trying to slope off to?* 你要躲到哪儿去？
◆ v + adv

slosh /slɒʃ; *AmE* slɑːʃ/

,**slosh a'round** (*also* ,**slosh a'bout** *especially BrE*) (**in sth**) (*informal*) **1** (of a liquid 液体) to move around noisily in a container 晃荡作响: *The water was sloshing about in the bucket.* 水在桶里哗啦哗啦地直晃荡。 SYN **slop about/around** **2** to move around noisily in sth liquid （在液体里）出声地四处移动: *The children were sloshing around in the puddles.* 孩子们在水坑里啪嗒啪嗒地踏来踩去。 SYN **slop about/around** **3** (*BrE*) (especially of money 尤指钱) to be present in large quantities 大量存在: *There seems to be lots of money sloshing around in professional tennis.* 职业网球赛可谓金钱滚滚。
◆ v + adv

slot /slɒt; *AmE* slɑːt/ (**-tt-**)

,**slot 'in**; ,**slot 'into sth** if sth **slots in** or **slots into sth**, it fits easily and exactly into a space, especially the space made or designed for it 正好插入，恰好嵌入（制作或设计好的空间）: *This bit slots in neatly just here.* 这一块正好插在这儿。◇ *This piece is meant to slot into this groove.* 这个部件应该插在这个槽里。◇ (*figurative*) *I didn't understand everything at the time, but later it all* ***slotted into place.*** 当时我并不清楚所有的事，到后来才弄明白一切。
→ see also SLOT STH IN, SLOT STH INTO STH
◆ v + adv ◆ v + prep

,**slot sb/sth 'in** to manage to find a time to see sb or to do sth 为…安排时间；抽空（见某人或做某事）: *I can slot you in tomorrow at four.* 我可以把你安排在明天四点钟。
SYN **fit sb/sth in**
◆ v + n/pron + adv ◆ v + adv + n

,**slot sth 'in**; ,**slot sth 'into sth** to put sth into a space that is available or designed for it 把…投入（已有的或设计好的空间）: *He slotted a coin into the machine.* 他往机器里投了一枚硬币。◇ (*figurative*) *The final pieces of the puzzle had been* ***slotted into place.*** 这个谜团的最后几部分终于解开了。
→ see also SLOT IN, SLOT INTO STH
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

,**slot to'gether**; ,**slot A and B to'gether** if two things **slot together**, or sb **slots them together**, they fit together easily and exactly （使）严丝合缝地拼合，完全吻合: *The base comes in sections that simply slot together.* 底座由几个部分插接而成。◇ *The parts are ready to be slotted together.* 部件可随时拼装。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

slouch /slaʊtʃ/

,**slouch a'bout/a'round**; ,**slouch a'bout/a'round sth** (*BrE, disapproving*) to spend time relaxing or being lazy 休息；放松；偷懒: *He slouches around all day reading comics.* 他优哉游哉地看了一整天的连环漫画。◇ *She wasted the day slouching about the house.* 她在屋子里无所事事地呆了一天。
SYN **slop about/around** (*BrE*), **hang around**
◆ v + adv ◆ v + prep

slough /slʌf/

,**slough sth 'off** **1** to remove or get rid of a layer of dead skin, etc. 除掉，去掉（死皮等）: *Slough off dry skin once a week.* 每周除一次干皮。 SYN **shed sth** **2** (*formal*) to get rid of sth that you no longer want 摒弃；抛弃；摆脱: *He was not able to slough off the memories of the past.* 他无法忘怀过去。◇ *Responsibilities are not sloughed off so easily.* 推卸责任绝非易事。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

slow /sləʊ; *AmE* sloʊ/

🔑,**slow 'down**; ,**slow sb/sth 'down** (*also* ,**slow 'up**, ,**slow sb/sth 'up** *less frequent*) **1** to go, or to make sb/sth go, at a slower speed （使）慢下来，减速: *Slow down, I can't keep up with you.* 慢点儿，我跟不上你。◇ *The bus slowed up as it approached the junction.* 公共汽车在驶近交叉路口时放慢了速度。◇ *The heat slowed us down.* 我们热得慢了下来。◇ *The roadworks are slowing the traffic up in the mornings.* 道路施工减缓了早晨车辆的通行速度。 **2** to be less active or develop more slowly; to make sb/sth do this （使某人）松弛；（使发展）减缓: *He looks ill, he should slow down.* 他看上去不太舒服，该放松一下了。◇ *The economy has slowed down.* 经济发展放缓了。◇ *They claim they can slow up the ageing process.* 他们声称能够延缓衰老过程。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
▶ **'slowdown** *n* **1** a decrease in the rate of activity or production （活动或生产的）减速，减退: *a slowdown in the economy* 经济放缓 **2** (*AmE*) a protest that workers make by doing their work more slowly than usual 怠工: *The union threatened a slowdown if their demands were not met.* 工会威胁说，如果不答应要求他们就怠工。

slug /slʌg/ (**-gg-**)

,**slug it 'out** (*BrE also* ,**slog it 'out**) (*informal*) to fight; to compete until sb has won 斗争；比出胜负；决一雌雄: *The two companies slugged it out for their share of the market.* 两家公司为争夺市场份额一较高下。◇ *The Democrats and the Republicans will be slugging it out in November.* 民主党和共和党将于 11 月一决胜负。
◆ v + it + adv

sluice /sluːs/

ˌ**sluice sth ˈdown/ˈout** (*especially BrE*) to wash or clean the surface of sth with large amounts of water （用水流）冲刷，洗净（表面）: *They sluice the streets down every morning.* 他们每天早晨冲洗街道。◇ *An attendant was sluicing out the changing rooms.* 一名服务员正在冲洗更衣室。
◆ v + adv + n ◆ v + n/pron + adv

smack /smæk/

ˈ**smack of sth** to seem to contain an unpleasant attitude or quality 带有（令人不快的态度）；含有（消极意味）: *His comments smack of racism.* 他的评论带有种族歧视的味道。
◆ v + prep

ˌ**smack sb ˈup** (*slang*) to hit sb hard with your hand, many times （用手连续）猛打，猛拍，猛掴
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

smart /smɑːt; *AmE* smɑːrt/

ˌ**smart ˈoff (to sb)** (*AmE, informal*) to say sth that does not show respect to sb in authority （言语）冒犯，激怒，惹恼（权威人士）: *You are more likely to get a ticket from a cop if you smart off to him or her.* 对警察说话莽撞放肆，更有可能吃罚单。
◆ v + adv

smarten /ˈsmɑːtn; *AmE* ˈsmɑːrtn/

ˌ**smarten ˈup 1** (*also* ˌ**smarten yourself ˈup**) to make yourself neater, tidier, or more attractive 打扮；收拾整洁: *You need to smarten (yourself) up before you go out.* 你应该修饰一下再出去。 **SYN** **spruce yourself up 2** (*especially AmE*) to become more clever and aware of things 变得清醒；变得精明: *You'll have to smarten up if you want to pass those exams.* 你要是想通过那些考试，脑子必须转得更快一些。
◆ v + adv **1** also v + pron + adv

ˈ**smarten sb/sth ˈup** (*especially BrE*) to make a person or a place neater, tidier or more attractive 使（人或地方）整洁起来；使光彩夺目: *The hotel has been smartened up by the new owners.* 新业主把旅馆修葺一新。◇ *She did her best to smarten her husband up.* 她竭尽全力把丈夫打扮得英俊潇洒。
SYN **spruce sb/sth up**
◆ v + adv + n ◆ v + n/pron + adv

smash /smæʃ/

ˌ**smash sth ˈdown** to make sth fall by hitting it very hard and breaking it （用力）击倒，打翻: *The police decided to smash the door down.* 警察决定破门而入。
OBJ **door**
◆ v + n/pron + adv ◆ v + adv + n

ˌ**smash sth ˈin** to make a hole in sth or destroy it by hitting it very hard （用力）打破，撞坏，毁坏: *The doll's face had been smashed in.* 玩具娃娃的脸被打瘪了。◇ (*informal*) *He threatened to **smash my head in*** (= hit my head very hard). 他威胁要砸扁我的脑袋。
OBJ **door, face, head** **SYN** **bash sth in** (*informal, especially BrE*)
◆ v + n/pron + adv ◆ v + adv + n

ˌ**smash ˈinto sb/sth** (of a vehicle or a driver 车辆或驾驶员) to hit sb/sth very hard, causing damage 猛撞上；撞毁: *The car smashed into a tree.* 汽车猛地撞到树上。◇ *I smashed into the car in front.* 我的汽车猛地撞上前面的汽车。 ➲ note at CRASH INTO SB/STH
◆ v + prep

ˌ**smash sth ˈup** to damage or destroy sth by hitting it very hard 捣毁；破坏: *A bunch of thugs broke in and smashed the place up.* 一帮暴徒闯进来把这个地方砸了个稀巴烂。◇ *He smashed his car up last week* (= he had a crash). 他上个星期把汽车撞坏了。
OBJ **car, things, place** ➲ note at BREAK STH UP
◆ v + n/pron + adv ◆ v + adv + n

smell /smel/ (**smelled, smelled,** *BrE also* **smelt, smelt** /smelt/)

🔑ˈ**smell of sth** to have the smell of sth 有…气味；散发…气味: *The baby smelled of soap and milk.* 孩子身上全是肥皂味和奶味。◇ *Can you put your cigarette out? I don't want my room smelling of smoke.* 把烟掐灭了好吗？我不希望我的房间有股烟味儿。
◆ v + prep
IDM **come up/out of sth smelling of ˈroses** (*informal*) to still have a good reputation, even though you have been involved in sth that might have given people a bad opinion of you 牵涉（丑闻等）后美名依旧；事后于名誉无损

ˌ**smell sb/sth ˈout 1** to be aware of fear, danger, trouble, etc. in a situation 觉察到，意识到（危险、麻烦等）: *He could smell out weakness in others.* 他能够抓住他人的弱点。 **2** (of dogs 狗) to find sb/sth, by smelling 凭嗅觉找到；嗅出；闻出: *The dogs are trained to smell out drugs.* 这些狗是经训练用于缉毒的。
SYN **sniff sb/sth out**
◆ v + adv + n ◆ v + n/pron + adv

ˌ**smell sth ˈout** (*BrE*) (*AmE* **smell sth ˈup**) to fill a place with an unpleasant smell 使（某处）充满难闻气味；使臭气熏天: *That fish smelt the whole house out.* 那鱼让整个房子充满腥味。◇ *I burned some milk and smelled up the whole house.* 我烧糊了牛奶，整个屋子全是一股焦味儿。
SYN **stink sth out** (*BrE*), **stink sth up** (*AmE*)
◆ v + n/pron + adv ◆ v + adv + n

smile /smaɪl/

ˈ**smile on/upon sb/sth** (*formal* or *literary*) if fortune, fate, etc. smiles on you, you are very lucky and successful （运气、命运等）垂青，厚待: *Fortune smiled on us that night and the plane landed safely.* 那天夜里我们福星高

照，飞机安全着陆了。
→ see also FROWN ON SB/STH
◆ v + prep

smoke /sməʊk; *AmE* smoʊk/

ˌsmoke sb/sth ˈout 1 to make sb/sth come out of a place by filling it with smoke 用烟熏出: *The fire is used to smoke the bees out.* 用火把蜜蜂熏出来。 **2** to find sb/sth that is causing a problem; to make sth that is secret publicly known 查出（坏人或问题根源）；揭露（秘密）；使水落石出: *The police are determined to smoke out the leaders of the gang.* 警方决心揪出犯罪团伙的头目。
◆ v + adv + n ◆ v + n/pron + adv

smooth /smuːð/

ˌsmooth sth aˈway/ˈout to reduce or remove problems and difficulties 减少，排除，克服（问题或困难）: *The group was set up to smooth away local difficulties.* 成立这个组的目的是解决当地的困难。◇ *His anxieties were quickly smoothed away.* 他的忧虑很快就消除了。
◆ v + adv + n ◆ v + n/pron + adv

ˌsmooth sth ˈdown to make your hair or your clothes smooth and flat with your hands 用手将（头发或衣服）弄光滑平整: *He smoothed down his hair.* 他把头发抚平。
OBJ **hair, skirt**
◆ v + adv + n ◆ v + n/pron + adv

ˌsmooth sth ˈout 1 to make sth such as a piece of paper or cloth smooth and flat with your hands 将（纸张、布等）抚平；使平滑: *She tried to smooth out the crumpled letter.* 她试着把皱巴巴的信抻平。 OBJ **wrinkles, paper 2** → SMOOTH STH AWAY/OUT: *We are here to smooth out any practical problems for you.* 我们是来帮你解决实际问题的。 OBJ **differences, problems**
◆ v + adv + n ◆ v + n/pron + adv

ˌsmooth sth ˈover to make a problem or difficulty seem less serious or easier to deal with, especially by talking to the people involved 缓和；调解；斡旋: *She tried to calm her parents down and* ***smooth things over.*** 她努力让父母冷静下来，同时尝试居中调停。◇ *The leaders managed to smooth over their differences.* 领导们设法消除了他们之间的分歧。
OBJ **differences, things**
◆ v + adv + n ◆ v + n/pron + adv

snack /snæk/

ˈsnack on sth to eat small amounts of food between or instead of meals 吃小吃；吃零食: *It's healthier to snack on fruit rather than chocolate.* 以水果当零嘴比吃巧克力更有益健康。
◆ v + prep

snap /snæp/ (-pp-)

ˌsnap ˈback (into sth): (*AmE*) *After the initial shock, he soon snapped back.* 他起初大吃一惊，但很快就恢复了镇静。◇ *She snapped back into her daily routine soon after the operation.* 手术后不久她就恢复了正常生活。
SYN **recover (from sth)** → BOUNCE BACK (FROM STH)
◆ v + adv

ˌsnap sth ˈoff; ˌsnap sth ˈoff sth; ˌsnap ˈoff to break sth suddenly with a sharp noise; to be broken in this way 啪的一声扯断；突然（从…）折断: *He snapped a twig off a bush.* 他啪的一下折下一条灌木的嫩枝。◇ *The branch she was standing on must have snapped off.* 她站在上面的那根树枝一定是突然断裂了。 ➲ note at BREAK OFF, BREAK STH OFF
◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

ˌsnap sth ˈout to say sth in a sharp or unpleasant way 厉声说出；气势汹汹地说；恶声恶气地说: *The sergeant snapped out an order.* 中士厉声下达命令。
NOTE **Snap sth** can be used on its own with this meaning * snap sth 单独使用也可作此义: *She snapped instructions to the team.* 她厉声向队伍下达指令。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*) ◆ v + adv + speech

ˌsnap ˈout of sth; ˌsnap sb ˈout of sth (*informal*) to make yourself, or help sb else, stop feeling upset, in a bad mood, etc. （帮某人）消除烦恼，改善心境，振作起来: *Come on, Joe.* ***Snap out of it.*** 振作点，乔。别难过了。◇ *She was snapped out of her reverie by the sound of the door opening.* 开门声把她从幻想中惊醒了。
◆ v + adv + prep ◆ v + n/pron + adv + prep

ˌsnap ˈto it (*informal*) used to tell sb to start working harder or more quickly 快点干；加把劲: *This place has to be clean by this evening so snap to it!* 这个地方今晚之前必须弄干净，抓紧干吧！
◆ v + prep + it

ˌsnap sb/sth ˈup to buy or take sth quickly and with enthusiasm 争购；疯抢: *Fans quickly snapped up the tickets.* 狂热的爱好者很快就把门票抢购一空。◇ (*figurative*) *He was snapped up by United.* 他被联队抢去了。
◆ v + adv + n ◆ v + n/pron + adv

snarl /snɑːl; *AmE* snɑːrl/

ˌsnarl ˈup; ˌsnarl sth ˈup if sth **snarls up**, or sth **snarls it up**, it becomes so confused, twisted, etc. that no part of it can move （使）缠结，混乱: *The dog's lead got snarled up in a bush.* 拴狗的皮带缠绕在一丛灌木上。◇ *The traffic snarls up at that junction every evening.* 那个交叉路口每晚都交通拥堵。◇ *The accident snarled up the traffic for the whole day.* 这次事故造成整整一天的交通堵塞。
NOTE Often used in the passive with *get* 常与 get 连用，用于被动语态: *The city centre gets snarled up with tourists in the summer.* 到了夏天，市中心游人如织。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

▸ 'snarl-up *n* (*BrE, informal*) a situation in which traffic is unable to move 交通堵塞

snatch /snætʃ/

'snatch at sth 1 to try to take hold of sth 伸手抓；试图夺：*She snatched at the letter in his hand.* 她伸手去抢他手里的信。 **2** (*BrE*) to take an opportunity to do sth quickly and with enthusiasm（毫不迟疑地）抓住（时机）：*They snatched at the chance to be happy.* 他们立刻抓住机会开心一下。
◆ v + prep

sneak /sni:k/

NOTE The usual past form is **sneaked**, but **snuck** is now common in informal speech, especially in American English. However, many people consider it incorrect. 过去式一般用sneaked，但在非正式口语尤其是美国英语中 snuck 已很常见。不过，很多人认为 snuck 不正确。

ˌsneak 'up (on sb) to approach sb very quietly, so that they do not see or hear you until you reach them 悄悄走近：*He loves sneaking up on me to scare me.* 他就爱偷偷溜到我身边吓唬我。◇ *She snuck up behind them and suddenly shouted.* 她蹑手蹑脚地走到他们身后，然后突然大喊一声。
◆ v + adv

sniff /snɪf/

ˌsniff a'round; ˌsniff a'round sth/sb (*BrE also* **ˌsniff 'round, ˌsniff 'round sth/sb**) (*informal*) to go somewhere to try to find secret information about sth/sb or to look for a particular person or thing 探查；打探；访查：*The studio was sniffing around for new talent.* 电影公司在四处物色新秀。◇ *It won't be long before the press come sniffing around the club.* 记者很快就会到这个俱乐部访查的。
◆ v + adv ◆ v + prep

'sniff at sth (*informal*) to show a lack of interest in or respect for sth 对…嗤之以鼻；对…不屑一顾：*At first he sniffed at her foreign ways.* 起初他对她的洋做派不以为然。
◆ v + prep

IDM **not to be 'sniffed at** (*informal*) good enough to be accepted or considered seriously 值得认真对待；不可对…等闲视之：*Her achievement is not to be sniffed at.* 她的成绩不可小看。

ˌsniff sb/sth 'out 1 (especially of dogs 尤指狗) to find sb/sth by smelling 凭嗅觉找到；嗅出；闻出：*These dogs can sniff out explosives.* 这些犬能嗅出炸药。 SYN **smell sb/sth out 2** (*informal*) to find information about sb/sth 觉察；找到；发现：*journalists trained to sniff out a scandal* 对挖掘丑闻训练有素的记者◇ *They're quick to sniff out a deception.* 他们善于识破骗局。 SYN **nose sth out**
◆ v + adv + n ◆ v + n/pron + adv

ˌsniff 'round, etc. (*BrE*) → SNIFF AROUND, ETC.

snow /snəʊ; *AmE* snoʊ/

be/get ˌsnowed 'in/'up to be unable to go anywhere or leave a place because of heavy snow 被大雪困住；因大雪滞留：*We got snowed in for three days.* 我们被大雪困了三天。
◆ be/get + v + adv

be/get ˌsnowed 'under (with sth) to have so much work that you have problems dealing with it（因工作量大）不胜负荷，不堪应付，应接不暇：*We're snowed under with work at the moment.* 我们现在被工作压得直不起腰。
◆ be/get + v + adv

be/get ˌsnowed 'up (*BrE*) **1** → BE/GET SNOWED IN/UP **2** (of a road, etc. 道路等) to be/become blocked with snow 被雪封住：*The driveway was still snowed up.* 车行道依然被积雪封阻。
◆ be/get + v + adv

snuff /snʌf/

ˌsnuff sb 'out (*especially AmE*) to kill sb 谋杀，干掉（某人）：*He was snuffed out by the Mafia.* 他被黑手党干掉了。
◆ v + n/pron + adv ◆ v + adv + n

ˌsnuff sth 'out 1 to stop a flame from burning 熄灭，扑灭（火焰）：*She snuffed out the candles.* 她掐灭了蜡烛。 OBJ **candle, flame** NOTE **Snuff sth** can also be used on its own with this meaning. * snuff sth 单独使用也可作此义。 **2** to suddenly end or destroy sth 突然结束，扼杀，消灭（某事物）：*A moment of mindless violence snuffed out his life.* 一时无谓的暴力夺去了他的生命。◇ *The revolution was quickly snuffed out.* 那场革命被迅速扼杀了。 OBJ **life, hope**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

snuggle /'snʌgl/

ˌsnuggle 'down to make yourself warm and comfortable in your bed 温暖舒适地躺在床上：*He snuggled down and went to sleep.* 他舒舒服服地躺在床上睡着了。
◆ v + adv

ˌsnuggle 'up (to/against sb/sth), ˌsnuggle 'up (in sth) to get into a warm and comfortable position close to sb/sth or in sth（温暖舒适地）偎依，挨近：*She snuggled up to him.* 她紧紧依偎着他。◇ *I'd love to snuggle up in bed right now!* 我真想立刻舒舒服服地蜷到床上去！ SYN **cuddle up (to/against sb)**
◆ v + adv

soak /səʊk; *AmE* soʊk/

ˌsoak 'in; ˌsoak 'into sth (of a liquid 液体) to pass into sth 渗入；渗进：*Apply the oil to the wood and leave it to soak in.* 把油涂在木头上，让油渗进去。◇ *The wine had soaked into the carpet.* 葡萄酒渗进了地毯。
◆ v + adv ◆ v + prep

ˌsoak 'through; ˌsoak 'through sth (of a liquid 液体) to pass into or through sth

渗入；渗透：*Blood had soaked through the bandage.* 血渗透了绷带。
◆ v + adv ◆ v + prep

ˌsoak sth ˈup **1** to take in or absorb sth, especially a liquid 吸收，吸掉（尤指液体）：*Use a paper towel to soak up the excess oil.* 用厚纸巾把多余的油吸去。◇ (*figurative*) *The farmers soak up* (= use up) *£1 billion of government aid a year.* 农民每年接受十亿英镑的政府补贴。 OBJ **water, debts** **2** to absorb sth into your senses, your body or your mind （通过感官或身心）吸取，摄取：*We walked around the town, soaking up the atmosphere.* 我们在那座城市里漫步，感受那里的气氛。 OBJ **the sun, the atmosphere** SYN **absorb sth** (*more formal*)
◆ v + adv + n ◆ v + n/pron + adv (*less frequent*)

sober /ˈsəʊbə(r); *AmE* ˈsoʊ-/

ˌsober ˈup; ˌsober sb ˈup to become, or to make sb, no longer drunk （使）醒酒，清醒：*I decided to walk home to sober up.* 我决定步行回家醒醒酒。◇ *I need a black coffee to sober me up.* 我需要一杯清咖啡醒酒。◇ (*figurative, especially BrE*) *We all laughed at what Liam said, but soon sobered up* (= became serious) *when we saw his wife's expression.* 我们都嘲笑利亚姆的话，可当我们看到他妻子的表情时，马上认真起来。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

sock /sɒk; *AmE* sɑːk/

ˌsock sth aˈway (*AmE, informal*) to save money by putting it in a bank or by buying shares in a company, etc. （通过银行存钱、买股票等）储存，积攒（钱）：*She already has $500 socked away for college.* 她已经存了 500 元用来上大学。◇ *He socks away half his salary every month for the house.* 他每月将工资的一半攒起来用于买房。
OBJ **money**
◆ v + adv + n ◆ v + n/pron + adv

ˈsock it to sb (*informal* or *humorous*) used to encourage sb to do or say sth that will have a strong effect, for example before an interview, a sports game, etc. （面试、体育比赛等开始前鼓励某人的话）直截了当地做，放心大胆地说（以给面试官、评委等留下深刻印象）：*You'll be fine. Just get in there and sock it to them.* 没事的。你就直接上那儿给他们露一手。
◆ v + it + prep

sod /sɒd; *AmE* sɑːd/ (-dd-)

ˌsod ˈoff (*BrE*, ⚠, *slang*) used to tell sb to go away 走开；滚开：*Just sod off and leave me in peace!* 走远点，让我安静会儿！
◆ v + adv

soften /ˈsɒfn; *AmE* ˈsɔːfn/

ˌsoften sb ˈup (*informal*) to try to make sb more willing to do sth for you by being very nice to them first 讨好；打动；诱导：*I know you, you're just trying to soften me up!* 我了解你，你只不过是在拉拢我！◇ *They softened the voters up with promises they had no intention of keeping.* 他们为取悦选民，许下了他们无意兑现的承诺。
SYN **butter sb up**
◆ v + adv + n ◆ v + n/pron + adv

ˌsoften sb/sth ˈup to make an enemy weaker and easier to attack 软化，削弱，瓦解（敌人）：*It'll take more than a few bruises to soften him up.* 要制服他可不是件轻而易举的事。◇ *The artillery was used to soften up the advancing enemy.* 炮兵部队被用来遏制向前推进的敌军。
◆ v + n/pron + adv ◆ v + adv + n

soldier /ˈsəʊldʒə(r); *AmE* ˈsoʊl-/

ˌsoldier ˈon (with sth) to continue with sth you are doing although it is difficult or unpleasant 坚持不懈；不屈不挠；硬挺：*She soldiered on with the course in spite of her personal problems.* 尽管有些个人困难，她还是坚持上课。◇ *I'm having to soldier on alone since Bill left.* 比尔离开后，我不得不独自支撑。
◆ v + adv

sort /sɔːt; *AmE* sɔːrt/

ˌsort sb ˈout (*informal, especially BrE*) to deal with sb who has been causing trouble 整治，对付，收拾（某人）：*They sent the lads round to sort him out.* 他们派了些小伙子去教训他。
SYN **deal with sb**
◆ v + n/pron + adv ◆ v + adv + n

ˌsort sb/yourself ˈout (*BrE, informal*) **1** to find a solution to sb's/your own problems, etc. 解决某人 / 自己的问题：*It took her months to sort herself out after the divorce.* 离婚后，她过了好几个月才缓过来。◇ *He was so upset it took us an hour to calm him down and sort him out.* 他十分难过，我们用了一个小时才让他恢复平静、振作起来。 SYN **straighten sb/yourself out** **2** to organize sb or yourself 安顿某人 / 自己：*You load the car and I'll sort the kids out.* 你来装车，我把孩子们安顿好。◇ *She's in her room sorting herself out for the trip.* 她在房间打点行装。
◆ v + n/pron + adv

ˌsort sb ˈout with sth (*informal, especially BrE*) to provide sb with sth they need 为某人提供（所需物品）：*I'm sure we can sort you out with some dry clothes.* 我想我们一定能给你找出几件干衣服。
◆ v + n/pron + adv + prep

🔑 **ˌsort sth ˈout** **1** to put sth in order; to tidy and organize sth 把…安排好；理顺；清理：*I spent the afternoon sorting out my study.* 下午的时间我用来整理书房了。 OBJ **room, stuff** ➲ note at TIDY UP **2** (*especially BrE*) to organize or arrange sth 组织；安排：*First you have to sort out a work permit.* 首先，你必须办理工作许可证。 **3** (*especially BrE*) to decide on sth 挑选；选定：*I need to sort out what clothes to take with me on the trip.* 我得想好旅行带什么衣服。 OBJ **details, priorities** NOTE Usually

used with question words such as *what*, *where*, etc. 通常与 what、where 等疑问词连用。 **4** to solve a problem 解决（问题）: *We've sorted the problem out.* 我们把问题解决了。 OBJ **problem, mess** **5 (from sth)** to separate sth from a larger group （从…中）区分开来，辨别出来: *Sort out the ripe pears from the rest.* 把熟梨和其他的分开。◇ *She sorted out the clothes that she didn't wear any more.* 她把不再穿的衣服挑了出来。
◆ v + n/pron + adv ◆ v + adv + n
▶ **'sort-out** *n* (*BrE, informal*) an act of arranging or organizing things in a neat and tidy way and getting rid of things you do not want 收拾；清理

,sort itself 'out (*especially BrE*) if a problem **sorts itself out**, it stops being a problem without anyone having to do anything （问题）自行化解: *He woke up feeling ill, but thought the problem would soon sort itself out.* 他醒来后感觉不适，可他认为很快就会自动好起来的。
SYN **work itself out**
◆ v + pron + adv

,sort 'through sth to look through a number of things either in order to find a particular thing or to put them in groups 翻找；归整: *She sorted through her wardrobe for something to wear.* 她翻遍衣柜找衣服穿。◇ *They sorted through thousands of old photos.* 他们收拾整理了几千张旧照片。
◆ v + prep

sound /saʊnd/

,sound 'off (about sth) (*informal, disapproving*) to express your opinions loudly or in an aggressive way （大声或盛气凌人地）高谈阔论，夸夸其谈: *He should check his facts before sounding off like that.* 他应该先核实一下实情再那样大发宏论。
◆ v + adv

,sound sb/sth 'out (about/on sth) to try to discover sb's views, opinions, etc. on sth, especially in an indirect way 试探某人（对某事）的看法；向…探口风: *I want to sound him out about a possible job.* 我想探探他的口风，看能不能得到一份工作。◇ *We should sound out opinions on these changes.* 我们应该试探一下人们对这些变革的看法。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

soup /suːp/

,soup sth 'up (*informal*) if you **soup up** a car, a computer, etc., you make changes to it so that it is more powerful or exciting 改装（汽车、计算机等）以增强功能: *He makes a living buying old cars and souping them up.* 他买来旧车进行改装，加大马力，并以此为生。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)
▶ **'souped-up** *adj* [only before noun] (*informal*) a **souped-up** car, etc. has been changed to make it more powerful or exciting （汽车等）改装后功能增强的: *a souped-up Mini* 加大马力的迷你车

space /speɪs/

,space 'out; ,space sb 'out (*slang, especially AmE*) to be confused, unable to think clearly, or not aware of what is happening around you, for example as a result of taking drugs; to put sb in a state like this （因服用药物等）精神恍惚，使神志不清: *I was supposed to meet her for lunch but I spaced out and forgot.* 我本应该和她共进午餐，可我迷迷糊糊地给忘了。◇ *The drugs I was taking for my illness spaced me out so I couldn't think clearly.* 我为治病吃的药把我弄得头昏脑涨，神志不清。
◆ v + adv ◆ v + n/pron + adv
▶ **,spaced 'out** *adj* (*slang*) confused, unable to think clearly and not completely conscious of what is happening around you, for example because of taking drugs （因服用药物等）精神恍惚的，神志不清的: *He sat in the corner looking completely spaced out.* 他坐在角落里，看上去好像整个人已灵魂出窍一般。

,space sth 'out to arrange things with a regular distance or time between them, especially a fairly large amount 使拉开（空间或时间上）的间距；使隔开: *Try spacing the words out more on the page.* 把页面上的字间距再拉大些。◇ *Should I space out the baby's feeds over 24 hours?* 我是不是应该在 24 小时中分多次喂宝宝？
◆ v + n/pron + adv ◆ v + adv + n

spark /spɑːk; *AmE* spɑːrk/

,spark sth 'off (*informal*) to cause sth to suddenly happen or develop 使爆发（或发展）；引发；导致: *The incident sparked off riots across the country.* 这一事件激起了全国各地的骚乱。◇ *His resignation sparked off a political crisis.* 他的辞职引发了一场政治危机。
OBJ **riots, debate, incident, protest, crisis**
NOTE **Spark sth** is also used on its own * spark sth 单独使用也作此义: *The TV programme sparked a storm of protest.* 这档电视节目引发了一阵抗议浪潮。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

,spark 'up if a fire **sparks up**, it starts to burn brightly again after a period when it was almost out （死灰）复燃: *The fire is still smoking and could spark up at any moment.* 那火堆还在冒烟，随时会再燃烧起来。◇(*figurative*) *They sparked up* (= became more lively and interested) *when they heard the music.* 他们听到音乐就来了劲头。
◆ v + adv

,spark sth 'up (*informal*) **1** if you **spark up** a conversation, a debate, a friendship, etc., you start one, often suddenly （突然）开始（交谈、争论、交友等）: *I sat down beside Helen and tried to spark up a conversation with her.* 我在海伦旁边坐下，想和她攀谈。 **2** to add interest or excitement to sth 给…增添趣味；增

加···的兴致: *Spark up pasta dishes with fresh herbs.* 用新鲜香草给意大利面食调味。◇ *Send a card and spark up someone's day.* 寄贺卡一张，让人快乐一天。 SYN **spice sth up** **3** spark up sth to light a fire, etc. 点燃；引燃: (*slang*) *Time to spark up a cigarette.* 到吸烟时间了。◇ (*figurative*) *There is nothing in the book to spark up the reader's interest.* 书中毫无吸引读者兴趣之处。

NOTE When the object of **spark up** is a noun, it comes after **up**, but when the object is a pronoun, it comes between **spark** and **up** * spark up 的宾语如果是名词，应置于 up 之后；但如果是代词，应置于 spark 和 up 之间: *If your dress looks boring, spark it up with some sequins.* 你的连衣裙要是看上去单调，可以用些亮片给它增色。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

speak /spi:k/ (*past* **spoke** /spəʊk; *AmE* spoʊk/, **spoken** /'spəʊkən; *AmE* 'spoʊ-/)

'speak for sb **1** to state the wishes or views of sb; to act as a representative for sb 代表某人讲话；充当某人的代言人: *I can't speak for the others, but I'd love to come.* 我无法代表其他人表态，但我很想来。◇ *She speaks for a whole generation of disillusioned youngsters.* 她说出了理想幻灭的整整一代青年的心声。 SYN **answer for sb** **2** to give evidence to support sb in court （在法庭上）提供有利于某人的证词，为某人辩护: *Many people spoke for her at the trial.* 审判时有很多人提供了支持她的证词。

◆ v + prep

IDM **speak for it'self/them'selves** if sth **speaks for itself**, it is so clear and easy to understand that it does not need to be explained 一目了然；不言而喻；不言自明: *The facts speak for themselves.* 事实是明摆着的。

,speak for your'self to express your own opinion, although you know that others might not agree with you 表达自己的观点；发表个人意见: ***Speaking for myself,*** *I'd prefer to go by train.* 依我看，我宁愿坐火车。◇ *He speaks for himself when he says we need a smoking area.* 他说我们需要一个吸烟区，这是他个人的意见。

◆ v + prep

IDM **speak for my'self/her'self/him'self/them'selves** to express your opinion yourself, rather than sb else doing it for you （表示不需要别人代言）自己表达个人的观点: *I can speak for myself, thank you!* 我自己能说清楚的，谢谢你！ **speak for your'self** (*informal*) used to tell sb that sth they have said is not true of you （表示某人说的话只能代表说话人自己）你代表不了别人: *'We're all tired.' 'Speak for yourself—I'm fine!'* "我们都累了。" "你说的是你自己吧 —— 我可不累！"

be 'spoken for **1** to be married or to have a partner already 结了婚的；有伴侣的；有主了的: *You can forget about him, he's already spoken for!* 你别去想他了，他是有妇之夫！ **2** to be set aside for a particular purpose 预留的；留作专用的: *Half the money is already spoken for.* 半数的钱款已有用途了。

◆ be + v + adv

'speak of sth (*formal, literary*) to be evidence of sth; to suggest sth 为···提供证据；说明；意味着: *The pictures in the room spoke of dreams of faraway places.* 房间里的图画表达了对遥远地方的向往之情。

◆ v + prep

⚷ **,speak 'out (against/in favour of/on sth)** to say what you think clearly and publicly, often criticizing or opposing sb/sth, in a way that needs courage 大胆地说；挺身而出，站出来（表示反对、支持等）: *People are no longer afraid to speak out.* 人们再也不怕站出来说话了。◇ *She spoke out forcefully against the regime.* 她公开抨击该政权。

◆ v + adv

▶ **out'spoken** *adj* saying openly exactly what you think, even if you know other people will disagree or be offended 直言不讳的；直率的: *Her outspoken views often get her into trouble.* 她坦率的观点常常给她惹麻烦。

▶ **'speakout** *n* (*AmE*) an organized public meeting at which people talk about their experiences of a particular subject （就特定话题各自谈论亲身经历的）畅言聚会，座谈会: *Speakouts are good because they encourage people to talk about things in a positive way.* 畅言聚会很不错，因为它鼓励人们以正面态度谈论各种事情。

⚷ **,speak 'up** **1** used to ask sb to speak louder 大声点说: *Please speak up—we can't hear you at the back.* 请讲得大声些 —— 我们在后面听不见。 **2 (for sb/sth/yourself)** to say what you think clearly and freely, especially to support or defend sb/sth （畅所欲言地）明确表态；（为···）说好话，辩护: *Several players spoke up for their manager.* 有几名运动员为他们的主教练辩护。◇ *She's learned to speak up for herself.* 她学会了据理力争。◇ *It's time to speak up about what is happening in our schools.* 针对学校目前的状况，该毫不含糊地表明我们的态度了。

◆ v + adv

speed /spi:d/ (**speeded**, **speeded**, or **sped**, **sped** /sped/)

,speed a'way/'off to leave very quickly, usually in a vehicle of some kind （驾车、骑车等）迅速离开: *The car sped away from the house.* 那辆车快速驶离了那所房子。◇ *She sped off on her bike.* 她骑着自行车飞驰而去。

NOTE **Sped** is usually used as the past tense and past participle of this verb. 过去式和过去分词通常用 sped。

◆ v + adv

⚷ **,speed 'up**; **,speed sth 'up** to start to move or happen faster; to make sth do this （使）加速: *The train started to speed up.* 火车开始加速了。◇ *Parking restrictions were introduced to try to speed up the traffic.* 为了使交通提速推行了限制停车的措施。◇ *They worked slowly at first, speeding up as they got used to it.* 他们一开始慢慢地做，等熟练后便加

快了进度。◇ *The new tool **speeds things up**.* 新工具提高了效率。

NOTE **Speeded** is used as the past tense and past participle of this verb. 过去式和过去分词通常用 speeded。

* v + adv * v + adv + n * v + n/pron + adv

spell /spel/ (spelt, spelt /spelt/ or spelled, spelled)

,spell sth 'out **1** to make sth clear and easy to understand; to explain sth in detail 讲清楚；解释明白；详细解释：*His reasons for leaving are spelt out in detail in his letter.* 他在信中详细解释了他离开的原因。◇ *Surely I don't have to spell it out?* (= it should be obvious) 肯定不需要我进一步解释了吧？ **2** to say or write the letters of a word in the correct order 用字母拼，拼写（单词）：*Could you spell that word out for me again?* 你能不能把那个单词再给我拼一遍？

NOTE **Spell sth** on its own is more usual. * spell sth 单独使用更常见。

* **1** v + adv + n * v + pron + adv * v + n + adv (*less frequent*)
* **2** v + adv + n * v + n/pron + adv * v + adv + speech

spew /spjuː/

,spew 'out; ,spew sth 'out to flow out quickly in large amounts; to make sth do this （使）喷涌出：*lava spewing out from a volcano* 火山喷出的熔岩◇ *fumes spewed out by cars and trucks* 轿车和货车排放的废气

NOTE **Spew** and **spew sth** are also used on their own * spew 和 spew sth 单独使用也作此义：*a volcano spewing clouds of ash* 喷吐着团团火山灰的火山

* v + adv * v + adv + n * v + n/pron + adv

,spew 'up; ,spew sth 'up (*BrE, slang*) to bring food from the stomach back out through the mouth 呕吐；呕出：*He spewed up all over my jacket.* 他把我的夹克衫吐得到处都是。

SYN **throw up, throw sth up; vomit, vomit sth** (*more formal*)

* v + adv * v + n/pron + adv * v + adv + n

spice /spaɪs/

,spice sth 'up to add spice to food in order to give it more flavour and make it more interesting （用调味品）给（食物）调味：*Casseroles can be spiced up with a dash of tabasco sauce.* 炖锅菜里可加一点塔巴斯科辣椒酱调调味。◇ (*figurative*) *He exaggerated the details to spice up the story.* 他添油加醋，让故事更生动。

SYN **jazz sth up** (*informal*); **liven sth up**

* v + adv + n * v + n/pron + adv

spiff /spɪf/

,spiff sb/sth 'up; ,spiff yourself 'up (*AmE, informal*) to make sb/sth/yourself look more attractive 将…收拾得更漂亮；打扮；装扮：*We went home to **get spiffed up** for the party.* 我们回家去为晚会收拾打扮一番。◇ *Here are some easy ways to spiff up spreadsheets.* 这是将电子表格制作得更精美的几种简便方法。

* v + adv + n * v + n/pron + adv * v + n + adv (*less frequent*)

spill /spɪl/ (spilled, spilled, *BrE also* spilt, spilt /spɪlt/)

,spill 'out; ,spill 'out of sth **1** to accidentally flow out of a container （从容器中意外地）流出，溢出，泼出：*The contents of her bag spilled out everywhere.* 她袋子里的东西撒得到处都是。◇ *Water had spilled out onto the floor.* 水溅到了地板上。 **2** to come out in large numbers or amounts 大量出现；涌出：*The theatre crowds spilled out onto the pavement.* 剧院的观众纷纷涌上人行道。◇ *The children spilled out into the yard.* 孩子们蜂拥到院子里。 SYN **pour out, pour out of sth**

* v + adv

,spill 'out; ,spill sth 'out to tell sb a secret, your fears, worries, etc. without intending to （不经意间）倾诉，倾吐，吐露（秘密、畏惧、忧虑等）：*When she started to speak, the words just **came spilling out**.* 她一张开嘴便全说了出来。◇ *She spilled out her troubles to her parents.* 她向父母倾吐了烦恼。

* v + adv * v + adv + n * v + n/pron + adv

,spill 'over (into/to sth) to start in one situation or area and then have an effect on another situation or in another area 波及，带动，影响到（另一范围）；嬗变，蜕变（成另一局面）：*Unrest has spilt over into areas outside the city.* 骚乱已经波及城市的周边地区。◇ *Anger spilled over into violence at yesterday's demonstration.* 在昨天的示威游行中，愤怒演化成了暴力。◇ *Her excitement spilled over to the rest of the group.* 她的兴奋情绪感染了这个组的其他人。

* v + adv

▸ **'overspill** *n* [U, sing.] (*BrE*) people who move from a town or city because it is too crowded and go and live somewhere else （因城市拥挤而外迁的）外溢人口，外流人口：*These towns were built to house overspill populations from the big cities.* 兴建这些小镇是为了容纳从大城市迁出的外流人口。

▸ **'spillover** [C, U] **1** sth that is too large or too much for the place where it starts and spreads to other places 溢出部分；溢出物：*a spillover of riots* 骚乱的蔓延 ◇ *a spillover room* (= a room where extra people can go) 为超员准备的备用房间 **2** the results and effects of sth that have spread to other situations or areas （影响到其他情况或地区的）伴随结果，伴随效果：*Other resorts could benefit from the spillover (of tourists).* 其他度假胜地可从游客涌入中获益。◇ *spillover effects/benefits* 溢出效应 / 利益

,spill 'over; ,spill 'over sth to flow over the edge of a container that is too full 溢出；漫出：*The water spilled over the rim of the glass.* 水从玻璃杯口溢出来了。◇ *Her tears suddenly*

spilled over (= she started to cry). 她突然眼泪奔涌而出。◇ *The goods were spilling over from the shops onto the pavements.* 货物从店铺里一直摆到了人行道上。◇ (*figurative*) *His emotions suddenly spilled over.* 他突然情绪失控。
◆ v + adv ◆ v + prep

spin /spɪn/ (**spinning**, **spun**, **spun** /spʌn/)

,spin a'round; ,spin sb/sth a'round (*BrE also* **,spin 'round, ,spin sb/sth 'round**) **1** to turn very quickly to face in the opposite direction; to turn sb/sth in this way （使）迅速转身，猛然后转: *She heard her name and spun around to see the speaker.* 她听到自己的名字，马上回过身去看说话的人。◇ *He spun her round to face him.* 他拉她转过身面对着自己。 **2** to turn round and round quickly; to make sth do this （使）快速旋转: *The propeller started to spin around.* 螺旋桨开始飞速旋转起来。◇ *The room seemed to be spinning round.* 房间似乎在不停地旋转。◇ *The wheels were spinning round in the mud.* 轮子在泥中空转个不停。
◆ v + adv ◆ v + n/pron + adv

,spin 'off (from sth), ,spin sth 'off (from sth) (*especially BrE, business*) to produce a new product, material, service, etc. that is connected with sth successful that already exists; to be produced in this way （从成功的产品、服务等）派生，衍生: *Calendars and diaries spinning off from familiar books and TV shows are always popular.* 使用流行书籍和电视节目内容制作生产的日历和日记本一直很畅销。◇ *'A Different World' was spun off from 'The Cosby Show'.* 《另一个世界》是从热播的《科斯比一家》衍生出来的。◇ *Their research has spun off many useful applications.* 他们的研究被用来开发出很多实用产品。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
▶ **'spin-off** *n* **1** an unexpected but useful result of an activity that is designed to produce sth else （意外但有用的）副产品，衍生物: *commercial spin-offs from medical research* 医学研究的商业衍生品 ◇ *spin-off effects* 衍生效应 **2** a product or a book, film/movie, etc. that is based on a very successful book, film/movie or television series （根据取得商业成功的书籍、电影或电视系列剧制作的）派生作品，周边产品，搭车产品: *'The Cosby Show' and its spin-off* 《科斯比一家》及其衍生作品◇ *a spin-off movie* 一部派生电影

,spin sth 'off (*business*) to separate part of a company or an organization from the main part in order to form a new one （从公司或机构中）分拆出: *The fast food chain could be spun off as a separate company.* 这个快餐连锁店可以分拆出来组建一家独立公司。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
▶ **'spin-off** *n* [C, U] the act of forming a new, independent company from part of an existing one; a company formed in this way 分拆；分拆出来的公司

,spin 'out (of/from sth), ,spin sth 'out (of/from sth) (*especially AmE, business*) to form a new and independent company from part of an existing one by selling shares in it （公司通过售出股份）抽资脱离组建（新公司）: *a newly spun-out company* 最近分拆出来的公司
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv
▶ **'spin-out** *n* **1** a company that is formed to develop and use the results of research done at a university, etc. （为开发利用大学等机构的科研成果而成立的）大学附属公司，校办科技企业: *Cambridge has produced 120 spin-outs over the last ten years.* 在过去 10 年间，剑桥大学创办了 120 家校办企业。 **2** → SPIN-OFF

,spin sth 'out to make sth last as long as possible 拖长；拖延: *I managed to spin my talk out to an hour.* 我总算把讲话拉长到了一个小时。◇ *She had to spin out her money until payday.* 她得把余钱省着花，拖到发薪日。
◆ v + adv + n ◆ v + n/pron + adv

,spin 'round, etc. (*BrE*) → SPIN AROUND, ETC.

spirit /ˈspɪrɪt/

,spirit sb/sth a'way/'off (to sth) to remove sb/sth quickly, secretly or as if by magic （迅速、秘密或变魔术般地）弄走，带走，转移；使不翼而飞: *He was spirited away by his friends before the police arrived.* 朋友们赶在警察到来前把他悄悄转移了。◇ *An enormous amount of money had been spirited away in only two months.* 一笔巨款仅仅两个月就被神秘转走了。
◆ v + n/pron + adv ◆ v + adv + n

spit /spɪt/ (**spitting**, **spat**, **spat** /spæt/ or **spitting**, **spit**, **spit**, *especially AmE*)

,spit it 'out used to tell sb to reveal a piece of information or to say sth when they are feeling nervous or unwilling to speak 说出来吧；有什么尽管说: *Come on, spit it out! Who did it?* 爽快点，说出来吧！是谁干的？
◆ v + it + adv

,spit sth 'out **1** to force sth out of your mouth 吐出: *It tasted so horrible he had to spit it out.* 那东西味道差极了，他只好吐了出来。 **2** to say sth very angrily 愤怒地说: *'Men!' She spat the word out.* "小子们！" 她怒气冲冲地说。 OBJ **word**
◆ v + n/pron + adv ◆ v + adv + n **2** also v + adv + speech

,spit 'up; ,spit sth 'up (*AmE*) if a baby **spits up** or **spits sth up**, it brings milk back from its stomach out through its mouth （婴儿）漾奶，吐奶: *Put this cloth on your shoulder in case she spits up.* 把这块布垫在肩上，她可能吐奶。◇ *Lots of babies spit up some milk after feeding.* 很多婴儿喂过之后都会漾点奶。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
SYN **vomit, vomit sth; be sick** (*BrE*)
▶ **'spit-up** *n* [U] the milk that a baby brings back out of its mouth 婴儿漾的奶

splash /splæʃ/

ˌsplash aˈbout (*BrE*) → SPLASH AROUND

ˌsplash sth aˈbout/aˈround (*informal, especially BrE*) to spend money freely or carelessly 随意地乱花（钱）；大肆挥霍: *He splashes his wages about just to impress her.* 他大手大脚地花工资只是为了讨好她。
• v + n/pron + adv • v + adv + n

ˌsplash sth aˈcross/oˈver sth to publish a photograph, a news story, etc. in a place where a lot of people will see it, especially in a newspaper 把（照片、新闻报道等）安排在（报章等）的显要位置；在（引人注目的位置）刊载: *The next day her name was splashed across all the front pages.* 第二天，她的名字出现在所有报纸头版的显著位置。◇ *I don't want my private life splashed all over the tabloids.* 我不想让我的私生活被那些小报大肆曝光。
NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + prep

ˌsplash aˈround (*BrE also* **ˌsplash aˈbout**) **(in sth)** to move about in water making it fly everywhere （在水中）溅起水花行进，使水花四溅: *The children splashed about in the river all afternoon.* 孩子们整个下午都在河里玩水。
• v + adv

ˌsplash sth aˈround → SPLASH STH ABOUT/AROUND

ˌsplash ˈdown when a spacecraft **splashes down**, it returns to earth and lands in the sea/ocean （航天器）坠落入海，溅落: *The capsule splashed down in the Pacific.* 航天舱溅落在太平洋。
• v + adv
▶ **ˈsplashdown** *n* [C, U] the return of a spacecraft to earth when it lands in the sea/ocean （航天器返回地球后的）坠落入海，溅落: *Splashdown is expected 300 kilometres west of Valparaíso.* 溅落地点预计在瓦尔帕莱索以西 300 公里。

ˌsplash ˈout (on sth), ˌsplash sth ˈout (on/for sth) (*informal*) to spend a lot of money on sth 花大笔的钱（买某物）: *She splashed out on a new pair of shoes.* 她花很多钱买了双新鞋。◇ *Why don't we splash out and go out for a meal?* 我们为什么不潇洒一把出去吃顿饭呢？◇ *The band splashed out thousands on new equipment.* 乐队花了好几千购置新设备。◇ *Don't splash it all out at once!* 别把钱一下子挥霍光！
• v + adv • v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˌsplash sth ˈover sth → SPLASH STH ACROSS/OVER STH

split /splɪt/ (**splitting, split, split**)

ˌsplit aˈway/ˈoff (from sth), ˌsplit sth aˈway/ˈoff (from sth) to separate from, or be separated from, a large object or a group （从…中）脱离，分裂出去，分离: *The branch had split away from the trunk.* 那根树枝是从树干上折下的。◇ *The wind split the door away from its frame.* 风把门从门框上刮了下来。◇ *Some of the members split away to form a new party.* 一些党员分裂出去另立新党。◇ *Should the ownership of the rail track be split off from the running of the train services?* 铁路的所有权是否应该从火车服务营运中分离出去？
• v + adv • v + adv + n • v + n/pron + adv

ˈsplit on sb (to sb) (*BrE, informal*) to tell sb in authority about sth bad or wrong that sb has done （向某人）告发某人，揭发某人: *Promise you won't split on me.* 你要答应不出卖我。
SYN **tell on sb**
• v + prep

ˌsplit ˈup (with/from sb), ˌsplit sb ˈup (*informal*) to end a relationship or a marriage; to make two people stop having a relationship with each other （使）（和某人）断绝关系，分手，离婚: *He told me he had split up with his girlfriend.* 他告诉我他和女友分手了。◇ *The band split up at the height of their fame.* 乐队在最走红的时候散伙了。◇ *My friend is doing her best to split Maria and me up.* 我的朋友竭力想拆散我和玛丽亚。
SYN **break up (with sb), break sb up**
• v + adv • v + n/pron + adv • v + adv + n

ˌsplit ˈup (into sth), ˌsplit sb/sth ˈup (into sth) if a group of people or a family **splits up**, or sb **splits it up**, the members separate and do not stay together （把集体或家庭）分散，化整为零: *We split up into groups to discuss the question.* 我们分组讨论了那个问题。◇ *The class was split up into groups.* 已在班上分了组。◇ *We got split up in the crowd.* 我们在人群中走散了。
SYN **break up, break sb/sth up**
• v + adv • v + n/pron + adv • v + adv + n

ˌsplit sth ˈup (into sth) to divide sth into smaller parts 划分，分解（为若干部分）: *The day was split up into six one-hour classes.* 一天分成六节课，每节课一小时。◇ *We split the profits up between us.* 我们把利润分了。
• v + n/pron + adv • v + adv + n

spoil /spɔɪl/ (**spoiled, spoiled** /spɔɪld/, *BrE also* **spoilt, spoilt** /spɔɪlt/)

be ˈspoiling for sth (*informal*) (*only used in the progressive tenses* 只用于进行时) to be wanting to fight sb 按捺不住想（和某人）打架: *He was spoiling for a fight.* 他攒足了劲儿想打架。
OBJ **a fight**
• v + prep

sponge /spʌndʒ/

ˌsponge sb/sth ˈdown to wash sb/sth with a wet cloth or a soft material 用湿布（或软材料）清洗: *I sponged the coat down to remove the mud.* 我用湿布擦洗掉外套上的泥。◇ *She tried sponging the baby down to lower his temperature.* 她试着用湿毛巾给孩子降体温。
• v + n/pron + adv • v + adv + n

ˈsponge off sb (*also* **ˈsponge on sb** *less frequent*) (*informal, disapproving*) to get money, food, etc. from other people, without

doing anything for them or offering to pay 从某人处白拿（钱、食物等）；蹭吃蹭喝；揩油：*He's constantly sponging off his friends.* 他经常占朋友的便宜。
◆ v + prep

ˌsponge sth ˈoff; ˌsponge sth ˈoff sth (*especially BrE*) to remove a mark, some dirt, etc. with a wet cloth or a piece of a soft material 用湿布（或软材料）除掉（污渍、灰尘等）：*It was impossible to sponge the mark off.* 这块污斑不可能擦掉。◇ *I couldn't sponge the stain off my dress.* 我擦不掉我连衣裙上的污渍。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˈsponge on sb → SPONGE OFF SB

spout /spaʊt/

ˌspout ˈoff/ˈon (about sth) (*informal, disapproving*) to talk about sth in a boring or annoying way （对…）喋喋不休，唠叨：*He's always spouting off about the behaviour of young people today.* 他总是没完没了地数落如今年轻人的行为。◇ *What are you spouting on about now?* 你在啰唆什么呢？
◆ v + adv

sprawl /sprɔːl/

ˌsprawl ˈout to sit or lie down with your arms and legs spread out in a relaxed or awkward way （放松或不雅地）伸展四肢坐着（或躺着）：*He came home and just sprawled out on the sofa.* 他回到家就四仰八叉地倒在沙发上。
NOTE **Sprawl** is used more frequently on its own * sprawl 单独使用作此义更常见：*Tom sprawled in the armchair.* 汤姆摊开手脚躺在扶手椅上。
◆ v + adv

spread /spred/ (spread, spread)

ˌspread ˈout 1 to gradually cover a wider area （逐渐）扩展，扩散，蔓延：*The city has spread out into what used to be countryside.* 城市渐渐延伸到了从前的乡村。◇ *The ripples spread out across the water.* 涟漪在水面荡开。◇ (*figurative*) *A bright future spread out before him.* 光明的前景展现在他面前。NOTE **Spread** is also frequently used on its own with this meaning * spread 单独使用也常作此义：*The fields spread for miles along the river.* 田野沿河延伸好几英里。 **2** (*also* **ˌspread yourselves ˈout**) to move away from others in a group so as to cover a wider area （人群）散开：*The search party spread out over the moor.* 搜索队在旷野四面散开。◇ *Don't all sit together. Spread yourselves out.* 别都挨在一块儿坐，分开坐吧。 **3** (*also* **ˌspread yourself ˈout**) to stretch your body or arrange your things over a large area 伸展身体；摊开：*There's more room to spread out in business class.* 商务舱宽敞些，伸得开腿。◇ *Do you have to spread yourself out all over the sofa?* 你就非得摊开手脚，把整个沙发全占了？
◆ **1** v + adv
◆ **2,3** also v + pron + adv

ˌspread ˈout; be ˌspread ˈout to cover a wide area 伸展开来：*The valley spread out beneath us.* 开阔的山谷出现在我们脚下。◇ *We looked down at the city spread out below us.* 我们俯瞰下面面积广大的城市。
NOTE This verb is often used in descriptions of cities, views, etc. 这个动词常用于描述城市、景色等。 **Spread** and **be spread** are also frequently used with this meaning * spread 和 be spread 也常作此义：*The valley lay spread before us.* 开阔的山谷出现在我们眼前。
◆ v + adv ◆ be + v + adv

ˌspread sth ˈout 1 to arrange a group of objects on a surface so that you can see them all clearly 摆开，摊开（一组物品）：*Spread out all the pieces before you begin the jigsaw.* 拼图之前先把所有的小拼片摊开。◇ *All the brochures were spread out on the floor.* 小册子全都摆放在地板上。 **2** to open sth that is folded and put it down on a flat surface 打开，展开（折起的东西）：*They spread the blanket out on the grass.* 他们把毯子铺在草地上。◇ *The map had been spread out on the table.* 地图在桌上摊开。 OBJ **map, newspaper, blanket** **3** to stretch your fingers, arms, etc. so that they are apart 伸开，张开（手指、手臂等）：*The boy spread out his arms, pretending to be an aeroplane.* 那个男孩张开双臂，模仿飞机。 OBJ **arms, hands** NOTE **Spread sth** is also frequently used on its own with this meaning. * spread sth 单独使用也常作此义。 **4 (over sth)** to separate sth into parts and arrange them over a period of time or divide them between different people （按时间或按人）分摊，分派；把…分期（或分担）完成：*The cost can be spread out over two years.* 成本可分摊到两年中。◇ *I'll try to spread out the work evenly.* 我会尽力把工作平均分配。 OBJ **cost, work** SYN **divide sth** (*more formal*) NOTE **Spread sth (over sth)** is also frequently used on its own with this meaning * spread sth (over sth) 单独使用也常作此义：*Payments can be spread (over five years).* 可（在五年内）分期付款。
◆ v + n/pron + adv ◆ v + adv + n

spring /sprɪŋ/ (sprang /spræŋ/, sprung /sprʌŋ/, *AmE also* sprung, sprung)

ˈspring for sth (*AmE, slang*) to pay for sth for other people 替他人付…的账；包揽…的费用：*I'll spring for lunch.* 午饭我来埋单。
◆ v + prep

ˈspring from sth 1 to be caused by sth; to start from sth 由…造成；起源于：*The idea for the novel sprang from a trip to India.* 这部小说的灵感来自一次印度旅行。◇ *Aggression often springs from fear.* 攻击行为常常出自恐惧。 **2** (*informal*) (*usually used in questions* 通常用于疑问句) to appear suddenly or unexpectedly from somewhere 突如其来地从（某处）出现：***Where on earth** did you **spring from**?* 你究竟是从哪儿冒出来的？
◆ v + prep

'spring sth on sb to suddenly do or say sth that people do not expect 突如其来地对某人做（或说）意料不到的事: *I hate to spring this on you at such short notice.* 我真不想这样唐突地告诉你这件事。◇ *They were planning to spring a surprise on us.* 他们准备让我们大吃一惊。◇ *I didn't know about Rob's new job until he sprang it on me this morning.* 要不是今天上午罗布突然告诉我他换了份新工作，我还一无所知呢。
• v + n/pron + prep

,spring 'up to appear, develop, grow, etc. quickly or suddenly （迅速或突然）出现，发展，生长: *Weeds were springing up everywhere.* 到处杂草丛生。◇ *Several new cafes sprang up in the area.* 这一带突然冒出了几家新的咖啡馆。◇ *A cool breeze had sprung up.* 突然吹来一习凉风。◇ *New industries were springing up all over the country.* 各种新行业如雨后春笋般在全国各地出现。
• v + adv

spruce /spru:s/

,spruce sb/sth 'up; ,spruce yourself 'up to make sb/sth/yourself tidy and clean （把···）收拾整洁，打扮整齐: *We spruced up the room with a coat of paint.* 我们把房间刷了一层涂料，令它整洁一新。◇ *He spruced himself up for the interview.* 他为参加面试打扮了一番。
SYN **smarten up, smarten yourself up; smarten sb/sth up**
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

spur /spɜ:(r)/ (-rr-)

,spur sb 'on (to sth/to do sth) to encourage sb to act in a particular way, especially to work harder or to try to achieve sth 鼓励；激励；鞭策: *Her difficult childhood spurred her on to succeed.* 她苦难的童年促使她努力争取出人头地。◇ *His parents' encouragement spurred him on to greater efforts.* 父母的鼓励促使他更加努力。◇ *Spurred on by this victory, we went on to win the championship.* 在这次胜利的鼓舞下，我们接着赢得了冠军。◇ *Their shouts of encouragement spurred us on.* 他们助威的呐喊声激励着我们。
SYN **encourage sb**
NOTE Often used in the passive. 常用于被动语态。 **Spur sb** followed by an infinitive or a phrase beginning with a preposition is also used * spur sb 后接不定式或介词短语也作此义: *His criticism spurred me to try harder.* 他的批评鞭策我更加努力。
• v + n/pron + adv • v + adv + n

spurt /spɜ:t; AmE spɜ:rt/

,spurt 'out; ,spurt 'out of sth; ,spurt sth 'out; ,spurt sth 'out of sth to come out of sth in a sudden or fast stream; to pour out a sudden fast stream of liquid or flames （从···中）喷出，冒出，涌出: *Water spurted out of the hole.* 水从小孔中喷射出来。◇ *The volcano was spurting out rivers of molten lava.* 火山喷涌着熔岩。
• v + adv • v + adv + prep • v + adv + n • v + n/pron + adv • v + n/pron + adv + prep

spy /spaɪ/ (spies, spying, spied)

'spy on sb/sth (*also* **'spy upon sb/sth** *more formal*) to watch sb/sth secretly 暗中监视；窥探；侦查: *He hired a detective to spy on his wife.* 他雇了侦探暗中监视他的妻子。◇ *He knew he was being spied on.* 他知道有人正在秘密监视他。
• v + prep

,spy sth 'out (*BrE*) to go somewhere secretly to try to find out information （去某处）暗中查明，秘密查出: *I arrived early to* ***spy out the land*** (= collect information before deciding what do do). 我很早便到了，以便摸清情况。◇ *He studied the map and spied out the quickest route.* 他研究了一下地图，发现了一条最便捷路线。
• v + adv + n • v + pron + adv • v + n + adv (*rare*)

square /skweə(r); AmE skwer/

,square sth a'way (*AmE*) to finish dealing with sth; to put sth in order 办妥；了结；归整: *We need to get everything squared away before you leave.* 在你走之前，我们得把一切整理好。
NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + adv • v + adv + n

,square 'off (against sb) (*AmE*) to fight or to prepare to fight sb （和某人）打斗；摆好架势（和某人）打斗: *The two candidates will square off in a TV debate tomorrow.* 两名候选人将在明天的电视辩论中交锋。◇ *Protesting students squared off against police.* 抗议的学生和警察发生了冲突。
• v + adv

,square 'up 1 (to sb) (*BrE*) to stand facing sb as if you are prepared to fight or argue with them 气势汹汹地面对（某人）；摆好（与某人）打斗（或吵架）的架势: *Kath put her hands on her hips and squared up to him.* 凯思双手叉腰面对着他。 **2 (to sb/sth)** to face a difficult situation and deal with it in a determined way 勇敢面对；毅然面对: *He must square up to the reality of being out of work.* 他必须直面失业的现实。 SYN **face up to sth 3 (with sb)** to pay sb the money you owe them （向某人）付清欠款；（与某人）算清账: *Can I leave you to square up with the waiter?* 我先走一步，你来和服务员结账好吗？ SYN **settle up (with sb)**
• v + adv

'square with sth; 'square sth with sth to agree with another fact, idea or situation; to make two facts, etc. agree with each other （使）与···一致，与···相符: *This doesn't square with what you told us earlier.* 这与你先前告诉我们的有出入。◇ *How do you square your profession with your religious beliefs?* 你如何使你从事的职业和你的宗教信仰协调一致？◇ *The*

interests of farmers need to be squared with those of consumers. 农场主的利益要和消费者的利益相一致。
◆ v + prep ◆ v + n/pron + prep

ˈsquare sth with sb to get sb's approval before you do sth 就…征得某人批准（或认可）: *You'd better square it with the boss if you want to leave early.* 你要是想提前下班，最好征得老板的同意。
◆ v + n/pron + prep

squash /skwɒʃ; *AmE* skwɑːʃ, skwɔːʃ/

ˌsquash ˈin, etc.: *Can I squash in?* 我能挤进来吗？◇ *We all squashed into the back of the van.* 我们都挤进了客货车的后座。 → SQUEEZE IN, ETC.

ˌsquash sb/sth toˈgether to press people or things tightly together in a small space 把…挤在一起: *people living squashed together in terrible conditions* 拥挤地生活在恶劣环境中的人
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

ˌsquash ˈup, etc.: (*BrE*) *If we squash up there'll be room for one more.* 我们挤一挤就会再腾出个位子来。◇ *I was squashed up against Samantha in the back of the van.* 我在客货车的后座上和萨曼莎挤在一起。 → SQUEEZE UP, ETC.

squeak /skwiːk/

ˌsqueak ˈby (*AmE, informal*) to achieve a successful result with great difficulty 艰难地（或勉强）取得成功: *We just squeaked by in the semi-final.* 我们在半决赛中险胜。
◆ v + adv

ˌsqueak ˈthrough; ˌsqueak ˈthrough sth (*informal*) to manage to achieve sth or get a successful result with great difficulty 勉力取得成功；勉强通过: *Andrew squeaked through the qualifying rounds of the championship.* 安德鲁侥幸通过了锦标赛的资格赛。
SYN **scrape through, scrape through sth**
◆ v + adv ◆ v + prep

squeeze /skwiːz/

ˌsqueeze ˈin; ˌsqueeze ˈinto sth to just manage to fit into a small space 挤进；挤入…里: *The bus was so full not one more passenger could have squeezed in.* 公共汽车挤得满满的，连一个乘客也塞不下了。
◆ v + adv ◆ v + prep

ˌsqueeze sb/sth ˈin; ˌsqueeze sb/sth ˈinto sth 1 (*also* **ˌsquash sb/sth ˈin, ˌsquash sb/sth ˈinto sth**) to just manage to put sb/sth into a small space 勉强把…挤进；塞进: *Can you squeeze anything else into that case?* 你还能再往那个箱子里塞点东西吗？ **2** to just manage to fit sb/sth into a short period of time 挤出时间见某人（或做某事）: *The doctor can squeeze you in on Tuesday morning.* 大夫星期二上午可以挤出时间给你看诊。◇ *All my classes are squeezed into four days a week.* 我每周上四天课，日程排得满满的。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌsqueeze sb/sth ˈout; ˌsqueeze sb/sth ˈout of sth to prevent sb/sth from doing sth or from doing business 排挤出去；把…挤出（某行业等）: *Small firms are being squeezed out by larger companies.* 小公司逐渐被大公司挤垮。◇ *One candidate has already been squeezed out of the leadership race.* 在领导人竞选中已有一名候选人被淘汰出局。
SYN **crowd sb/sth out, crowd sb/sth out of sth; exclude sb/sth (from sth)**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

ˌsqueeze sth ˈout 1 (*also* **ˌsqueeze sth ˈout of sth**) to remove liquid from sth by pressing it hard （从…中）挤出，榨出（液体）: *She squeezed the cloth out.* 她把那块布拧干。◇ *Squeeze the juice out of four oranges.* 榨出四个橙子的汁液。 **2** (*also* **ˌsqueeze sth ˈout of sb/sth**) to get sth such as information or money from sb by putting pressure on them, threatening them, etc. 勒索；敲诈；逼供: *The government will try to squeeze more money out of the taxpayer.* 政府总是想方设法向纳税人榨取更多的钱。◇ *The police squeezed the truth out of him.* 警方逼他讲出了真相。◇ *They finally squeezed some concessions out of the employers.* 他们终于迫使雇主作出了一些让步。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

ˌsqueeze ˈup (against sth), ˌsqueeze sb/sth ˈup (against sth) (*also* **ˌsquash ˈup, ˌsquash sb/sth ˈup**) to move closer towards sb so that you are pressed tightly together （使）挤紧: *There'll be enough room if we all squeeze up a bit.* 大家稍稍挤一挤，地方就够了。◇ *I'll walk—it's better than being squeezed up in the back of the car.* 我要步行 —— 这总比挤在车的后座上要强。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

squirrel /ˈskwɪrəl; *AmE* ˈskwɜːrəl/ (-ll-, *AmE* -l-)

ˌsquirrel sth aˈway to put sth, especially money, in a safe place so that you can use it later 储藏；贮存: *She had money squirrelled away in various accounts.* 她把钱存在不同的银行账户上。
◆ v + n/pron + adv ◆ v + adv + n

stack /stæk/

ˌstack ˈup 1 to increase gradually until there is a large pile, a long line, etc. 积聚成一大垛（或一长排等）；加起来: *Over the months he just let the paperwork stack up.* 几个月间，他就那么让文案工作积压成堆。◇ *The traffic quickly stacked up behind the bus.* 公共汽车后面的车辆很快排成了长龙。 SYN **pile up 2** **(against sb/sth)** (*informal*) to compare with sb/sth （和…）相比: *How does this washing*

powder stack up against your usual brand? 这种洗衣粉和你平常用的牌子比起来怎么样？ ◇ *Let's try him in the team and see how he stacks up.* 我们把他安排到队里试试，看看和其他人比怎么样。 SYN **compare (with sb/sth)**
◆ v + adv

ˌstack ˈup; ˌstack sth ˈup if planes **stack up** or are **stacked up** over an airport, there are a lot of them flying around waiting to land （飞机）作分层盘旋（等待降落）: *Planes stacked up at Heathrow after an accident on the runway.* 由于跑道上出了事故，飞机在希思罗机场上空作分层盘旋。
NOTE **Stack** and **stack sth** are sometimes used on their own with this meaning * stack 和 stack sth 单独使用有时也作此义: *a queue of planes stacked in the air over the closed airport* 在关闭的机场上空作分层盘旋的候降飞机
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌstack sth ˈup 1 to arrange things in a tall pile 堆起; 摞起: *He stacked up the dishes on the draining board.* 他把碟子摞在滴水板上。 SYN **pile sth up** NOTE **Stack sth** is often used on its own with this meaning. * stack sth 单独使用也常作此义。 **2** (*AmE, informal*) to gradually get more of sth 逐渐得到更多; 累积: *She's stacking up the college credits with all of her night classes.* 她上很多晚上的课程来积累大学学分。
◆ v + n/pron + adv ◆ v + adv + n

stake /steɪk/

ˈstake sth on sth; ˈstake sth on doing sth to risk money or sth very important on the result of sth or on sth happening （就某事物）拿（钱或十分重要的东西）冒险; 以…打赌: *He staked twenty pounds on the favourite* (= in horse racing, for example). 他在那匹众人看好的马上押了二十英镑。 ◇ *Several journalists staked their reputation on Bush winning the election.* 有几个记者拿声誉担保布什能赢得选举。 ◇ *He'll never let you down—I'd stake my life on it.* 他绝对不会令你失望的——我拿性命担保。
◆ v + n/pron + prep

ˌstake sth ˈout 1 to mark the position and the limits of a piece of land or an area to show that you own it 界定（属于自己的地区）; 划出（自己的势力范围）; 圈（地）: *The male stakes out his territory and defends it from other birds.* 雄鸟标出自己的地盘，保护它不受其他鸟侵犯。 **2** to state your position or opinion on sth clearly 表明（立场或意见）: *The President staked out his position on the issue.* 总统阐明了他在这个问题上的立场。 **3** if police **stake out** a building, they watch it secretly and continuously because they think sth illegal is happening there （警方）监视（某处）: *Armed police have been staking out the house for two weeks.* 武装警察监视这所房子已两个星期了。 ◇ *The cops had the building staked out.* 警察把这处建筑监视了起来。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

▶ **ˈstake-out** *n* a situation when police watch a building continuously and secretly because they think sth illegal is happening there 警方监视: *The stake-out at the house produced nothing.* 监视这所房子没有什么收获。

stamp /stæmp/

ˈstamp on sth 1 to bring your foot down on sth with force 重踩; 用力跺: *The child stamped on the spider.* 小孩使劲踩那只蜘蛛。 ◇ *She stamped on his foot as hard as she could.* 她使出全身力气踩他的脚。 ◇ *The victim had been kicked and stamped on.* 受害者遭人踢踹踩踏。 ◇ *A child ran out into the road and I had to stamp on the brakes.* 有个小孩跑到马路上，我只好用力踩刹车。 **2** (*especially BrE*) to control sth or stop sth from happening by force 压制; 镇压: *This kind of disobedience must be stamped on at once.* 此类反抗行为必须立刻压制住。
◆ v + prep

ˈstamp sth on sth to make sth have an important effect or influence on sth 在…上打上…印记; 把…铭刻在…中: *She stamped her own interpretation on the role.* 她赋予这一角色自己的诠释。 ◇ *The new director has worked hard to stamp his authority on the board.* 这位新董事力求在董事会树立权威。 ◇ *The date is forever stamped on her memory.* 那个日子永远铭刻在她的记忆中。
OBJ **your authority, your mark**
◆ v + n/pron + prep

ˌstamp sth ˈout 1 to destroy or get rid of sth bad or unpleasant by force or with a lot of effort （通过暴力或不懈努力）消除，消灭，摧毁: *They aim to stamp out drug dealing in schools.* 他们力争取缔校园里的毒品交易。 ◇ *The party chairman is determined to stamp out corruption.* 党主席决心杜绝腐败现象。 OBJ **a problem, drug abuse** SYN **eradicate sth** (*more formal*) **2** to put out a fire by pressing down on it hard with your foot 踩灭（火）: *He stamped out the flames before they spread any further.* 在火势蔓延之前，他踩灭了火苗。
◆ **1** v + n/pron + adv ◆ v + adv + n
◆ **2** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

stand /stænd/ (stood, stood /stʊd/)

ˌstand aˈround; ˌstand aˈround sb/sth (*BrE also*, **ˌstand aˈbout/ˈround, ˌstand ˈround sb/sth**) to stand in a place doing nothing, either waiting for sb/sth or with no particular purpose （在某人旁或在某处）闲站着，站着等: *Don't just stand around watching me, give me a hand.* 别光站着看，帮我一把。 ◇ *There were a few people standing around the square.* 广场四周站了几个人。 ◇ *A group of people stood around watching.* 一群人站着观看。 ◇ *Young men stood about in groups, chatting.* 小伙子们三五成群地站着闲聊。
◆ v + adv ◆ v + prep

ˌstand aˈside 1 to move to one side to let sb/sth pass 站到一边；站开；让开: *Stand aside please and let her through.* 请站开，让她过去。 **2** to take no part in events; to do nothing 不参与；不介入: *I can't stand aside and let you waste an opportunity like that.* 我不能不管不问，让你把那样的机会浪费掉。 **3** to stop doing a job so that sb else can do it 退居一旁；让位于人: *It's time he stood aside and let somebody younger take his place.* 他该引退并让位给年轻人了。
◆ v + adv

ˌstand ˈback (from sth) 1 to move a short distance away from sb/sth 靠后站；退后: ***Stand well back** from the flames.* 离那堆火远点。 **2** to be located at a distance from sth 位于远离…的地方: *The house stands back from the road.* 房子离公路有一段距离。 **3** to think about a situation as if you are not involved in it 置身事外（来考虑）；旁观: *She found it hard to stand back from the situation.* 她觉得很难把自己当成局外人。◇ *This is an opportunity to stand back and think about what you have achieved.* 这是一个客观思考自己有何建树的机会。
SYN **step back (from sth)**
◆ v + adv

ˌstand beˈtween A and B to prevent sb from doing or having sth, or being in a particular situation 在…和…之间隔着；阻止: *Only three people stood between him and the crown* (= becoming king). 妨碍他登上王位的只有三个人。◇ *Your lack of confidence is all that stands between you and a much better job.* 缺乏自信是你得到更好工作的唯一障碍。
◆ v + prep

ˌstand ˈby 1 to be present when sth bad or unpleasant is happening, but not become involved 袖手旁观；无动于衷；漠然置之: *I can't **stand idly by** and let him take the blame for what happened.* 我不能袖手旁观，让他对发生的事承担责任。◇ *I can't stand by and see you ruin your life.* 我不能眼睁睁看着你毁了自己的一生。 **2 (for sth)** to be ready to take appropriate action 作好准备（以便随时行动）；待命；候命: *The pilot was instructed to stand by for take-off.* 飞行员接到指示作好随时起飞的准备。◇ *Fire crews are standing by in case of an explosion.* 消防队员严阵以待，如有爆炸立刻出动。
◆ v + adv

▶ **ˈbystander** *n* a person who is present but is not involved in sth 旁观者: *Two innocent bystanders were hit by stray bullets.* 两名无辜的旁观者被流弹击中。

▶ **ˈstandby** *n* **1** [C] a person or a thing that can be used if sb/sth else is not available 后备（或候补）人员；备用品: *Keep some candles as a standby in case the power fails.* 存一些蜡烛，预备断电时用。◇ *Mia made a delicious meal from standbys in the store cupboard.* 米娅用储藏柜里的备用食物做了一顿可口的饭菜。 **2** [U] a state of being ready to act if necessary 待命状态: *All local hospitals have been put **on standby**.* 当地所有医院都进入了待命状态。 **3** [U] if an electrical device such as a television is **on standby**, the power supply is switched on but it is not actually functioning （电器的）待机状态 : *Do you leave the TV on standby?* 电视机还在待机工作吗？

▶ **ˈstandby** *adj* [only before noun] **1** that can be used if other things are not available 备用的；候补的: *standby supplies* 备用物资 ◇ *Two divers work together while a standby diver remains on the surface.* 两名潜水员协同作业，同时有一名候补潜水员留在水面上。 **2** a **standby** ticket for a flight, a theatre, etc. is one that cannot be bought in advance and is only available a very short time before the plane leaves or the performance starts （机票、戏票等）最后时刻出售的，剩余的: *standby passengers* 买余票出行的乘客◇ *to fly standby* (= with a standby ticket) 买剩余机票出行

ˌstand ˈby sb to support or help sb in a difficult situation 支持，帮助，忠于（处于困境的人）: *I'll stand by you whatever happens.* 不管发生什么事，我都支持你。
SYN **stick by sb** (*informal*)
◆ v + prep

ˈstand by sth to continue to believe sth you said earlier even though the situation may now be different 遵守（原先的诺言、协议等）；不改（初衷）: *I'll stand by what I said earlier.* 我会恪守我说过的话。◇ *The committee stood by their decision.* 委员会维持他们的决定。
◆ v + prep

ˌstand ˈdown 1 (as/from sth) to leave a job or position; to stop taking part in a race or a competition, etc. 离职；下台；退出（比赛等）: *She stood down after only three months as chairman.* 她只当了三个月主席就下台了。◇ *He stood down from the committee for personal reasons.* 他出于个人原因退出了委员会。 SYN **step down (as/from sth) 2** (in court 在法庭上) to leave the place where you stand to give evidence 离开证人席: *The witness was allowed to stand down.* 证人获准离开证人席。
◆ v + adv

ˌstand sb/sth ˈdown to give an official order that a group of people, equipment, etc. should no longer be in operation 命令（人员）撤离；指示（设备）停工: *The regiment will be stood down from next month.* 该团自下月起将被撤回。
◆ v + n/pron + adv ◆ v + adv + n

ˈstand for sth 1 (*not used in the progressive tenses* 不用于进行时) to be a shorter form of sth 是…的缩写；是…的意思；代表: *What does DVD stand for?* * DVD 代表什么？ **2** to support sth; to be in favour of sth 支持；主张；赞同: *Our party stands for racial harmony.* 我们党主张各种族和谐相处。◇ *I hated him and all he stood for.* 我讨厌他，也讨厌他的一切主张。 **3** (*used in negative sentences and questions* 用于否定句和疑问句) to allow sth to happen or sb to do sth 容忍；忍受；允许: *I won't stand for this behaviour.* 我无法容忍这种行为。 SYN **put up with sth; tolerate sth**

◆ v + prep

ˌ**stand ˈin (for sb)** to take sb's place 代替，顶替（某人）: *We'll need someone to stand in for you while you're away.* 你不在期间，我们需要有个人顶替你。
SYN **deputize (for sb)** (*formal*)
◆ v + adv
▶ **ˈstand-in** *n* **1** a person who does sb's job for a short time while they are away or not available （职位或工作的）临时替代者: *Tom acted as my stand-in while I was abroad.* 我出国期间由汤姆代职。◇ *a stand-in goalkeeper* 替补守门员 **2** a person who replaces an actor in some scenes in a film/movie, especially dangerous ones （尤指电影中代拍危险场景的）替身演员: *rehearsing with stand-ins* 和替身一起排练

ˌ**stand ˈout 1 (against/from sth)** to be clearly visible 显眼；突出: *His yellow jacket stood out clearly against the grey hillside.* 在灰色的山坡上，他的黄色上衣显得特别醒目。◇ *The tower stands out against the sky.* 塔楼在天空映衬下格外显眼。◇ *A small figure in red stood out from the rest of the group.* 一个穿红衣服的小个子在人群中特别惹眼。 SYN **stick out 2 (as/from sb/sth)** to be much better or more important than other people or things 出色；杰出；更为重要: *This building stands out from the rest because of its design.* 这座建筑因其设计显得卓尔不群。◇ *She's the sort of person who always* ***stands out in a crowd.*** 她是那种在哪儿都能脱颖而出的人。 **3 (against/for sb/sth)** to oppose or refuse to accept sth that you believe is wrong 反对，拒绝接受（认定错误的事情）: *Parents often stand out against troublesome behaviour for some time, then give in.* 做父母的常常对令人生厌的行为反对一段时间之后就听之任之了。 SYN **stick out for sth; hold out against/for sth**
◆ v + adv
IDM **stand out like a sore thumb** to be very noticeable in an unpleasant way 刺眼；碍眼: *Dressed like that, you'll stand out like a sore thumb.* 你穿戴成那样会很扎眼。
▶ **outˈstanding** *adj* **1** excellent 杰出的；卓越的: *an outstanding young actress* 优秀的年轻女演员 **2** [usually before noun] very obvious or important 突出的；明显的；重要的: *Lake Baikal is one of earth's outstanding features.* 贝加尔湖风景优美，举世瞩目。 **3** (of payment, work, problems, etc. 款项、工作、困难等) not yet paid, done, solved, etc. 未支付的；未完成的；未解决的: *to repay outstanding debts* 清偿欠债◇ *I don't have any urgent work outstanding.* 我没什么未做完的紧要工作。
▶ **outˈstandingly** *adv* **1** used to emphasize the good quality of sth 特别；异常: *outstandingly beautiful/successful* 特别美丽 / 成功 **2** extremely well 优异；极好: *Owen has played outstandingly this season.* 欧文本赛季表现极佳。
▶ **ˈstandout** *n* (*informal, especially AmE*) a person or thing that is better, more impressive, etc. than others of a similar type 杰出的人（或物）；出众的人（或物）: *This is my list of standouts in this week's CD chart.* 这是我制作的本周 CD 排行榜的最佳 CD。
▶ **ˈstandout** *adj* [only before noun] (*informal, especially AmE*) better, more impressive, etc. than others of a similar type 杰出的；出众的；不同凡响的: *There are a few real standout moments which put this movie ahead of others in its class.* 这部影片确实有几个出彩的桥段，比同类其他影片高出一筹。

ˌ**stand ˈover sb** to remain close to sb and watch them, usually to make sure that they behave or do sth correctly 监督，监视（某人）: *She won't do her homework unless I stand over*

SYNONYMS 同义词辨析

stand out

excel ◆ shine ◆ stand out

These verbs all mean to be much better than other people or things, especially at doing sth. 这些动词都表示出色、杰出，尤指更擅长做某事。

excel to be very good at doing sth 擅长；善于: *She has always excelled in foreign languages.* 她一向擅长外语。◇ *Music was something at which he excelled.* 他擅长音乐。

shine to be very good at sth 擅长；善于: *He failed to shine academically, but was extremely popular with the other students.* 他学业不出众，但在同学中间人缘极好。

stand out to be much better or more important than other people or things 出色；杰出；更为重要: *Of all the members of the cast, two in particular stood out.* 在所有演员当中，有两位演技特别出众。◇ *There will be lots of applications for the job, so yours really needs to stand out.* 这份工作会有很多人应聘，所以你确实需要胜人一筹才行。

WHICH WORD?

Shine is used especially in the phrase *shining example* and when talking about people doing well at school or college. **Excel** is used especially to talk about people being good at particular subjects or skills. * shine 尤用于 shining example 这个短语以及指学业优异。excel 尤用于指擅长某类课程或技能。

PATTERNS AND COLLOCATIONS

- to excel at sth
- to excel/stand out as sth
- to shine/excel **academically**

her. 除非我在旁边看着她，否则她不会做作业。◇ *I can't concentrate with you standing over me.* 你在旁边盯着我，我无法集中精神。
◆ v + prep

,stand 'round; ,stand 'round sb/sth (*BrE*) → STAND AROUND, STAND AROUND SB/STH

,stand 'up 1 to rise to your feet from a sitting or lying position; to be on your feet 站立；站起；起立：*Darcy stood up when Emma came into the room.* 埃玛一进房间，达西就站了起来。◇ *There was silence when the President stood up to speak.* 总统起身讲话，会场静了下来。◇ ***Stand up straight*** *instead of slouching.* 站直身子，别歪歪斜斜的。◇ *Horses can sleep standing up.* 马能站着睡觉。 **2 (to sth)** to remain true or correct even when tested, examined closely, etc. 经得起（考验、审查等）；站得住脚：*Your theory doesn't stand up to close examination.* 你的理论经不起仔细推敲。◇ *His story won't stand up under cross-examination.* 他的陈述经不起详细诘问。 SYN **hold up 3 (to sth)** to be strong enough not to be harmed by sth 经受住（打击等）；毫发无损：*The children* ***stood up well*** *under questioning from the police.* 孩子们顶住了警察的盘问。◇ *The players are standing up to the tour well.* 演员们在巡回演出中丝毫未显疲态。
◆ v + adv

▶ **'stand-up** *adj* [only before noun] **1** a **stand-up comedian** is an entertainer who tells jokes to an audience 单人滑稽表演的；说单人脱口秀的：*stand-up comedy* 单人脱口秀◇ *a stand-up act* 单人脱口秀表演 **2** (*especially BrE*) a **stand-up** argument, fight, etc. is one in which people shout loudly at each other or are violent towards each other （争论、打斗等）激烈的：*He had a stand-up row with the team captain.* 他和队长大吵了一架。 **3** (*AmE, informal*) honest and easy to trust or depend on 诚实的；信得过的；堂堂正正的：*He was known in business circles as a stand-up guy.* 他在商界以诚实可靠著称。

,stand sb 'up (*informal*) to deliberately fail to meet sb you have arranged to meet, especially sb you are having a romantic relationship with （尤指恋人）故意失约使某人空等：*We agreed to meet at the cinema but she stood me up.* 我们约好在电影院见面，可她让我空等一场。◇ *I've been stood up!* 我被放鸽子了！
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

,stand sb/sth 'up (*especially AmE*) to prepare a group of people, equipment, etc. to do a

SYNONYMS 同义词辨析

stand up

be on your feet ◆ get to your feet ◆ get up ◆ rise ◆ stand up

These verbs all mean to be in an upright position with your weight on your feet, or to put yourself in this position. 这些动词都表示站着或起立。

- **be on your feet** to be in a standing position 站着；立着；站立着：*I've been on my feet all day.* 我站了一整天了。
- **get to your feet** to stand after sitting, kneeling or lying 起身；站起；起立：*I helped her to get to her feet.* 我扶她站了起来。◇ *'I'd better be going,' he said, getting to his feet.* "我该走了。" 他说着站起身来。
- **get up** to get into a standing position from a sitting, kneeling or lying position 起身；站起；起立：*Please don't get up! I can let myself out.* 请别站起来！我自己能出去。◇ *She got up and left the room.* 她站起身来出了房间。
- **rise** (*formal*) to get into a standing position from a sitting, kneeling or lying position 起身；站起；起立：*They rose from the table.* 他们从桌边站起来。◇ *She* ***rose to her feet****.* 她站起身来。
- **stand up** to be in a standing position; to stand after sitting 站立；站起；起立：*Stand up straight!* 站直了！◇ *I've been standing up for hours.* 我已经站了几个小时了。◇ *He stood up and put on his coat.* 他站起身来穿上了外套。 NOTE **Stand** can be used on its own
* stand 可单独使用：*Everyone stood when the President entered the room.* 总统一走进房间，大家都站了起来。

WHICH WORD?

Stand usually means 'to be in a standing position' *to stand talking* ; but it can also mean 'to get into a standing position'. **Stand up** can be used with either of these meanings, but its use is more restricted it is used especially when sb tells sb or a group of people to stand, or when sb has to stand up (for example, because there is nowhere to sit). **Get up** is the most frequent way of saying 'get into a standing position', and this can be from a sitting, kneeling or lying position; if you **stand up**, this is nearly always after sitting, especially on a chair. * stand 通常指"站立着"：to stand talking 站着说话；但也可指"站立起来"。stand up 可用于指这两个意义，但使用范围较窄：它尤用于指叫别人站起来，或不得不站起来（例如，因为无处可坐）。get up 是最常见的表示"站立起来"的说法，可指从坐着、跪着或躺着的状态站起身来；stand up 几乎总是指从坐着的状态站起身来，尤指从椅子上站起。

PATTERNS AND COLLOCATIONS

- to get up/rise/stand up **from** sth
- to stand/get up/rise/stand up **quickly/slowly**
- to stand/stand up **straight**

SYNONYMS 同义词辨析

stand up to sb

defy sb/sth • **go against sb/sth** • **oppose sth** • **resist sth** • **stand up to sb/sth**

These verbs all mean to speak or act against things that you disagree with. 这些动词都表示反对、反抗、抵抗。

defy sb/sth to refuse to obey or show respect for sb/sth in authority, a law, rule or decision 拒绝遵从，违抗，藐视（权威、法律、规则或决定）: *I wouldn't have dared to defy my teachers.* 我可不敢与老师作对。◇ *Hundreds of people today defied the ban on political gatherings.* 今天有数百人违反禁令参加了政治集会。

go against sb/sth to disagree with a rule or sb's wishes and do the opposite of what they say 反对，反抗（规则或某人的愿望）；与…相违背: *He would not go against his parents' wishes.* 他不会违背父母的意愿。

oppose sb/sth to disagree strongly with a person, plan or policy, and to speak or act against them 反对，抵制（某人、计划或政策）: *This party would bitterly oppose the re-introduction of the death penalty.* 该党将会强烈反对恢复死刑。◇ *He found himself opposed by his own deputy.* 他发现自己的副手反对自己。

resist sth to refuse to accept a change or what sb wants to do, and try to stop it from happening 抗拒，抵抗，抵御（变革或某人想做的事情）: *They are determined to resist pressure to change the law.* 他们决意顶住压力，拒绝修改法律。

stand up to sb/sth to refuse to accept bad treatment from a more powerful person or organization without complaining 勇敢面对，反抗（欺压）: *It was brave of her to stand up to those bullies.* 她很有勇气，敢于反抗那些恃强凌弱之徒。

PATTERNS AND COLLOCATIONS

- to oppose/resist **change/a plan/a proposal/an idea**
- to oppose a **decision**
- to oppose/defy **a ban/the law/sb's wishes**
- to oppose/defy/stand up to **the government**
- to defy **your parents/authority/a rule/an order**
- to **effectively/fiercely/bitterly/strongly** oppose/resist sth

particular job 配备好（人员）；备妥（设备等）: *The authorities have stood up a special team to deal with the disaster.* 当局已成立专门小组应对这场灾难。
• v + n/pron + adv • v + adv + n

ˌstand ˈup for sb/sth/yourself to support or defend sb/sth/yourself, especially when sb is criticizing them/it/you 支持；维护: *She's always stood up for her friends.* 她总是为朋友辩解。◇ *You should stand up for what you believe in.* 你应该坚守自己的信念。◇ *He's always telling her what to do. It's time she stood up for herself!* 他总是对她指手画脚。现在她该挺身保护自己了！◇ *James doesn't need you to stand up for him.* 詹姆斯不需要你为他辩护。
OBJ **your rights, your interests**
• v + adv + prep

ˌstand ˈup to sb/sth to resist sb/sth; to defend your position against a more powerful person or organization that is treating you badly or unfairly 抵抗；勇敢维护；反抗（不公正待遇）: *If you don't stand up to him he'll treat you like dirt.* 你如果俯首帖耳，他就根本不会尊重你。◇ *It was difficult for Paul to stand up to his father's rage.* 保罗难以招架父亲的暴怒。
• v + adv + prep

ˌstand ˈup to sth (of a product, material, etc. 产品、材料等) to be able to stay in good condition even though it is treated roughly 能承受；经受得住；耐用: *Will your china and glass stand up to family wear and tear?* 你的瓷器和玻璃器皿禁得起家庭使用的磕磕碰碰吗？
SYN **withstand sth** (*formal*)
• v + adv + prep

stare /steə(r); *AmE* ster/

ˈstare at sb/sth to look at sb/sth for a long time 盯着看；凝视: *I stared blankly at the paper in front of me.* 我茫然盯着面前的考卷。
• v + prep

ˌstare sb ˈout (*BrE*) (*also* **ˌstare sb ˈdown** *AmE*, *BrE*) to look sb directly in the eyes for a long time until they feel forced to lower their eyes or look away 盯得某人转移目光（或慌了神）: *He was looking at her intently but she stared him out.* 他热切地看着她，可她盯得他移开了目光。◇ (*figurative*) *The two nations are trying to stare each other down.* 这两个国家都试图把对方镇住。
• v + n/pron + adv • v + adv + n (*less frequent*)

start /stɑːt; *AmE* stɑːrt/

ˌstart ˈback to begin to return somewhere 动身（或启程）返回: *It's time we started back.* 我们该回去了。
• v + adv

ˈstart for ... to leave one place to go to another 动身去；启程前往: *We started for home.* 我们动身回家了。
SYN **head for ...**
• v + prep

ˌ**start ˈin (on sth)** (*informal, especially AmE*) to begin to do sth 开始做（某事）: *Let's start in now and get the job done quickly.* 咱们现在就动手快点把活儿干完吧。◇ *It's time you started in on your homework.* 你该做家庭作业了。
◆ v + adv

ˌ**start ˈin on sb/sth** (*especially AmE*) **1** → START ON SB/STH **2** → START ON AT SB

ˌ**start ˈoff 1** (*also* ˌ**start ˈoff doing sth**, ˌ**start sth ˈoff**) **[+ adv/prep/adj]** to begin happening in a particular way; to begin doing sth in a particular way （以某种方式）进行起来，开展起来: *The game started off well, but gradually got worse.* 比赛开始一帆风顺，但逐渐变得艰难起来。◇ *We started off with some gentle exercises.* 我们先是做了点动作柔和的练习。◇ *She **started off by** welcoming everyone.* 她首先向大家表示欢迎。◇ *He started off as a plumber.* 他的第一份工作是做管道工。◇ *I started off working quite hard, but it didn't last.* 我一开始非常勤奋，但没有坚持下去。◇ *The discussion started off calmly enough.* 讨论开始时颇为平静。◇ *The leaves start off green but turn red later.* 叶子起先是绿色，到后来就变红了。◇ *We always started off the lessons with a quiz.* 我们上课开始时总是先做一个小测验。◇ *The teacher **started things off** by asking us what we had done at the weekend.* 老师上课时首先问我们周末做了什么。 **2 [+adv/prep]** to begin to move or travel 开始活动（或旅行）；启动；启程: *The bus started off with a jolt.* 公共汽车开动时颠了一下。◇ *We started off for home.* 我们动身回家了。
◆ **1** v + adv ◆ v + adv + -ing ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
◆ **2** v + adv

ˌ**start sb ˈoff 1 (on sth)** (*also* ˌ**start sb ˈoff doing (sth)**) to help sb begin an activity, an exercise, a job, etc. 帮助某人开始（活动、练习、工作等）: *I'll start you off on the first exercise.* 我来带你们做第一个练习。◇ *His father started him off farming.* 他父亲指点他做农活儿。 **2** (*also* ˌ**start sb ˈoff doing sth**) to make sb react in a particular way or begin doing sth 使作出反应；使开始（做某事）: *Just mentioning 'The Simpsons' started her off again*

SYNONYMS 同义词辨析

start off

begin • commence • kick off • open • start off

These verbs are all used to talk about things happening from the beginning. 这些动词都表示开始、开展、展开。

begin to start to happen or exist; to start in a particular way or from a particular point 开始；起步；开展: *When does the concert begin?* 音乐会什么时候开演？◇ *It was beginning to snow.* 开始下雪了。

commence (*formal*) to start happening 开始发生；开始: *The meeting is scheduled to commence at noon.* 会议定于中午开始。

kick off (*informal*) (of an event, activity, film or book) to start, especially in a particular way （事件、活动、电影或书籍）开始，展开，发展: *The festival kicks off on Monday September 13.* 节庆活动 9 月 13 日星期一开始。

open (of an event, film or book) to start, especially in a particular way （事件、电影或书籍）开始，展开，发展: *The story opens with a murder.* 故事以一起谋杀案开头。

start off (of an event or thing) to start in a particular way or from a particular point （事件或事情）开始进行，开展: *The discussion started off mildly enough.* 讨论开始时气氛很缓和。◇ *Let's start off with some gentle exercises.* 我们先做些强度小的练习吧。
NOTE **Start** can be used on its own * start 可单独使用: *Have you any idea where the rumour started?* 你知不知道谣言是从哪儿传出来的？

WHICH WORD?

Start (off) is more frequent in spoken English and in business contexts than **begin**, which is more frequent in written English and is often used when you are describing a series of events * start (off) 比 begin 更常见于英语口语和商务语境，而 begin 更常见于书面英语，常用于描述系列事件: *The story begins on the island of Corfu.* 故事从科孚岛展开。 **Open** is a less informal way of saying **kick off**; however, it is **not** usually used for shorter or more informal activities * open 是 kick off 较正式的说法；但通常不用于持续时间较短或不太正式的活动: *What time do we kick off?* 我们几点钟开始？ You can use it for longer or more formal events * open 可用于持续时间较长或较正式的活动: *The conference opens on 15 March.* 大会 3 月 15 日开幕。

PATTERNS AND COLLOCATIONS

- to start/begin/start off/kick off/commence/open **by doing/with** sth
- to start/begin/start off/commence **as** sth
- a **campaign/season/tour** starts/begins/starts off/kicks off/commences/opens
- a **film/book/chapter** starts/begins/starts off/opens
- an **enquiry/investigation** starts/begins/commences/opens
- **work/production** starts/begins/starts off/kicks off/commences

(= made her start laughing). 一提起《辛普森一家》，就又把她逗笑了。◇ *Don't shout—you'll start the baby off (crying) again.* 别喊了——不然又要把婴儿吓哭了。 SYN **set sb off, set sb off doing sth**

NOTE Not used in the passive. 不用于被动语态。

◆ v + n/pron + adv

,start sth 'off → START OFF 1

'start on sb/sth (*also* **,start 'in on sb/sth** *especially AmE*) (*informal*) to attack sb physically or with words 对…进行（身体或言语）攻击；打骂: *He hit me first and then he started (in) on my friend.* 他先打了我，然后打我的朋友。◇ *Don't start on me, I'm tired.* 别跟我找茬了，我累了。◇ *My mum started on me about doing my homework as soon as I got home.* 我一回到家，妈妈就数落我做作业的事。

◆ v + prep ◆ v + adv + prep

'start on sth to begin to deal with sth; to begin to do sth 开始处理，着手做（某事）: *When she'd finished cleaning the kitchen, she started on the bathroom.* 她打扫完厨房就动手清洁浴室。

NOTE **Start sth** has a similar meaning. * start sth 含义相近。

◆ v + prep

,start 'on at sb (*BrE*) (*also* **,start 'on about sth, ,start 'in on sb/sth** *AmE, BrE*) (*informal*) to begin to criticize sb/sth or complain to sb about sth 开始责备某人；开始向某人抱怨（某事）: *He started on at me again about my hair.* 他又对我数落起我的头发来。◇ *Don't start on about that dog barking.* 不要为那条狗叫的事发牢骚了。

◆ v + adv + prep

,start 'out 1 to begin a journey 启程；上路: *Check the oil before you start out.* 出发前检查一下油量。◇ *What time did they start out?* 他们什么时候动身的？ SYN **set off 2 (as sth)** to begin in a particular way, especially in business or work （以某种方式）开始，创业: *We started out originally as a taxi firm.* 我们开始创业时开了一家出租车公司。◇ *When the band started out, they had hardly any equipment.* 乐队成立之初，几乎没有什么设备。◇ *Did you know the tower started out leaning the other way?* 你知不知道那座塔开始时是向另一边倾斜的？ **3** (*also* **,start 'out to do sth, ,start 'out doing sth**) to have a particular idea or intention when you begin to do sth 最初想要；起先打算: *I had no idea what I was going to write when I started out.* 我提笔之时根本不

SYNONYMS 同义词辨析

start on sth

begin sth ◆ embark on/upon sth ◆ get down to sth ◆ start on sth ◆ take sth up

These verbs all mean to do the first part of sth, or to do sth or make sth happen or exist for the first time. 这些动词都表示开始、着手、使起步。

begin sth to do the first part of sth; to do sth that you were not doing just before; to make sth happen or exist for the first time 开始；着手；使起步；使形成: *He always begins his lessons with a warm-up exercise.* 他上课总是以热身练习开始。◇ *She began to cry.* 她哭了起来。◇ *Everyone began talking at once.* 大家立刻七嘴八舌交谈起来。

embark on/upon sth to begin doing sth new or difficult 开始，从事（新事业或棘手之事）: *She is about to embark on a new career.* 她即将开始新的职业生涯。

get down to sth to begin giving serious attention to sth 开始认真对待；开始致力于: *Let's **get down to business**.* 我们开始干正事吧。◇ *It's time I got down to thinking about that essay.* 我该开始构思那篇文章了。

start on sth to begin doing sth; to make sth begin to happen 开始；着手；使起步: *It's time you started on your homework.* 你该做家庭作业了。 NOTE **Start sth** can be used on its own * start 可单独使用: *It's time you started your homework.* 你该做家庭作业了。

take sth up to begin sth such as a job or hobby 开始从事（工作）；开始有（嗜好）: *He takes up his duties next week.* 他下周履职。◇ *They've taken up golf.* 他们已经开始打高尔夫球了。

WHICH WORD?

Start sth (up) is more frequent in spoken English and in business contexts than **begin**, which is more frequent in written English. **Start**, but *not* **begin**, can also mean 'to make sth start happening or working' * start sth (up) 比 begin 更常用于英语口语和商务语境，而 begin 更常用于书面英语。表示"使起步或开始运作"也可用 start，而非 begin: *Who started the fire?* 谁放的火？◇ *I can't start the car.* 我无法启动车子。

PATTERNS AND COLLOCATIONS

- to begin/start/get down to **doing sth**
- to begin/start **to do sth**
- to begin/start sth **by doing/with sth**
- to begin/start **a discussion/a conversation/negotiations/an argument/a fight/a riot**
- to begin/start/get down to **work**
- to begin/start/take up **a job/employment/your duties/a hobby**
- to begin/start/embark on a **journey/hunt/search/relationship/career**

知道要写些什么。◇ *She had started out to write a short story but it ended up as a novel.* 她起先打算写短篇小说，但最后写成了长篇小说。◇ *He started out with no political opinions, but soon got involved in student politics.* 他开始时不抱任何政见，可是很快就投身于学生参与的政治活动。◇ *She'd started out meaning to apologize but couldn't.* 她原本打算道歉，可就是开不了口。 SYN **set out to do sth**

◆ v + adv **3** also v + adv + **to** +inf ◆ v + adv + -ing

,start 'over; ,start sth 'over (*especially AmE*) to begin doing sth again, especially because you were not successful the first time 重新开始；从头开始再做（某事）: *I messed up and had to start over.* 我搞砸了，不得不返工。◇ *She spelled my name wrong and had to start over.* 她把我的名字拼错了，只好重写。◇ *His wife has walked out and he must start life over.* 妻子抛弃了他，他必须开始新的生活。

◆ v + adv ◆ v + n/pron + adv

,start 'up to begin happening 开始: *After a moment's silence, the music started up again.* 片刻沉寂过后，音乐重又响起。

◆ v + adv

,start 'up; ,start sth 'up 1 to start operating; to make sth start operating （使）发动，启动；开动: *The engine started up with a roar.* 引擎轰隆隆地发动起来。◇ *It took me a while to start up the generator.* 我费了点时间启动发电机。◇ *I heard the car starting up.* 我听见汽车发动了。 **2 (in sth)** to start operating or trading; to establish a business 开始营运（或经营）；创办: *When I started up in business, I needed a lot of help.* 创业之初，我需要诸多帮助。◇ *There are a lot of small businesses starting up in the area.* 区内小企业大量涌现。◇ *My father helped me start up my own company.* 父亲帮助我创办了自己的公司。 OBJ **business, company**

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

▶ **'start-up** *adj* connected with beginning a new business 与创业有关的；创办阶段的: *the new company's start-up costs* 这家新公司的启动费用

▶ **'start-up** *n* a company that is just beginning to operate, especially an Internet company 新公司；创业公司；（尤指）新网络公司: *This is just one of the problems facing start-ups in this highly competitive area.* 这只是新互联网公司在这个竞争激烈的领域中面临的诸多问题中的一个。

starve /stɑːv; *AmE* stɑːrv/

'starve for sth; 'starve sb/sth for sth (*AmE*) to feel you do not have sth that you really need; to prevent sb/sth from having sth necessary or very important 渴求；急需；使缺乏: *Sam was starving for a kind word from Clare.* 萨姆渴望听到克莱尔一句体贴的话。◇ *The children were starved for affection.* 这些孩子渴望关爱。

NOTE **Starve for sth** is usually used in the progressive tenses. Usually used in the passive. * starve for sth 通常用于进行时，并且通常用于被动语态。

→ see also STARVE SB/STH OF STH

◆ v + prep ◆ v + n/pron + prep

'starve sb into sth; 'starve sb into doing sth to force sb to do sth or accept sth by preventing them from getting food or money 断绝食物（或资金）来源以迫使某人做某事: *The aim was to **starve** the enemy **into submission**.* 目的是断绝敌人的粮食，迫使他们屈服。

◆ v + n/pron + prep

'starve sb/sth of sth to prevent sb/sth from having sth that they want or need 使得不到；使缺乏: *The project is being starved of funds.* 这个项目目前缺少资金支持。◇ *The baby had been starved of oxygen at birth.* 这个婴儿出生时缺氧。◇ *Teachers described the students as starved of attention and affection.* 教师们说这些学生缺乏关爱。

SYN **deprive sb/sth/yourself of sth**

NOTE Usually used in the passive. 通常用于被动语态。

→ see also STARVE FOR STH, ETC.

◆ v + n/pron + prep

,starve sb 'out to force sb to leave a place by not allowing them to get food 断绝食物来源迫使某人出来: *It took a month to starve them out.* 断粮一个月后，他们才被迫出来。◇ *A few rebels remain in the area. The rest have been starved out.* 少数反叛者还留在那个地区，其余的都饿得跑出来了。

◆ v + n/pron + adv ◆ v + adv + n

stash /stæʃ/

,stash sth a'way (*informal*) to store sth in a secret or safe place 藏起；隐藏: *She has a fortune stashed away in various bank accounts.* 她在不同的银行账户上秘密存了一大笔钱。

SYN **hide sth away**

◆ v + n/pron + adv ◆ v + adv + n

stave /steɪv/

,stave sth 'in to break sth by hitting it with force and making part of it fall 使向内塌陷；压凹: *The side of the boat was staved in when it hit the rocks.* 船撞上了礁石，把船舷撞扁了。

◆ v + n/pron + adv ◆ v + adv + n

,stave sth 'off to prevent sth unpleasant from happening for a period of time; to delay sth unpleasant 暂时阻止，避开（某事）；延缓，推迟（令人不快的事）: *to stave off hunger/illness* 暂时解饥 / 缓解病情◇ *desperate attempts to stave off civil war* 为避免内战而付出的巨大努力 ◇ *I staved off jet lag with a bath and an early night.* 为了倒时差，我洗了个澡后早早睡下。

SYN **avert sth**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

stay /steɪ/

ˌstay aˈhead; ˌstay aˈhead of sb/sth to succeed in remaining further forward in space, time, development, success, etc. 保持领先；占上风: *We need to keep an eye on our competitors if we want to stay ahead.* 我们要保持领先地位，就得时刻留神竞争对手。◇ *He stayed ahead of me throughout the race.* 整个赛跑过程中他一直冲在我前面。◇ *More investment is needed if we are to* ***stay ahead of the game*** (= be more successful than our competitors). 我们要想立于不败之地就得追加投资。 **SUBJ** **competitors**
SYN **keep ahead, keep ahead of sb/sth**
◆ v + adv ◆ v + adv + prep

ˌstay aˈround to not leave somewhere 呆着不走；不离开: *I'll stay around in case you need me.* 我就呆在这儿，也许你用得着我。◇ *I don't know if he'll be angry with us or not, but I'm not staying around to find out!* 我不知道他会不会生我们的气，不过我不会傻等着弄清楚的！
◆ v + adv

ˌstay aˈway (from sb/sth) to not go near sb/sth dangerous or unpleasant; to have nothing to do with sb/sth 离开，不接近（危险、讨厌的人或事物）；不去（某处）；不沾染（某物）: *Stay away from the edge!* 不要靠近边缘！◇ *He advised us to stay away from drugs.* 他告诫我们远离毒品。◇ *The police have asked the public to stay away.* 警方已要求公众保持距离。
SYN **keep away (from sb/sth)**
◆ v + adv

ˌstay ˈback to remain in a place and not move forward 呆在原地；退后: *The police shouted to the crowd to stay back.* 警方向人群叫喊，让他们退后。
SYN **keep back (from sb/sth)**
◆ v + adv

ˌstay beˈhind (after sth) to remain in a place at the end of an event after other people have left （活动结束后）留下: *I had to stay behind after class.* 课后我得留下来。◇ *She stayed behind after the meeting for a chat.* 会议结束后，她留下来和人闲聊。
◆ v + adv

ˌstay ˈdown 1 to remain in a low position 保持在低处: *The blind won't stay down.* 窗帘总是放不下来。◇ *Get down and stay down or he'll see you!* 趴下别起来，不然他就看见你了！ **SYN** **keep down 2** (of food 食物) to remain in the stomach 留在胃里: *Nothing she ate would stay down.* 她吃什么吐什么。
◆ v + adv

ˌstay ˈin 1 to remain in a position inside sth 固定在里面: *This nail won't stay in.* 这颗钉子就是钉不牢。 **2** to remain at home or inside a building 呆在家里；不外出: *I was ill and had to stay in all week.* 我生病了，只好在家休息了整整一周。◇ *Let's stay in this evening.* 咱们今晚呆在家里吧。
◆ v + adv

ˌstay ˈoff to keep away; to not return 避开；离开；不恢复: *If the rain stays off, we'll got out for a walk.* 雨要是不下了，我们就出去散散步。◇ *She's always dieting, but she can never get the weight to stay off.* 她一直在节食，不过体重总是反弹。
◆ v + adv

ˌstay ˈoff; ˌstay ˈoff sth (*BrE*) to not go to work, school, etc., especially because you are ill/sick （尤指因病）不上班，不上学: *He injured his back and stayed off for a week.* 他背部受伤，一个星期没上班。◇ *Can I stay off school today?* 我今天可以不上学吗？
OBJ **work, school**
◆ v + adv ◆ v + prep

ˌstay ˈoff sth to stop yourself from eating or drinking sth, especially sth that could be harmful 不再吃（或喝）；戒掉: *The doctor told him to stay off alcohol.* 医生劝他戒酒。
SYN **keep off sth**
◆ v + prep

ˌstay ˈon 1 to remain in position on top of sth 留在上面: *The lid won't stay on.* 这个盖子就是盖不上。 **2** to not leave a job, school, place, etc. when you are expected to, or when other people do 留下来继续（学习、工作等）: *We hope he will stay on as manager at the end of his contract.* 我们希望合同期满后他能留下来继续当经理。◇ *We couldn't persuade Jane to stay on at school for an extra year.* 我们无法说服简留在学校继续学习一年。 **3** to continue operating 继续运作: *The light stays on until dawn.* 灯一直亮到拂晓。
◆ v + adv

ˌstay ˈout 1 to remain out of the house or outdoors, especially at night （尤指晚上）呆在户外，不在家: *Sam was allowed to stay out until 11.30 on a Saturday.* 有个星期六萨姆获准在外呆到 11:30。◇ *I don't like you staying out so late.* 我不喜欢你在外面呆到这么晚。 **2** to remain on strike 继续罢工: *The miners stayed out for fifteen months.* 矿工连续罢工十五个月。
◆ v + adv

ˌstay ˈout; ˌstay ˈout of sth to remain outside a place 呆在（…）外面: *Stay out, the floor's wet.* 在外面呆着，地板湿着呢。◇ *Stay out of the kitchen, I'm busy.* 别到厨房来，我忙着呢。
◆ v + adv ◆ v + adv + prep

ˌstay ˈout of sth 1 to not become involved in sth that does not concern you 不介入；不干预: *I try to stay out of their little quarrels.* 他们斗嘴，我尽量不掺和。◇ *Stay out of this, it's none of your business.* 别插手，这事与你无关。 **2** to avoid sth 避开；远离: *Try to stay out of trouble!* 尽量别惹麻烦！
SYN **keep out of sth, keep sb out of sth**
◆ v + adv + prep

ˌstay ˈover to sleep at sb's house for a night 在别人家过夜；留宿: *It got late, so we stayed over.* 当时已经很晚，我们就留下过夜了。◇ *Can I stay over at Gareth's (house) tonight?* 我今晚可以在加雷思家过夜吗?
SYN **sleep over**
◆ v + adv

ˌstay ˈup **1** if sth **stays up**, it remains in a standing or higher position where it has been put, built, etc. 保持直立（不倒下）；保持在高处（不落下）: *These trousers won't stay up without a belt.* 这条裤子不系腰带就往下掉。◇ *I'm not very good at putting up shelves—I'm amazed they've stayed up!* 我不太会安装架子——架子没倒下来，我真吃惊！ **2** to not go to bed 不睡；熬夜: *Don't **stay up** too **late**.* 别熬太晚了。◇ *We let him stay up to watch the movie.* 我们让他熬夜看那部电影。
◆ v + adv

ˈstay with sth/sb (*informal*) to continue to do sth, especially when it is difficult or you do not really want to 坚持做（困难或不愿做的事）；等某人（做完某事）: *Several students weren't enjoying the course, but they stayed with it.* 有几个学生不喜欢这门课程，但还是坚持下来。◇ *Stay with me, I've nearly finished.* 等等我吧，我快干完了。
SYN **stick with sth**
◆ v + prep

steal /stiːl/ (stole /stəʊl; *AmE* stoʊl/, stolen /ˈstəʊlən; *AmE* ˈstoʊ-/)

ˌsteal aˈway to go away from a place quietly and secretly 偷偷离开；溜走: *He stole away under cover of darkness.* 他在夜幕的掩护下溜掉了。
◆ v + adv

ˌsteal ˈover sb (*formal*) if a feeling **steals over** you, you gradually feel it （感觉）油然而生，慢慢出现: *A chill stole over her body.* 她渐渐感觉到一丝寒冷。◇ *Exhaustion stole over me as I sat there.* 我坐在那儿，不知不觉地感到浑身疲乏。
◆ v + prep

ˌsteal ˈup (on sb) to approach sb quietly so that they do not see or hear you coming 悄悄走近（某人）: *She stole up on him in the dark.* 她在黑暗中悄悄靠近他。
◆ v + adv

steam /stiːm/

ˌsteam sth ˈoff; **ˌsteam sth ˈoff sth** to remove a piece of paper from another piece using steam to melt the glue that is holding them together 用蒸汽使（从…）脱离: *He steamed the stamp off the envelope.* 他用蒸汽嘘了嘘，把信封上的邮票取了下来。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌsteam ˈup; **ˌsteam sth ˈup** to become, or to make sth become, covered with steam （使）蒙上水汽: *The windows had steamed up.* 窗户蒙了一层雾气。◇ *The warmth in the room steamed all the windows up.* 房间里的热气使所有窗户都起了一层雾。
SYN **fog up; mist up, mist sth up**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
IDM **be/get (all) steamed ˈup (about/over sth)** (*BrE, informal*) to be/become very angry or excited about sth （因某事而）非常愤怒，非常兴奋: *I realized I had got all steamed up over nothing.* 我意识到我发的净是一些无名火。

steep /stiːp/

ˈsteep sth in sth to put food in a liquid and leave it for some time so that it becomes soft and flavoured by the liquid 将（食物）浸渍在（液体）中: *Raspberries are delicious steeped in brandy.* 用白兰地浸泡悬钩子的味道很好。
◆ v + n/pron + prep

ˈsteep yourself in sth; **be ˈsteeped in sth** (*formal*) to spend a lot of time doing sth or thinking about sth and learn a lot about it 沉浸于；潜心于: *teenagers steeping themselves in pop culture* 沉迷于通俗文化的青少年◇ *He was steeped in the family business from an early age.* 他从早年起就潜心经营家族企业。
◆ v + pron + prep ◆ be + v + prep

be ˈsteeped in sth to have a lot of a particular quality 深深浸淫；饱含（某种特质）: *a city steeped in history* 一座历史悠久的城市
OBJ **history, tradition**
◆ be + v + prep

steer /stɪə(r); *AmE* stɪr/

ˌsteer aˈway from sth to avoid discussing sth or becoming involved with sb/sth, because it may cause problems 绕开，躲开，避开（某人或某物）；岔开，避免谈论（某话题）: *I tried to steer away from the subject of divorce.* 我设法避开离婚这个话题。◇ *Jane tends to steer away from sugary foods.* 简一般不吃甜食。
◆ v + adv + prep

stem /stem/ (-mm-)

ˈstem from sth (*not used in the progressive tenses* 不用于进行时) to be caused by sth; to be the result of sth 起源于；根源是；是…的结果: *Many of her problems stem from the fact that her parents are famous.* 她的很多问题之所以会产生，就在于她父母是名人。◇ *Their opposition stems from fear and ignorance.* 他们反对是出于恐惧和无知。 **SUBJ** **problem, difficulty**
OBJ **the fact that ...**
◆ v + prep

step /step/ (-pp-)

ˌstep aˈside/ˈdown (as/from sth) to leave an important job or position in order to let sb else take your place 下台；退位；辞职；让出…职位: *After ten years as party leader, it's time for him to step aside.* 他当了 10 年的党魁，现在该让贤了。◇ *He decided to step aside as director to make way for his son.* 他决定把公司董事的位置让给儿子。◇ *I intended to step down as Chairman.* 我想辞去主席职务。◇ *She's*

stepping down from her post next year. 她明年就要离职了。
◆ v + adv

ˌ**step ˈback** 1 **(from sth)** to try to think calmly about a situation in which you have been closely involved, as if you are not involved in it 跳出（某事物的）圈子（看待问题）；置身事外（冷静思考）；旁观: *You should try to step back from the problem and look for a new way to deal with it.* 你应该试着从旁观者的角度看待这个问题，寻找新的处理方法。 SYN **stand back (from sth)** 2 to feel as if you have moved backwards to an earlier period of history 仿佛回到，似乎置身（某历史时期）: *When you enter the cathedral you **step back in time** to the 15th century.* 一走进大教堂，就有一种回到了 15 世纪的感觉。
◆ v + adv

ˌ**step ˈdown (as/from sth)**
SYN **stand down (as/from sth)** → STEP ASIDE/DOWN

ˌ**step ˈforward** to offer to help sb, give information, money, etc. 主动站出来（帮忙、提供信息、出资等）: *A soft drinks company has stepped forward to sponsor the team.* 一家软饮料公司提出赞助该队。
◆ v + adv

ˌ**step ˈin** to help in an argument or a difficult situation 施以援手；居间调停；居中斡旋: *When my mum was ill, my aunt stepped in to help.* 我妈妈生病时，姨妈前来帮忙。◇ *The Youth Club was going to close, but a local bank stepped in with a generous donation.* 青年俱乐部即将关闭时，一家当地银行出来慷慨相助。
◆ v + adv

ˈ**step on it** (*informal*) used especially to tell sb to drive faster （尤用于要求加速行驶）开快些，赶快: *Step on it! We're late!* 开快点！我们迟到了！◇ *We'll have to step on it to be there by noon.* 我们要想中午赶到那儿，就得加速了。◇ (*figurative*) *Step on it! I need those figures soon.* 麻利点！我马上要那些数据。
◆ v + prep + it

ˌ**step ˈout** (*especially AmE*) to leave a place for a short period 离开一小会儿；暂时离开: *He's just stepped out for ten minutes.* 他刚出去了十分钟。
◆ v + adv

ˌ**step ˈup (to sb/sth)** to come forward 走上前去: *He stepped up to receive his award.* 他走上前去

SYNONYMS 同义词辨析

step sth up

boost sth ◆ heightened sth ◆ intensify sth ◆ step sth up

These verbs all mean to make the amount or level of sth bigger or greater. 这些动词都表示增强、加强、强化。

boost sth (*often approving*) (*used especially in newspapers*) to make sth become stronger, better or more successful （尤用于报章）增强，提升，促进: *to boost productivity/sales/spending* 提高生产率 / 销售额 / 支出额 ◇ *to boost sb's morale/career/confidence* 提高士气 / 促进事业 / 增强信心 NOTE **Boost** is always used about a positive increase. * boost 总是用于指积极的增长。

heighten sth to increase an effect or feeling or make it stronger 增强，加强，提高（效果或感觉）: *The campaign is intended to heighten public awareness of the disease.* 活动旨在提高公众对这一疾病的认识。◇ *Fears of further conflict were heightened by news of the riots.* 发生骚乱的消息加深了人们对冲突加剧的担忧。

intensify sth to increase an activity or feeling in degree or strength 增强，加强，强化（活动或感觉）: *The leader has intensified his attacks on the government.* 领导人加强了对政府的攻击。◇ *The reforms served only to intensify the misery of the poor.* 改革只是加剧了穷人的痛苦。 ▶ intensification *n* [U, sing.]

step sth up to increase the level of an activity 增加，提高（活动水平）: *He has stepped up his training to prepare for the race.* 为了准备赛跑，他已经加强了训练。◇ *Security has been stepped up in response to the recent threat.* 已经加强了安全措施来应对近期的威胁。

WHICH WORD?

Heighten and **intensify** can also be used without an object, though **heighten** is more commonly used with an object. **Heighten** is used especially about feelings and attitudes; **intensify** can apply to actions too * heighten 和 intensify 也可不接宾语，尽管 heighten 接宾语更常见。heighten 尤用于指感觉和态度上的强烈程度； intensify 也可用于表示行为方面的强化: *a heightened sense of loneliness/well-being* 更强烈的孤独感 / 幸福感◇ *to intensify the campaign/battle.* 深入开展活动 / 扩大战役

PATTERNS AND COLLOCATIONS

- to boost/step up sth **by** ... **/from** ... **/to** ...
- to boost/heighten **awareness/interest**
- to boost **support/confidence/your income/prices/profits/numbers**
- to intensify/step up **the pressure/a campaign/your efforts**
- to heighten **the tension**
- to intensify/heighten/step up **security**
- to boost sth **considerably/significantly/dramatically**

领奖。◇ *The runners stepped up to the line.* 赛跑运动员走向起跑线。
◆ v + adv

ˌstep sth ˈup to increase the rate, level, amount, etc. of sth 增加，提高（速度、水平、数量等）：*Security has been stepped up at the airport since the bomb scare.* 自遭遇炸弹恐吓以来，机场已加强了安全措施。◇ *Police have stepped up their search for the missing schoolgirl.* 警方加紧搜寻失踪女学生。
OBJ **campaign, pressure, security, production, efforts**
◆ v + adv + n ◆ v + n/pron + adv

stick /stɪk/ (stuck, stuck /stʌk/)

NOTE **Stick** is often used as an informal way of saying **put**. * stick 常作 put 的非正式说法。

ˌstick aˈround (*informal*) to stay in or near a place, waiting for sth to happen, sb to arrive, etc. 逗留；不走开；呆在原地（或附近）：*Stick around—we need all the help we can get.* 别走开 —— 我们需要任何可能得到的帮助。◇ *I'll stick around here in case Maya arrives.* 我就呆在这儿，说不定马娅会来呢。
◆ v + adv

ˈstick at sth to work continuously at sth in a determined way 坚持不懈地做，持之以恒地做（某事）：*If we **stick at it**, we should finish the job today.* 我们只要不停地干，今天应该能把活儿干完。◇ *She never sticks at anything for very long.* 她做任何事都缺乏恒心。
SYN **keep at sth; persevere with sth** (*more formal*)
◆ v + prep

ˌstick sth ˈback (*informal*) to return sth to its usual place; to return sth to the place it was before 把…放回（原位）：*Stick the cake back in the oven for ten minutes.* 把蛋糕放回烤箱里烤十分钟。◇ *When you've finished with the dictionary, just stick it back on the shelf.* 你用完词典就放回书架。
SYN **put sth back**
◆ v + n/pron + adv

ˈstick by sb (*informal*) to be loyal to sb and continue to support them in difficult times 忠于，不背弃（处于困境的人）：*She stuck by him through thick and thin.* 她和他同甘共苦，对他忠贞不渝。
SYN **stand by sb**
◆ v + prep

ˈstick by sth to do what you said, planned or promised you would do, even though the situation might have changed 信守，遵守，贯彻（原先的计划、承诺等）：*In spite of what's happened, we must stick by our decision.* 尽管出了这种事，我们仍必须坚持执行我们的决定。◇ *The developer wants to stick by his original plan.* 开发商想坚持执行原来的计划。
SYN **stand by sth**
◆ v + prep

ˌstick sth ˈdown 1 to fix a piece of paper, etc. to sth else using glue （用胶水）把…粘住，把…贴好：*I can't stick the corners of this wallpaper down.* 我没法粘住墙纸的角。◇ *The envelope hadn't been stuck down properly.* 信封没粘好。**2** (*informal*) to place sth that you are holding onto the floor or another surface 放下；放好：*Stick your coat on the chair and come and sit down here.* 把你的外套放在椅子上，过来坐这儿吧。SYN **put sth down 3 (in/on sth)** (*informal*) to write or note sth down quickly （迅速）写下，记下：*Stick it all down on paper before you forget.* 把这个全写下来，免得忘了。
SYN **put sth down; note sth down; jot sth down**
◆ v + n/pron + adv ◆ v + adv + n

ˌstick sth ˈin/ˈinto sth; ˌstick sth ˈin 1 (*informal*) to put sth into sth 把…放入（…）：*I stuck the letter in my pocket to read later.* 我把信塞进衣兜，等以后再看。◇ *He saw the hole and stuck his finger in.* 他看见那个小孔就把手指伸了进去。◇ *I stuck my feet into my slippers.* 我把脚伸进拖鞋。◇ *Timmy stuck his thumb in his mouth.* 蒂米把拇指含在嘴里。SYN **put sth in, put sth in/into sth 2** to put sth sharp into sth, making a small hole 把（尖利物）刺入（或穿入）：*Ouch! I've stuck the needle in my finger!* 哎哟！我的手指被针扎了！OBJ **knife, needle 3** (*informal*) to include sth in a story, a letter, etc. 将…写进（小说、信等）中；把…加进：*Should I stick this paragraph in or leave it out?* 这一段我该不该加进去呢？◇ *I'll stick in something about football to make the article more interesting.* 我来加点关于足球的内容，给文章增添些趣味。SYN **put sth in, put sth in/into sth 4** to attach sth firmly to sth, using tape or glue 粘贴（在…上）：*I'm going to stick the photos in my album.* 我要把相片贴在我的相册里。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

IDM **stick/poke your ˈoar/ˈnose into sth** (*informal*) to try to become involved in sth that does not concern you 多管闲事；干预，插手（与己无关的事）

ˌget stuck ˈin; ˌget stuck ˈinto sth (*BrE, informal*) to start doing sth in an enthusiastic way; to become very interested and involved in sth 热切地开始（做某事）；热情地参与（某事）：*You must be hungry. Get stuck in!* (= start eating) 你一定饿了。快吃吧！◇ *I was too tired to get really stuck into the debate.* 我很累，没有心思参与这场辩论。
◆ get + v + adv ◆ get + v + prep

ˌstick sth ˈon (*informal*) **1** to switch on a piece of electrical equipment 打开（电器）开关：*I'll stick the kettle on for a cup of tea.* 我来烧壶水，沏杯茶。**2** to put on clothes 穿上（衣服）：*I'll just stick a jacket on, and I'm ready.* 我套件上衣就行了。**3** to begin to cook food 开始烹制（食物）：*I'll stick the potatoes on.* 我来做些土豆。**4** to make a CD, etc. begin to play 播放（CD 等）：*Stick on some music, if you like.* 想听的话就放点音乐吧。
SYN **put sth on**
◆ v + n/pron + adv ◆ v + adv + n

,stick sth 'on; ,stick sth 'on/'onto sth to attach sth firmly to a surface, using glue, tape, etc. 粘贴（到…上）: *I stuck the label on with adhesive tape.* 我用胶带把标签粘上了。◇ *He sealed the envelope, and stuck a stamp on it.* 他封好信封，在上面贴了一枚邮票。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

▶ **'stick-on** *adj* [only before noun] a **stick-on** object has glue on one side so that it can be attached to sth 可粘贴的；粘贴式的；一面带粘胶的: *stick-on badges/labels* 带粘胶的标牌 / 标签

,stick sth 'on sth (*informal*) **1** to put sth somewhere in a careless or rough way 把…随便放在某处；扔；丢: *Stick your report on my desk when you've finished it.* 你写完报告后就放在我的办公桌上吧。 **2** to add an amount of money to the price or cost of sth 把（某金额）加在（价格或成本）上: *They can't just stick an extra 20p on the price of cigarettes!* 他们不能就这么把香烟价格提高 20 便士!

SYN **put sth on sth**

◆ v + n/pron + prep

,stick 'out to be very noticeable or easy to see 显眼；夺目；引人注目: *They wrote the notice in red so that it would stick out.* 他们用红字写出通知，这样会醒目一些。◇ (*figurative*) *One of the boys in the class sticks out in my mind.* 班里有个男孩给我的印象特别深。

SYN **stand out** (*more formal*)

◆ v + adv

IDM **stick out a 'mile** to be very noticeable or easy to see 十分显眼；显而易见: *Dressed like that, you stick out a mile.* 你打扮成那样，真是大出风头。◇ *It stuck out a mile that she was lying.* 她显然在说谎。 **stick out like a sore 'thumb** to be very different from others, especially in an unpleasant way （与周围环境）格格不入；扎眼；惹眼: *The red house stuck out like a sore thumb among the old stone cottages.* 那座红房子在破旧的小石屋中间很刺眼。

🔑 **,stick 'out; ,stick 'out of sth** to be further out than sth else; to be partly outside sth such as a container 突出；（从容器等中）伸出，探出: *His ears stick out.* 他长着一对招风耳。◇ *There was a newspaper sticking out of her coat pocket.* 她外衣兜里露出了一截报纸。

◆ v + adv ◆ v + adv + prep

🔑 **,stick sth 'out; ,stick sth 'out of sth** to make sth, especially part of your body, come through a hole 使（身体部位）伸出；使探出: *If you want to turn right, stick out your hand.* 你要是想右转就伸出手。◇ *I stuck my head out of the window to see what was happening.* 我从窗户探出头，看外面出了什么事。

OBJ **head, tongue** SYN **poke sth out, etc.**

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + adv + prep

IDM **stick your 'neck out** (*informal*) to do or say sth when there is a risk you may be wrong 做有风险的事；冒险说没有把握的话: *I'm going to stick my neck out and say that we'll have a dry summer.* 我不一定对，但我还是要斗胆说这个夏天会干旱。

,stick it/sth 'out to continue doing sth difficult or boring until it is finished 坚持到底；忍受下去: *I don't like being on my own, but I'll stick it out until my parents come back.* 我不喜欢独自一个，但我会坚持熬到爸妈回来的。◇ *I'm amazed that she's stuck the course out this long.* 我觉得很惊奇，她居然耐着性子这么长时间把这门课学完了。

◆ v + n/pron + adv

,stick 'out for sth (*BrE, informal*) to refuse to give up until you get what you want 坚持索要；得不到…不罢休: *They're sticking out for a higher pay rise.* 他们坚持要求提高加薪幅度。

SYN **hold out for sth**

◆ v + adv + prep

,stick 'through; ,stick 'through sth if sth **sticks through** or **sticks through** sth, it goes from one side to the other and it is partly outside 从…的一边伸到另一边；穿过: *His head was sticking through the railings.* 他的脑袋伸过了栏杆。

◆ v + adv ◆ v + n/pron + prep

🔑 **'stick to sth 1** to continue doing sth even if it is difficult or you have problems 坚持不懈，持之以恒（做某事）: *He found it difficult to stick to a diet.* 要坚持按规定饮食，他觉得很困难。→ see also STICK WITH STH 1 **2** to continue doing or using sth and not want to change it 坚持；维持；固守；坚持保留: *I'm sticking to my previous statement.* 我坚持我先前所说的话。◇ *That's her story and she's sticking to it.* 那是她本人的说法，并且她仍坚持那么说。→ see also STICK WITH STH 2 **3** to keep inside the limits of a particular subject, etc. 不超出（某个话题等）；紧扣（主题）: *I'm not interested in your opinions—just stick to the facts.* 我对你的观点不感兴趣 —— 只讲事实就行了。

◆ v + prep

IDM **stick to your 'guns** to refuse to change your mind about sth even when other people are trying to persuade you that you are wrong 坚持己见；一意孤行

🔑 **,stick to'gether** (*informal*) **1** to remain friendly and loyal to one another; to support each other 彼此友好忠诚；团结在一起: *The family should stick together at a time like this.* 在这样的关头，全家人应该团结一致。◇ *The children from the village tended to stick together.* 这个村的孩子喜欢抱团。 **2** (*informal*) to stay physically close to each other 互相挨近（或靠近）: *Let's all stick together until we find the way out.* 找到出去的路之前，我们大家不要分开。

→ see also STICK WITH SB 1

◆ v + adv

,stick sth to'gether to attach things or parts of things to each other 将（零散物品或散件）拼合；把…粘在一起: *Cut out the shapes and stick them together to make a bird.* 先剪出各个形状，然后把它们拼贴成一只鸟儿。

◆ v + n/pron + adv ◆ v + adv + n

🔑 **,stick 'up** to point upwards 向上突出；竖立: *The branch was sticking up out of the water.* 树

枝从水中冒了出来。◇ *Is my hair sticking up?* 我的头发翘起来了吗？
◆ v + adv

ˌstick sb/sth ˈup (*AmE*): (*informal*) *He stuck up a liquor store in Oregon.* 他持枪抢劫了俄勒冈州的一家卖酒的店铺。→ HOLD SB/STH UP
▶ **ˈstick-up** *n* (*AmE, informal*) an act of robbing sb/sth using a gun 持枪抢劫: *This is a stick-up, nobody move!* 打劫，都不许动！

ˌstick sth ˈup to attach sth to a wall, a board, a window, etc. so that people can see it 张贴: *They had stuck up posters everywhere advertising the show.* 他们在各处张贴海报宣传这次演出。◇ *If you want to sell your bike, just stick a notice up in the shop window.* 你要是想卖自行车，就在商店橱窗上贴一张布告。
SYN **put sth up**
◆ v + adv + n ◆ v + n/pron + adv

ˌstick sth ˈup; ˌstick sth ˈup sth (*informal*) to place sth in a high position; to move sth upwards, especially inside sth 举起；擎起；（在某物内部）使向（…）上移动: *Stick your hand up if you know the answer.* 知道答案就举手。◇ *Jeff stuck his hand up the pipe to see what was blocking it.* 杰夫用手顺着管子往上摸，看是什么东西堵住了。
OBJ **hand, finger**
◆ v + n/pron + adv ◆ v + adv + n

ˌstick ˈup for sb/yourself/sth (*informal*) to support or defend sb, yourself or sth, when they are being criticized 支持；维护；捍卫: *She always sticks up for her little sister.* 她总是护着妹妹。◇ *You must stick up for what you believe in.* 你一定要捍卫你的信念。◇ *Don't be so weak—you should stick up for yourself.* 别这么软弱 —— 你应该自卫。
◆ v + adv + prep

ˈstick with sb 1 (*informal*) to stay physically close to sb 紧跟，靠近（某人）: *Stick with me until we get out of the forest.* 走出森林之前跟紧我。→ see also STICK TOGETHER 2 **2** (*informal*) to remain in sb's memory 留在记忆中；牢记: *His words will stick with me for ever.* 他的话将永远铭刻在我的心中。
◆ v + prep

ˈstick with sth (*informal*) **1** to continue to do sth in spite of difficulties （顶着困难）坚持，继续（做某事）: *If we* **stick with it** *we should finish soon.* 我们要是坚持下去，很快就能做完。◇ *I stuck with the job for as long as I could.* 我一直坚持工作，直到无法继续。 **2** to continue doing or using sth and not want to change 持续不变地做（或使用）；坚持；维持: *I've decided to stick with my usual method.* 我决定沿用我惯用的办法。→ see also STICK TO STH 2
◆ v + prep

be/get ˈstuck with sb/sth (*informal*) to be forced to do sth, take care of sb/sth, etc. that you do not want to 被逼做某事；被迫照料；无法脱身于: *How did I get stuck with all the cleaning?* 打扫卫生怎么会落到我一个人头上了呢？◇ *If we're stuck with each other for the next two weeks, we might as well be polite.* 如果今后两个星期我们必须一起共事的话，我们彼此客气点为好。◇ *I got stuck with defending my brother's wild behaviour* (= but I really thought he was wrong). 我硬着头皮为我兄弟粗野的行为辩解。
◆ be/get + v + prep

sting /stɪŋ/ (stung, stung /stʌŋ/)

ˈsting sb for sth (*informal*) **1** to trick or cheat sb into paying more money than they should or than they expected to （抬高价格）骗某人的钱；敲某人的竹杠: *Motorists are being stung for another £25 road tax.* 驾车的人又被敲去 25 英镑，说是要交公路税。 **2** (*BrE*) to borrow money from sb, especially when they are unwilling to give it to you （尤指强人所难）向某人借钱: *Can I sting you for a fiver?* 能借给我五英镑吗？
◆ v + n/pron + prep

stink /stɪŋk/ (stank /stæŋk/, stunk /stʌŋk/ or stunk, stunk)

ˌstink sth ˈout (*BrE*) (*AmE* **ˌstink sth ˈup**) (*informal*) to fill a room, a building, etc. with a very unpleasant smell 使（某处）充满恶臭；使臭气冲天: *He stank the whole place out with his cigarettes.* 他弄得到处都是难闻的香烟味。
OBJ **the place** SYN **smell sth out** (*BrE*), **smell sth up** (*AmE*)
◆ v + n/pron + adv ◆ v + adv + n

stir /stɜː(r)/ (-rr-)

ˌstir sth ˈin; ˌstir sth ˈinto sth to mix one substance into another by moving a spoon, etc. 将…搅入（…）: *Stir in the cream.* 把奶油调进去。◇ *Stir the pasta into the sauce.* 把意大利面加到调味汁里调拌。
SYN **mix sth in (with sth), mix sth into sth**
◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

ˌstir sb ˈup to encourage sb to do sth; to make sb feel they must do sth 激励，鼓动（某人）: *He was accused of stirring up the slaves against their masters.* 有人指责他鼓动奴隶反抗主人。
◆ v + adv + n ◆ v + n/pron + adv

ˌstir sb/sth ˈup 1 to cause trouble, especially by making people feel strong emotions 煽动；挑起: *I don't want to stir up any more trouble.* 我不想挑起更多麻烦了。◇ *The government has been accused of stirring up racial hatred.* 有人谴责政府煽动种族仇恨。 OBJ **hatred, trouble, things, controversy** SYN **rouse sb/sth 2** to make sb have a particular feeling or attitude 激起（感情）: *Her story stirred up a lot of old memories for me.* 她的故事唤起了我的很多往昔回忆。◇ *I can't seem to stir up any interest in the campaign.* 我似乎对这个活动一点也提不起兴致。 OBJ **memories, interest, emotions 3** to make sth such as sand or dust move around in water or air （在水中）搅起；（在空中）扬起: *The helicopter stirred up a cloud of dust.* 直升机

吹起了一片灰尘。 OBJ **dust**
◆ v + adv + n ◆ v + n/pron + adv
IDM **stir up a 'hornets' nest** to cause a difficult situation in which a lot of people get very angry 激起公愤；捅马蜂窝: *His criticisms of the president stirred up a hornets' nest.* 他对总裁的批评激起了公愤。

stitch /stɪtʃ/

ˌstitch sb ˈup (*BrE, informal*) to make sb appear to be guilty of sth they have not done, for example by giving false information; to cheat sb 诬陷；欺骗: *I didn't do it! I've been stitched up!* 那事我没干！有人陷害我！
SYN **frame sb**
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈstitch-up** *n* (*BrE, informal*) a situation in which sb deliberately cheats you or causes you to be wrongly blamed for sth 诬陷；欺骗: *It was a stitch-up!* 这是污蔑！

ˌstitch sth ˈup **1** to join things together using a needle and thread 缝拢；缝合: *This wound has to be stitched up urgently.* 这个伤口必须立刻缝合。 OBJ **wound** **2** (*BrE, informal*) to arrange sth; to complete a business deal 安排；做成（交易）: *He has managed to stitch up major deals all over the world.* 他在世界各地做成了几笔大买卖。◇ *The company has the US market stitched up.* 公司在美国市场地位稳固。
OBJ **deal**
SYN **sew sth up**
◆ v + adv + n ◆ v + n/pron + adv

stock /stɒk; *AmE* stɑːk/

ˌstock ˈup (on/with sth) to buy or get a lot of sth so that you can use it later 储备，备足（某物）: *The shops are very busy with people stocking up for the holidays.* 各个店铺非常繁忙，挤满了采购节日用品的顾客。◇ *I need to stock up on food before all the family arrive.* 我得赶在全家人到来之前备足食物。
◆ v + adv

ˌstock sth ˈup (on/with sth) to fill sth with goods, food, etc. 在…中备足（货品、食物等）: *Mum stocked up the freezer for us before she went to the conference.* 妈妈去开会前为我们在冰柜里存满了食物。
◆ v + adv + n ◆ v + n/pron + adv

stoke /stəʊk; *AmE* stoʊk/

ˌstoke ˈup (on/with sth) (*informal*) to eat a lot of sth so that you will not feel hungry later 预先吃饱；预先吃好: *We'd better stoke up now—we've got a long journey in front of us.* 我们现在最好吃饱点 —— 前面的路还很长呢。
◆ v + adv

ˌstoke sth ˈup **1** to keep a fire, etc. burning by adding more fuel 往（火等）里添燃料: *He stoked up the fire before going to bed.* 他临睡前给炉子加了煤。 OBJ **fire** **2** to make people feel sth more strongly 使（感觉）更加强烈；火上浇油: *He continued to stoke up hatred in his speeches.* 他在讲话中不断煽动人们的仇恨。

NOTE **Stoke sth** can also be used on its own with the same meanings. * stoke sth 单独使用也作这些含义。
◆ v + adv + n ◆ v + n/pron + adv

stoop /stuːp/

ˈstoop to sth; ˈstoop to doing sth to do sth bad or unpleasant in order to gain an advantage for yourself （为私利）不择手段；卑鄙（或堕落）到做某事: *I can't believe he would stoop to blackmail.* 我没法相信他会如此下作，竟然会勒索别人。◇ *He's the kind of person who would stoop to making personal attacks on a rival.* 他是那种能卑鄙到对竞争对手进行人身攻击的人。
SYN **descend to sth** (*more formal*)
◆ v + prep

stop /stɒp; *AmE* stɑːp/ (-pp-)

ˌstop aˈround; ˌstop aˈround sth (*AmE*) to make a short visit to sb, usually at their home 去看望（某人）；去（某人家）小坐: *I'll stop around this evening when I finish work.* 我今晚下班后要去拜访一下。◇ *Let's stop around the Smiths' house for a drink.* 咱们去史密斯家坐坐喝点东西吧。
SYN **drop round; pop over/round** (*BrE*)
◆ v + adv ◆ v + prep

ˌstop aˈway to deliberately decide not to go somewhere 有意选择不去（某处）: *Many of the people invited to the dinner had stopped away in protest.* 接到邀请的很多人故意不赴宴，以示抗议。
SYN **stay away**
NOTE **Stay away** is more frequent. * stay away 更常见。
◆ v + adv

ˌstop ˈback (*AmE*) to return to somewhere that you visited earlier 返回，回到（先前去过的地方）: *I'll stop back on my way home.* 我回家时会再过来一下的。
◆ v + adv

ˌstop beˈhind (after sth) (*informal*) to remain somewhere at the end of an event after other people have left （活动结束他人离开后）留下: *She stopped behind after the meeting to talk to him.* 会后她留下来和他谈话。
NOTE **Stay behind** is more frequent. * stay behind 更常见。
◆ v + adv

ˌstop ˈby; ˌstop ˈby sth to make a short visit to sb/sth, especially when you are on the way to somewhere else 过来小坐；顺路造访: *Stop by for a chat on your way home.* 你回家时顺便过来聊聊吧。◇ *Could you stop by the store for some milk?* 你能不能顺路到那家店里买点牛奶？
SYN **come by, come by sth; drop by** ⊃ note at VISIT WITH SB
◆ v + adv ◆ v + prep

ˌstop ˈin (*BrE, informal*) to stay at home rather than go out 呆在家里（不外出）: *We've decided to stop in tonight because it's raining.* 下雨了，我们打算今晚留在家里。

NOTE **Stay in** is more frequent. * stay in 更常见。
◆ v + adv

ˌstop ˈoff (at/in ...) to stop somewhere for a short time when you are on the way to somewhere else （在某处）中途停留: *We stopped off for lunch just north of Paris.* 我们就在巴黎以北中途停下来吃了午饭。◇ *I stopped off at the supermarket on the way home.* 我回家途中去了一趟超市。
◆ v + adv
▶ **ˈstop-off** *n* **1** a short stay somewhere during a trip （旅程中的）中途停留: *a stop-off in Sydney* 在悉尼的短暂逗留 **2** a place where you stop for a short time during a trip （旅程中的）中途停留地

ˌstop ˈon [+ adv/prep] (*BrE, informal*) to stay somewhere longer than you planned or after other people have left 多呆;（在他人走后）留下: *I'll stop on an hour after work.* 我要加班一个小时。
NOTE **Stay on** is more frequent. * stay on 更常见。
◆ v + adv

ˌstop ˈout (*BrE, informal*) to stay out late at night or all night instead of going home 夜晚迟归; 夜不归宿: *He often stops out till three in the morning.* 他常常在外面呆到凌晨三点。
NOTE **Stay out** is more frequent. * stay out 更常见。
◆ v + adv

ˌstop ˈover (in/at ...) to stop somewhere for a short time when you are on a long journey, especially a journey by plane （尤指乘飞机长途旅行）（在某处）中途停留: *I stopped over in Mérida on the way to Havana.* 去哈瓦那途中，我在梅里达短暂停留。
◆ v + adv
▶ **ˈstopover** *n* **1** a short stay somewhere during a long journey （长途旅行的）中途停留: *We had a three-day stopover in Hawaii.* 我们在夏威夷逗留了三天。 **2** a place where you stay for a short time during a long journey （长途旅行的）中途停留地

ˌstop ˈup (*BrE, informal*) to not go to bed until later than usual 熬夜; 迟睡: *She stopped up to see the football match.* 她熬夜看足球赛。
NOTE **Stay up** is more frequent. * stay up 更常见。
◆ v + adv

ˌstop sth ˈup to cover or fill a hole, a crack, etc. so that nothing can get through 盖上，堵塞（孔穴、缝隙等）: *I stopped up all the holes to keep out the draught.* 我把洞全堵上了，想挡住穿堂风。
SYN **block sth up**
◆ v + adv + n ◆ v + n/pron + adv

store /stɔː(r)/

ˌstore sth aˈway to put sth in a safe place and keep it there so that you can use it later 贮存; 储备; 贮藏: *We stored away the baby clothes.* 我们把婴儿服装全都收起来了。◇ *It's amazing how much knowledge he's got stored away in his memory.* 他头脑中储存的知识多得令人惊叹。◇ *I stored away the information for future use.* 我存了这条信息等以后用。
◆ v + adv + n ◆ v + n/pron + adv

ˌstore ˈup sth to make trouble for yourself in future 带来，遗留（后患）: *Smokers may be storing up health problems for their unborn children.* 吸烟的人可能给他们的胎儿留下健康隐患。◇ *Children who store up their bad feelings often develop headaches or stomach pains.* 儿童如果情绪低落郁结在心头，常常会导致头疼或腹痛。
OBJ **problems, trouble**
NOTE A pronoun always comes between the verb and **up**. 代词总是置于动词和 up 之间。
◆ v + adv + n ◆ v + pron + adv

ˌstore sth ˈup **1** to keep sth so that it can be used later 贮存; 储备: *animals storing up food for the winter* 贮藏食物准备过冬的动物◇ *The batteries store up enough energy for a week.* 电池可蓄足够一周用的能量。 NOTE **Store sth** is also used on its own. * store sth 单独使用也作此义。 **2** to keep information or facts in your memory to use later （在脑中）记下，记住（信息或事实）: *He stored up all the amusing and interesting things that happened during the day to tell his family in the evening.* 他把白天发生的好笑和有趣的事儿都记在心里，等到晚上讲给家人听。
◆ v + adv + n ◆ v + n/pron + adv

storm /stɔːm; *AmE* stɔːrm/

ˌstorm ˈoff to leave a place or a person suddenly because you are very angry 愤怒地突然离开: *We had a big argument and he stormed off.* 我们大吵一架，然后他怒冲冲地夺门而出。
◆ v + adv

stow /stəʊ; *AmE* stoʊ/

ˌstow aˈway (on sth) to hide on a vehicle, especially a ship or a plane, in order to travel without paying or without being seen 无票偷乘（交通工具，尤指船或飞机）: *He stowed away on a ship bound for Vigo.* 他偷偷地上了一艘开往维哥的轮船。
◆ v + adv
▶ **ˈstowaway** *n* a person who hides on a ship or a plane in order to travel without paying or without being seen 无票偷乘船（或飞机）的人; 逃票乘客

ˌstow sth aˈway to put sth in a place where it will be safe or will not be found 将…收好; 把…保存好: *He stowed his passport away safely in a drawer.* 他把护照妥善存放在抽屉里。
◆ v + n/pron + adv ◆ v + adv + n

straighten /ˈstreɪtn/

ˌstraighten ˈout; ˌstraighten sth ˈout to become or to make sth straight （使）变直: *After the bridge, the road straightens out.* 过了桥之后，路就直了。◇ *attempts to straighten out*

the river 将河道改直的尝试
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌstraighten sb ˈout; **ˌstraighten yourself ˈout** to help sb deal with problems or understand a difficult situation; to help yourself in this way 帮人（或自行）解决问题；使认清困局: *A few sessions talking to a counsellor should straighten him out.* 跟咨询顾问谈几次就能让他转过弯来。
SYN sort sb/yourself out
◆ v + n/pron + adv ◆ v + adv + n

ˌstraighten sth ˈout to deal with problems or a difficult situation; to organize things that are confused 解决（问题或困难）；清理；整顿: *I was left to straighten out the mess.* 我被留下来收拾这个烂摊子。◇ *He's trying to straighten out his finances.* 他试图清理个人财务。
SYN sort sth out
◆ v + adv + n ◆ v + n/pron + adv

ˌstraighten ˈup to stand up straight from a bent position 挺直身子；站立起来: *She slowly straightened up and rubbed her back.* 她慢慢站起来揉了揉背。
◆ v + adv

ˌstraighten sth ˈup to make a room, etc. neat and tidy 整理（房间等）；收拾整齐: *We'd better straighten up the house before they get back.* 我们最好在他们回来之前把房子收拾好。
SYN tidy sth up
◆ v + adv + n ◆ v + n/pron + adv

strain /streɪn/

ˈstrain at sth to pull very hard on sth 拉紧，用力拽（某物）: *The dog was straining at its lead.* 那只狗用力拖拽着牵狗绳。
◆ v + prep
IDM **strain at the ˈleash** (*informal*) to want to do sth very much, especially when sb/sth is trying to stop you 迫不及待，急于挣脱束缚（做某事）: *He's straining at the leash to get on with his research.* 他急于摆脱束缚继续搞研究。

ˌstrain sth ˈoff to separate a liquid from sth solid by pouring it through sth that has very small holes in it 滤掉，滤去（液体）: *Strain off any excess liquid.* 把多余的液体都过滤掉。
◆ v + adv + n ◆ v + n/pron + adv

strap /stræp/ (-pp-)

NOTE A **strap** is a strip of leather, cloth, etc. that is used to fasten sth or keep sth in place.
* strap 指带子。

ˌstrap sb ˈin; **ˌstrap yourself ˈin**; **ˌstrap sb/yourself ˈinto sth** to fasten sb/yourself in a seat, etc. using straps 给…系上安全带: *All passengers in the plane must be securely strapped in.* 机舱内的所有乘客必须把安全带系牢。◇ *Make sure you strap the baby firmly into the high chair.* 孩子坐高脚椅一定要系牢。◇ *Have you strapped yourselves in?* 你们系好安全带了吗？
◆ v + n/pron + adv ◆ v + n/pron + prep

ˌstrap sth ˈon; **ˌstrap sth ˈonto sth** to attach sth to sth else with straps 用带子系（或捆、绑）（在…上）: *He strapped on his helmet and rode away.* 他系好头盔就开车走了。◇ *She strapped the suitcases onto the roof of the car.* 她把衣箱绑在车顶上。
◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

ˌstrap sth ˈup to tie bandages around sth, especially an injured part of the body, to support it or prevent it from moving 用绷带包扎（受伤部位）: *Your wrist needs to be strapped up.* 你的手腕需要包扎一下。
◆ v + n/pron + adv ◆ v + adv + n

stress /stres/

ˌstress sb ˈout (*informal*) to make sb very anxious and tired so that they are unable to relax 使过度焦虑劳累；使心力交瘁: *My job really stresses me out.* 我的工作真是让我身心俱疲。◇ *My dad stressed me out by criticizing me all the time.* 爸爸没完没了地数落我，都快把我逼疯了。
◆ v + n/pron + adv
▸ **ˌstressed ˈout** *adj* too anxious and tired to be able to relax 焦虑不安；心力交瘁；精疲力竭: *When I'm stressed out, I try to go for a long walk.* 我压力过大时，就出去长时间散步。◇ *stressed-out executives* 心力交瘁的主管

stretch /stretʃ/

ˌstretch aˈway/ˈout [+ adv/prep] to spread over a large area of land, especially away from where you are （往远处）绵延，延伸: *The mountains stretched away into the distance.* 山脉向远方延伸。◇ *Banana plantations stretched away as far as the eye could see.* 香蕉种植园一望无际。
SYN extend
◆ v + adv

ˌstretch ˈout; **ˌstretch yourself ˈout** to lie down, with your arms or legs out straight, especially in order to relax or sleep （尤指为休息或睡觉）舒展四肢躺下: *He stretched out on the floor and fell asleep.* 他摊开手脚躺在地板上睡了。
◆ v + adv ◆ v + pron + adv

🔑 **ˌstretch sth ˈout** **1** to put your arm or leg out straight, especially in order to reach sth （尤指为够东西）伸出，伸展（手或脚）: *She stretched out a hand to touch his face.* 她伸手去摸他的脸。◇ *He leant back and stretched his legs out in front of him.* 他靠后仰，双腿前伸。 **OBJ** arm, hand, leg **2** to make sth last as long as possible by not using very much at a time 节俭使用（以维持更久）: *It's hard to stretch my money out to the end of the month.* 我的钱很难撑到月底。 **SYN** spin sth out
◆ v + n/pron + adv ◆ v + adv + n

strew /stru:/ (**strewed**, **strewed** or **strewn** /stru:n/)

be 'strewn with sth to be covered with a lot of things 撒满，遍布（某物）: *The floor was strewn with clothes.* 满地都是衣服。◇ (*figurative*) *The way ahead is strewn with difficulties.* 前面的路困难重重。
• be + v + prep

strike /straɪk/ (**struck**, **struck** /strʌk/, *AmE also* **struck**, **stricken** /'strɪkən/)

'strike at sb/sth 1 to try to hit sb/sth, especially with a weapon （用武器）朝…打去: *She screamed and struck at the wolf with a stick.* 她尖叫着用棍子朝那只狼打去。 **2** to cause damage or have a serious effect on sb/sth 损害; 有损于; 严重影响到: *The proposals **struck at the roots of** community life.* 这些提议动摇了社区生活的根基。◇ *This legislation strikes at the most vulnerable people in society.* 这项法律损害了社会上最弱势群体的利益。
• v + prep

,strike 'back (**at/against sb/sth**) to criticize or attack sb who has criticized or attacked you 反击; 回击: *Sarah used the article to strike back at her critics.* 萨拉借这篇文章驳斥批评她的人。
SYN **hit back (at sb/sth)**
• v + adv

,strike sb 'down (*formal*) **1** if a disease strikes sb down, it kills them or makes them very ill/sick （疾病）使丧命，使病倒，侵袭: *She was struck down by polio at the age of four.* 她四岁那年得了小儿麻痹症。◇ *I was struck down by flu and had to cancel the trip.* 我得了流感，不得不取消行程。 **2** to hit sb very hard so that they fall to the ground; to kill sb 击倒; 撞倒; 使丧命: *Fights broke out near the shop and one girl was struck down by a handbag.* 商店附近发生了斗殴，一名女孩被一只手提包击倒。◇ *the spot where Kennedy was struck down* 肯尼迪遇刺的地点
NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + adv • v + adv + n

,strike sth 'down (*especially AmE*) to reject sth; to make sth no longer valid 驳回; 废止; 废除: *Only the Supreme Court has the power to strike down this legislation.* 只有最高法院有权否决这项法律。◇ *Parents tried to have the ban struck down.* 父母们试图使禁令得以取消。
• v + adv + n • v + n/pron + adv

,strike 'off → STRIKE OUT 3

,strike sb/sth 'off; ,strike sb/sth 'off sth (*BrE*) to remove sb's name from the list of members of a profession so that they can no longer work in that profession 把…（从某职业中）除名; 取消…的从业资格: *She was struck off for professional misconduct.* 她因为渎职被除名了。◇ *These doctors should be struck off the medical register.* 这些医生应该被吊销行医资格。◇ *I'm going to strike Ashok off my guest list for the party.* 我要把阿肖克从聚会邀请名单上画掉。
• v + n/pron + adv • v + adv + n • v + n/pron + prep

,strike sth 'off (*formal*) to remove sth with a sharp blow; to cut sth off 打掉; 砍掉; 砍下: *They struck off his head with a sword.* 他们用剑削掉了他的脑袋。
SYN **chop sth off** (*less formal*)
• v + adv + n • v + n/pron + adv

,strike 'out 1 (**at sb/sth**) to aim a violent blow at sb 猛打: *He struck out at me with his fist.* 他给了我一记重拳。 SYN **hit out (at sb/sth)** **2** to start being independent and do sth new 独立出去; 自立谋生: *Sanjay left the firm and struck out on his own.* 桑杰离开了公司自己创业。 **3** (*also* **,strike 'off** *less frequent*) **[+ adv/prep]** to start to go somewhere in a determined way 毅然走向（某处）: *He struck out across the fields towards the farmhouse.* 他大步流星地穿过田地朝农舍走去。 **4** (**with sb**) (*AmE, informal*) to fail; to be unsuccessful 失败; 搞砸: *I tried to get a job but struck out completely.* 我努力想找份工作，可一次也没成功。◇ *He must have struck out with her because he came home early.* 他肯定和她没戏了，因为他很早就回家了。 **5** (**at sb/sth**) to criticize sb/sth, especially publicly （尤指公开）抨击: *striking out at your critics* 驳斥别人对你的批评 SYN **hit out (at sb/sth)**
• v + adv

,strike 'out; ,strike sb 'out (*AmE*) (in baseball 棒球) to fail to hit the ball successfully three times and so finish your turn; to make sb do this （使）三击不中出局: *He struck out in the third inning.* 他在第三局三击不中出局了。◇ *The pitcher struck out three batters.* 投手使三名击球员三击未中出局。
• v + adv • v + adv + n • v + n/pron + adv
▶ **'strikeout** *n* (in baseball 棒球) an occasion when sb is struck out 三击不中出局

,strike sth 'out/'through (*especially BrE*) to remove sth from a text or a list by drawing a line through it 画掉; 删去; 勾销: *I struck out some words to make the message shorter.* 我删掉一些文字，缩短了信息内容。◇ *He insisted that I strike out all references to his family.* 他坚持要我删除所有提及他家庭的内容。
SYN **cross sth out/through**
• v + adv + n • v + n/pron + adv
▶ **'strikethrough** (*also* **'strikeout**) *n* [U] a style of print in which words have a line through them, usually to show that they are wrong （为标示错误）加删除线的字体: *strikethrough text* 加了删除线的文本

,strike 'up (**with sth**), **,strike 'up sth** if musicians **strike up**, they begin to play （乐队）开始弹奏: *Everyone was waiting for the band to strike up.* 大家都在等着乐队开始演奏。◇ *The orchestra struck up a lively tune.* 管弦乐队奏起一首欢快的曲子。
OBJ **tune**
• v + adv • v + adv + n

,strike 'up sth (with sb) to begin a friendship, a relationship, a conversation, etc. with sb （和某人）建立友谊，开始来往，交谈起来: *My mother will strike up a conversation with anyone she meets.* 我母亲逮谁跟谁聊。◇ *Children of the same age don't always strike up friendships (with each other).* 同龄的孩子不一定会成为朋友。

OBJ **conversation, friendship, relationship**

◆ v + adv + n

string /strɪŋ/ (strung, strung /strʌŋ/)

,string a'long (with sb) (*informal*) to go somewhere or do sth with sb else, especially because you have nothing else to do （闲时）跟随，陪伴（某人）: *Can I string along with you when you go to the shops?* 我能跟你去商店吗？

SYN **tag along (behind/with sb)**

◆ v + adv

,string sb a'long (*informal*) to allow sb to believe sth that is not true for a long time, especially when you encourage them to have false hopes 一直让…误信；欺骗；戏弄: *They never intended to give her a job. They were just stringing her along.* 他们从未真正想过要给她一份工作。他们只不过是吊吊她的胃口。◇ *He strung her along for years and then married Kate.* 他哄骗了她好几年，后来抛弃她娶了凯特。

◆ v + n/pron + adv

,string 'out (across/along sth) to spread out in a line 分开成一列: *As we climbed, we tended to string out, with the fittest people taking the lead.* 我们爬山时一般会排成一列，由最强壮的人领头。

◆ v + adv

,string sth 'out to make sth last longer than expected or necessary 延长；把…的时间拖长: *I didn't want to string out the argument.* 我无意把这场辩论耗下去。

◆ v + adv + n ◆ v + n/pron + adv

,string sth to'gether 1 to combine words, phrases, sentences, etc. to form sth that has some meaning 把（单词、短语、句子等）连成有意义的语言单位: *I can barely string together two words of German.* 我德语说不成句。◇ *The report should be written by somebody who can string two sentences together.* 这份报告应该让文笔流畅的人来写。 OBJ **words, a sentence 2** to join a series of things together 把（一系列事物）连接起来: *pearls strung together on a necklace* 串在项链上的珍珠◇ *The student of kung fu learns various movements that are then strung together.* 学功夫的人先学会各种基本动作，然后组合成套路。

◆ v + n/pron + adv ◆ v + adv + n

,string sb 'up (*informal*) to kill sb by hanging them, especially illegally （尤指非法地）吊死: *They'll string him up if they catch him.* 他们抓住他，就会把他吊死。

◆ v + n/pron + adv ◆ v + adv + n

,string sth 'up to hang or tie sth in place 悬挂；系起: *She strung up a banner saying 'Happy 40th Birthday'.* 她扯起一条横幅，上面写着"恭贺四十岁生日"。

◆ v + n/pron + adv ◆ v + adv + n

strip /strɪp/ (-pp-)

,strip sth a'way 1 (from sth) to completely remove a layer of sth that is covering sth else 剥去；剥下；揭去: *Strip away the paint to reveal the wood underneath.* 把油漆刮掉，露出下面的木头。◇ *The bark has been stripped away from the tree.* 树皮已经剥光了。 **2** to remove anything that is not true and necessary to reveal what sb/sth is really like 揭去，揭穿，清除（虚假或不必要的东西）: *When you strip away the jargon, he really has nothing sensible to say.* 去掉术语之后，他实际上没有说任何有意义的东西。◇ *The programme stripped away the mystery surrounding the royal family.* 这个节目揭开了王室的神秘面纱。 **3** to remove or get rid of sth that has existed for a long time 夺走，去除（存在已久的事物）: *Our basic rights are being stripped away by these laws.* 这些法律正在剥夺我们的基本权利。

◆ v + adv + n ◆ v + n/pron + adv

,strip sth 'down to separate a machine or an engine into parts, especially in order to clean or repair it 拆开，拆卸（机器或引擎）: *We had to strip down the engine and replace the worn parts.* 我们不得不拆开引擎，更换了磨损的部件。◇ *The car was stripped down and sold for parts.* 车子已拆成零件卖了。

SYN **dismantle sth** (*more formal*)

◆ v + adv + n ◆ v + n/pron + adv

,strip 'down to sth to take off your clothes until you are only wearing the items mentioned 脱得只剩下: *I stripped down to my underwear for the massage.* 我脱得只剩下内衣，接受按摩。

◆ v + adv + prep + noun

,strip sth 'from sth → STRIP STH OFF, ETC.

'strip sb/sth of sth to take away a right, property, etc. that sb has, as a punishment 剥夺…的权利（或财产等）；使丧失权利（或财产等）: *He was stripped of his title for refusing to fight in Britain* (= for example, in boxing). 他因为拒绝在英国比赛而被取消了冠军头衔。◇ *They stripped me of my citizenship and deported me.* 他们剥夺了我的公民资格，将我驱逐出境。

SYN **divest sb/sth of sth** (*formal*)

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

,strip 'off; ,strip sth 'off (*BrE, informal*) if you **strip off**, or **strip sth off**, you take off all or nearly all your clothes （几乎）脱光（衣服）: *She stripped off and dived into the water.* 她脱去衣服，跳入了水中。◇ *Strip off your wet clothes and put on these dry ones.* 把湿衣服脱了，换上这些干的。 ⊃ note at TAKE STH OFF

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌstrip sth ˈoff; ˌstrip sth ˈoff/ˈfrom sth to remove a layer of sth （从…）除去，剥掉（表层）: *It was hard work stripping the old wallpaper off.* 旧墙纸很不容易撕掉。◇ *All the leaves had been stripped off the branches.* 树枝上的叶子落光了。
• v + n/pron + adv • v + adv + n • v + n/pron + prep

ˌstrip sth ˈout to completely remove things you do not want; to remove everything from a place and leave it empty 将（不需要的东西）全部挪走；清空（某处）: *They had stripped out all the original features of the house.* 他们把房子本来的特色全毁了。
• v + adv + n • v + n/pron + adv

struggle /ˈstrʌgl/

ˌstruggle aˈlong/ˈon to manage to continue in spite of great difficulties 在困难中坚持；勉力维持: *The country's economy is still struggling along.* 国家的经济还在艰难维持着。◇ *The government struggled on with a tiny majority.* 政府以微弱多数勉力支撑着。
• v + adv

stub /stʌb/ (-bb-)

ˌstub sth ˈout to stop a cigarette, etc. burning 把（香烟等）弄灭；捻熄: *He stubbed the cigarette out with his foot.* 他把香烟踩灭了。
OBJ **cigarette, cigar** SYN **grind sth out; put sth out; extinguish sth** (*more formal*) ⊃ note at PUT STH OUT
• v + n/pron + adv • v + adv + n

stuff /stʌf/

ˌstuff ˈup; ˌstuff sth ˈup (*BrE, slang*) to do sth very badly; to fail at sth （把某事）弄糟，办砸: *I'm afraid I stuffed up again.* 恐怕我又砸锅了。◇ *I'm not having them stuff up my plans.* 我不会让他们搅乱我的计划。
SYN **mess up; mess sth up**
• v + adv • v + adv + n • v + n/pron + adv

stumble /ˈstʌmbl/

ˌstumble aˈcross/ˈon/uˈpon sb/sth to find sb/sth unexpectedly or by chance 意外发现；偶然遇见: *We stumbled on the solution by accident.* 我们是无意中找到这个解决方法的。◇ *I stumbled across an old school friend today.* 我今天碰到了一位老校友。
• v + prep

ˈstumble into sth to become involved in sth by chance 无意间涉足: *She stumbled into engineering because of her love of maths.* 她因为喜欢数学而偶然涉足工程领域。
• v + prep

stump /stʌmp/

ˌstump ˈup (for sth), ˌstump ˈup sth (for sth) (*BrE, informal*) to pay the amount of money for sth that sb asks, often when you do not want to （不情愿地为…）付钞票，掏腰包: *He had no money so I had to stump up for his ticket.* 他没带钱，于是我只好替他出钱买票。◇ *We had to stump up an extra five hundred pounds for insurance.* 我们不得不又付了五百英镑买保险。
OBJ **the cash** SYN **cough up, cough sth up**
• v + adv • v + adv + n

subject /səbˈdʒekt/

subˈject sb/sth/yourself to sth (*formal*) to make sb/sth/yourself experience, suffer or be affected by sth, usually sth unpleasant 使经受；使遭受: *to subject sth to scrutiny/analysis* 对某事物进行仔细审查 / 分析◇ *All our products are subjected to thorough tests.* 我们的所有产品都要经过全面检测。◇ *to be subjected to criticism/harassment/abuse/torture* 遭到批评 / 骚扰 / 虐待 / 折磨◇ *Why did I subject myself to another evening of arguments?* 我为什么自讨苦吃，又去争吵一个晚上呢？◇ *The city was subjected to repeated bombings.* 那座城市遭到连续轰炸。
NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + prep

subscribe /səbˈskraɪb/

subˈscribe to sth (*formal*) to agree with an opinion, a theory, etc. 同意；赞成；首肯: *It's not an opinion I tend to subscribe to.* 这个观点我不太赞同。◇ *The company subscribe to the view that if you can encourage children to use your products, they will continue to use them when they are adults.* 公司认同这样的观点，即如果能够鼓励儿童使用你的产品，他们长大成人后就会继续使用这些产品。◇ *It's not a theory that is commonly subscribed to.* 一般人并不赞成这个理论。
OBJ **view, theory, opinion**
• v + prep

substitute /ˈsʌbstɪtjuːt; AmE -tuːt/

ˈsubstitute for sb/sth to take the place of sb/sth else 代替；替代: *Can you substitute for me at the meeting?* 你能代我去开一下会吗？◇ *Nothing can substitute for the advice your doctor is able to give you.* 医生所能给你的医嘱无可取代。
• v + prep

succeed /səkˈsiːd/

sucˈceed in doing sth to achieve sth that you have been trying to do or get; to have the result or effect that was intended 做成某事；获取某物；实现目标；达到目的: *He succeeded in getting top marks in chemistry.* 他拿到了化学课的最高分。◇ *The Labour Party succeeded in capturing the female vote* (= they persuaded women to vote for them). 工党成功地赢得了女性的选票。◇ (*ironic*) *I tried to mend my watch, but only succeeded in breaking it* (= that was not what I intended). 我想修我的手表，结果却弄坏了。
• v + prep

suck /sʌk/

ˌsuck sb ˈin; ˌsuck sb ˈinto sth to gradually involve sb in an activity, a situation, etc., especially one that they do not at first want to be involved in 逐渐把某人卷入（某事）: *There is a danger we could be sucked into a war.* 我们有被卷入战争的危险。◇ *Don't let yourself get sucked in.* 别把自己给牵扯进去。◇ *In his youth he had been sucked into a hippy cult.* 他年轻的时候一度崇尚嬉皮士式的生活。

NOTE Nearly always used in the passive. 几乎总是用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌsuck it ˈup (*AmE, informal*) to accept an unpleasant or difficult situation, and continue living, working, etc. in the usual way 认命; 接受现实; 忍耐一下: *I know he has a cold, but he'll just have to suck it up like everyone else does.* 我知道他感冒了，但他只能同其他人一样忍着点。

◆ v + it + adv

ˌsuck ˈup to sb (*informal, disapproving*) to try to please sb by helping them, saying nice things to them, etc. in order to gain an advantage for yourself 奉承; 巴结: *He's always sucking up to the teacher.* 他总是讨好老师。◇ *We don't suck up to anyone!* 我们不会讨好巴结任何人！

◆ v + adv + prep

sucker /ˈsʌkə(r)/

ˌsucker sb ˈinto sth; ˌsucker sb ˈinto doing sth (*AmE, informal*) to persuade sb to do sth they do not really want to do, especially by using their lack of knowledge or experience 蒙骗某人做某事; 诱使某人做某事: *He got suckered into the scheme.* 他落进了圈套。◇ *I was suckered into helping.* 我上了当去帮忙。

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + n/pron + prep

sue /suː; *BrE also* sjuː/

ˈsue for sth (*formal*) to formally ask for sth, especially in court （尤指在法院）正式要求，为…提出请求: *to sue for divorce* 诉请离婚 ◇ *The rebels were forced to sue for peace.* 反叛者被迫求和。

OBJ **divorce, peace**

◆ v + prep

SYNONYMS 同义词辨析

suffer from sth

catch sth ◆ come down with sth ◆ contract sth ◆ get sth ◆ have sth ◆ suffer from sth

These verbs all mean to be or become ill with a disease or illness. 这些动词都表示得病、染病、患病。

catch sth to get an infectious illness 得，染，患（传染病）: *I think I must have caught this cold from you.* 我想感冒肯定是你传染给我的。◇ *It is unusual to catch measles more than once.* 很少有人不止一次得麻疹。

come down with sth to get an illness that is not very serious 得，染，患（小病）: *I think I'm coming down with something.* 我想我是得了什么病了。

contract sth to get a disease, especially a serious one 得，染，患（尤指重病）: *He contracted malaria while abroad.* 他出国期间患上了疟疾。

get sth to begin to have an illness, to suffer from a pain 患上，染上（疾病）; 遭受（痛苦）: *I think I'm getting a cold.* 我想我是得了感冒。◇ *She gets really bad headaches.* 她头疼得厉害。

have sth (also **have got**) (*not used in the progressive tenses*) to suffer from an illness or pain 患有（疾病）; 遭受（痛苦）: *I had a cold yesterday and I couldn't come to work.* 我昨天感冒，没法来上班。◇ *I've got a headache.* 我头疼。

suffer from sth to be badly affected by a disease, an illness or pain 受（疾病）之苦; 遭受（痛苦）: *He suffers from asthma.* 他有哮喘病。◇ *The driver was taken to hospital suffering from shock.* 驾驶员休克了，被送入医院。

WHICH WORD?

Have sth and **suffer from sth** are used to talk about sb having an illness. The other verbs are used to talk about sb *starting* to have an illness. **Contract** is often used in technical contexts. * have sth 和 suffer from sth 用于指患有某种疾病。其他动词用于指开始染上某种疾病。contract 常用于专业语境。

PATTERNS AND COLLOCATIONS

- to suffer from/have/get/catch/contract **a disease/an illness**
- to suffer from/have/get/catch/contract/come down with a **a bug/flu**
- to suffer from/have/get/contract **cancer/AIDS**
- to suffer from/have/get/catch/contract **a virus/HIV/malaria**
- to suffer from/have/get/catch/come down with **a cold**
- to suffer from/have/get **a headache/a condition/arthritis/diarrhoea**

suffer /ˈsʌfə(r)/

⚷ **ˈsuffer from sth** **1** to have a particular illness or medical condition 得，染，患（病）：*She suffers from hay fever.* 她患有花粉症。◇ *Some of the victims are suffering from shock.* 有些受害者仍惊魂未定。 **2** to have a particular problem 有，存在（某种问题）：*Many companies are suffering from a shortage of skilled staff.* 很多公司缺少有经验的员工。
• v + prep

suit /suːt; *BrE also* sjuːt/

ˈsuit sth to sb/sth to make sth appropriate for sb/sth 使适合；使适应；使适宜：*He can suit his conversation to whoever he's with.* 无论跟谁在一起，他都能聊得投机。
• v + n/pron + prep

ˌsuit ˈup (*AmE*) to put on the clothing that you wear to do a particular job, play a sport, etc. 穿上，换上（工作服、运动服等）：*OK, everyone. Time to suit up. The game starts in a half hour.* 好了，各位。该换上运动服了。比赛半个小时后开始。
• v + adv

sum /sʌm/ (-mm-)

⚷ **ˌsum ˈup; ˌsum sth ˈup** **1** to give the main points of sth in a few words 总结；概括：*Before we conclude the meeting, let me sum up.* 会议结束之前，我来总结一下。◇ ***To sum up**, there are three main ways of tackling the problem ...* 概括来说，这一问题主要有三种处理办法…◇ *In her conclusion, she summed up what had been agreed.* 她最后概括了已达成的共识。 SYN **summarize, summarize sth** (*more formal*) **2** (of a judge 法官) to give the main points of the evidence or arguments in a legal case, near the end of the trial 总结（案件的证据或论辩）：*When he summed up, the judge reminded the jury of the seriousness of the case.* 法官总结陈词时提醒陪审团注意案件的严重性。
• v + adv • v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

▶ **ˌsumming-ˈup** *n* **1** a speech made by the judge to the court near the end of the trial, giving the main points of the evidence and the arguments in the case （法官提请陪审员注意的）案情总结，总结陈词，证据和论辩综述：*The judge will begin her summing-up on Monday.* 法官将于周一开始作总结陈词。 **2** an occasion when sb states the main points of an argument, etc. 总结；概括：*There was a final summing-up by each of the speakers.* 每位演讲者都作了最后总结。◇ *The speakers gave brief summings-up of their talks.* 演讲者对他们的讲话进行了简要总结。

⚷ **ˌsum sb/sth ˈup** **1** to describe or show the most typical characteristics of sb/sth, especially in a few words 扼要描述；概述：*His speech summed up the mood of the whole country.* 他的讲话概括了整个国家的气氛。◇ *Totally lazy—that just about sums him up.* 懒到家了——这大体上就是他的真实写照。 **2** (**as sb/sth**) to decide or express what you think about sb/sth 估量；判断；把…视为：*The two of them stood there, summing each other up.* 他们俩站在那儿，相互打量着。◇ *He had already summed her up as someone who hated to admit defeat.* 他已经把她归为那种不愿认输的人。◇ *I summed up the situation immediately* (= realized what was happening and what needed to be done). 我立刻看出是怎么回事。
SYN **size sb/sth up**
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

summon /ˈsʌmən/

ˌsummon sth ˈup **1** to manage to produce a particular feeling in yourself, although this is difficult 设法激起（感情）；鼓起（勇气）；振作（精神）：*She eventually summoned up the courage to knock at the door.* 她最终鼓起勇气敲了门。◇ *He managed to summon up a smile.* 他挤出了一丝笑容。◇ *I can't summon up much enthusiasm for grammar!* 我对语法无法产生多大热情！◇ *I don't think I can summon up the energy to go for a run.* 我想我拿不出劲头去跑步了。 OBJ **courage, smile, energy, strength** SYN **muster sth up** NOTE Not used in the passive. 不用于被动语态。 **Summon sth** is sometimes used on its own with this meaning. * summon sth 有时单独使用也作此义。 **2** to make an idea, a feeling, a memory, etc. come into your mind 唤起；忆起；想起：*It's a smell that summons up memories of my childhood.* 那种气味会唤起我童年的记忆。 OBJ **memories, vision, image** SYN **evoke sth** (*more formal*)
• v + adv + n • v + pron + adv • v + n + adv (*rare*)

surge /sɜːdʒ; *AmE* sɜːrdʒ/

ˌsurge ˈthrough sb if a feeling **surges through** you, you suddenly feel it very strongly （感觉）涌上心头，传遍全身：*A thrill of excitement surged through Isobel.* 伊索贝尔突然感到一阵激动。 SUBJ **relief, excitement, anger**
→ see also SURGE UP
• v + prep

ˌsurge ˈup (*literary*) if an emotion **surges up** in you, you suddenly feel it very strongly （情绪）高涨：*Panic surged up inside her.* 她突然惊恐万状。
→ see also SURGE THROUGH SB
• v + adv

▶ **ˈupsurge (in/of sth)** *n* [*usually* sing.] a sudden great increase in sth 陡增；猛升；飙涨：*There has been a recent upsurge of violence in the area.* 近日这个地区暴力事件激增。◇ *an upsurge of interest in science and technology* 对科学技术的兴趣渐浓

surrender /səˈrendə(r)/

surˈrender to sb/sth; surˈrender yourself to sb/sth (*formal*) to stop trying to resist a feeling, a particular person, etc. and let them control what you do 任由

（某人、感觉等）控制；对…放弃抵抗: *He surrendered to his natural instinct to run away.* 他出于本能，不由自主地逃了。◇ *She surrendered to Leo's charm.* 她抵挡不住利奥的魅力。◇ *He surrendered himself to sleep.* 他不知不觉睡着了。
◆ v + prep ◆ v + pron + prep

suss /sʌs/

ˌ**suss sb/sth ˈout** (*BrE, informal*) to find out what sb/sth is really like; to understand the important things about sb/sth 发现…的真相；了解…的本质: *My classmates were sussing me out, seeing how tough I was.* 我的同学开始了解我，看出我有多坚强。◇ *We'll need to suss out our opponents before the game.* 我们在比赛前要摸清对手的底细。◇ *I've got him sussed out now.* 我现在看清他的真面目了。◇ *Jen had sussed out right away that there was something strange going on.* 珍一眼就看出情况有些不对头。◇ *Simon always did what his family wanted. I soon sussed that out.* 西蒙总是顺着家人的意思去做。我很快就瞧出了这一点。
NOTE **Suss sb/sth** can be used on its own with a similar meaning * suss sb / sth 单独使用也作相近含义: *I've got him sussed.* 我看清他的真面目了。
◆ v + n/pron + adv ◆ v + adv + n

swallow /ˈswɒləʊ; *AmE* ˈswɑːloʊ/

ˌ**swallow sb/sth ˈup** to completely cover sb/sth or absorb them, so that they can no longer be seen or do not exist separately 吞没；淹没: *He watched them walk away until the darkness swallowed them up.* 他目送他们走远，直到消失在夜色里。◇ *She was so embarrassed she wished that the ground would open and swallow her up.* 她尴尬极了，简直希望地面能裂开个洞，让她钻进去。◇ *The countryside is rapidly being swallowed up by building developments.* 乡村地区正被建筑开发项目迅速侵占。◇ *Many small businesses have been swallowed up by larger companies.* 很多小公司被大公司兼并了。
NOTE **Swallow sb/sth** is sometimes used on its own with this meaning * swallow sb / sth 有时单独使用也作此义: *She wished that the ground would open up and swallow her.* 她希望地面能裂开个洞，让她钻进去。
◆ v + n/pron + adv ◆ v + adv + n

ˌ**swallow sth ˈup** to use sth such as money or resources completely 用光，用尽，耗尽（钱、资源等）: *Practising the piano swallows up all her free time.* 练钢琴占用了她所有的闲暇时间。◇ *Pay rises were quickly swallowed up by price increases.* 增加的工资很快就被上涨的物价抵消了。◇ *Nuclear weapons swallowed up a third of the country's defence spending.* 核武器用掉了国防开支的三分之一。◇ *The extra money was swallowed up by debts.* 剩余的钱都用来还债了。
OBJ **time, money** SYN **use sth up**
NOTE Often used in the passive. 常用于被动语态。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

swan /swɒn; *AmE* swɑːn/ (**-nn-**)

ˌ**swan aˈbout/aˈround**; ˌ**swan aˈbout/aˈround sth** (*BrE, informal, disapproving*) to move around or go from one place to another enjoying yourself, but with no real purpose （悠闲自得地）晃荡；闲逛: *Stop swanning about pretending to be clever.* 别自以为是地晃荡了。◇ *She's swanning around Europe for the summer.* 她夏天要去欧洲逛一逛。
◆ v + adv ◆ v + prep

ˌ**swan ˈoff (to ...)** (*BrE, informal, disapproving*) to go off to enjoy yourself with no real purpose 外出闲荡找乐: *He's always swanning off to Spain on holiday!* 他一有假期就去西班牙游玩潇洒！
◆ v + adv

swap (*also* **swop**) /swɒp; *AmE* swɑːp/ (**-pp-**)

ˌ**swap aˈround/ˈover/ˈround** (*informal, especially BrE*) if two people **swap around/over/round**, they move to where the other person was before or start doing each other's jobs （两人）对调位置，交换工作: *I'll drive there and you can read the map. We'll swap over on the way back.* 去时我开车，你看地图。回来时我们交换位置。
SYN **change over/round** (*BrE*)
◆ v + adv

ˌ**swap sb/sth aˈround/ˈover/ˈround** (*informal, especially BrE*) to replace sb/sth with sb/sth else 替换: *At half-time the manager swapped some of the players around.* 主教练在半场时把几名队员换下了场。
SYN **change sb/sth round/around**
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

ˌ**swap ˈover (to sth)**, ˌ**swap sb/sth ˈover (to sth)** to change from one situation, position, etc. to another; to make sb do this （使）从（一种情况、位置）转换到（另一种）: *We swapped over from an electric cooker to gas.* 我们把电炉灶具换成了煤气炉。◇ *Have you been swapped over to the new computer system yet?* 有人给你装新的计算机系统了吗？
SYN **switch over, etc.**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

swarm /swɔːm; *AmE* swɔːrm/

ˈ**swarm with sb/sth** (*usually used in the progressive tenses* 通常用于进行时) if a place is **swarming with** sb/sth, it is very full of people or things moving around 到处是（人或物）在移动；挤满（活动着的人或物）: *The museum was swarming with tourists.* 博物馆里游客摩肩接踵。◇ *The room was hot and swarming with flies.* 房间里很热，到处是苍蝇。
◆ v + prep

swear /sweə(r); *AmE* swer/ (**swore** /swɔ:(r)/, **sworn** /swɔ:n; *AmE* swɔ:rn/)

'**swear by sb** (*not used in the progressive tenses* 不用于进行时) used to show that you are making a serious promise 对…发誓；向…宣誓: *I swear by Almighty God that I will tell the truth* (= for example, said in a British court). 我向全能的上帝起誓，我以下所说句句属实。
◆ v + prep

'**swear by sth/sb** (*not used in the progressive tenses* 不用于进行时) to believe strongly that sth/sb is very useful and helpful 极为信赖；对…推崇备至: *My brother swears by lemon and honey drinks as a cold remedy.* 我哥哥深信柠檬加蜂蜜饮料能治疗感冒。◇ *Why don't you go and see Dr Nash? My mother swears by him.* 你干吗不去找纳什医生瞧病呢？我母亲特别相信他的医术。
◆ v + prep

ˌ**swear sb 'in**; ˌ**swear sb 'into sth** to introduce sb publicly to a new position, responsibility, etc. by getting them to promise that they will do the job correctly, be loyal to the organization, their country, etc. 使宣誓就职；使宣誓效忠（某个组织、国家等）: *He was sworn in as President in January.* 他 1 月宣誓就任总统。◇ *The new President was hurriedly sworn into office.* 新总统仓促宣誓就职。
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep
▶ ˌ**swearing-'in** *n* [U, sing.] the act of swearing sb in 宣誓就职: *The swearing-in of the new president will take place tomorrow.* 新总统将于明天宣誓就职。◇ *a swearing-in ceremony* 宣誓就职典礼

ˌ**swear 'off sth** (*informal, especially AmE*) to make a serious promise that you will give sth up, especially sth that is bad or harmful 发誓戒除: *He's intending to swear off alcohol.* 他打算从此滴酒不沾。◇ *Ever since her boyfriend left she has sworn off men.* 自从她的男友离开之后，她发誓不再和男性交往。
◆ v + prep

'**swear to sth** (*informal*) to say that sth is definitely true 断言；肯定；保证: *I think I've met him somewhere before, but I* ***couldn't swear to it*** (= I'm not completely certain). 我觉得我在哪儿见过他，不过我不敢肯定。
◆ v + prep

'**swear sb to sth** to make sb promise sth, especially that they will not tell other people sth 使发誓（严守秘密等）: *The actors know how the series will end but they are* ***sworn to secrecy.*** 演员们知道连续剧的结局，但他们按要求发誓保密。◇ *Jeff told me about his promotion and* ***swore*** *me* ***to silence.*** 杰夫告诉我他要升职，但让我别张扬出去。
◆ v + n/pron + prep

sweat /swet/

ˌ**sweat sth 'off** to lose weight by doing a lot of hard exercise 通过排汗减轻（体重）: *I sweated off the extra weight by playing squash every day.* 我靠每天打壁球出一身汗，减掉多余的体重。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌ**sweat sth 'out 1** to get rid of a cold, fever, etc. by staying warm so that you produce sweat 通过发汗治好（感冒、发烧等）: *Whenever I get a bad fever I go to bed and sweat it out.* 我每次发高烧都是通过卧床发汗治好的。
OBJ **cold, fever 2** ˌsweat it 'out to wait for sth that you feel nervous or anxious about to happen or to end 等待（或忍受）到底；熬过: *They made us sweat it out for two hours until the result was announced.* 他们让我们苦等了两个钟头才宣布结果。
NOTE Not used in the passive. 不用于被动语态。
◆ v + pron + adv ◆ v + n + adv ◆ v + adv + n (*less frequent*)

'**sweat over sth** (*informal*) to work very hard on sth; to spend a lot of time doing sth or worrying about sth 努力做某事；耗费时间做（或操心）某事: *I've been sweating over my letter of resignation for several days.* 我花了几天时间埋头写辞职信。
◆ v + prep

sweep /swi:p/ (**swept, swept** /swept/)

ˌ**sweep sb a'long/a'way** to make sb feel very enthusiastic about sth or involved in sth; to affect sb so much they forget everything else 使激动万分；使专注于: *Ana was swept along by her father's enthusiasm.* 父亲的热情深深感染了安娜。
SYN **carry sb along; be/get carried away**
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + adv

ˌ**sweep sb a'side** to defeat sb easily 轻松打败: *United swept Liverpool aside with ease.* 联队轻而易举地击败了利物浦队。
◆ v + n/pron + adv ◆ v + adv + n

ˌ**sweep sth a'side** to ignore sth; to treat sth as though it is not important 对…置之不理；不理会；无视: *All their objections were swept aside.* 他们的反对全都没人理会。◇ *She sweeps aside every suggestion I make.* 她把我的所有建议都当成了耳旁风。
OBJ **objections, protests, restrictions, opposition, criticism**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌ**sweep sb a'way** → SWEEP SB ALONG/AWAY

ˌ**sweep sth a'way** to destroy or get rid of sth completely 消灭；彻底消除；完全打消: *The President's speech swept away all our doubts.* 总统的讲话消除了我们的一切疑虑。◇ *Poverty will*

be swept away! 贫困将会消除！◇ *The old way of life has been swept away by the electronic revolution.* 电子革命使旧的生活方式不复存在。
◆ v + adv + n ◆ v + n/pron + adv

ˌsweep sth ˈback/ˈup if you **sweep** your hair **back** or **up**, you brush or push it away from your face 把（头发）往后梳理 / 往上梳: *She swept her hair back from her face with both hands.* 她用双手把头发从面颊抹到后面。◇ *Long hair can be swept up on top of your head.* 长头发可以盘在头上。
OBJ **hair**
◆ v + n/pron + adv ◆ v + adv + n

ˌsweep sth ˈoff; **ˌsweep sth ˈoff sth** to remove sth from somewhere, especially by brushing with your hands, a brush, etc. （从…）扫走，擦掉: *He swept the crumbs off the table.* 他把桌上的面包屑扫掉。◇ (*figurative*) *The wind swept her hat off.* 风把她的帽子吹走了。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep
IDM **ˌsweep sb off their ˈfeet** to make sb fall suddenly and deeply in love with you 使一见倾心；使立刻迷上自己: *Maria was swept off her feet by Mark's charm.* 马克的魅力使玛丽亚一见倾心。

ˌsweep sth ˈout to clean a room, a cupboard, etc. with a large brush with a long handle (a **broom**) 打扫，清扫干净（房间、橱柜等）: *Brad was busy sweeping out the yard.* 布拉德忙着扫院子。
◆ v + adv + n ◆ v + n/pron + adv

ˌsweep sb ˈup **1** to lift sb with a sudden smooth movement 一把抱起: *He ran forward and swept her up in his arms.* 他跑上前去一把将她抱了起来。 **2** to make sb become very involved in sth so that they are unable to think clearly 使沉醉于；使陶醉于: *The whole country was swept up in the excitement.* 全国上下沉浸在一片兴奋中。 SYN **be/get caught up (in sth)** NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

ˌsweep ˈup; **ˌsweep sth ˈup** to remove dust, dirt, etc. from a floor with a brush 扫地；清扫（灰尘等）: *We had to sweep up before we left.* 我们临走之前得打扫一下。◇ *We'd better sweep up all the bits of broken glass quickly.* 我们最好快点把玻璃碴子扫干净。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌsweep sth ˈup → SWEEP STH BACK/UP

sweeten /ˈswiːtn/

ˌsweeten sb ˈup (*informal*) to try to persuade sb to help you, agree to sth, etc. by giving them gifts, being very nice to them, etc. 哄某人（帮忙、同意等）；讨好: *If you sweeten him up he'll do the work for you.* 你要是哄哄他，他就会帮你干活。◇ *They sweeten up customers with special offers.* 他们用特价优惠招揽顾客。
◆ v + n/pron + adv ◆ v + adv + n

swell /swel/ (**swelled** /sweld/, **swollen** /ˈswəʊlən; *AmE* ˈswoʊ-/ or **swelled, swelled**)

ˌswell ˈup if part of the body **swells up**, it becomes much larger and rounder than usual as a result of illness, injury, etc. （身体部位）肿胀，隆起: *My foot swelled up to twice its normal size.* 我的脚肿得有平时的两倍大。◇ (*figurative*) *A feeling of admiration swelled up in her.* 她心中顿生倾慕之情。
◆ v + adv

swill /swɪl/

ˌswill sth ˈdown (*informal*) to drink a large amount of sth quickly 猛喝；痛饮；牛饮: *He just swilled down his beer and walked out.* 他一口气把啤酒灌下肚，然后走了出去。
◆ v + adv + n ◆ v + n/pron + adv

swing /swɪŋ/ (**swung, swung** /swʌŋ/)

ˌswing aˈround; **ˌswing sb/sth aˈround** (*BrE also* **ˌswing ˈround, ˌswing sb/sth ˈround**) **1** to turn around fast to face the other way; to make sb/sth do this （使某人）猛地转身；猛地掉转（某物）: *Luke suddenly swung round and glared at me.* 卢克突然转过身来瞪着我。◇ *I swung the car round and drove back down the road.* 我猛地掉转车头，沿路开车返回。 **2** to change from one idea, opinion, etc. to another, especially the opposite one 改变（主意、看法等）；改弦易辙: *The Labour Party has now swung round to supporting Europe.* 工党现在已经改弦更张，转而支持欧洲了。◇ *You should be able to swing people round to your point of view.* 你应该有能力扭转人们的看法来接受你的观点。
◆ v + adv ◆ v + n/pron + adv

ˈswing at sb; **ˈswing sth at sb** to try to hit sb （用…）朝某人打去: *She swung at me with the iron bar.* 她抡着根铁棍向我打过来。
◆ v + prep ◆ v + n/pron + prep

ˌswing ˈby; **ˌswing ˈby sth** (*AmE, informal*) to visit a person or place for a short time, especially when you are going somewhere else 短暂拜访（某人或某处）；顺路看望: *She swung by (= came here) on her way home.* 她回家时顺便过来了一趟。◇ *Let's swing by Dave's house after the movie.* 看完电影后，咱们顺便到戴夫家去坐坐吧。
SYN **drop by**
◆ v + adv ◆ v + prep

ˌswing ˈround, etc. (*BrE*) → SWING AROUND, ETC.

switch /swɪtʃ/

ˌswitch ˈoff (*informal*) to stop giving your attention to sb or sth 不再想着；不去考虑；失去兴趣；觉得乏味: *I just switch off when Jo starts talking.* 我一听乔讲话就腻味。◇ *Do you find it hard to switch off (= stop thinking about work) when you get home?* 你回到家后是不是觉得很难放下工作？
SYN **turn off**

◆ v + adv

ⓚ ˌswitch ˈoff; ˌswitch sth ˈoff; ˌswitch itself ˈoff to stop an electrical device, a machine or an engine working by pressing a switch, a button, etc. 关闭，断开（电器、机器或引擎）: *The heating switches off at 10.00 p.m.* 晚上 10 点停止供暖。◇ *Shall I switch the lights off?* 我要不要关了灯？◇ *The electricity has been switched off.* 电源被切断了。◇ *Her smile switched off suddenly when she saw him come in.* 一看见他进来，她的笑容马上消失了。◇ *Please switch off your mobile phones.* 请关闭手机。

SYN **turn off, turn itself off; turn sth off**

OPP **switch on, switch sth on, switch itself on**

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ⓚ ˌswitch ˈon; ˌswitch sth ˈon; ˌswitch itself ˈon to start an electrical device, a machine or an engine by pressing a switch, a button, etc. 打开，接通（电器、机器或引擎）: *She walked in and switched on the light.* 她走进来开了灯。◇ *The machine switches (itself) on automatically.* 这台机器能自动启动。◇ *How do you switch this thing on?* 怎么把这个东西打开？◇ (*figurative*) *He can switch on the charm whenever he likes.* 他随时都能施展魅力。

SYN **turn on, turn itself on; turn sth on**

OPP **switch off, switch sth off, switch itself off**

◆ v + adv

ˌswitch ˈover (to sth), ˌswitch sth ˈover (to sth) 1 (*BrE*) to change from one television station to another 换台；换频道: *I switched over to watch the news.* 我换了个频道看新闻。 SYN **change over (to sth); turn over (to sth), turn sth over (to sth)** **2** (*also* **ˌswitch sb ˈover**) to change from one position, situation, job, etc. to another （把某人）转换到另一位置（或局面、岗位等）: *We've finally switched over to a computerized system.* 我们的系统最终转换成了计算机化系统。◇ *The country gradually switched over from imperial to metric.* 该国逐渐从英制转用公制。◇ *35 000 customers have been switched over to the new system.* 已经让 35 000 名客户转用新系统。 SYN **change over (from sth) (to sth)**

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

swivel /ˈswɪvl/ (-ll-, *AmE* -l-)

ˌswivel aˈround; ˌswivel sb/sth aˈround (*also* **ˌswivel ˈround, ˌswivel sb/sth ˈround** *especially BrE*) **1** to turn or move your body, eyes or head around quickly to face another direction （把身体、眼睛或脑袋）转向另一方向: *He swivelled around to look at her.* 他猛地转过头去看着她。 **2** to turn or make sth turn around a fixed central point （使）转动，旋转: *She swivelled the chair around to face them.* 她把椅子转过来面对着他们。

◆ v + adv ◆ v + n/pron + adv

swop /swɒp; *AmE* swɑːp/ (-pp-)

ˌswop aˈround, etc. → SWAP AROUND, ETC.

swot /swɒt; *AmE* swɑːt/

ˌswot ˈup (on sth) (*BrE, informal*) to study a subject very hard, especially when you are preparing for an exam （尤指为准备考试）刻苦学习（某门课程）: *I have to swot up on phrasal verbs for a test tomorrow.* 我不得不努力温习短语动词，以迎接明天的测验。◇ *It's time to start swotting up for the exam.* 现在该开始好好复习准备考试了。

SYN **brush sth up, brush up on sth** (*especially BrE*), **mug up (on sth), mug sth up** (*BrE*), **review sth** (*especially AmE*), **revise sth** (*BrE*)

syphon /ˈsaɪfn/

ˌsyphon sth ˈoff → SIPHON STH OFF

T t

tack /tæk/

ˌtack sth ˈon; ˌtack sth ˈon to sth (*informal*) to add sth as an extra item, especially in a careless way （漫不经心地）添加，附加，增补: *The last paragraph seems to have been tacked on at the last minute.* 最后一段像是在最后一刻加上的。◇ *An extra day has been tacked onto the New Year holiday.* 新年休假额外增加了一天。◇ *a porch tacked on to the front of the house* 接在房子前面的门廊
SYN **add sth on, add sth on to sth**
NOTE Often used in the passive. 常用于被动语态。
→ see also TAG STH ON, TAG STH ON TO STH
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

tag /tæg/ (-gg-)

ˌtag aˈlong (behind/with sb) (*informal*) to go somewhere with sb, especially when you have not been invited （尤指未经邀请）跟随，尾随: *The children tagged along behind their mother.* 孩子们跟在妈妈后面。◇ *Can I tag along (with you) when you go to the shops?* 我跟着你去商店好吗？
SYN **string along (with sb)**
→ see also TAG ON, TAG ON TO SB
◆ v + adv

ˌtag ˈon; ˌtag ˈon to sb/sth (*especially BrE*) to follow sb closely and go somewhere with them, although you have not been invited （未经邀请）紧跟，紧随，寸步不离: *Kate's friend tagged on and spoiled the day.* 凯特的朋友黏着她，弄得一天都很扫兴。◇ *We tagged on to the end of the procession.* 我们紧紧地跟在游行队伍的末尾。
→ see also TAG ALONG (BEHIND/WITH SB)
◆ v + adv ◆ v + adv + prep

ˌtag sth ˈon; ˌtag sth ˈon to sth (*informal*) to add sth as an extra item to the end of sth, especially in a careless way （漫不经心地）添加，附加，增补: *An apology was tagged on to the end of the letter.* 信的末尾顺便附了一句抱歉的话。◇ *Online security is being built into the system, not tagged on.* 在线安全保护程序内置在系统中，不是外挂的。
SYN **add sth on, add sth on to sth**
NOTE Often used in the passive. 常用于被动语态。
→ see also TACK STH ON, TACK STH ON TO STH
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

tail /teɪl/

ˌtail aˈway → TAIL OFF

ˌtail ˈback (*BrE*) if traffic **tails back**, it forms a long line that moves very slowly or not at all （受阻车辆）排成长龙: *After the accident, traffic tailed back ten miles.* 事故发生后，受阻车辆排了十英里长。
◆ v + adv
▶ **ˈtailback** *n* (*BrE*) a long line of traffic that tails back 受阻车辆排成的长龙: *The crash caused a six-mile tailback.* 撞车事故使受阻车辆排了六英里长。

ˌtail ˈoff (*also* **ˌtail aˈway** *less frequent*) to become smaller, fewer, weaker, etc. 变小（或变少、变弱等）；逐渐消失: *Sales tailed off in the summer.* 夏季销售额不断下滑。◇ *The number of tourists starts to tail off in September.* 从 9 月起，游客人数开始逐步减少。◇ *Her voice tailed away.* 她话音越来越低。◇ *'Did you want to see ...' she tailed off.* "你是不是想看…"她的声音低了下去。 ➲ note at DWINDLE AWAY
◆ v + adv

tailor /ˈteɪlə(r)/

ˈtailor sth to/for sb/sth to make or adapt sth for a particular purpose, a particular person, etc. （为…）定做，特制；使适应: *Special programmes of study are tailored to the needs of specific students.* 针对具体学生的需要安排特别的课程。
◆ v + n/pron + prep

take /teɪk/ (**took** /tʊk/, **taken** /ˈteɪkən/)

ˌtake sb aˈback to shock or surprise sb 使震惊；使吃惊: *I was taken aback by his rudeness.* 我对他的粗鲁无礼感到吃惊。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + adv

🔑 **ˌtake ˈafter sb** **1** (*not used in the progressive tenses* 不用于进行时) to look like or behave like an older member of your family （容貌或举止）像，似（长辈）: *I'm told I take after my grandmother.* 有人说我长得像我奶奶。◇ *Your daughter doesn't take after you at all.* 你女儿一点儿都不像你。◇ *He's always been shy—he takes after his father.* 他一贯腼腆 —— 像他的父亲。 **2** (*old-fashioned, AmE*) to begin to follow sb quickly in order to catch them 开始追赶；跟踪: *A man rushed out of the bank and two men took after him.* 一名男子冲出银行，另

两名男子追了出来。◇ *She ran out into the night and he took after her.* 她冲入了夜幕，他紧随其后赶了出去。
• v + prep

ˌtake aˈgainst sb/sth (*old-fashioned, BrE*) to begin to dislike sb/sth 开始不喜欢: *Why have you suddenly taken against Laura?* 你为什么突然讨厌劳拉了？
OPP **take to sb/sth**
• v + prep

ˌtake sb/sth aˈlong (to sth) to take sb or sth with you when you go somewhere 随身带着；携带: *Tom took his sister along to the party.* 汤姆带着妹妹去参加聚会。◇ *When you travel with young children, take along some favourite toys or a book.* 和孩子们旅行要带些他们喜欢的玩具，或者带一本书。
• v + n/pron + adv • v + adv + n

ˌtake sb/sth aˈpart (*informal*) **1** (*sport*) to defeat sb easily （体育运动中）轻松打败，把…打得一败涂地: *He took the American apart in the third set* (= in a game of tennis). 他在第三盘轻而易举地击败了美国选手。◇ *We took the other team apart.* 我们把对手打得溃不成军。 **2** to attack or criticize sb/sth severely 猛烈攻击；严厉批评: *Touch her again and I'll take you apart!* 再动她一下，我就把你大卸八块！◇ *Her second novel was taken apart by the critics.* 她的第二部小说被评论家批得体无完肤。
• v + n/pron + adv • v + adv + n (*less frequent*)

ˌtake sth aˈpart to separate a machine, a piece of equipment, etc. into its parts 拆卸，拆散，拆开（机器、设备等）: *She took the clock apart and couldn't put it back together.* 她把钟拆了却装不到一块儿。◇ *You can take the mixer apart to clean it.* 你可以把搅拌器拆开来清洁。◇ *The police took the room apart* (= examined everything very carefully), *looking for evidence.* 警察仔细搜查了房间的每个角落，寻找证据。
SYN **dismantle sth** (*more formal*) OPP **put sth together**
• v + n/pron + adv • v + adv + n (*less frequent*)

ˌtake sb aˈround; ˌtake sb aˈround sth (*BrE also* **ˌtake sb ˈround, ˌtake sb ˈround sth**) to visit a place with sb; to show sb the interesting or important parts of a place 带…游览；领…参观: *If you'd like to see the town, I could take you around.* 你要是想看看城里，我可以带你转转。◇ *We got a guide to take us round the temples.* 有一位导游带我们参观了那些寺庙。
SYN **show sb around, show sb around sth; take sb over sth**
• v + n/pron + adv • v + n/pron + prep

ˌtake sb/sth aˈround (*especially AmE*) → TAKE SB/STH ROUND

ˌtake sb aˈside to separate sb from the rest of a group in order to talk to them privately 把…带到一边（私下谈话）: *She took me aside and explained the situation.* 她把我拉到旁边解释情况。
• v + n/pron + adv

ˌtake sb aˈway (from sb/sth) 1 to remove sb from somewhere; to lead or move sb to another place 把…送走；带…去别处；将…转到别处: *The injured were taken away by ambulance.* 伤者被救护车送走了。◇ *I can take you away from all this* (= all this trouble). 我可以带你远离这一切烦扰。 **2** to remove sb, especially a child, from sb's care 使离开（某人的监护等）: *The children were taken away from them and put into a children's home.* 孩子们从他们身边被带走，送到了儿童收养所。◇ *My father took me away from school and taught me himself.* 父亲给我退了学，亲自教我。 **3** to take sb with you on a trip or holiday/vacation 带…旅行；携…度假: *He takes the whole family away for two weeks in the summer.* 他夏天带全家旅游两个星期。 **4** to make it necessary for sb to leave a place, especially temporarily 使（暂时）离开: *Sam's work takes him away from his family for months at a time.* 萨姆因工作需要每次要离家好几个月。
• v + n/pron + adv • v + adv + n (*less frequent*)

ˌtake sth aˈway 1 to remove sth and place it somewhere else 把…移到别处: *They had to take the computer away to fix it.* 他们得把计算机拿去修理。◇ *You can take the book away with you.* 你可以把书带走。 **2 (from sb/sth)** to remove sth from a person, a place or an organization so that they no longer have it （从某人处或某地点）把…带走；取走: *These books must not be taken away from the library.* 这些书不得带出图书馆。◇ *They can't take our rights away from us.* 他们不能剥夺我们的权利。 **3** to make a feeling, pain, etc. disappear 解除，消除（感觉、痛苦等）: *These tablets should help take the pain away.* 这些药片能止痛。◇ *I need a drink of water to take the bad taste away.* 我得喝杯水去掉这怪味道。 OBJ **pain, taste, appetite 4 (from sth)** (*mathematics*) to take one number from another （从某数中）减去，减掉: *If you take four away from ten, that leaves six.* 十减去四等于六。◇ *Ten take away four leaves six.* 十减四得六。 **5** (*BrE*) (*AmE* **ˌtake sth ˈout**) (*usually used in the infinitive with 'to'* 通常用于带 to 的不定式) to buy a cooked dish at a restaurant and carry it away to eat at home, in the street, etc. （从餐馆等买食品）带走食用；买外卖食品: *A cheeseburger and a coffee* ***to take away,*** *please.* 请来一份干酪汉堡包和一杯咖啡，带走。◇ *Is that to eat here or take away?* 在这儿吃还是带走？ **6 (from sth)** to form an opinion or impression of sb/sth that is still there when you go away 带着（某种观点或印象）离开；对…留下（某种观点或印象）: *We didn't take away a very favourable impression of the hotel.* 我们对这家旅馆没留下什么好印象。◇ *What do we want students to take away* (= to learn) *from this course?* 我们想让学生从这门课程中学到什么呢？
• v + n/pron + adv • v + adv + n
IDM **take sb's ˈbreath away** to surprise or please sb very much 使惊讶；使惊叹: *The first sight of the waterfall takes your breath away.* 第一次看到那瀑布，你会感到震撼。

▸ 'takeaway (*BrE*) *n* **1** a restaurant that cooks and sells food that you eat somewhere else 外卖餐馆: *a Chinese/Indian takeaway* 中餐 / 印度餐外卖店 ◇ *a takeaway restaurant* 外卖餐馆 **2** (*AmE* **'takeout**, **'carry-out**) a meal that you buy from this type of restaurant 外卖的饭菜; 外卖食物: *We could get a takeaway tonight.* 我们今晚可以叫份外卖。◇ *a takeaway pizza* 外卖的比萨饼 **3** (*AmE*) an idea that you learn about in a meeting or discussion that you remember and use later （从会议或讨论中得到的）想法收获，心得体会: *The key takeaway is that there should be more growth next quarter.* 主要心得是下季度应有更大的增长。

,take a'way from sth to make the effect or value of sth seem less 使（效果）减弱；使（价值）降低: *I don't wish to take away from his achievements, but he couldn't have done it without our help.* 我不想贬低他的成就，但没有我们援手相助，他是做不成的。
SYN **detract from sth** (*more formal*)
◆ v + adv + prep

,take sb a'way from sth to take sb's attention away from sth 使从…上转移注意力: *These minor problems are taking us away from the real issue.* 这些次要问题使我们减少了对主要问题的关注。
SYN **distract sb (from sth)**
◆ v + n/pron + adv + prep

,take sb 'back 1 (to sth) to go with sb to the place where they were or to your/their home 将…送回原处；把…送回家: *Can you take me back to the hotel?* 你能把我送回旅馆吗？◇ *I'll take the kids back now—they're getting tired.* 我现在要把孩子们送回家了——他们有些疲倦。**2** to allow sb such as your husband, wife or partner to come home after they have left because of a problem; to allow sb to return to their job 允许（因矛盾纠纷而离去的配偶等）回家；与…重归于好；允许…复职: *I agreed to take her back if she promised to be faithful in future.* 我同意让她回家，但她要保证今后对我忠诚。◇ *An employer cannot be forced to take you back.* 不能逼迫雇主让雇员复职。SYN **have sb back 3 (to sth)** to make sb's thoughts return to a past time 使…的思绪回到过去；使回想起: *The smell of the sea took him back to his childhood.* 大海的气息将他带回了孩提时代。◇ *That song takes me back a bit!* 那首歌勾起了我无限的回忆！SYN **carry sb back (to sth)** ➲ note at REMIND SB OF SB/STH
◆ v + n/pron + adv

🔑**,take sth 'back 1 (to sb/sth)** if you **take sth back** to a shop/store, or a shop/store **takes sth back**, you return sth that you have bought because it is the wrong size or does not work, for example 退回（商品）；收回（退货）: *The sweater had a hole in it so I took it back.* 毛衣上有个洞，于是我把它退了。SYN **return sth** (*more formal*) **2** to return sth you have borrowed, hired, etc. 归还；交还: *I forgot to take my books back to the library.* 我忘了把书还给图书馆。◇ *It's your turn to take the videos back.* 轮到你去还录像带了。SYN **return sth** (*more formal*) NOTE In informal spoken language **take sb back sth**, or, less often, **take sb sth back** can also be used 非正式口语中也可用 take sb back sth 或 take sb sth back，后者不太常用: *I took him back his CD.* 我把 CD 还给他了。◇ *I took him his CD back.* 我把 CD 还给他了。**3** to take sth you have bought, etc. home with you after you have been away （外出后）带回（所买的物品等）: *We were looking for presents to take back for the kids.* 我们在选购回去后带给孩子们的礼物。NOTE In informal spoken language **take sb back sth** is also used 非正式口语中也可用 take sb back sth: *We took the kids back some presents.* 我们给孩子们带了些礼物回来。**4** to receive or take sth that you own from sb who has borrowed it 收回，拿到（借出的物品）: *When I'd read the letter he took it back and put it in his pocket.* 我看完信后，他就拿回去塞进了衣兜。◇ *No attempt was ever made to take back the land* (= to take control of it again). 从未有人试图收回这块土地。**5** to admit that sth you said was wrong or that you should not have said it 收回，撤回（说过的话）: *I take back what I said about you being lazy.* 我把说你懒惰的话收回。SYN **retract sth**; **withdraw sth** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n **5** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

,take sb 'down (*AmE*) **1** to make sb fall to the ground, especially in a sport （尤指在体育运动中）使倒地，撞倒，使摔倒: *He ran for 40 yards before being taken down.* 他跑了 40 码后被人放倒在地。**2** to arrest sb 逮捕；抓捕
◆ v + n/pron + adv ◆ v + adv + n

▸ **'takedown** *n* (*AmE*) **1** a situation in which sb is made to fall to the ground 撞倒；摔倒；拉倒: *his ninth takedown of the game* 他在比赛中的第九次被人放倒在地 **2** a situation in which sb is arrested 逮捕；抓捕: *When it comes to the takedown, we only take the best officers along.* 抓捕时我们只带最优秀的警官同去。

,take sb/sth 'down; **,take sb/sth 'down sth** to go with sb/sth to a lower level, to a more southern part of a country, etc., or to a different part of a building, town, etc. 带…去（下一层、南方或别处）: *The nurse will take you down in the lift.* 护士将带你乘电梯下去。◇ *The injured climbers were taken down the mountain on a sledge.* 受伤的登山者用雪橇送下了山。◇ *You promised to take me down to London next time you went!* 你答应过下次去伦敦时带上我的！◇ *Tony's just taking the car down to the garage—he'll be back soon.* 托尼正把车开到车库去 —— 他一会儿就回来。
OPP **take sb/sth up**, **take sb/sth up sth**
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
◆ v + n/pron + prep

🔑**,take sth 'down 1** to remove sth from a high level 从高处取下: *She took a book down from the top shelf.* 她从书架最上层拿下一本书。**2** to remove sth that is hanging on a wall, etc. 摘掉，取下（墙上悬挂的东西等）: *Will you help me take the curtains down?* 请帮我摘下窗帘好吗？OBJ **curtains, pictures** OPP **put sth up 3**

to remove a structure by separating it into pieces 拆掉；拆除；拆卸：*They were taking their tent down as we left.* 我们离开时他们正在拆帐篷。 OBJ **a tent, scaffolding** OPP **put sth up 4** to pull down a piece of clothing worn below the waist, without actually removing it 往下拽，拉低（下身衣服）：*She took her trousers down to show the doctor her leg wound.* 她把裤子往下褪了褪，让医生看腿伤。 OBJ **trousers, pants 5** to write sth down 写下；记录：*She took down my name, address and phone number.* 她记下了我的姓名、住址和电话号码。 OBJ **details, (telephone) number** SYN **note sth down** ➲ note at WRITE STH DOWN **6** (*computing*) to remove a website or material on a website from the Internet 关闭（网站）；删除（网站内容）：*All offensive advertisements will be taken down immediately.* 所有令人反感的广告将立即撤下。 OBJ **website**

• v + n/pron + adv • v + adv + n

'take sb/sth for sb/sth (*not used in the progressive tenses* 不用于进行时) to consider sb/sth to be sb/sth, especially when you are wrong 把…错当作；将…误认为：*The experts took the painting for a genuine Matisse.* 专家们把那幅画当成是马蒂斯的真迹了。◇***What do you take me for?*** (= what kind of person do you think I am?) "你把我看成什么人了？" ➲ note at MISTAKE SB/STH FOR SB/STH

• v + n/pron + prep

,take sb 'in 1 to allow sb to stay in your home 留宿；收留：*She takes in paying guests.* 她让交费的客人留宿。◇ *When my parents died, my uncle took me in.* 父母去世后，伯伯收留了我。 OBJ **guests, lodgers 2** if the police **take sb in**, they take them to a police station to question them about a crime 拘禁，拘押（问话）：*Two young men have been taken in for questioning.* 两名年轻男子被拘留问话。 **3** (of an organization, an institution, etc. 组织、机构等) to accept sb as a member, a student, a patient, etc. 接收（入会、入学、入院等）：*The college took in more students than ever before last year.* 这所大学去年招收的学生比往年多。 **4** to make sb believe sth that is not true 欺骗；蒙骗；哄骗：*How could I have been taken in by his charm?* 我怎么会被他的风度蒙蔽了呢？ ◇ *She took me in completely with her story.* 她一番说辞完全把我蒙骗住了。 SYN **deceive sb** (*more formal*) NOTE Usually used in the passive. 通常用于被动语态。

• v + n/pron + adv • v + adv + n

▸ **'intake** *n* **1** [C, U] the number of people who join a college or other organization at a particular time 接收（入学、入会、入院等）的人数：*a new intake of students* 新招收的学生 **2** (*AmE*) a first test, meeting, etc. that you have when you go to a hospital or have an interview for a job or school, etc. （入院的）初次体检；（求职、申请入学等的）初次面试，初次见面

,take sb/sth 'in (to sth), **,take sb/sth 'into sth** to go with sb or to take sth into a building or another place 带…去（或进入）某处：*I'm going into town, so I'll take you in if you like.* 我要去城里，你想去我就带上你。◇ *I took Jack into the kitchen for a quiet chat.* 我把杰克带进厨房悄悄聊一会儿。◇ *I'll take you in to meet the manager now.* 我现在带你进去见经理。◇ *If you take your camera in (to the shop), they'll have a look at it for you.* 你把照相机带去（商店），他们就会帮你检查一下。◇ *My dad has been taken into hospital.* 我父亲被送进了医院。

NOTE In informal spoken language **take sth in (for sb)** can also be used in the patterns **take sb in sth** and, less often, **take sb sth in** 在非正式口语中，take sth in (for sb) 也可作 take sb in sth 和 take sb sth in，后者不太常用：*I took him in a cup of tea.* 我给他送了杯茶。◇ *I took him a cup of tea in.* 我给他送了杯茶。

→ see also TAKE STH IN, TAKE STH INTO STH

• v + n/pron + adv • v + adv + n • v + n/pron + prep

,take sth 'in 1 to notice sth with your eyes 注意到；观察到；看到：*He took in every detail of her appearance.* 他仔细端详了一番她的外貌。◇ *She started to relax and take in her surroundings.* 她放松下来，四下看了看。 **2** to understand or absorb sth that you hear or read; to accept sth as true 理解；领会；记住；相信：*I read the whole page without taking anything in.* 这一页我全看了，可一点也没看懂。◇ *He just couldn't take in what had happened.* 他完全不能相信发生的事。 **3** to include or cover sth 包括；包含：*The trip takes in six European capitals.* 这次旅游包括六个欧洲国家的首都。◇ *The study takes in women from 15 different countries.* 研究对象包括来自 15 个国家的女性。 NOTE Not used in the passive. 不用于被动语态。 **4** (*informal*) to go to see or visit sth such as a film/movie, especially when you are in a place for a different reason （尤指因故在某地逗留时）去看，观看（电影等）：*She always tries to take in a show when she's in New York.* 她到纽约时总要争取看场演出。 OBJ **a show, the sights** NOTE Not used in the passive. 不用于被动语态。 **5** to make a piece of clothing narrower or tighter 改小，改紧（衣服）：*This dress needs to be taken in at the waist.* 这件连衣裙腰身需要改瘦一些。 OBJ **a dress, a skirt, etc.** OPP **let sth out 6** if a boat **takes in** water, water comes in to it, usually through the bottom or sides （船只）进水 OBJ only **water 7** (*old-fashioned*) to do particular kinds of work for other people in your home, in order to earn money 在家承接（活计）：*My grandmother used to take in washing.* 我祖母从前把洗衣活儿揽回家做。 OBJ **washing, ironing, sewing 8** (*AmE*) to receive or earn an amount of money 得到，赚取（钱）：*How much did the show take in?* 这次演出的收入有多少？

• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

,take sth 'in; ,take sth 'into sth to absorb sth into the body by breathing or swallowing it 吸入，吞入（体内）：*Fish take in oxygen through their gills.* 鱼用鳃吸取氧。◇ *She took in*

deep breaths of sea air. 她大口吸入海边的空气。◇ *When we breathe we take oxygen into the body.* 我们呼吸时把氧气摄入体内。

◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

▶ **'intake** *n* **1** [U, C] the amount of food, drink, etc. that you take into your body（食物、饮料等的）摄取量，吸入量：*a high intake of vitamin C* 维生素 C 的高摄取量◇ *to reduce your calorie intake* 减少热量的摄入 **2** [C, usually sing.] an act of taking sth in, especially a breath 吸入；吸收；吸气：*a sharp intake of breath* 猛吸一口气

,take sb 'into sth to accept sb into an institution, an organization, etc. 接纳…加入（机构、组织等）：*They had to* ***take*** *the children* ***into care*** (= to be looked after by the local authority). 他们不得不把孩子们交给当地政府照看。◇ *Five men were* ***taken into custody*** (= to prison). 五名男子被拘押。◇ *They took him into the firm as a partner last year.* 他们去年接纳他为公司合伙人。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

,take sb/sth 'into sth to bring sb/sth into a particular situation, activity, period of time, etc. 将…带进（特定状况、活动、时期等）：*Improved graphics took computer games into a new era.* 改进后的制图技术将计算机游戏带入了一个新时代。◇ *Owen's goal took England into the lead* (= they were winning). 欧文的进球让英格兰队取得领先。◇ *the government that took Britain into Europe* 带领英国融入欧洲的政府

◆ v + n/pron + prep

,take 'off 1 (of an aircraft, etc. 飞机等) to leave the ground and begin to fly 起飞：*The flight was due to take off from Heathrow at 13.15.* 航班预定于 13:15 从希思罗机场起飞。◇ *The high jumper took off at a bad angle.* 那名跳高运动员的起跳角度不好。 OPP **land 2** (*informal*) if an idea, a product, etc. **takes off**, it suddenly becomes successful or popular （构思、产品等）突受重视，迅猛发展，迅速流行：*The new dictionary has really taken off.* 这部新词典大受欢迎。◇ *Her career is just starting to take off.* 她的事业刚刚开始步入快车道。◇ *Sales of mobile phones have really taken off in the last few years.* 移动电话在过去几年中十分畅销。

◆ v + adv

▶ **'take-off** *n* [U, C] **1** the moment when an aircraft, etc. leaves the ground （飞机等的）起飞：*The plane is ready for take-off.* 飞机准备起飞。◇ *take-off point/speed/run* 起飞点 / 速度 / 滑行 ◇ (*figurative*) *The economy is poised for take-off.* 经济蓄势待发。 **2** the moment when

SYNONYMS 同义词辨析

take sth in

detect sth ◆ notice sth ◆ observe sth ◆ perceive sth ◆ take sth in

These verbs all mean to see or be aware of sth, especially when you pay careful attention to it. 这些动词都表示看到、发觉、察觉。

detect sth to discover or notice sth, especially sth that is not easy to see, hear, etc. 发现，察觉，发觉（尤指不易察觉的事物）：*The tests are designed to detect the disease early.* 这些化验可以在患者患病早期查出疾病。◇ *Do I detect a note of criticism in your voice?* 我发现你话中带有批评的口吻啊？

notice sth (*not usually used in the progressive tenses*) to see, hear or become aware of sb/sth; to pay attention to sb/sth 看出；听见；发觉；注意到：*The first thing I noticed about the room was the smell.* 这房间我首先注意到的就是气味。◇ *I couldn't help noticing that she was wearing a wig.* 我不由得发现了她戴着假发。

observe sth (*not used in the progressive tenses*) (*formal*) to see or notice sb/sth 看到；察觉；发觉：*Have you observed any changes lately?* 你观察到最近有何变化吗？

perceive sth (*formal*) to notice or become aware of sth, especially sth that is not obvious 察觉，发觉，注意到（尤指不明显的事物）：*I perceived a change in his behaviour over those months.* 我发现几个月来他的行为有变化。

take sth in to notice sth with your eyes 观察到；看到：*He took in every detail of her appearance.* 他将她的外貌纤毫不漏地尽收眼底。◇ *She took in the scene at a glance.* 她将那个场面一览无余。

WHICH WORD?

All of these verbs can mean to become aware of sth with your eyes. **Detect**, **notice** and **perceive** can also be used in connection with other senses, such as hearing or smell. 所有这些动词都可指看到。detect、notice 和 perceive 也可指听、闻等其他感官的感觉。

PATTERNS AND COLLOCATIONS

- to notice/detect/observe/perceive **that/how/what/where/who ...**
- to notice/observe **sth happen/sb do sth**
- to **barely/hardly/scarcely** notice/detect/observe/take in sth
- to be **worth** noticing/observing
- sb **can't/couldn't help** noticing/observing/taking in sth
- to **fail to/not appear to/not seem to** notice/detect/observe/perceive/take in sth

your feet leave the ground when you jump 起跳

ˌtake ˈoff; ˌtake yourself ˈoff to leave somewhere suddenly or in a hurry 匆忙离去；突然离开: *Whenever things get tough, she takes off.* 一遇到困难她就立刻开溜。◇ *He stayed for a year, then took off for a job in New York.* 他呆了一年，就匆匆到纽约找了份工作。◇ *I'm going to take myself off to bed.* 我得赶快睡觉去了。➲ note at RUN AWAY
• v + adv • v + pron + adv

ˌtake sb ˈoff (*especially BrE*) **1** to copy sb in an annoying way （以令人生厌的方式）模仿，学…的样子: *She was taking off the woman next door.* 她在模仿隔壁女人的样子。 **2** (in sports, entertainment, etc. 体育运动、娱乐活动等中) to remove a player from the field, an actor from the stage, etc. and not allow them to continue playing or acting. 换下，撤下（队员、演员等）: *Their best striker was taken off after 30 minutes.* * 30 分钟后，他们最好的前锋被替换下场。
• **1** v + adv + n • v + pron + adv • v + n + adv
• **2** v + n/pron + adv • v + adv + n (*less frequent*)
▶ **ˈtake-off** *n* an act of copying sb in an amusing way 滑稽的模仿

ˌtake sb ˈoff; ˌtake sb ˈoff sth to rescue sb from a ship, a mountain, etc. （从船上、山上等）营救，搭救: *The injured men were taken off the boat by helicopter.* 受伤人员被直升机从船上救走了。
NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + adv • v + adv + n (*less frequent*)
• v + n/pron + prep

ˈtake sb/sth ˈoff (to sth) to make sb go with you to another place; to take sth to another place 带走；取走: *They took him off to the police station.* 他们把他带到了警察局。◇ *She collected our passports and took them off somewhere.* 她把我们的护照收走了。
• v + n/pron + adv • v + adv + n (*rare*)

ˌtake sb ˈoff sth 1 to stop sb from continuing a particular medicine, treatment, etc. 使停止（服用药物、接受治疗等）: *His doctor took him off tranquillizers.* 医生让他停服镇静剂。 OPP **put sb on sth 2** to remove sb from a job, position, etc. and not allow them to continue 调离，解除（工作、职务等）: *One of the lawyers has been taken off the case.* 其中一名律师已被禁止继续参与此案。
• v + n/pron + prep

🔑**ˌtake sth ˈoff 1** to remove an item of clothing from your/sb's body 脱下，摘下（衣物）: *She took her coat off and hung it up.* 她脱掉外衣，把它挂了起来。◇ *It's the custom to take off your shoes when you go into the house.* 进屋脱鞋是这里的风俗。◇ *Can you take off Tommy's jacket for me?* 帮我把汤米的夹克衫脱掉好吗？ OBJ **clothes, shoes, coat, jacket, etc.** OPP **put sth on 2** to remove a bus, train, etc. from service; to stop a television or radio programme, performances of a show, etc. 取消，停止（公共交通服务、广播电视节目、演出等）: *The 17.13 bus to Bristol will be taken off next month.* * 17:13 开往布里斯托尔的公共汽车班次将于下月取消。◇ *The play was taken off after a week.* 该剧目上演一周后停演了。 OPP **put sth on 3** to cut off hair or a part of the body 剪掉（头发）；截去，切除（身体部位）: *The*

SYNONYMS 同义词辨析

take sth off

peel sth off • remove sth • strip off • take sth off • undress

These verbs mean to take clothes off your body. 这些动词都表示脱衣服。

peel sth off to take off all or most of your clothes, especially when they are tight or wet 脱去，脱光（尤指紧身衣或湿衣服）: *He peeled off his shirt.* 他扒掉了衬衫。

remove sth to take off clothes, etc. from the body 脱去，脱掉（衣服等）: *Please remove your shoes before entering the temple.* 进寺庙前请脱鞋。◇ *He removed his glasses.* 他摘下了眼镜。

strip off to take off all or most of your clothes 脱去，脱光（衣服）: *We stripped off and ran down to the sea.* 我们脱光衣服朝大海跑去。 NOTE **Strip** can be used on its own * strip 可单独使用: *I stripped and washed myself all over.* 我脱了衣服洗了个澡。

take sth off to remove a piece of clothing from your/sb's body 脱下，摘下（衣物）: *Sit down and take off your shoes.* 坐下把鞋脱了。◇ *She took off her glasses, rubbed her eyes, then put them back on again.* 她摘下眼镜，揉了揉眼睛，然后又把眼镜戴上了。

undress to take off your clothes 脱去，脱下（衣服）: *I undressed and got into bed.* 我脱掉衣服上了床。 NOTE It is also possible to say **get undressed** 也可说 get undressed: *You can get undressed behind the screen.* 你可以在屏风后面脱衣。

WHICH WORD?

Remove sth is more formal than **take sth off** or **peel sth off** . * remove sth 比 take sth off 或 peel sth off 更正式。

PATTERNS AND COLLOCATIONS

- to take off/remove a **dress/hat/jacket**
- to take off/remove your **glasses/shoes**
- to strip **down to** your underwear, etc.

hairdresser asked me how much she should take off. 理发师问我头发剪多长。◇ *His leg had to be taken off above the knee.* 他的腿不得不从膝盖以上锯掉。 **4** (*AmE*) to lose weight by exercising or following a diet （通过运动或节食）减去（体重）: *Several people reported that they had taken off more than 15 pounds.* 有几个人反映他们已减重 15 磅以上。
◆ v + n/pron + adv ◆ v + adv + n
IDM **I take my 'hat off to sb** (*informal, especially BrE*) used to say that you admire sb very much for sth they have done 向某人脱帽致敬

,take sth 'off, ,take sth 'off sth 1 to remove sth from somewhere （从…）移走，拿开，除去: *Sam took off the lid and looked inside.* 萨姆揭开盖子朝里看了看。◇ *Sam took the lid off the box.* 萨姆打开了盒盖。◇ *Can you take your feet off the sofa?* 把脚从沙发上挪开好吗? ◇ *I've got an assistant now, which will **take the pressure off** a bit.* 我现在有助手了，这样会减轻一点压力。◇ *Always take your make-up off before you go to bed.* 睡前一定要卸妆。 SYN **remove sth** (*more formal*) OPP **put sth on 2** to remove an amount of money, a number of points, etc. from sth in order to reduce the total 扣除，减去（金额、分数等）: *Can you take any money off this shirt* (= sell it at a cheaper price)? 这件衬衫你可以便宜点卖吗? ◇ *Marks will be taken off for bad spelling.* 拼写错误要扣分。 **3** to have a period of time as a break from work or school 休假；休息: *I'm going to take next week off.* 我打算下星期休假。◇ *She took a day off work.* 她请了一天假。 **4** to remove a name, an item, etc. from a list （从单子上）勾掉，删除: *The soup has been taken off (the menu).* 这道汤已（从菜单上）删掉了。◇ *I took my name off the list.* 我把自己的名字从名单上勾掉了。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep
IDM **take your 'eyes off sb/sth** to stop looking at sb/sth 把目光挪开；停止看: *He couldn't take his eyes off the cake.* 他忍不住一个劲儿地盯着蛋糕。◇ *I only took my eyes off her for a second and she disappeared.* 我刚一转眼，她就不见了。 **take sb's 'mind off sb/sth** to make sb stop thinking about sb or about sth unpleasant 转移注意力；不去想，不再担忧（令人不快的事）: *We thought going out for the evening might take her mind off things.* 我们觉得晚上出去一下可以让她散散心。

,take sth 'off sb (*informal, especially BrE*) to use force or your authority to get sth from sb （从某人处）抢夺，没收（某物）: *Another child took his teddy off him.* 另一个孩子抢走了他的玩具熊。◇ *The teacher took the cigarettes off me.* 老师把我的香烟没收了。
◆ v + n/pron + prep
IDM **take 'years off sb** to make sb feel or look younger than they are 使觉得（或显得）年轻: *That hairstyle takes ten years off you!* 这个发型让你看上去年轻了十岁!

,take sth 'off sth (*informal*) to make sth shorter by the amount mentioned 使减少（特定数量）: *Smoking takes six years off the average life.* 吸烟使平均寿命缩短六年。
◆ v + n/pron + prep

,take yourself 'off → TAKE OFF, TAKE YOURSELF OFF

,take 'on sth to begin to have a particular quality, appearance, etc. 呈现，具有（某种特质、外观等）: *Lisa's voice took on a more serious tone.* 莉萨说话的语气变得严肃起来。◇ *His words suddenly took on a different meaning.* 他的话突然弦外有音了。◇ *The car suddenly seemed to take on a life of its own* (= move by itself without anyone controlling it). 那辆车突然自己开动起来。
OBJ **meaning, shape, expression, appearance**
SYN **assume sth** (*more formal*)
◆ v + adv + n

,take sb 'on 1 to employ sb 聘用；雇用: *She was taken on as a graduate trainee.* 她受聘做毕业实习生。◇ *They take on extra staff for summer.* 他们夏天雇用额外员工。 SYN **employ sb 2** to accept sb as a patient, a customer, etc. 接纳，接待（病人、顾客等）: *The dentist has stopped taking on new patients.* 牙医已停止接收新病人。 OBJ **patients, clients 3** to play against sb in a game or contest; to fight against sb （在体育比赛或竞争中）同…较量；与…战斗；对抗: *She took her father on at chess and beat him.* 她和父亲比赛下棋，结果赢了他。◇ *The rebels took on the entire Roman army.* 反叛者与整个罗马军队作战。
◆ v + n/pron + adv ◆ v + adv + n

,take sb/sth 'on (of a bus, plane, ship, etc. 公共汽车、飞机、船只等) to allow sb/sth to enter or come on board 接载（乘客）；装载（物品）: *The bus stopped to take on more passengers.* 公共汽车停下让其他乘客上车。◇ *The plane was taking on fuel from a tanker.* 飞机正从油罐车上加油。
◆ v + adv + n ◆ v + n/pron + adv

,take sth 'on to decide to do sth; to agree to be responsible for sth 决定做，同意负责（某事）；承担（责任）: *She took on more responsibilities when she was promoted.* 她晋升后责任更大了。◇ *If we're short of money, I'll just have to take on extra work.* 如果我们缺钱，我就得做额外工作。
OBJ **responsibility, job, task, work**
◆ v + adv + n ◆ v + n/pron + adv

'take sth on/upon yourself to decide to do sth without asking permission or talking to anyone else （未经允许或商议）自行决定（做某事）；自作主张: *She took the responsibility for what had happened upon herself.* 她主动为所发生的事承担了责任。◇ *Reg **took it upon himself** to tell the newspapers the truth.* 雷吉擅自把真相告诉了报界。
◆ v + n/pron + prep + pron

,take sb 'out (for/to sth) to invite sb to go with you to the theatre, a restaurant, etc. 邀请某人一同外出（做某事或到某处）: *He took Susie out for a meal.* 他请苏茜出去吃饭了。
◆ v + n/pron + adv

,take sb 'out; ,take sb 'out of sth to remove sb from a place; to take sb outside a building 把…弄走；领…出去；带…离开：*The prisoners were taken out and shot.* 囚犯被带出去枪毙了。

• v + n/pron + adv • v + n/pron + adv + prep

,take sb/sth 'out (*informal*) to kill sb or destroy sth; to injure or damage sb/sth so that they cannot work or be used 杀死；捣毁；摧残：*Enemy missiles took out two of our planes.* 敌人的导弹击毁了我们两架飞机。◇ *Police think he was taken out by a rival gang.* 警方认为他是被一个敌对团伙干掉的。

• v + adv + n • v + n/pron + adv

,take sth 'out 1 to remove a part of the body from inside sb 切除，摘除（人体器官）：*She had to have her appendix taken out.* 她只得切除了阑尾。◇ *I'm afraid we'll have to take the tooth out.* 恐怕我们得把这颗牙拔了。 OBJ **tonsils, teeth, appendix** SYN **remove sth** (*more formal*) **2** to obtain an official document or a service 领到（正式文件）；获得（服务）：*She took out a loan to buy a new car.* 她贷款买来一辆新车。◇ *Did you remember to take out travel insurance?* 你没忘记去购买旅行保险吧？ OBJ **insurance, loan, mortgage 3 (against sb)** to start a legal process against sb by means of an official document （针对某人）发布，送达，下达（法院指令等）：*They took out an injunction against the newspaper.* 他们向这家报纸发出了禁制令。 OBJ **summons, injunction 4 (for sth)** to leave your house with sth in order to do a particular activity 带某物出去（活动）：*Shall we take the car out for a drive this afternoon?* 我们今天下午开车出去兜风好吗？ **5** (*AmE*) → TAKE STH AWAY 5

• v + adv + n • v + n/pron + adv

🔑 **,take sth 'out; ,take sth 'out of sth 1** to remove sth from somewhere 拿出；取出；（从…）取走：*Jack felt in his pocket and took out his keys.* 杰克摸了摸衣兜，掏出了钥匙。◇ *How many books did you take out of* (= borrow from) *the library?* 你从图书馆借了几本书？◇ *You're not allowed to take so much money out of the country.* 你不可以带这么多钱出境。◇ *He took out his wallet and pulled out a £50 note.* 他拿出钱包，抽出一张 50 英镑的钞票。 **2** to carry sth with you outside 把（某物）带出去；携带：*I'll take the cases out to the car.* 我来把箱子提到车上。 **3** to remove money from your bank account （从银行账户中）提取（存款）：*I took some more money out (of my account) yesterday.* 我昨天（从账户上）又提了一些钱。 OBJ **money** SYN **draw sth out, draw sth out of sth; withdraw sth (from sth)** (*more*

SYNONYMS 同义词辨析

take sb on

employ sb • engage sb • hire sb • recruit sb • sign sb up • take sb on

These verbs all mean to give sb a job to do for payment. 这些动词都表示聘用、雇用。

employ sb to have sb working for you for payment; to give sb a job 聘用；雇用：*How many people does the company employ?* 公司有多少员工？◇ *For the past three years he has been employed as a firefighter.* 在过去三年里，他一直就职于消防队。

engage sb (*formal*) to employ sb to do a particular job 聘用；雇用：*We will have to engage the services of a translator.* 我们得聘一名翻译。

hire sb (*especially AmE*) to give sb a job; to find new people to work for a company or organization 聘用；雇用：*She was hired three years ago.* 她是三年前招进来的。 NOTE In both British and American English **hire** also means 'to employ sb for a short time to do a particular job' 在英国和美国英语中，hire 也指"短期聘用"：*They hired a firm of consultants to design the new system.* 他们雇了一家咨询公司来设计新系统。

recruit sb to find new people to join a company, an organization or the armed forces 招聘；招收（新成员）；征募（新兵）：*The police are trying to recruit more officers from ethnic minorities.* 警方正尝试从少数族裔中征召更多警员。

sign sb up (*not formal*) to arrange for sb to sign a form or contract agreeing to do a job 签约雇用；签订工作合同：*The company has signed up three top models for the fashion show.* 为了这次时装展，公司已经与三名顶级模特签约。 NOTE **Sign** can be used on its own to talk about arranging for a professional sports player to join a team, or a musician to work with a recording company * sign 可单独使用，指职业运动员签约加入某一运动队或音乐人与唱片公司签约：*United have just signed a new goalie.* 联队已签下了一名新守门员。

take sb on to give sb a job 聘用；雇用：*We're not taking on any new staff at present.* 我们眼下不招新员工。

PATTERNS AND COLLOCATIONS

- to employ/hire/recruit/sign/engage/take on/sign up sb **as sth/to do sth**
- to employ/hire/recruit/take on **workers/staff/a manager**
- to employ/hire/engage a **lawyer**
- to sign/sign up a **player**
- to employ/take on sb **temporarily/permanently**

formal) **4** to remove an amount of money from a larger amount to pay for sth 扣除，减去，抽取（特定金额以付款）: *£20 will be taken out of your wages to pay for the damage.* 将从你的工资中扣除 20 英镑赔偿损失。◇ *Contributions to your pension will be taken out of your salary.* 养老金的缴款将从薪金中扣除。 **5** to stop your career, studies, etc. for a period of time in order to do sth else （工作、学习等期间）暂停，腾出（一段时间）: *She took a year out of college to work abroad.* 她大学休学一年去国外工作。◇ *He took a year out between school and college.* 他中学毕业后在上大学之前休学了一年。◇ *We need to take time out to think things through.* 我们需要腾出时间把事情彻底考虑一下。 OBJ **a year, time** NOTE Not used in the passive. 不用于被动语态。 **6** to make sth disappear from somewhere 使消失；消除: *Soaking should help to take the stain out.* 浸泡应有助于除掉污渍。 OBJ **stain**

• v + adv + n • v + n/pron + adv • v + n/pron + adv + prep **5** v + n + adv • v + adv + n (*rare*)

IDM **take a leaf out of sb's 'book** to follow sb's example 效法某人: *I'm going to take a leaf out of your book and get to work early.* 我打算向你学习，早点上班工作。 **take sth out of sb's 'hands** to remove sth from sb's control and deal with it yourself （从某人手中）取得…权力并亲自掌握，接管: *The decision has been taken out of my hands.* 我已经无权作决定了。 **take the 'mickey out of sb/sth** (*also* **take the 'piss out of sb** ⚠, *slang*) both (*BrE, informal*) to make sb look or feel silly by copying sth that they do, or making them believe sth that is not true （通过模仿某人或使其信以为真）取笑，愚弄，作弄: *They used to take the mickey out of Ade because of the way he spoke.* 他们过去常取笑埃德说话的腔调。

▶ **'takeout** (*AmE*) → TAKEAWAY at TAKE STH AWAY

'take it/sth 'out of sb to make sb feel very tired 使筋疲力尽；使极度疲劳: *That flu really took it out of me.* 那次得的流感使我浑身无力。◇ *Looking after three young children really takes a lot out of you.* 照看三个小孩能把你累死。

OBJ **a lot, so much** SYN **wear sb out**

• v + it + adv + prep • v + pron + adv + prep

,take sb 'out of themselves (*especially BrE*) to make sb forget their worries, thoughts, concerns, etc. 使摆脱苦恼；为…消愁释闷: *Seeing his old friends again took him out of himself.* 再次见到老朋友使他忘却了烦恼。

• v + n/pron + adv + prep

,take sth 'out on sb/sth to behave in an unpleasant way towards sb/sth because you feel angry, disappointed, etc. 向…发泄；拿…撒气: *When he's had a bad day, he always takes it out on me.* 他哪天不顺心就拿我当出气筒。◇ *You shouldn't take your frustrations out on the kids.* 你遭受挫折，别拿孩子们出气。

• v + it + adv + prep • v + n/pron + adv + prep

,take 'over 1 (from sth) (as sth) to become more important than sth else and replace it 替代；取代: *Computers are rapidly taking over from books as children's learning resources.* 计算机正迅速取代书本成为儿童的学习资源。◇ *Patras took over from Cork as European Capital of Culture.* 帕特雷取代了科克成为欧洲文化之都。 **2** to become stronger, more powerful or more noticeable 占据上风；变得明显: *It's hard not to let negative feelings take over.* 很难遏制消极的情绪。◇ *When she saw the accident, her training as a doctor immediately took over.* 看到这场事故时，她因受过医师培训而跃跃欲试。

• v + adv

🔑**,take 'over; ,take sth 'over 1 (from sb) (as sth)** to take responsibility for sth after sb else has finished; to do sth instead of sb else 接替；接任；接管；接手: *Who's going to take over from Bill as manager when he retires?* 比尔退休后，谁来接替他的经理职务？◇ *If you're tired of driving, I'll take over for a while.* 你要是开车开烦了，我就代你开会儿。◇ *I'll take over the driving if you want.* 你如果愿意，我来代你开车。◇ *Anita took the business over from her father.* 安妮塔从父亲手中接管了这家企业。◇ *More and more jobs are being taken over by machines.* 越来越多的工作正被机器取代。 **2** to gain control of a political party, a country, etc. 控制，接管，治理（政党、国家等）: *Things will change when the Socialist Party takes over.* 社会党上台后情况就会不同了。◇ *In the film, aliens take over the world.* 在影片中外星人统治了地球。

• v + adv • v + adv + n • v + pron + adv • v + n + adv (*rare*)

,take sb 'over sth 1 to go with sb around a building and show them what is interesting or important 带…参观: *A guide took us over the house.* 导游带我们参观了这所房子。 SYN **take sb around/round sth 2** to look at or discuss sth with sb and explain important points 帮助…了解；给…讲解: *Would you mind taking us over the procedure again?* 请给我们再讲解一下程序好吗？ → see also TAKE SB THROUGH STH

• v + n/pron + prep

,take sb/sth 'over 1 to affect sb so strongly that they are unable to think of anything else or do anything else 强烈影响；使心无旁骛；主宰: *His ambition had taken him over.* 他的野心左右着他。◇ *My job is starting to take over my life.* 我的工作开始支配我的生活。 **2 [+adv/prep]** to take sb/sth from one place to another 带…去（某处）: *I took Mia over to Cambridge to meet my parents.* 我带米娅去剑桥见我父母。

• **1** v + n/pron + adv • v + adv + n

• **2** v + n/pron + adv

🔑**,take sth 'over 1** to gain control of a business, a company, etc. by buying it or by buying most of its shares 收购，接管，接收（企业、公司等）: *The company was taken over last September.* 这家公司去年 9 月被收购了。◇ *They have already taken over several smaller airlines.* 他们已经收购了几家小航空公司。 OBJ **company** SYN **buy sth out 2** if you take over

a place, you fill it or use the whole of it so that other people cannot use it 占满，占用（某处）：*We're taking over the whole hotel for the conference.* 我们要为这次会议包下整个宾馆。 **3** to start living in a place or using it 迁入，开始使用（某处）：*The flat was a mess when we took it over.* 我们搬进那套公寓时，里面一团糟。◇ *This building used to be a school until the hotel took it over.* 这座建筑曾经是所学校，后来改成旅馆了。

• v + adv + n • v + n/pron + adv

▶ ˈ**takeover** *n* [C, U] **1** an act of gaining control of a company by buying most of its shares 收购；接管；接收：*The company have abandoned their takeover bid.* 这家公司已经放弃了收购出价。 **2** an act of gaining control of a country, region or city, especially by force （对国家、地区或城市的）控制，强行接管： *a military takeover* 军事接管

ˌ**take sb ˈround, etc.** (*BrE*) → TAKE SB AROUND, ETC.

ˌ**take sb/sth ˈround** (*BrE*) (*also* ˌ**take sb/sth aˈround** *AmE, BrE*) to take sb/sth with you to another place, sb else's home, etc. 带…去（别处、别人家等）：*I'm taking the photos straight round to Phil's to show him.* 我要把这些照片直接带到菲尔家给他看看。◇ *Joe took us round to see his mother.* 乔带我们去看他母亲。

• v + n/pron + adv • v + adv + n

ˌ**take sb/sth ˈthrough**; ˌ**take sb/sth ˈthrough sth** to lead or carry a person or a thing through one place to another 把（人或物）一直带到…；带着（人或物）经过： *Let's take our tea through to the lounge.* 咱们把茶端到休息室吧。◇ *The journey takes you through some beautiful scenery.* 旅途中将穿越一些美丽的风景区。◇ (*figurative*) *We have plenty of work to take us through to the end of the year.* 我们的工作很多，足以干到年底。

• v + n/pron + adv • v + n/pron + prep

ˈ**take sb ˈthrough sth** to discuss sth with sb or explain it to them so that they know what to do 帮助…了解；给…讲解：*Your solicitor will take you through the contract.* 你的律师会为你解释这份合同。◇ *The director took us through the play scene by scene.* 导演一场一场地给我们说戏。

→ see also TAKE SB OVER STH 2

• v + n/pron + prep

ˈ**take to sb/sth** to start liking sb/sth 开始喜欢；对…产生好感：*I didn't take to Elena's husband at all.* 我从来没有喜欢过埃琳娜的丈夫。◇ *He hasn't taken to his new school.* 他还没喜欢上新学校。

OPP **take against sb/sth**

• v + prep

IDM **not take ˈkindly to sb/sth** to not like sb/sth 不喜欢；厌烦：*I don't take kindly to being told how to run my life.* 我讨厌别人对我的生活指手画脚。

ˈ**take to sth** to go away to a particular place, especially to escape from sth difficult or dangerous （尤指为逃避困难或危险）逃往，躲到：*She felt so ill that she took to her bed.* 她感觉很不舒服，于是上床休息了。◇ *The rebels took to the hills.* 反叛者逃进了山里。◇ *Thousands of people* ***took to the streets*** *(= went out in to the streets) in protest.* 几千人走上街头示威抗议。

• v + prep

IDM **take to your ˈheels** to start running 开始跑；溜掉：*They took to their heels and fled.* 他们撒腿就跑，逃走了。

ˈ**take to sth 1** (*also* ˈ**take to doing sth**) to begin to do sth, especially as a habit 开始沉湎于；养成…习惯：*For some reason he took to walking the New York streets at night.* 不知为什么，他养成了夜间在纽约街道溜达的习惯。◇ *She gave up painting and took to sculpture.* 她放弃绘画，搞起了雕塑。 **2** to develop an ability for sth 培养…能力：*He took to tennis as if he'd been playing all his life.* 他网球学得很快，好像一辈子都在打网球似的。◇ *Jeremy* ***took to*** *teaching* ***like a duck to water*** (= very naturally). 杰里米教起书来如鱼得水。

• v + prep

ˈ**take sth to sth** (*informal*) to use a tool or piece of equipment in order to do sth, especially sth violent 用（工具或设备）做某事；（尤指）用…击打：*He took a hammer to the radio* (= he destroyed it). 他用锤子把收音机砸了。

• v + n/pron + prep

ˌ**take ˈup** to continue with sth, especially after sb/sth else has finished 继续；接下去：*The band's new album takes up where the last one left off.* 这支乐队的新专辑是接上一专辑的乐曲录制的。

• v + adv

ˌ**take sb/sth ˈup**; ˌ**take sb/sth ˈup sth** to go with sb or take sth to a higher place or to another part of a building, country, etc. 和（某人）去较高处（或别处）；把（某物）带到较高处（或别处）：*Someone will take you up to your room.* 有人会带你去你的房间的。◇ *Why don't we take our picnic up the hill?* 我们为什么不到山上去野餐呢？◇ *She took a hot drink up to bed with her.* 她端了杯热饮上床。

OPP **take sb/sth down, take sb/sth down sth**

NOTE In informal spoken language **take sb up sth** and, less often, **take sb sth up** are also used 非正式口语中也用 take sb up sth 或 take sb sth up，后者不太常用：*He took her up a cup of tea.* 他给她端来一杯茶。◇ *He took her a cup of tea up.* 他给她端来一杯茶。

• v + n/pron + adv • v + adv + n (*less frequent*)

• v + n/pron + prep

ˌ**take sth ˈup 1** to remove sth that is fixed on a floor or on the ground 移开（固定于地板或地面的物体）；揭起；掀开；挖开： *They took the road up to repair the water pipes.* 他们挖开路面维修水管。 OBJ **road, pavement, carpet, floorboards** SYN **pull sth up 2** to start to do a new activity, especially for pleasure （尤指为消遣）开始做，学习做：*She took up yoga a few years ago.* 她几年前开始学瑜伽。◇ *I've decided to take up Japanese.* 我决定开始学日语。◇ *Alex*

only took up the piano when he was 14. 亚历克斯 14 岁时才开始学钢琴。 ➲ note at START ON STH **3** to start or begin sth, especially a job 开始从事（尤指工作）: *She took up a post at Kyoto University.* 她在京都大学谋得了一个职位。 OBJ **post** **4** to make an item of clothing, a curtain, etc. shorter 改短（衣服、窗帘等）: *This skirt will need taking up.* 这条裙子需要改短。 OPP **let sth down** **5** to absorb sth such as a liquid, a gas, etc. 吸收，吸入（液体、气体等）: *Plants take up carbon dioxide from the atmosphere.* 植物吸收大气中的二氧化碳。 SYN **absorb sth** **6** to continue sth after sb else has stopped; to continue to discuss sth that was mentioned earlier 继续从事（他人未完成的事）；接着讨论（以前提过的事）: *I'd like to take up the point you raised earlier.* 我想继续谈一谈你早些时候提出的问题。◇ *Paula took up the story.* 葆拉接着来讲这个故事。 OBJ **story** SYN **pick sth up** **7** to accept a suggestion, a policy, an invitation, etc. 接受（建议、政策、邀请等）: *The union have taken up her case.* 工会已经同意受理她的事情。◇ *The idea was never taken up.* 这个主意从未得到重视。◇ *I'd like to take up their invitation to visit them in Rio.* 我想接受他们的邀请，去里约拜访他们。 OBJ **case, idea, challenge, offer** **8** to join in saying or singing sth 一起说；一齐唱: *The cry was taken up by the rest of the crowd.* 人群中的其他人也跟着喊起来。 OBJ **the cry, the refrain** **9** to move into a particular position 进入，占据（位置）: *We took up our positions by the door.* 我们守在门口。◇ (*formal*) *She has* ***taken up residence*** (= begun to live) *in London.* 她到伦敦去住了。 OBJ **position** **10** (*old-fashioned, formal*) to take sth in your hand 拿起；抓起: *She took up a book and began to read.* 她拿起一本书读了起来。 SYN **pick sth up**

◆ v + adv + n ◆ v + n/pron + adv

▸ **'take-up** *n* [U, sing.] the rate at which people accept sth that is offered to them or made available to them 接受率；领用率: *a low take-up of government benefits* 政府补助的低领取率

▸ **'uptake** *n* [U, sing.] **1** the process by which sth is taken into a body or system; the rate at which this happens 摄取（速度）；吸纳（速度）: *The experiment measured the uptake of oxygen by the muscles.* 这个实验测量了肌肉消耗氧气的速度。 **2** an act of making or starting sth; the number of people who do this 制作某物（的人数）；开始某事（的人数）: *There has been an increase in the uptake of these courses.* 修读这些课程的人数有所增长。

🔑 **,take 'up sth** to fill a particular amount of space or time 占据，占用（空间或时间）: *This table takes up too much room.* 这张桌子太占地方。◇ *Virtually all the memory is taken up with this one program.* 这一个程序就占了几乎所有内存。◇ *I mustn't take up any more of your time.* 我不能再占用你的时间了。◇ *Her whole day was taken up with making phone calls.* 她一整天光是用来打电话了。

NOTE **Take up** is not used with a pronoun object in this meaning. * take up 作此义不与代词宾语连用。

◆ v + adv + n

OBJ **room, space, time** SYN **occupy sth**

,take sb 'up on sth (*informal*) **1** to question sb or argue with sb about sth because you do not agree 质问；查问: *I thought he was wrong but I didn't take him up on it.* 我认为他错了，但我没有提出异议。◇ *I'd like to take you up on what you said about unemployment.* 我想就你对失业问题提出的看法问几个问题。 SYN **pick sb up on sth** **2** to accept an offer, an invitation that sb has made 接受（提议或邀请）: *I think I'll take you up on your offer to help.* 我想我可以接受你的帮助。◇ *'You can borrow the car if you like.' 'I might take you up on that.'* "你想用车的话，尽管借。" "我也许会的。"

◆ v + n/pron + adv + prep

,take 'up with sb (*informal*) to become friendly with sb; to start a relationship with sb, especially sb who might have a bad influence on you 开始结交（尤指可能带来坏影响的人）: *I heard Tom has taken up with a supermodel!* 我听说汤姆傍上了个超级模特儿！◇ *She's taken up with a bunch of losers.* 她结交了一帮碌碌无为的人。

◆ v + adv + prep

,take sth 'up with sb to speak or write to sb about sth they may be able to help you with 向…提出；与…交涉: *You'll have to take your complaint up with the manager.* 你得向经理投诉。

◆ v + n/pron + adv + prep

be ,taken 'up with sb/sth; be ,taken 'up with doing sth to be very busy with sb or with doing sth 致力于；专心于；对…一心一意: *She is very taken up with the children.* 她整天忙着照料孩子。◇ *I've been completely taken up with preparing for exams.* 我一直在全力以赴准备考试。

◆ be + v + adv + prep

,take sth u'pon yourself → TAKE STH ON/UPON YOURSELF

be 'taken with sb/sth to find sb/sth attractive or interesting 迷上；被…吸引；对…感兴趣: *We were all very taken with Zoe.* 我们都觉得佐伊非常讨人喜欢。

◆ be + v + prep

talk /tɔːk/

,talk a'round sth (*BrE also* **,talk 'round sth**) to talk in a general way about a subject or a problem without discussing the difficult or important parts of it 泛泛而谈；避实就虚地谈；不着边际地谈: *We talked around the subject for some time before coming to the real issue.* 我们围绕这个话题东拉西扯了一会儿才言归正传。

OBJ **subject**

◆ v + prep

'talk at sb to speak to sb without listening to what they say in reply 对…自顾自地谈；滔滔不绝地对…说: *My father always listened to our*

point of view—he never just talked at us. 我父亲总是听取我们的观点 —— 他从不搞一言堂。◇ *I was being talked at rather than talked to.* 我只有听的份儿，没有说的份儿。
◆ v + prep

ˌtalk aˈway (to sb) to talk without stopping for a period of time （对某人）喋喋不休，说个不停: *They were soon talking away to each other as if they'd known each other for years.* 他们很快就像老相识一般聊个没完。◇ *Marie was **talking away nineteen to the dozen*** (= talking a lot without stopping). 玛丽不住嘴地唠叨着。
◆ v + adv

ˌtalk ˈback (to sb) to reply rudely to sb in authority （对上司）回嘴，反驳: *She was sent out for talking back to the teacher.* 她因为顶撞老师被赶了出去。
SYN **answer back, answer sb back** (*especially BrE*)
◆ v + adv
▶ **ˈback talk** *n* [U] (*AmE, informal*) a rude reply or comment 回嘴；反驳: *I said no, and don't give me any more back talk.* 我说过不行，不要再顶嘴了。

ˌtalk sb ˈdown 1 to talk to sb who is threatening to kill themselves by jumping from a tall building, etc. and persuade them not to 劝阻（要从高处跳下自杀的人）: *The police were trying to talk down a youth threatening to jump from the bridge.* 警察正在规劝一名威胁要从桥上跳下自杀的青年。 **2** to prevent sb from speaking by talking loudly or without stopping 以高声讲话（或不停讲话）阻止（某人说话）；不让…插话: *I tried to argue but they talked me down.* 我试图争辩，可他们不给我说话的机会。
◆ v + n/pron + adv ◆ v + adv + n

ˌtalk sb/sth ˈdown 1 to help a pilot bring a plane to the ground by giving detailed instructions from the ground 引导（飞行员或飞机）着陆: *The pilots were talked down by the Ground Controllers.* 地面导航人员引导飞行员安全着陆。◇ *to talk a plane down* 引导飞机降落 **2** to persuade sb to lower their prices 与…讲价；和…还价；对…压价: *He's asked for $1 000. Can we talk him down any further?* 他开价 1 000 元。咱们能不能和他再砍砍价？ **3** to talk about sth in a way that makes it seem less important or successful than it really is 贬低；贬抑: *The opposition was attacked for talking the country down.* 反对派因贬损国家而遭到抨击。◇ *He tends to talk his achievements down.* 他常常贬低自己的成绩。
OPP **talk sb/sth up**
◆ v + n/pron + adv ◆ v + adv + n

ˌtalk ˈdown to sb to speak to sb as if they are younger or less intelligent than you or than they really are 以居高临下的姿态对…说话: *He makes the mistake of talking down to his students.* 他不该以高高在上的态度跟学生说话。◇ *I hate being talked down to.* 我讨厌别人自命不凡地对我说话。
SYN **patronize sb**
◆ v + adv + prep

ˌtalk sb/yourself ˈinto/ˈout of sth; **ˌtalk sb/yourself ˈinto/ˈout of doing sth** to persuade sb/yourself to do/not to do sth 说服…做 / 不做某事: *Why did you let James talk you into this crazy scheme?* 你为什么听信詹姆斯制订如此荒唐的计划？◇ *I talked myself into believing I was happy.* 我让自己相信自己幸福快乐。◇ *I'm leaving this minute and don't try to talk me out of it.* 我这就要走了，别想说服我留下。
◆ v + n/pron + prep ◆ v + n/pron + adv + prep
IDM **talk your way out of sth/of doing sth** to make excuses and give reasons for not doing sth; to manage to get yourself out of a difficult situation 找借口（或理由）不做某事；凭口才解围: *I managed to talk my way out of having to give a speech.* 我设法找借口逃脱了演讲。◇ *I'd like to see him talk his way out of this!* 我倒想看看他如何开口给自己解围！

ˌtalk sth ˈout to discuss sth thoroughly until you find a solution, an agreement, etc. or make a decision 把…谈透；彻底讨论（直至解决问题、达成协议、作出决定等）: *to talk out your thoughts/feelings/problems with sb* 对某人说出想法 / 向某人倾诉感受 / 与某人协商解决问题◇ *It might help to talk things out.* 把事情好好谈谈也许不无裨益。
OBJ **things, problem**
◆ v + n/pron + adv ◆ v + adv + n

ˌtalk yourself ˈout to talk until you have nothing left to say 言无不尽；倾谈: *They spent all the evening discussing the problem until they talked themselves out.* 他们彻夜畅谈这个问题。
◆ v + pron + adv

ˌtalk sb/yourself ˈout of sth → TALK SB/YOURSELF INTO/OUT OF STH, ETC.

🔑 **ˌtalk sth ˈover (with sb)** to discuss sth with sb in order to find a solution, make a decision, etc. 详细讨论，详谈（以解决问题、作出决定等）: *I need to talk it over with my parents.* 我得和父母好好商量。◇ *You'll find it helpful to talk things over with a friend.* 把情况和朋友多谈谈，你会觉得大有帮助。◇ *You both need to talk over what happened.* 你们俩需要把发生的事好好谈谈。
OBJ **things, feelings, problems**
◆ v + n/pron + adv ◆ v + adv + n

ˌtalk ˈround sth (*BrE*) → TALK AROUND STH

ˌtalk sb ˈround (to sth) (*BrE*) to persuade sb to accept sth or to agree to sth 说服；劝说某人接受（或同意）: *My parents didn't want me to go to study in Britain, but I managed to talk them round (to the idea).* 我父母不想让我去英国学习，但我总算说服了他们。
◆ v + n/pron + adv

ˌtalk sb ˈthrough sth to explain sth to sb in detail so that they understand it 向某人详细解释: *The technical support staff will talk you through any difficulties you have with the software.* 技术支持人员将给你详细讲解使用软件时遇到的困难。◇ *I can talk you through the application form.* 我可以详细告诉你如何填写申请表。

SYN walk sb through sth (*AmE*)
◆ v + n/pron + prep

,talk sth 'through to discuss sth thoroughly so that you can understand it, come to an agreement, or make a decision about it 把…谈透；彻底讨论（以了解情况、达成协议、作出决定等）: *Throughout their marriage they have always talked things through.* 他们婚后一直是商量着解决问题。◇ *It's helpful to talk the problem through with a counsellor.* 找个顾问把问题谈透会有帮助。◇ *We talked through what had happened.* 我们就所发生的事充分交换了意见。
OBJ **things, problems**
◆ v + n/pron + adv ◆ v + adv + n

'talk to sb 1 (*also* **'talk with sb** *especially AmE*) to have a conversation with sb 与…交谈 **2** to speak to sb seriously, especially about sth wrong that they have done, or sth that they have not done 找…严肃交谈；责骂；训斥: *I'd like to talk to you in my office now.* 我想现在请你来我办公室好好谈谈。
◆ v + prep
▸ **'talking-to** *n* [sing.] (*informal*) a serious talk with sb who has done sth wrong 责骂；训斥: *to give sb a good talking-to* 痛骂某人一通

,talk sb/sth 'up to praise sb/sth in order to make other people interested in them/it; to describe sb/sth in a way that makes them sound better or more successful than they really are 炒作；过分夸奖；吹捧: *They talked up the tourist attractions to encourage more visitors.* 他们对这些旅游景点大肆炒作，以吸引更多游客。◇ *He was being talked up as a future presidential candidate.* 他被吹捧成了未来的总统候选人。◇ *It's too early to tell if the new President will talk the dollar up or down.* 现在断言新总统会炒高还是炒低美元为时尚早。
OPP **talk sb/sth down**
◆ v + n/pron + adv ◆ v + adv + n

'talk with sb (*especially AmE*) → TALK TO SB 1

tamper /'tæmpə(r)/

'tamper with sth to do sth to sth to change it without permission 篡改；擅自改动；胡乱摆弄: *Two policemen were accused of tampering with the evidence.* 两名警察被控篡改证据。◇ *The lock has been tampered with.* 这把锁被做过手脚。
OBJ **evidence, controls, brakes** SYN **interfere with sth**
◆ v + prep

tangle /'tæŋgl/

,tangle sth 'up; be/get ,tangled 'up (in/with sth) to twist sth into an untidy mass; to become twisted in this way （使）缠结；纠结；乱作一团: *My long skirt got tangled up in the wheel of my bike.* 我的长裙缠进了自行车轮里。◇ (*figurative*) *Kurt didn't want to get tangled up with a girl while he was trying to study.* 库尔特不想在求学期间和某个女孩坠入情网。
NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n ◆ be/get + v + adv

'tangle with sb (*informal*) to become involved in an argument or a fight with sb 争执；争吵；打架: *You've chosen the wrong man to tangle with.* 你吵架找错人了。
◆ v + prep

tank /tæŋk/

,tank 'up; ,tank sth 'up (*AmE, informal*) to fill a vehicle with fuel 给（车辆）加满油: *We'd better tank up before we get on the thruway.* 上高速公路前，我们最好加满油。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

,tank 'up (on sth) (*slang*) to drink a lot of alcohol 大量喝（酒）: *The lads had spent all evening tanking up on scotch.* 小伙子们整晚都在狂饮苏格兰威士忌。
◆ v + adv
▸ **,tanked 'up** *adj* very drunk 喝得烂醉的；烂醉如泥的: *She got totally tanked up and couldn't drive home.* 她喝得酩酊大醉，没法开车回家。

tap /tæp/ (-pp-)

'tap sb for sth 1 (*BrE, informal*) to persuade sb to give you sth, especially money 向…索要，向…乞讨（尤指钱）: *Can't you tap your father for a loan?* 你不能找你父亲要点钱吗？◇ *to tap sb for information* 向某人探询信息 **2** (*AmE, informal*) to choose sb for a particular role or job 选择（或指定）…做: *A British actress has been tapped for a part in the movie.* 已选定一名英国女演员出演这部电影的一个角色。NOTE Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + prep

,tap sth 'in/'out to put information, numbers, letters, etc. into a machine by pressing buttons 录入，敲进（信息、数字、字母等）: *Tap in your password.* 请输入密码。◇ *I picked up the phone and tapped out Joe's number.* 我抓起电话，拨了乔的号码。
◆ v + adv + n ◆ v + n/pron + adv

,tap 'into sth 1 to use a computer to obtain information from another computer （用计算机）获取…的信息: *He had managed to tap into the company's database.* 他设法进入了公司的数据库。 **2** to use sth from a supply of energy, knowledge, etc. for your own advantage 利用，开发，发掘（资源、知识等）: *Schools should tap into the knowledge and experience of people in the local community.* 学校应该利用当地社区居民的知识和经验。◇ *His talk about bullying tapped into parents' anxieties.* 他的关于霸道行为的讲话是利用了父母的担忧。
◆ v + prep

,tap 'out; ,tap sb/sth 'out (*AmE*) to have nothing left of a supply of money, resources, ideas, etc., or to make sb have nothing left （使）（资金、资源、思想等）枯竭；榨干: *I've given to so many charities lately and it's tapping me out.* 我最近向很多慈善机构捐款，手里

没剩几个钱了。◇ *If the US were to tap out, the global system would lose its best customer.* 假如美国财源枯竭，全球体系将失去最好的客户。◇ *The city has tapped out the groundwater supply.* 这座城市已经耗尽地下水供给。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
▶ **,tapped 'out** *adj* (*AmE*): *He is a creative guy and far from tapped out.* 他创造力丰富，远未才思枯竭。◇ *a tapped-out TV series* 越拍越没新意的电视连续剧

,tap sth 'out 1 to hit a surface lightly, making a rhythm 轻轻敲出（节奏）: *He tapped out the rhythm with his foot.* 他用脚轻轻打着节拍。 **2** → TAP STH IN/OUT
◆ v + n/pron + adv ◆ v + adv + n

tape /teɪp/

,tape sth 'up 1 to fasten tape around sth firmly 用带子捆紧: *Put it in a box and tape it up securely.* 把它装进盒子捆扎牢固。 **2** (*AmE*) to tie a bandage firmly around a wound 用绷带包扎: *That's a nasty cut—come on, we'll get it all taped up.* 伤口很深 —— 快，我们用绷带把它包扎好。
NOTE **Tape sth** can also be used on its own * tape sth 也可单独使用: *Put it in a box and tape it securely.* 把它装进盒子捆扎牢固。
◆ v + n/pron + adv ◆ v + adv + n

taper /'teɪpə(r)/

,taper 'off to gradually become smaller in size, volume, amount, etc. （规模、体积、数量等）逐渐减少: *Our profits have begun to taper off.* 我们的利润开始逐渐下滑。 ➲ note at DWINDLE AWAY
◆ v + adv

tart /tɑːt; *AmE* tɑːrt/

,tart sth 'up (*BrE*, *informal*) to decorate or improve the appearance of sth, often in a way that other people do not think is attractive 把…装饰得很俗气；把…弄得花里胡哨: *They've tarted up the restaurant but the food hasn't improved.* 他们把餐馆弄得花里胡哨，然而饭菜却没有改进。
◆ v + adv + n ◆ v + n/pron + adv

,tart yourself 'up (*BrE*, *informal*, *disapproving*) (especially of a woman 尤指女子) to make yourself more attractive by putting on special clothes, jewellery and make-up 打扮得花枝招展；浓妆艳抹: *She spends ages tarting herself up for a night out.* 她为了外出玩一晚上花了很长时间梳妆打扮。
SYN **doll yourself up (in sth)**
◆ v + pron + adv

task /tɑːsk; *AmE* tæsk/

'task sb with sth to give sb a task to do 把（任务）交给某人: *forces tasked with keeping the peace* 执行维和任务的部队
NOTE Usually used in the passive. 通常用于被动语态。 You can also use the pattern **task sb to do sth** 也可使用句型 task sb to do sth: *soldiers tasked to provide medical support* 派去提供医疗援助的士兵
◆ v + n/pron + prep

tax /tæks/

'tax sb with sth (*formal*) to accuse sb of doing sth wrong （就…）指责，责备，谴责: *Critics taxed the government with not acting quickly enough.* 评论家指责政府行动不够迅速。
◆ v + n/pron + prep

team /tiːm/

,team 'up (with sb) to work together with another person or group in order to do sth （与…）合作，协作，搭档: *The two companies have teamed up to produce new software.* 这两家公司联手开发新软件。◇ *We've teamed up with XL Records to give away 25 tickets for the live concert.* 我们和 XL 唱片公司合作，送出 25 张现场音乐会门票。◇ *How did the two of you come to team up?* 你们俩是如何走到一起开始合作的？
◆ v + adv

tear[1] /teə(r); *AmE* ter/ (tore /tɔː(r)/, torn /tɔːn; *AmE* tɔːrn/)

,tear a'bout, ,tear a'bout sth (*BrE*) → TEAR AROUND, TEAR AROUND STH

,tear sb/yourself a'part to make sb/ yourself suffer very much or feel very unhappy 使痛苦；使难过: *Being separated from the children was tearing her apart.* 与孩子分离令她痛不欲生。◇ *Don't tear yourself apart thinking about the past.* 别想过去的事了，那只会使自己难受。
◆ v + n/pron + adv

🔑 **,tear sb/sth a'part 1** (*also* **,tear itself, themselves, etc. a'part**) to separate people in a family, an organization, a country, etc. and make them argue with or fight against each other 使四分五裂；拆散；使支离破碎: *The civil war is tearing the country apart.* 内战把这个国家搞得四分五裂。◇ *The family was torn apart by conflicting loyalties.* 这个家庭因家人意见不合而破裂。◇ *The region was tearing itself apart.* 这个地区正在瓦解。◇ *Jealousy tore them apart.* 嫉妒令他们成了对头。 **2** to destroy or defeat sb/sth 摧毁；打败: *We tore the other team apart in the second half.* 我们在下半场把对方打得一败涂地。 **3** to criticize sb/sth severely 严厉抨击: *You can't write that—you'll be torn apart.* 你不能写那个 —— 你会被骂得体无完肤的。
◆ v + n/pron + adv ◆ v + adv + n

🔑 **,tear sth a'part 1** to destroy sth by pulling it violently so that it breaks into pieces 撕毁；撕碎: *The dogs tore the fox apart.* 几条狗把那只狐狸撕成了碎片。 OBJ **prey** SYN **rip sth apart** ➲ note at TEAR STH UP **2** to destroy a building, etc. 摧毁（建筑物等）: *Hundreds of homes were torn apart by the hurricane.* 飓风毁掉了几百所住宅。◇ *The police tore the room apart looking for drugs.* 警察为了搜寻毒品把房间翻了个底

朝天。
◆ v + n/pron + adv ◆ v + adv + n (*rare*)

ˌtear itself, themselves, etc. aˈpart → TEAR SB/STH APART 1

ˌtear aˈround; **ˌtear aˈround sth** (*BrE also* **ˌtear aˈbout/ˈround**, **ˌtear aˈbout/ˈround sth**) to move very quickly from place to place, being very busy （忙碌地）四处跑动: *The children were tearing around shouting.* 孩子们吵吵嚷嚷地跑来跑去。◇ *No wonder you're tired, tearing about like that all the time.* 你成天那么东奔西走的，难怪要累呢。
SYN **run around, run around sth; rush around, rush around sth**
◆ v + adv ◆ v + prep

ˈtear at sth (**with sth**) to attack sth violently, especially by pulling pieces off it （用…）撕扯，撕裂，撕破，扯开:*The brambles tore at her legs.* 荆棘划破了她的腿。◇ *He tore at the meat with his bare hands.* 他就用手把肉撕开了。
◆ v + prep

ˌtear sb/yourself/sth aˈway (**from sb/sth**) to make sb/yourself stop doing sth they/you enjoy in order to do sth else （使）依依不舍地停止；（使）忍痛离去: *I can't tear myself away from this book.* 我对这本书简直爱不释手。◇ *Come and visit us, if you can tear Bill away from his computer!* 你要是能说服比尔离开计算机，就过来看看我们吧！◇ *He couldn't* ***tear his eyes away*** *from* (= stop looking at) *Mina.* 他目不转睛地望着米娜。
SYN **drag sb/sth/yourself away (from sb/sth)**
◆ v + n/pron + adv
▶ **ˈtearaway** *n* (*informal*) a young person who behaves in a wild way 放荡不羁的年轻人；任性妄为的青年人: *Her son's a bit of a tearaway.* 她儿子有点无法无天。◇ *The ten-year-old tearaway had burgled several houses.* 那个 10 岁的小阿飞曾进入过好几所住宅行窃。

ˌtear sth aˈway to pull sth violently from the thing it is attached to 用力撕下；猛地拉掉: *The floods had torn away the base of the bridge.* 洪水把桥墩冲走了。
◆ v + n/pron + adv ◆ v + adv + n

be ˈtorn between A and B to have to make a very difficult choice between two things, people, etc. （在两者间）难以选择，左右为难: *I was torn between my parents and my friend.* 在父母和朋友之间，我左右为难。◇ *Thomas was torn between going to college or working for his father.* 托马斯在上大学和为父亲打工之间难以取舍。
◆ be + v + prep

ˌtear sth ˈdown to pull or knock down a building, a wall, etc. 拆毁，拆除（建筑物、墙等）: *They're tearing down some old houses to*

SYNONYMS 同义词辨析

tear sth up

pull sth apart ◆ rip sth up ◆ shred sth ◆ tear sth apart ◆ tear sth up

These verbs all mean to pull sth apart by force. 这些动词都表示撕毁、撕碎、撕开。

pull sth apart to separate sth into pieces by pulling different parts of it in different directions, sometimes violently 撕开；扯散: *The wolves will pull the carcass apart.* 狼群会把尸体撕成碎片的。

rip sth up to destroy sth by tearing it into small pieces, often suddenly or violently 撕毁；撕碎: *He ripped up the letter.* 他把信撕了。NOTE **Rip** can be used on its own * rip 可单独使用: *She* ***ripped*** *the letter* ***to shreds.*** 她把信撕成了碎片。▶ rip *n* : *The jacket had a rip in the sleeve.* 夹克衫袖子上剐了个洞。

shred sth to cut or tear sth into lots of small pieces 切碎；撕碎: *Serve the fish on a bed of shredded lettuce.* 把鱼放在一层莴苣丝上端上来。◇ *He was accused of shredding documents relating to the case.* 有人指控他将与此案有关的文件用碎纸机处理掉了。

tear sth apart to destroy sth violently, especially by pulling it to pieces 撕毁；撕碎: *The dogs tore the fox apart.* 狗把那只狐狸撕成了碎片。◇ *They tore the room apart, looking for money.* 他们为了找钱把房间翻了个底朝天。

tear sth up to destroy a document, etc. by pulling it in different directions 撕毁，撕碎（文件等）: *She tore up the letter.* 她把信撕了。NOTE **Tear** can be used on its own * tear 可单独使用: *She tore the letter into tiny pieces.* 她把那封信撕得粉碎。▶ tear *n* [C]: *There's a tear in your coat.* 你外套上有个洞。

WHICH WORD?

Ripping is usually more violent than **tearing** . Both verbs, but especially **rip**, are often used with a preposition or adverb to show violent movement as the thing is ripped/torn. **Shredding** paper is usually done in a machine called a **shredder** or **shredding machine** ; if you do it with your hands you **tear it up** or **rip it up.** 一般而言 rip 比 tear 动作更激烈。这两个动词，尤其是 rip，常与介词或副词连用，表示撕毁某物时动作激烈。shred 通常指用 shredder 或 shredding machine （碎纸机）粉碎纸张； tear up 或 rip up 指用手撕毁纸张。

PATTERNS AND COLLOCATIONS

- to rip (up)/shred **paper/a letter**
- to rip **fabric/flesh**
- to shred **vegetables**
- to shred sth **finely**

build a new office block. 他们正在拆除旧房，以建造新办公楼。

OBJ **building, house, trees** SYN **pull sth down; demolish sth** (*more formal*) ⊃ note at KNOCK STH DOWN

◆ v + adv + n ◆ v + n/pron + adv

ˌtear ˈinto sb/sth to attack sb/sth physically or with words 攻击；袭击；痛斥；抨击：*He tore into Jed with his fists.* 他给了杰德几拳。◇ *She tore into the students if they were late.* 学生要是迟到，她就训斥他们。◇ *They tore into their food* (= started eating) *as if they were starving.* 他们狼吞虎咽地吃起来，好像饿坏了似的。

◆ v + prep

ˌtear sth ˈoff; ˌtear sth ˈoff sb/sth to remove sth quickly by pulling violently （猛地）撕下，拽掉：*Alice tore off her ring and threw it on the ground.* 艾丽斯一把摘下戒指摔到了地上。◇ *The door was nearly torn off its hinges.* 门几乎要从铰链上拽下来了。◇ *If you need a piece of paper I'll tear some off my pad.* 你要是需要纸，我就从我的便笺簿上撕一些下来。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

IDM **tear sb ˈoff a strip; tear a ˈstrip off sb** (*BrE, informal*) to speak angrily to sb you think has done sth wrong 责骂；训斥：*The boss tore him off a strip.* 老板把他痛骂了一顿。

ˌtear sth ˈout; ˌtear sth ˈout of sth to separate sth from sth it is attached to, especially with your hands （从…）撕下，拽掉：*Several pages had been torn out of the book.* 这本书有几页给撕掉了。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

IDM **tear your ˈhair out** (*informal*) to show that you are very angry or very worried about sth 怒气冲冲；忧心忡忡：*I was tearing my hair out trying to work out what to do.* 我为了想清楚该干什么而大伤脑筋。

ˌtear ˈround; ˌtear ˈround sth (*BrE*) → TEAR AROUND, TEAR AROUND STH

ˌtear sth ˈup 1 to destroy a piece of paper, a letter, etc. by pulling it into pieces 撕毁，撕碎（纸、信等）：*She tore up all the letters he had sent her.* 她把他寄来的信都撕了。◇ (*figurative*) *The union accused the management of tearing up* (= ignoring) *the agreement.* 工会指责资方撕毁协议。 OBJ **letter, agreement, treaty** SYN **rip sth up 2** to destroy or damage sth, especially by removing it violently from the ground 摧毁；损坏；（尤指从地上）猛地拔起：*Trees and bushes were torn up by the storm.* 暴风雨把树和灌木连根拔起。 OBJ **trees** SYN **pull sth up; rip sth up 3** (*AmE, informal*) to perform or do an activity with a lot of energy or emotion （满怀干劲或激情地）干，做：*Two of the couples were tearing up the dance floor.* 其中两对夫妻在舞池里跳得不亦乐乎。 ◇ *Ray Charles was **tearing it up** at the piano, and the crowd was going wild.* 雷・查尔斯激情四射地弹奏着钢琴，众人如痴如醉。

◆ v + n/pron + adv ◆ v + adv + n

IDM **rip/tear up the ˈrule book** to start doing things in a way that is different from the way things are usually done, usually resulting in an improvement 破旧立新；不墨守成规；不因循守旧：*What we were able to do was tear up the rule book and design a car that doesn't damage the environment.* 我们所能做的就是独辟蹊径，设计对环境无害的汽车。

tear² /tɪə(r); *AmE* tɪr/

ˌtear ˈup (*AmE*) to start crying 开始哭：*I saw Mom tear up as they said 'I do'.* 当他们说"我愿意"时，我看见妈妈哭了。

◆ v + adv

tease /tiːz/

ˌtease sth ˈout; ˌtease sth ˈout of sth 1 to try to find some information or the meaning of sth when this is hidden or not clear （从…中）找出；深入研究；梳理清楚：*teasing out meanings from texts* 弄清文本的含义◇ *These issues will be teased out in the course of the book.* 书中将深入探讨这些问题。◇ *to tease information/the truth out of somebody* 从某人处打探消息 / 实情 OBJ **information, answers, truth 2** to remove sth such as knots from hair, wool, etc. by gently pulling or brushing it 梳理，梳通（毛发等）：*Lisa dried her hair carefully, teasing it out between her fingers.* 莉萨用手指梳理着头发，小心地弄干。 **3** to separate sth carefully from sth else （从…中）仔细地将…分离出：*birds teasing out ripe seeds (from plants)* 小心地啄出成熟草籽的鸟儿◇ *He took a screwdriver and teased out the remaining screws.* 他拿出螺丝刀把其余的螺丝卸了下来。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

tee /tiː/ (teed, teed)

NOTE In golf, a **tee** is a flat area from which players hit the ball. 在高尔夫球运动中，tee 指球手开球的球座。

ˌtee ˈoff (in golf 高尔夫球) to start a game by hitting the ball for the first time 开赛；开球；发球：*The players eventually teed off two hours late.* 推迟两个小时后，球员终于开球了。◇ (*figurative*) *What time does the party tee off tonight?* 今晚的聚会几点钟开始？

◆ v + adv

ˌtee sb ˈoff (*AmE, informal*) to make sb angry or annoyed 使生气；使心烦

◆ v + n/pron + adv ◆ v + adv + n

▶ **ˌteed ˈoff** *adj* (*AmE, informal*) annoyed or angry 生气的；心烦的：*Her friend was teed off about what she said.* 她的话把她朋友惹火了。

ˌtee ˈup; ˌtee sth ˈup (in golf 高尔夫球) to prepare to hit a ball by placing it on a tee 置（球）于球座；准备开（球）：*The crowd fell silent as he teed up.* 他准备开球时，观众屏住了呼吸。◇ *She teed up the ball and took a few practice swings.* 她把高尔夫球放在球座上，挥杆练习了几次。

◆ v + adv ◆ v + n/pron + adv

teem /tiːm/

,teem 'down to rain hard 下暴雨；大雨倾盆：*It was absolutely teeming down.* 大雨真是滂沱而下。◇ *The rain teemed down.* 大雨如注。
SUBJ only **the rain, it** SYN **pour down**
NOTE You can also say 也可说：*It was **teeming** with rain.* 下着瓢泼大雨。
◆ v + adv

'teem with sb/sth (*usually approving*) (*usually used in the progressive tenses* 通常用于进行时) to have large numbers of people or things moving around 充满，遍布，到处都是（移动着的人或物）：*cities teeming with life/people* 生机勃勃 / 人潮涌动的城市◇ *The lake was teeming with fish.* 湖中盛产鱼类。
◆ v + prep

tell /tel/ (**told, told** /təʊld; *AmE* toʊld/)

,tell a'gainst sb (*formal, especially BrE*) to be a serious disadvantage to sb 对…极为不利：*Her lack of experience told against her.* 她缺乏经验对她十分不利。
SYN **count against sb** (*less formal*)
◆ v + prep

,tell sb/sth a'part to be able to distinguish sb/sth from other similar people or things 能够区分；能够分辨：*I can never tell the twins apart.* 我从来分不清这对双胞胎。
◆ v + n/pron + adv

'tell sb/sth from sb/sth to distinguish sb/sth from another person or thing 区分；分辨：*It needs skill to tell a real diamond from a fake.* 识别真假钻石需要技巧。◇ *Can you tell Tom from his twin brother?* 你能把汤姆和他的孪生兄弟区分开吗？
NOTE Not used in the passive. 不用于被动语态。
◆ v + n/pron + prep

'tell of sth (*formal, literary*) to make sth known; to give an account of sth 公布；讲述：*The report told of a series of design errors.* 这份报告披露了一系列设计上的失误。◇ *The story tells of the love between a prince and a young*

SYNONYMS 同义词辨析

tell sb off

rebuke sb • reprimand sb • scold sb • tell sb off • tick sb off

These verbs all mean to tell sb that you disapprove of sth they have done. 这些动词都表示责备、斥责、责骂。

rebuke sb (*often passive*) (*formal*) to tell sb, publicly or privately, that you blame them for doing sth wrong 非难；训斥；指责：*The company was publicly rebuked for having neglected safety procedures.* 公司因漠视安全规程遭到公开责难。▶ **rebuke** *n* [C, usually sing., U]: *He was silenced by her stinging rebuke.* 她的尖锐斥责令他哑口无言。

reprimand sb (*formal*) to tell sb officially that you disapprove of their actions, especially if they have broken a rule or law （正式地）谴责，申斥（尤指违规行为）：*The officers were severely reprimanded for their unprofessional behaviour.* 由于行为有失职业规范，警察受到了严厉训斥。▶ **reprimand** *n* : *He received a severe reprimand for his behaviour.* 他的行为招致严厉斥责。

scold sb to tell sb, especially a child, that you disapprove of sth they have done 责备，斥责，责骂（尤指儿童）：*Rose scolded the child gently for her behaviour.* 罗斯对女孩的行为温和地批评了一下。▶ **scolding** *n* [C, usually sing.]: *She got a scolding from her mother.* 她挨了妈妈一顿责骂。

tell sb off (*informal*) to speak angrily to sb for doing sth wrong 责备；斥责；责骂；数落：*I told the boys off for making so much noise.* 男孩子们太吵，我把他们训了一顿。◇ *Did you get told off?* 你挨训了吗？▶ **telling-off** *n* [C, usually sing.] (*BrE, informal*): *The nurse gave him a telling-off for smoking.* 因为他抽烟，护士数落了他一通。

tick sb off (*BrE, informal*) to speak angrily to sb, especially a child, because they have done sth wrong 责备，斥责，责骂（尤指儿童）：*He was ticked off by the headmaster.* 他被校长训了一顿。▶ **ticking off** *n* [sing.] (*BrE, informal*): *She got a ticking off for being late.* 她因为迟到挨了顿骂。

WHICH WORD?

There is no verb for telling sb that you disapprove of their actions that is neither formal nor informal. **Scold** is the most frequent of these verbs in written English, particularly in stories, but it is not used much in spoken English. **Tell sb off** is the most frequent in spoken English but it is not used much in written English. 表示责备的动词要么是正式的，要么是非正式的。在这组动词中，书面英语中最常见的是 scold，尤其用在讲述性文字中，但英语口语中不常用。英语口语中最常见的是 tell sb off，但书面英语中不常用。

PATTERNS AND COLLOCATIONS

- to scold sb/tell sb off/rebuke sb/reprimand sb for sth
- to scold/rebuke/reproach **yourself**
- to scold sb/tell sb off/rebuke sb/reprimand sb **severely**
- to scold/rebuke/reprimand sb **gently**
- to **publicly** rebuke/reprimand sb

girl. 故事讲的是王子和一个姑娘之间的爱情。
◆ v + prep

,tell sb 'off (for sth/for doing sth) (*informal*) to speak angrily to sb, especially a child, because they have done sth wrong 责备，斥责，数落（尤指儿童）: *I told the boys off for making so much noise.* 男孩子们太吵，我把他们训斥了一顿。◇ *You'll get told off if you're caught doing that.* 你做那事要是被抓住了就要挨骂。
SYN **tick sb off; reprimand sb; scold sb** (*formal*)
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
▸ **,telling-'off (for sth/for doing sth)** *n* [usually sing.] (*informal, especially BrE*) an act of speaking angrily to sb, especially a child, because they have done sth wrong （尤指对儿童的）责备，责骂，数落: *You've already been given one telling-off today!* 你今天已经挨一次骂了！◇ *How many tellings-off have you had this week?* 你这个星期挨了几次训？

'tell on sb 1 (*informal*) (*used mainly by children* 主要是儿童用语) to tell a teacher or sb in authority that sb has done sth wrong 告发；告…的状；打…的小报告: *Don't tell on me, will you?* 别告发我，好吗？ **2** (*formal*) to have a bad effect on sb/sth 对…产生负面影响: *The long wait was telling on his nerves.* 漫长的等待让他心烦意乱。
◆ v + prep

tend /tend/

'tend to sb/sth to care for sb/sth, especially when there is a problem （尤指出现问题时）照看，照料，照管: *I'll look after the child—you tend to the mother.* 我来看着孩子 —— 你照看这位母亲吧。◇ *The injured were already being tended to.* 伤员已经有人在护理了。
SYN **attend to sb/sth; see to sb/sth** ⊃ note at CARE FOR SB
NOTE **Tend sb/sth** can also be used 也可用 tend sb / sth: *farmers tending their cattle* 看管牛的农夫
◆ v + prep

'tend towards sth; 'tend towards doing sth (*less frequent*) to take a particular direction or have a particular opinion; to have a lot of a particular quality 趋向；倾向；趋于: *We're tending towards the view that all students should study two languages.* 我们倾向于认为所有学生都应该学习两门语言。◇ *His views tend towards the extreme.* 他的观点趋于偏激。
SYN **incline to/towards sth**
◆ v + prep

tense /tens/

,tense 'up; ,tense sth 'up if you tense up or **tense sth up**, you make your muscles stiff and tight because you are not relaxed （使肌肉）绷紧，拉紧: *If you feel that you're tensing up, take a few moments to relax.* 如果你觉得紧张，就放松会儿。◇ *Tense up your arm and leg muscles and then let them go.* 绷紧胳膊和腿部肌肉，然后放松。
NOTE **Tense** and **tense sth** are used on their own with the same meaning. * tense 和 tense sth 单独使用也作此义。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv

test /test/

'test for sth; 'test sb/sth for sth to examine sb/sth to see if a particular substance, etc. is present 查验（成分等）；对（人或物）作…检测: *They are testing for oil in the area.* 他们正在这个地区勘探石油。◇ *She was tested for hepatitis.* 她作过肝炎检查。◇ *The software has been tested for viruses.* 这个软件已作过病毒检查。
◆ v + prep ◆ v + n/pron + prep

,test sb 'out to try to find out what qualities sb has, how they will react in a particular situation, etc. 试用，考验（某人）: *My new boss gave me the most difficult clients to deal with. I felt he was really testing me out to see if I would cope.* 新老板让我去对付那些最难缠的客户。我觉得他其实在考验我能否应付。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

,test sth 'out (on sb/sth) to try an idea, a machine, a product, etc. to see if it works well or if people like it （用人或物）作…测试: *Let me test this idea out on you.* 让我在你身上检验一下这个想法。◇ *When you buy a bed, test it out in the shop.* 买床时要在商店里试一试。
OBJ **idea, theory, equipment** SYN **try sb/sth out (on sb/sth)**
NOTE **Test sth** can also be used on its own with the same meaning. * test sth 单独使用也作此义。
◆ v + n/pron + adv ◆ v + adv + n

testify /'testɪfaɪ/ (testifies, testifying, testified)

'testify to sth to show or be evidence that sth is true 证明；证实；表明: *James's school reports testified to his ability.* 詹姆斯的在校成绩单说明了他的能力。
◆ v + prep

thaw /θɔː/

,thaw 'out if ice or snow **thaws out**, it melts （冰或雪）融化，解冻: *Britain is thawing out after the freeze.* 严寒过后，英国开始冰消雪化。
◆ v + adv

,thaw 'out; ,thaw sth 'out 1 to become, or to let frozen food become, soft and ready to cook （使冷藏食物）解冻，化冻: *He took the meat out of the freezer and left it to thaw out.* 他把肉从冰箱拿出来解冻。◇ *to thaw out meat/fish* 把肉 / 鱼解冻 SYN **defrost, defrost sth 2** (*informal*) to become, or to let sth become, warmer after being very cold （使）暖和: *Come in and thaw out by the fire!* 进来烤火取取暖吧！◇ *My feet are frozen! I need to thaw them out.* 我的脚冻僵了！我得把它们焐热。◇ (*figurative*) *She was very shy at first, but she*

soon thawed out. 她起初羞答答的，可很快就活跃起来了。 NOTE **Thaw** and **thaw sth** can also be used on their own with these meanings. * thaw 和 thaw sth 单独使用也作这些含义。
• v + adv • v + n/pron + adv • v + adv + n

thin /θɪn/ (-nn-)

,thin sth 'down (with sth) to make a liquid less thick or strong, for example by adding water to it （掺水等）稀释，冲淡: *The paint needs to be thinned down with water before you use it.* 颜料使用前需要加水调稀。
NOTE **Thin sth** is used on its own more frequently. * thin sth 单独使用更常见。
• v + adv + n • v + n/pron + adv

,thin 'out to become fewer in number, or less thick 减少；变稀薄: *The crowd had thinned out and only a few people were left.* 人群渐渐散去，只剩下几个人。◇ *Once they were clear of the city, the traffic started to thin out.* 他们一出城，来往车辆就开始减少了。◇ *The trees began to thin out as we climbed higher.* 我们再往上爬，树木就变得稀疏起来。 SUBJ **crowd, trees, traffic**
• v + adv

,thin sth 'out to reduce the number of sth so that there is more space between them 把…分散开来；拉大…的间距: *Thin out the seedlings to about 10 cm apart.* 按 10 厘米左右等距间苗。
OBJ **plants**
• v + adv + n • v + n/pron + adv

think /θɪŋk/ (thought, thought /θɔːt/)

'think about sb/sth **1** to have ideas or images in your mind; to remember sb/sth 想；思考；回想: *I can't stop thinking about her.* 我没法不想她。◇ *All he ever thinks about is money.* 他满脑子都是钱。◇ *It doesn't bear thinking about.* 这事不堪回首。◇ *When I was alone, I just sat and thought about things.* 我一个人呆着时，就只是坐着想这想那。 **2** (*also* **'think of sb/sth**) to consider sb/sth 考虑；顾及；替…着想: *It's time you stopped being so selfish and started thinking about other people!* 别这么自私了，该为别人想想了！ SYN **take sb/sth into account**
• v + prep
IDM **if/when you 'think about it** used to draw attention to a fact that is not obvious or has not been mentioned before （用于提醒注意）如果细细想想，如果三思: *It must have been terrible when you think about it.* 你想想看，这事一定很可怕。

'think about sth; 'think about doing sth to use your mind to consider sth, such as your future plans, to try to solve problems, etc. 考虑；打算；动脑筋想: *I'll think about it and let you know tomorrow.* 我先考虑一下，明天再告诉你。◇ *She's thinking about changing her job.* 她在考虑换份工作。◇ *Have you thought about what you'll do if you don't get a place at college?* 你想过如果上不了大学要干什么吗？ ◇ *'What did I do wrong?' 'Just think about it!'* "我做错了什么？" "你自己想想吧！"
• v + prep
IDM **think 'twice about sth/about doing sth** to think carefully before you decide to do sth 认真考虑后再作决定；三思而后行: *I'd think twice about calling him if I were you.* 我要是你，给他打电话之前会先考虑考虑。

,think a'head (to sth) to think carefully about what might happen in the future; to plan for the future 预先考虑；事前筹划: *Even when their children are very young, parents are thinking ahead to exams and jobs.* 甚至在孩子年纪尚小的时候，父母就开始考虑他们将来的考试和就业了。◇ *Pilots are trained to think ahead.* 飞行员接受训练，学习预判本领。
• v + adv

,think 'back (to sth) to remember or think about sth that happened in the past 回想；追忆: *She thought back to the day they first met.* 她回想起他们初次见面的那一天。 ◇ *Thinking back, I'm sure I noticed there was something strange.* 回想起来，我敢说我注意到了有些地方不太对劲儿。
• v + adv

,think for your'self to make your own decisions, form your own opinions, etc. without depending on other people 独立思考；自行决定: *You need to learn to think for yourself.* 你需要学会独立思考。◇ *Our parents always encouraged us to think for ourselves.* 父母总是鼓励我们自己拿主意。
• v + prep + pron

'think of sb/sth **1** to have an image or idea of a particular person or thing in your mind 想到；想起: *When I said that, I wasn't thinking of anyone in particular.* 我说那话时，并没有特别想到某个人。◇ *He thought of how happy his parents would be to see him.* 他想着父母见到他会有多高兴。 **2** → THINK ABOUT SB/STH 2: *Just think of the consequences if you give up your job.* 想一想你放弃工作的后果吧。 **3** to create an idea in your imagination 想出；构思出: *Who first thought of the idea?* 这主意是谁最先想出来的？◇ *Can you think of anyone who could help?* 你能想到有谁可以帮忙吗？◇ *Hasn't this idea ever been thought of before?* 以前就没有人想到过这个主意吗？ **4** (*used especially with* **can** 尤与 can 连用) to remember sb/sth 记得；想起: *I can't think of his name at the moment.* 我一时想不起他的名字。◇ *I was just thinking of the wonderful trip we had.* 当时我正在回味我们愉快的旅行。 **5** (**as sb/sth**) to consider sb/sth from a particular point of view 把…看作；将…视为: *I still think of Oxford as my home.* 我依然把牛津当作我的家。◇ *Franco thought of his landlady as his 'English mother'.* 佛朗哥把房东太太看成自己的"英国母亲"。◇ *She is not thought of as a businesswoman.* 人们不把她看作是商人。◇ *Elisa hates being thought of as a little girl.* 埃莉莎讨厌别人把她当成小女孩。
• v + prep
IDM **come to 'think of it** used when you suddenly remember sth or realize that it might be important （用于突然想起某事或意识到某事可能很重要时）想起来了，对了: *Come to think of*

it, he did mention you. 对了，他的确提起过你。 **not think much of sb/sth** to not have a very high opinion of sb/sth 对…评价不高: *I didn't think much of her new boyfriend.* 我觉得她的新男友不怎么样。 **think 'better of it/of doing sth** to decide not to do sth you had planned to do after you have thought about it 经考虑后决定不做（计划的事）；一想又改变主意: *I was about to tell him the truth, but I thought better of it.* 我正要告诉他实情，可琢磨了一下觉得还是不说为好。 **think the 'world of sb** to have a very high opinion of sb; to love sb very much 对某人评价很高；非常喜爱某人: *He thinks the world of his daughter.* 他把女儿视为掌上明珠。

🔑**'think of doing sth 1** to consider that you might do sth 考虑要做某事；掂量: *They're thinking of moving to America.* 他们正在考虑移居美国。◇ *I did think of resigning, but I decided against it.* 我确实考虑过辞职，可后来决定打消这个念头。 SYN **contemplate sth** (*more formal*) **2** to imagine an actual or a possible situation 想象；想到: *I'd never have thought of doing that!* 我绝对不会想到干那事！◇ *I couldn't think of letting you take the blame* (= I wouldn't allow you to do this). 我不会让你承受指责。 NOTE Often used in negative sentences. 常用于否定句。

◆ v + prep

IDM **think 'nothing of doing sth** to consider that doing sth is normal and not very difficult 认为做某事很正常（或不难）: *She thinks nothing of walking home in the rain.* 她觉得冒雨步行回家算不了什么。

,think sth 'out to consider all the details of sth carefully, especially in order to find an answer or a solution to a problem 认真思索；仔细盘算: *She needed to be alone to **think things out**.* 她需要单独呆着把事情考虑清楚。◇ *I thought out what I was going to say before I phoned.* 打电话前我先斟酌了一下要说的话。◇ *a well-thought-out training programme* 考虑周密的培训计划

◆ v + n/pron + adv ◆ v + adv + n

🔑**,think sth 'over** to consider sth carefully, especially before making a decision （尤指作出决定前）仔细考虑，慎重思考: *Please think over what I've said.* 请把我的话好好想一下。◇ *I'd like more time to **think things over**.* 我希望有更多时间把情况考虑周详。

SYN **mull sth over**

◆ v + adv + n ◆ v + n/pron + adv

🔑**,think sth 'through** to consider a problem fully 充分考虑；全盘考虑；想透: *Careers advisers can help you think through your choices.*

SYNONYMS 同义词辨析

think sth over

chew sth over ◆ consider sth ◆ mull sth over ◆ ponder about/on/over sth ◆ think sth over

These verbs all mean to use your mind in order to try to understand sth, make a decision, solve a problem, etc. 这些动词都表示仔细斟酌、反复推敲、慎重思考。

chew sth over (*not formal*) to think about or discuss sth slowly and carefully, especially when sb cannot decide or a group of people cannot agree about sth （尤指难以作出决定或无法取得一致时）慢慢思索，仔细考虑，详细讨论: *I was chewing things over in my head.* 我正绞尽脑汁想事情。

consider sth to think carefully about sth, especially in order to make a decision （尤指为作出决定）仔细考虑，小心盘算: *She considered her options.* 她对自己的可选项琢磨了一番。◇ *Let us consider the facts.* 我们考虑一下事实吧。◇ *He was considering an appeal.* 他正考虑上诉。◇ *He was considering what to do next.* 他正思考下一步怎么办。

mull sth over to spend time thinking carefully about sth such as a plan or proposal 仔细斟酌，反复推敲（计划、提议等）: *I need some time to mull it over before making a decision.* 在作出决定前，我需要些时间琢磨琢磨。

ponder about/on/over sth to think carefully about sth, especially in order to understand it 仔细考虑；苦苦思索: *She pondered over his words.* 她对他的话左思右想。 NOTE **Ponder** can be used on its own * ponder 可单独使用: *We intend to ponder all the alternatives before acting.* 行动之前，我们打算仔细掂量一下所有选择。

think sth over to consider sth carefully, especially before reaching a decision （尤指作出决定前）仔细考虑，慎重思考: *He'd like more time to think it over.* 他希望有更多时间认真琢磨一下。 NOTE It is also possible to use **think about sth** with this meaning * think about sth 也可作此义: *I can't tell you now—I'll have to **think about it**.* 我现在没法告诉你 —— 我得好好斟酌一下。

PATTERNS AND COLLOCATIONS

- to consider/think about/ponder (over) **how/what/whether ...**
- to **leave sb/pause** to consider sth/think about sth/think sth over/ponder (over) sth
- to consider sth/think about sth/think sth over/ponder (over) sth **carefully/briefly**
- to consider sth/think sth over/think about sth **seriously/rationally**
- to think about sth/ponder sth **long and hard**

职业顾问能帮你把各种选择考虑清楚。 ◇ *Take my advice and* ***think things through*** *before you do anything.* 听我的劝，要三思而行。
◆ v + adv + n ◆ v + n/pron + adv

ˌthink sth ˈup (*informal*) to create an idea, a plan, a story, etc. in your mind 想出，构思出（主意、计划、故事等）: *We need to think up a new name for the group.* 我们得给这个团体想出个新名字。◇ *Can't you think up a better excuse than that?* 难道你就想不出一个更像样的借口？
SYN **devise sth** (*more formal*); **invent sth** (*more formal*)
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

thirst /θɜːst; *AmE* θɜːrst/

ˈthirst for sth (*literary*) to want sth very much 渴望；渴求: *Our opponents were thirsting for revenge.* 我们的对手迫不及待地想复仇。
◆ v + prep

thrash /θræʃ/

ˌthrash aˈround (*also* **ˌthrash aˈbout** *especially BrE*) to move about in a violent, uncontrolled way 剧烈扭动；翻来覆去: *He thrashed around in the water, gasping for breath.* 他在水中挣扎，急促地喘着气。
◆ v + adv

ˌthrash sth ˈout to discuss sth thoroughly and in an open and honest way to try to find a solution 彻底讨论，坦诚地探讨（以寻求解决办法）: *He called a meeting to thrash out the problem.* 他召开了会议研讨这个问题。◇ *Eventually they thrashed out an agreement.* 他们经过讨论最终达成了协议。
OBJ **problem, details, agreement, deal** SYN **hash sth out** (*AmE, informal*)
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

thrill /θrɪl/

ˈthrill to sth (*formal*) to feel very excited at sth 对…感到非常兴奋（或激动）: *Audiences thrilled to his performance in Macbeth.* 观看了他在《麦克白》中的表演，观众兴奋不已。
◆ v + prep

thrive /θraɪv/ (**thrived**, **thrived**, *AmE also* **throve** /θrəʊv; *AmE* θroʊv/, **thriven** /ˈθrɪvn/)

ˈthrive on sth to enjoy or be successful in a situation or condition that other people would not like 在（某种环境等）中自得其乐；乐意做（令人不快的事）: *He thrives on hard work.* 他以苦干为乐事。◇ *Sue and Jack seem to thrive on arguments.* 休和杰克似乎专爱吵架。
◆ v + prep

SYNONYMS 同义词辨析

think sth up

come up with sth ◆ **conceive of sth** ◆ **devise sth** ◆ **dream sth up** ◆ **hit on/upon sth** ◆ **think sth up**

These verbs all mean to think of an idea, plan, solution, etc. 这些动词都表示想出、想到、构思出。

come up with sth (*not formal*) to think of or produce an idea, a plan, a solution, etc. 想到（主意或计划）；找到（解决方法）: *He's come up with a really good design for a solar-powered car.* 他想出了个太阳能动力车的绝妙设计。

conceive of sth (*formal*) to form an idea, a plan, etc. in your mind 构思，想出（主意、计划等）: *They conceived of a theory and stuck to it.* 他们构想出一个理论并一直信奉这一理论。 NOTE **Conceive** can be used on its own * conceive 可单独使用: *He conceived the idea of transforming the old power station into an arts centre.* 他想出一个主意，将旧发电厂改建为艺术中心。

devise sth to invent sth new or a new way of doing sth 发明，设计（新事物）；想出（新方法）: *Scientists have devised a method of recycling the contaminated oil.* 科学家已经想到一个回收利用污油的办法。

dream sth up (*not formal*) to think of an idea, especially a very unusual or silly one 凭空想出，虚构出（尤指不合常规或愚蠢的主意）: *Trust you to dream up a crazy idea like this!* 就知道你会想出这种荒唐的主意来！ ◇ *It was a scheme dreamt up by some advertising guru.* 这个方案是某个广告大师想入非非捣鼓出来的。

hit on/upon sth (*not formal*) to think of a good idea suddenly or by chance 突然想出，偶然想到（好主意）: *She hit on the perfect title for her new novel.* 她灵机一动，为自己的新小说想到了个完美的名字。

think sth up (*not formal*) to think of an idea, plan or excuse 想出，构思出（主意、计划或借口）: *Can't you think up a better excuse than that?* 难道你就想不出一个好点儿的借口？

PATTERNS AND COLLOCATIONS

- to come up with/devise/conceive (of)/hit on/think up/dream up a **plan/scheme**
- to come up with/conceive (of)/hit on/think up/dream up **an idea/the idea of doing sth**
- to come up with/devise/hit on/think up a **way of doing sth/method/formula**
- to come up with/devise a **solution**
- to come up with an **answer**
- to come up with/think up/dream up an **excuse**

throttle /ˈθrɒtl; *AmE* ˈθrɑːtl/

ˌthrottle ˈback (*also* **ˌthrottle ˈdown** *less frequent*) to control the supply of fuel or power to an engine in order to reduce the speed of a vehicle 调节油门减速: *The pilot got very low before he throttled back.* 飞行员减速前高度降得很低。
◆ v + adv

ˌthrottle ˈup (*rare*) to control the supply of fuel or power to an engine in order to increase the speed of a vehicle 调节油门加速
◆ v + adv

throw /θrəʊ; *AmE* θroʊ/ (**threw** /θruː/, **thrown** /θrəʊn; *AmE* θroʊn/)

ˌthrow sb/yourself aˈround; ˌthrow sb/yourself aˈround sth (*BrE also* **ˌthrow sb/yourself aˈbout, ˌthrow sb/yourself aˈbout sth**) to make sb/yourself move about suddenly and violently, often causing injury 使（人）大幅度摇晃；（人）横冲直撞: *The passengers were thrown around in the crash.* 撞车时乘客给撞得东倒西歪。◇ *The child was screaming and throwing himself around.* 那个孩子尖叫着跑来跑去。◇ *The band threw themselves around the stage like madmen.* 乐队在舞台上狂舞。
◆ v + n/pron + adv ◆ v + n/pron + prep

ˌthrow sth aˈround (*BrE also* **ˌthrow sth aˈbout**) **1** to say sth, discuss sth, etc. in a general way 泛泛而谈；笼统地讨论: *You can't just throw accusations around like that!* 你不能那样不着边际地光顾着指责！◇ *Let's have an initial meeting to **throw some ideas about**.* 我们先开个会简单讨论一下想法吧。 OBJ **accusations, ideas** SYN **toss sth around 2** to spend time throwing sth such as a ball from one person to another, in a not very serious way （随便地）抛，传（球等）: *They were in the yard throwing a ball around.* 他们在院子里抛球玩。 OBJ **ball 3** to move part of your body around violently （使劲）挥动，摆动，甩动（身体部位）: *She was speaking excitedly, throwing her arms around.* 她一边挥舞着胳膊，一边兴奋地讲话。 OBJ **arms, head**
◆ v + n/pron + adv

IDM **throw your ˈmoney around** to spend a lot of money in a very careless way, often in order to impress people （常指为给人留下深刻印象）乱花钱，大手大脚，肆意挥霍: *John hates people throwing their money about.* 约翰讨厌那些花钱如流水的人。 **throw your ˈweight around** (*informal*) to use your authority in an aggressive way to achieve what you want 滥用权势；仗势欺人；飞扬跋扈: *She enjoys throwing her weight about and getting her way.* 她喜欢依仗权势为所欲为。

ˌthrow sth aˈround; ˌthrow sth aˈround sth (*also* **ˌthrow sth aˈbout/ˈround, ˌthrow sth aˈbout/ˈround sth** *especially BrE*) to send sth from your hand in different directions, often because you are angry （常指因生气）四处扔，到处撒: *How do you stop babies throwing their food around?* 怎样才能不让小孩子把食物撒得到处都是呢？◇ *Jeff got so angry that he started throwing furniture about.* 杰夫火冒三丈，竟动手乱摔家具。◇ *People were throwing glasses round the room.* 人们在房间里到处扔玻璃杯。
◆ v + n/pron + adv ◆ v + n/pron + prep

ˌthrow sth aˈround sb/sth (*BrE also* **ˌthrow sth aˈbout/ˈround sb/sth**) **1** if you **throw** your arms **around** sb, you hold them tightly to show that you love them or wish to thank them for sth 紧紧拥抱: *Diana threw her arms around him/his neck and kissed him.* 黛安娜紧紧搂住他 / 他的脖子，吻了他。 **2** to put sth quickly around sb/sth 很快用…围住: *We threw blankets around ourselves to keep warm.* 我们马上用毯子把自己裹住保暖。◇ *a silk scarf thrown casually around the shoulders* 随意围在肩上的丝巾 **3** to put a barrier around a place so that people cannot enter or leave 用（障碍物）封起；隔离: *A security cordon had been thrown around the area.* 这一区域拉上了安全警戒线，被封锁起来。
◆ v + n/pron + prep

ˌthrow sth aˈside 1 to put sth quickly to one side, often because you are angry or in a hurry （常指因生气或匆忙）把…搁在一边: *She read the letter and immediately threw it aside.* 她读完信便立刻把它丢到一边。 SYN **cast sth aside** (*formal*); **toss sth aside** (*formal*) **2** to reject sth such as an attitude, an idea, a way of life, etc. 拒绝接受，摒弃（某种态度、想法、生活方式等）: *All loyalties were thrown aside once the competition started.* 竞争一开始，所有的忠诚观念都被抛开了。◇ *to throw aside sentimentality/nervousness* 抛开感伤 / 紧张的心情◇ *to throw aside a system* 抛弃一种体制 SYN **cast sth aside** (*formal*)
◆ v + n/pron + adv ◆ v + adv + n

ˈthrow sth at sb 1 to direct sth such as a remark, a question, etc. at sb, often in an aggressive way （尤指咄咄逼人地）针对某人发表评论（或提出问题等）: *She threw a look of contempt at me.* 她鄙夷地扫了我一眼。◇ *to throw insults/accusations at somebody* 侮辱 / 指责他人◇ *He has an answer for any question you can throw at him.* 你向他提出任何问题他都能解答。 OBJ **question, look, accusation** NOTE You can also say 也可说: *She threw me a look of contempt.* 她鄙夷地扫了我一眼。 **2** to do sth or give sb sth that tests their abilities and skills 给…出难题；考验: *You never know what life's going to throw at you.* 人生的考验从来都是不可预见的。◇ *We can cope with anything our opponents throw at us.* 我们能应付对手的任何挑战。 OBJ **everything, anything, whatever**
◆ v + n/pron + prep

ˈthrow sth at sb/sth to throw an object in the direction of sb/sth, trying to make it hit them 向…砸（或掷、投、抛）: *He threw stones at the window to try to catch their attention.* 他朝窗户扔石头，想吸引他们的注意。
◆ v + n/pron + prep

IDM **throw the ˈbook at sb** (*informal*) to

punish sb who has committed an offence very severely 严惩；严办 **throw 'money at sth** (*disapproving*) to try to solve a difficult situation or problem by spending lots of money on it rather than considering other ways of dealing with it 靠花大钱解决: *You can't solve the problem by throwing money at it.* 这个问题不是靠乱砸钱就可以解决的。

'throw yourself at sb (*informal, disapproving*) to be too anxious to try to attract sb, because you want to have a romantic relationship with them （为建立恋爱关系）对…大献殷勤，拼命讨好，百般勾引: *He was flattered that such an attractive woman as Nell was throwing herself at him.* 有内尔这样漂亮的女子向他献媚，他心里飘飘然起来。
SYN **fling yourself at sb**
◆ v + pron + prep

'throw yourself at sb/sth to rush or jump violently towards or onto sb/sth 向…猛扑过去；冲向: *The dogs threw themselves at the gate.* 几条狗扑向大门。
◆ v + pron + prep

,throw sth a'way 1 (*also* **,throw sth 'out**) to get rid of sth that has no use or that you no longer need 扔掉；丢弃: *She never throws anything away.* 她从来不丢掉任何东西。◇ *The average household throws away three kilos of waste every week.* 每户家庭平均每周丢弃三公斤垃圾。 SYN **discard sth** (*more formal*) **2** to fail to make good use of sth; to waste sth 错过；浪费；白费: *She's throwing away a great opportunity.* 她要丢掉一个大好机会了。◇ *The team threw away a 2-0 lead* (= they were winning, but then lost the game). 该队在以 2:0 领先的情况下输掉了比赛。 OBJ **chance, lead, money, opportunity**
◆ v + n/pron + adv ◆ v + adv + n
▶ **'throwaway** *adj* [only before noun] **1** a **throwaway** product is intended to be used only once, or for a short time and then to be got rid of （产品）一次性的，用后即扔的: *a throwaway lighter/razor* 一次性打火机 / 剃须刀 ◇ *our throwaway culture/society* (= we expect to use things once and then throw them away) 我们的一次性物品消费文化 / 社会 **2** a **throwaway** remark, line or comment is sth you say without careful thought, often in order to be funny （尤指俏皮话）脱口而出的，随意说出的: *Some people overreacted to a throwaway remark.* 有些人对信口说出的话反应过度了。

,throw yourself a'way (on sb) to have a relationship with sb, or work for sb, who is not good enough for you or does not deserve you （和诸方面与己不相配者）交往；屈就: *Don't throw yourself away on somebody like him.* 不要屈尊和他这种人来往。
◆ v + pron + adv

,throw sth 'back 1 to return sth with a sharp movement of your arm or wrist 扔回；抛回；掷还: *Can you throw the ball back to me?* 帮我把球扔回来好吗？ **2** to put sth quickly and carelessly in the place where it was before （匆匆）把…放归原处: *Just throw those papers back in the drawer when you've finished with them.* 你用完那些文件后扔回抽屉里就行了。 **3** if you **throw back** your head or your shoulders, you move them backwards suddenly 向后仰起（头或肩）: *She threw back her head and laughed.* 她仰头大笑。 OBJ **head, shoulders 4** to pull or fold back a covering, especially on a bed 拉开，揭开（床罩等）: *He threw back the bedclothes and jumped out of bed.* 他掀开铺盖跳下了床。 OBJ **covers, bedclothes**
◆ v + n/pron + adv ◆ v + adv + n
▶ **'throwback (to sth)** *n* [C, usually sing.] sb/sth that is similar to sb/sth that existed long ago 有返祖现象的人（或事物）: *This music is a real throwback to the seventies.* 这确实像是 70 年代的老音乐。

,throw sth 'back at sb 1 to remind sb of sth they have said or done in the past, especially to upset or annoy them （尤指为使人烦恼）使想起，提醒，再提: *His unwise remark was frequently thrown back at him by his colleagues.* 他的同事经常在他面前提起他的蠢话。 OBJ **words, remark 2** to reply angrily to sb 生气地回答: *'It was your fault!' he threw back at her.* "是你的错！" 他怒气冲冲地回了她一句。
◆ **1** v + n/pron + adv + prep
◆ **2** v + speech + adv + prep

be ,thrown 'back on sth to be forced to rely on sth which you have not needed for a while because nothing else is available 被迫依靠，无奈启用（弃用的旧东西）: *The television broke down so we were thrown back on our own resources* (= we had to entertain ourselves). 电视机坏了，我们只好自娱自乐。
◆ be + v + adv + prep

,throw 'down (*AmE, slang*) **1** to do sth with as much energy and pleasure as possible 尽情地干；尽兴地做: *We were throwing down at the party last night.* 昨晚我们在聚会上玩了个痛快。 **2** to fight or argue with sb, or to say sth that starts a fight or argument 打架；争吵；挑衅叫板: *She was mad as hell and ready to throw down.* 她气得发疯，想大吵一通。
◆ v + adv
▶ **'throwdown** *n* (*AmE, slang*) a fight or argument 打架；争吵: *You could tell he was ready for a throwdown.* 看得出来，他想大吵一通。

,throw sb/sth 'down; ,throw sb/sth 'down sth to send sb/sth from your hand suddenly and violently downwards 猛地把…摔下；扔下: *Ellie threw the book down on the table.* 埃利把书摔到桌上。◇ *Jed threw her down on the sofa.* 杰德把她扔到沙发上。◇ *Throw the rest of the medicine down the sink.* 把剩下的药倒进洗涤槽里。◇ *Her husband threw her down the stairs.* 她丈夫把她推下了楼梯。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

,throw sth 'down 1 to drop or put your weapons down to show that you do not wish

to fight any longer 放下，扔掉（武器）：*The rebels have thrown down their arms.* 反叛者已经放下武器。 OBJ **weapons, arms** **2** to eat or swallow food or drink very quickly 迅速吞食；猛喝；狼吞虎咽：*He threw his dinner down in two minutes.* 他两分钟就吃完了饭。 **3** to suggest that sb should do sth you think they will not be willing or able to do 使勉强做（不想做或做不到的事）；强人所难：*She* ***threw down*** *a direct* ***challenge*** *for him to tell them the truth.* 她直接要求他告诉他们真相。 OBJ only **challenge**

◆ **1,2** v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

◆ **3** v + adv + n ◆ v + n + adv (*rare*)

IDM **throw down the 'gauntlet** to invite sb to fight or compete with you （向某人）发出挑战

ˌ**throw yourself 'down** to move suddenly and violently so that you fall down to the ground 猛地倒（或躺）在地上：*She threw herself down on the grass.* 她扑倒在草地上。

→ see also THROW SB/STH DOWN

◆ v + pron + adv

ˌ**throw sb 'in/into sth** to force or order sb to enter a prison and stay there 把…关进（监狱）；监禁：*I'll have you* ***thrown in jail*** *for that!* 我要让你为那件事去坐牢！◇ *He was thrown into a police cell overnight.* 他被抓进警察局，在拘留室过了一夜。

NOTE Usually used in the passive. 通常用于被动语态。

◆ v + n/pron + prep

ˌ**throw sb/sth/yourself 'in**; ˌ**throw sb/sth/yourself 'in/'into sth** to push or move sb/sth/yourself roughly or violently into sth, such as water or a building 把…大力推入（水中、建筑物等）；猛地跳入（或窜进）：*Sam opened the door of the shed and threw his bike in.* 萨姆打开车棚的门，把自行车一下子推了进去。◇ *Did Eva throw herself in the river or was she pushed?* 伊娃是自己跳进河里的，还是有人推她的？

◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

◆ v + n/pron + prep

IDM **throw sb in at the 'deep end** (*informal*) (*usually used in the passive* 通常用于被动语态) to introduce sb to the most difficult part of an activity or job, especially an activity they have not been prepared for 使毫无准备地承担最艰巨的任务；使陷入未曾料到的艰难处境

▶ **'throw-in** *n* (in football (soccer) and rugby 足球和橄榄球) the act of throwing the ball back onto the playing field after it has gone outside the area 掷界外球；掷边线球

ˌ**throw sth 'in** **1** to include sth with what you are selling or offering, without increasing the price 额外赠送；奉送；白送：*The job pays £25 000, with a company car thrown in.* 这份工作薪金为 25 000 英镑，此外公司还配车。 **2** to add a remark, comment, etc. without careful thought 未经细想加上，随口插进，漫不经心地加插（话语、评论等）：*Jack threw in the odd encouraging comment.* 杰克意外地插了一句鼓舞人心的话。◇ *'I wouldn't mind coming,' she threw in casually.* “我可以来。”她漫不经心地插话。

◆ v + adv + n ◆ v + n/pron + adv **2** also v + adv + speech

IDM **throw in your 'lot with sb/sth** (*informal*) to decide to join sb/sth and share all their successes and problems 决定和…共命运（或同甘苦）；与…同舟共济 **throw in the 'towel**; **throw in your 'hand** (*informal*) to admit that you are defeated and stop trying to do sth 承认失败；认输；放弃：*Decorating my apartment isn't easy, but I'm not ready to throw in the towel yet.* 装修我的公寓挺不容易，但我还不准备放弃。

ˌ**throw sb 'into sth** → THROW SB IN/INTO STH

ˌ**throw sb/sth 'into sth** to put sb/sth suddenly in a particular state, especially a bad one 使突然陷入…境地：*His announcement* ***threw*** *everyone* ***into confusion.*** 他的宣言让大家一下子不知所措。◇ *Her arrival* ***threw*** *him* ***into a panic.*** 她的到来令他惊慌失措。◇ *Traffic was* ***thrown into chaos*** *by the accident.* 这场事故使交通陷入一片混乱。

◆ v + n/pron + prep

IDM **throw sth into 'doubt/'question** to make people wonder whether sth is true, correct, appropriate, etc. or whether it will be able to continue 引起对…的质疑：*The future of the company has been thrown into question by recent events.* 最近的事件使人们对公司前景产生了疑虑。 **throw sth into (sharp) relief** **1** to make an object more noticeable than others around it 使突出；使格外醒目：*The sunlight threw the objects in the room into sharp relief.* 阳光把房间里的物品照得清清楚楚。 **2** to make a particular situation, problem, etc. more noticeable than before 使（情况、问题等）暴露出来；使更加明显：*Their differences have been thrown into sharp relief by the present crisis.* 当前的危机将他们的分歧暴露无遗。

ˌ**throw sb/sth/yourself 'into sth** → THROW SB/STH/YOURSELF IN, ETC.

ˌ**throw sth 'into sth** **1** to use a lot of energy or resources to try to make sth successful 把（大量精力或资源等）投入；向…注入：*He's thrown all his energy into this project.* 他所有的精力都投入了这个项目。 **2** → THROW SB/STH/YOURSELF IN, ETC.

◆ v + n/pron + prep

ˌ**throw yourself 'into sth** **1** (*also* ˌ**throw yourself 'into doing sth**) to begin to do sth with energy and often enthusiasm 投身于；热衷于；积极从事：*Laura threw herself into her work to try and forget him.* 劳拉全身心投入工作，力图忘掉他。◇ *He threw himself into writing his report.* 他埋头写报告。

SYN **fling yourself into sth** **2** → THROW SB/STH/YOURSELF IN, ETC.

◆ v + pron + prep

ˌ**throw sb 'off**; ˌ**throw sb 'off sth** to order sb to leave a place 命令某人离开（某地）；驱逐；逐出：*Farmers are being thrown*

off their land. 农民正被赶出他们的土地。◇ *If he finds you on his property, he'll throw you off.* 如果他发现你在他的地盘上，会把你撵出去的。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
◆ v + n/pron + prep

ˌthrow sb/sth ˈoff; ˌthrow sb/sth ˈoff sth 1 to get rid of sb/sth that is making you suffer, annoying you, following you, etc.; to free yourself from sb/sth 摆脱；甩掉: *to throw off repression* 摆脱压制◇ *to throw off anger/family worries/troublesome thoughts* 消除愤怒 / 家庭烦恼 / 烦心事◇ *They waded through a stream to throw the dogs off.* 他们蹚过小溪，摆脱狗的追缠。◇ *I tried every way I could think of to throw him off.* 我想尽一切办法甩开他。◇ *She wants to throw off her old image.* 她想摆脱固有的形象。◇ *I can't seem to throw off this cold.* 我这伤风好像好不了了。 **2** to disturb sb/sth who is trying to do sth, making them fail or not behave as usual 打扰；扰乱；使慌乱: *The director came in while I was speaking and that threw me off a bit.* 我讲话时主任走了进来，让我有点着慌。 SYN **put sb off, put sb off sth**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

IDM **throw sb off ˈbalance 1** to make sb unsteady and likely to fall 使失去平衡；使摇摇欲坠: *I was thrown off balance by the sudden gust of wind.* 突如其来的一阵狂风差点把我吹倒。 **2** to make sb surprised and no longer calm 使慌张；使张皇失措: *The senator was thrown off balance by the unexpected question.* 这个出人意料的问题让参议员乱了方寸。 **throw sb off ˈcourse 1** if sb/sth is **thrown off course**, they are forced away from the direction they should be travelling in 使偏离行进（或行驶）方向: *The plane was thrown off course.* 飞机偏离了航向。 **2** to force sb to change the direction in which their ideas or actions are moving 迫使（某人）改变方针（或行动方向）: *The government was thrown off course by economic problems.* 经济问题迫使政府改变了政策。**throw sb off the ˈscent** to do sth to stop sb finding you or discovering a secret 使失去线索；摆脱（追踪者）: *She changed taxis to throw her pursuers off the scent.* 她换乘出租车以甩掉追捕者。◇ *Lisa told her parents she was going to a friend's house to throw them off the scent* (= she was really going somewhere else). 莉萨对父母说她去朋友家，以掩盖行踪。

ˌthrow sth ˈoff to remove your clothes or sth covering your body quickly and carelessly 匆匆脱掉，拽下，扯掉（衣服等）: *She threw off her clothes and leapt into the river.* 她脱下衣服跳进了河里。
SYN **fling sth off**
OPP **throw sth on**
◆ v + adv + n ◆ v + n/pron + adv

ˌthrow sb/sth/yourself ˈoff; ˌthrow sb/sth/yourself ˈoff sth to send or push sb/sth violently from a high place; to jump from a high place 用力将…从高处扔下（或推下）；从高处跃下: *Ed was threatening to throw himself off the roof.* 埃德威胁说他要从房顶跳下去。◇ *The sledge hit a bump and threw me off into the snow.* 雪橇撞上了一处地面突起，把我摔到了雪地里。
◆ v + n/pron + adv ◆ v + n/pron + prep

ˌthrow sth ˈon to put on a piece of clothing quickly and carelessly 匆匆穿上（衣服）: *He threw on his clothes and ran downstairs.* 他匆忙穿上衣服跑下楼去。◇ *I'll just throw a coat on and then I'll be ready.* 我套上件外衣就好。
SYN **fling sth on**
OPP **throw sth off**
◆ v + adv + n ◆ v + n/pron + adv

ˌthrow sb/sth ˈon; ˌthrow sb/sth ˈon/ˈonto sth; ˌthrow yourself ˈon/ˈonto sth to send or push sb/sth violently onto sth 用力推向（或扔向）；朝…猛掷: *Jamie angrily threw the book onto the table.* 杰米生气地把书摔到桌上。◇ *The fire wasn't burning well, so we threw on more wood.* 火烧得不旺，于是我们又添了些柴。
◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

ˈthrow sth on sb/sth (*also* **ˌthrow sth uˈpon sb/sth** *more formal*) **1** if sb/sth **throws** doubt or suspicion **on** sb/sth, people start to wonder if sth is true, will continue, etc. 使对…产生（怀疑或疑虑）: *New evidence threw doubt on Tom's innocence.* 新的证据令大家开始怀疑汤姆是否真的清白。◇ *This controversy throws doubt on her political future.* 这一争论使人们对她的政治前途产生了疑问。◇ *The murder was carefully planned to throw suspicion on the woman's husband* (= to make him appear guilty). 谋杀事件经过精心策划，目的是为了将怀疑引向那名女子的丈夫。◇ *They tried to throw suspicion on us.* 他们企图让我们受到猜疑。 OBJ **doubt, suspicion 2** (*formal*) to cover sb/sth in light or shadows 将（光线）照在…上；将（阴影）映在…上: *The lamp threw strange shadows on his face.* 灯光在他脸上投射出奇怪的阴影。
OBJ **light, shadows**
◆ v + n + prep

IDM **throw ˈlight on sth** to make a problem, etc. easier to understand 把（问题等）理出头绪；使（事情）有点眉目；使易于理解: *I might be able to throw some light on the matter.* 我也许可以说明一下这件事。◇ *Recent research has thrown new light on the cause of the disease.* 最近的研究为揭示这种疾病的诱因提供了新的线索。

ˈthrow yourself on sb/sth (*also* **ˈthrow yourself onto sb/sth** *less frequent*) to run towards sb/sth and fall onto them 扑向；倒进: *She threw herself on him and burst into tears.* 她扑到他怀里哭了起来。
→ see also THROW SB/STH ON, ETC.
◆ v + pron + prep

IDM **throw yourself on sb's ˈmercy** (*formal*) to put yourself in a position where you must rely on sb to be kind to you and not harm or punish you 只能仰仗某人宽恕（或善待）: *He threw himself on the mercy of his captors.* 他只得指望劫持他的人开恩。

throw sb/sth/yourself 'onto sth → THROW SB/STH ON, ETC.

,throw sb 'out; ,throw sb 'out of sth to force sb to leave a place, their home, a job, etc. 撵走；轰开；逐出: *Tim's parents threw him out when he was 18.* 蒂姆 18 岁时父母就把他赶出了家门。◇ *When the mine closed down, 50 people were thrown out of their jobs.* 煤矿倒闭，有 50 人失去了工作。◇ *When she failed her exams, she was thrown out of college.* 她考试不及格，被学院开除了。◇ *Many families have been **thrown out into the street*** (= out of their homes). 很多家庭被迫流落街头。
SYN **boot sb out, boot sb out of sth; kick sb out, kick sb out of sth** (*informal*)
NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

,throw sb/sth 'out to confuse sb/sth; to make sb make a mistake; to make sth wrong 使混乱；使出错: *One of the figures was wrong and it threw me out completely.* 有一个数字有误，把我完全搞糊涂了。◇ *Some unexpected costs threw our calculations out by £4 000.* 一些计划外的开销使我们的计算差了 4 000 英镑。
OBJ **calculations**
• v + n/pron + adv • v + adv + n

,throw sb/sth 'out; ,throw yourself 'out (of sth) to push or send sb/sth/yourself forward and out of a place （从…）扔出，抛出，跳出: *Frank quickly opened the window and threw his cigarette out.* 弗兰克迅速打开窗户把香烟丢了出去。◇ *He threw himself out of the window and was killed.* 他从窗户跳出去摔死了。
• v + n/pron + adv • v + adv + n • v + n/pron + adv + prep

🔑 **,throw sth 'out 1** → THROW STH AWAY 1: *It's time we threw that old chair out.* 我们现在该把那张旧椅子扔掉了。 **2** to reject sth such as a proposal, an idea, etc. 拒不接受，否决（建议、想法等）: *The committee have thrown out the proposal for a new supermarket.* 委员会否决了建新超市的提案。◇ *The case was **thrown out of court**.* 法庭拒绝受理此案。 OBJ **bill, case, proposals** NOTE Often used in the passive. 常用于被动语态。 **3** to mention sth, usually without thinking carefully, for people to think about 随口提出: *She threw out a few ideas for us to consider.* 她随口说出几个想法供我们考虑。◇ *We are **throwing out a challenge** to residents to help clean up our neighbourhood.* 我们正在倡议居民帮助清扫附近社区。 OBJ **idea, challenge** ⊃ note at TURN SB/STH DOWN **4** to produce sth such as heat, light, smoke, etc. 散出（热）；发（光）；冒（烟）: *The fire throws out a lot of heat.* 火散发出很多热量。◇ *The lamp threw out just enough light to read by.* 这盏灯的光刚够读书。 OBJ **heat, light** SYN **emit sth 5** to move a hand or arm suddenly away from your body 突然伸出（手或臂）: *She threw her arm out to protect herself as she fell.* 摔倒时她急忙伸出胳膊保护自己。 OBJ **hand, arm**
• v + adv + n • v + n/pron + adv
IDM **throw the baby out with the 'bathwater** (*informal*) to lose sth that you want at the same time as you are trying to get rid of sth that you do not want 把婴儿和洗澡水一起泼掉；不分精华糟粕全部抛弃

,throw sb 'over (*old-fashioned*) to end a relationship with sb 同某人绝交；抛弃某人: *His girlfriend threw him over for somebody else.* 他的女友为了新欢抛弃了他。
SYN **chuck sb** (*BrE, slang*), **dump sb** (*informal*)
• v + n/pron + adv • v + adv + n

,throw sb/sth/yourself 'over; ,throw sb/sth/yourself 'over sth to move or push sb/sth so that they move over the top of sth and land on the other side of it; to move yourself violently in this way 使翻过；越过: *Throw a rope over and I'll catch it.* 扔一条绳子过来，我在这边接着。◇ *The neighbours have been throwing rubbish over our wall.* 街坊四邻一直隔墙把垃圾扔进我们家的院子里。◇ *I threw myself over the wall to escape from the dog.* 我翻过墙去甩掉了那条狗。◇ *Jay took off his coat and threw it over a chair* (= so it rested on the back of a chair). 杰伊脱下外套，扔到了椅子靠背上。
• v + n/pron + adv • v + adv + n (*less frequent*)
• v + n/pron + prep

,throw sth 'over (to sb) (*informal*) to pass sth to sb in a careless or rough way 将…随手扔出（给某人）: *He threw the paper over to me.* 他把报纸扔给了我。◇ *Will you throw over those keys?* 你把那些钥匙扔过来好吗？
NOTE You can also use **throw sb over sth** and **throw sb sth over** 也可用 throw sb over sth 和 throw sb sth over: *Will you throw me over the paper?* 把报纸扔过来好吗？ ◇ *Will you throw me the paper over?* 把报纸扔过来好吗？
• v + n/pron + adv • v + adv + n

,throw sth 'over sb/sth to quickly place sth so that it covers sb/sth 迅速把…盖在…上: *I threw a blanket over the baby to keep him warm.* 我给孩子搭了条毯子，让他暖和些。◇ *He threw a coat over his pyjamas and ran out into the street.* 他在睡衣外面披了件大衣就跑到了街上。
• v + n/pron + prep

,throw sth 'round, etc. → THROW STH AROUND, ETC.

,throw sb to'gether to bring people into contact with each other, often unexpectedly 使意外相聚；使不期而遇: *Fate had thrown them together.* 命运使他们聚在一起。◇ *We were strangers, thrown together by circumstance.* 我们萍水相逢。
NOTE Often used in the passive. 常用于被动语态。
• v + n/pron + adv • v + adv + n

,throw sth to'gether to make or produce sth roughly or quickly, often with things that you can find easily 匆忙拼凑；仓促做出: *I'll just throw together a quick supper.* 我马上弄份简单

的晚饭吧。◇ *Can you throw a report together by tomorrow morning?* 你到明天上午能弄出一份报告吗？

◆ v + adv + n ◆ v + n/pron + adv

ˌthrow ˈup; ˌthrow sth ˈup (*informal*) to bring food you have eaten back out of your mouth 呕吐；呕出: *The smell made me want to throw up.* 这种气味令我作呕。◇ *He ate the meal and immediately threw it all up.* 他吃了饭，但马上全吐了。

SYN **bring sth up; vomit, vomit sth (up)**

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌthrow sb/sth ˈup to lift sb/sth and make them move upwards into the air by moving your hand quickly （猛地）举高，举起，抬起: *The baby loved being **thrown up into the air**.* 那孩子喜欢被一下子举到空中。

◆ v + n/pron + adv

ˌthrow sth ˈup 1 to produce sth; to show or make people notice sth 产生；使显眼；使引起注意: *Her research has thrown up some interesting facts.* 她的研究有些很有意思的发现。◇ *The competition threw up some promising players.* 这次比赛让一批有潜力的运动员崭露头角。 OBJ **problems, questions, ideas, facts 2** (*BrE, informal*) to leave your job suddenly and often unexpectedly （出人意料地）突然放弃（工作）: *He threw up a highly paid job to travel round the world.* 他突然辞掉高薪工作去周游世界。 OBJ **job** SYN **chuck sth in/up** (*BrE, informal*), **give sth up** (*informal*) **3** to build sth suddenly or quickly, and often carelessly 仓促建造；匆忙建起: *These buildings were thrown up hurriedly after the war.* 这些楼房是战后仓促建造的。 OBJ **buildings 4** if you **throw up** your arms or hands, you raise them quickly in the air 猛地举起（臂或手）: *He threw up his hands to protect his face as he fell.* 摔倒时他连忙举起双手护着脸。◇ *She threw her arms up in horror.* 她惊恐地举起了双臂。 OBJ **hand, arm 5** to make sth such as dust or water rise up into the air 扬起，溅起（灰尘、水等）: *The wheels threw up a shower of mud and water.* 车轮溅起一片泥水。 OBJ **dust, mud**

◆ v + adv + n ◆ v + n/pron + adv

ˌthrow sth uˈpon sb/sth → THROW STH ON SB/STH

thrust /θrʌst/ (thrust, thrust)

ˌthrust sth aˈside to refuse to listen to sb's complaints, comments, etc. 对…置若罔闻: *All our objections were thrust aside.* 我们所有的异议都被置之不理。

◆ v + n/pron + adv ◆ v + adv + n

ˈthrust sb/sth on sb (*also* **ˈthrust sb/sth upon sb** *more formal*) to force sb to accept sb/sth or do sth that they do not want to 把…强加于某人；强迫某人接受: *Responsibility for the family was thrust upon him at an early age.* 他很小的时候就不得不担负起家庭的责任。 ◇ *She was annoyed at having three extra guests suddenly thrust upon her.* 突然又来了三位不速之客要她接待，她感到很恼火。

OBJ **role, responsibility, change**

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

thumb /θʌm/

ˌthumb ˈthrough sth to turn the pages of a book, a magazine, etc. looking at them quickly 快速翻阅；一翻而过: *She thumbed through her diary.* 她迅速翻阅她的日记。

OBJ **book, pages** SYN **flick through sth**

◆ v + prep

tick /tɪk/

ˌtick aˈway; ˌtick sth aˈway if a clock **ticks away** or **ticks** the minutes or seconds **away**, it makes continuous short light regular sounds to mark time passing （钟表）发出嘀嗒声，嘀嗒地走: *The clock ticked away in the silence.* 那只钟在寂静中嘀嗒作响。◇ *We waited as the clock ticked away the last few seconds of the old millennium.* 我们静候着时钟嘀嗒走过旧千年的最后几秒钟。

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌtick aˈway/ˈby/ˈpast (of time 时间) to pass, especially when you feel it is passing too quickly or too slowly 过去，流逝（尤指使人感觉太快或太慢）: *The seconds ticked by as I tried to think of something to say.* 时间一秒一秒地过去，我搜肠刮肚想找话说。◇ *Two long minutes ticked past.* 漫长的两分钟过去了。 SUBJ **minutes, seconds, time** ➲ note at GO BY

◆ v + adv

ˌtick sb ˈoff 1 (for sth/for doing sth) (*BrE, informal*) to speak angrily to sb, especially a child, because they have done sth wrong 斥责，责备，责骂（尤指儿童）: *I was ticked off for forgetting my books.* 我因忘记带书挨了一顿骂。 SYN **tell sb off; scold sb** (*more formal*) ➲ note at TELL SB OFF **2** (*informal, especially AmE*) to annoy sb 使生气；使烦恼: *This type of thing really ticks me off.* 这种事着实让我恼火。 SYN **hack sb off** (*BrE*)

◆ v + n/pron + adv ◆ v + adv + n

▶ **ˌticked ˈoff** *adj* (*informal, especially AmE*) annoyed 生气的；烦恼的: *I was really ticked off about it.* 我对这事十分恼火。

▶ **ˌticking ˈoff (for sth/for doing sth)** *n* [sing.] (*old-fashioned, BrE, informal*) the act of speaking to sb angrily because they have done sth wrong 斥责；责备；责骂: *He gave me a ticking off for being late.* 因为迟到他把我训斥了一通。

ˌtick sb/sth ˈoff (*BrE*) (*AmE* **ˌcheck sb/sth ˈoff**) to put a mark next to sth on a list to show that it has been dealt with 在…上画勾；给…打核对号: *Alex ticked off the names of the people who had replied.* 亚力克斯在已回复者的姓名旁打上勾。◇ *Everything on the list had been ticked off.* 单子上的东西都做了记号。◇ *She ticked the points off on her fingers.* 她扳着手指核对分数。

OBJ **points, items**

◆ v + adv + n ◆ v + n/pron + adv

ˌtick ˈover (*especially BrE*) (*usually used in the progressive tenses* 通常用于进行时) **1** if an engine is **ticking over**, it is running slowly but the vehicle is not moving （发动机）空转，挂空挡，慢速运转: *Don't leave the engine ticking over while you are in the shop.* 你去商店的时候别让引擎空转。◇ (*figurative*) *Learning Japanese keeps my brain ticking over!* 我学日语总是不开窍！ SUBJ **engine** SYN **idle 2** to continue slowly without producing or achieving much （没有太大进展地）缓慢运作: *Try and keep things ticking over while I'm away.* 我外出期间，维持现状就行。 SUBJ **things**
◆ v + adv

ˌtick ˈpast → TICK AWAY/BY/PAST

tide /taɪd/

ˌtide sb ˈover; ˌtide sb ˈover sth to help sb through a difficult period by providing what they need 帮助某人渡过（难关）；协助某人克服（困难）: *We've got enough money to tide us over until next month.* 我们有足够的钱凑合到下个月。◇ *Our savings should tide us over the next couple of months.* 我们的积蓄应该够我们挺过以后几个月。 SUBJ **money, loan**
NOTE **Tide sb over** is usually used in the infinitive form. It cannot be used in the passive. * tide sb over 通常作不定式。不用于被动语态。
◆ v + n/pron + adv ◆ v + n/pron + prep

tidy /ˈtaɪdi/ (tidies, tidying, tidied)

ˌtidy sth aˈway (*BrE*) to put things in a particular place where they cannot be seen so that a room, etc. appears tidy 收拾起来；拾掇走: *Harry was busy tidying away his papers in the office.* 哈里在办公室忙着整理他的文件。
SYN **clear away, clear sth away**
◆ v + adv + n ◆ v + n/pron + adv

ˌtidy sth ˈout (*BrE*) to make a room, a cupboard, etc. tidy by removing things you do not want and arranging the rest neatly 清理，整理（房间、橱柜等）: *It's time to tidy out the kitchen cupboards.* 该清理厨房里的橱柜了。
OBJ **cupboard, drawer, room** SYN **clear sth out**
◆ v + adv + n ◆ v + n/pron + adv

🔑 **ˌtidy ˈup; ˌtidy sth ˈup** (*especially BrE*) to make a room, a group of things, etc. tidy by arranging things neatly in the correct places 收拾妥当；整理好；使有条不紊: *Don't forget to tidy up when you've finished.* 你干完后别忘了收拾好。◇ *The whole place needs tidying up.* 这个地方需要彻底整理。◇ *I've just got a bit of tidying up to do.* 我还要稍微整理一下。◇ *I'd better tidy my desk up.* 我得把书桌收拾整理好。
OBJ **room, mess, house** SYN **clear up, clear sth up**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌtidy sb ˈup; ˌtidy yourself ˈup (*especially BrE*) to make sb/yourself look cleaner and neater 使更整洁帅气；梳理打扮: *How about tidying yourself up before we go out?* 我们出去前你捯饬一下好吗？
◆ v + n/pron + adv ◆ v + adv + n

ˌtidy sth ˈup (*BrE*) **1** to finish sth such as a piece of written work by dealing with the last details well or correctly 修饰，润色（书面材料等）: *My lecture still needs tidying up.* 我的讲稿

SYNONYMS 同义词辨析

tidy (sth) up

clear (sth) up ◆ pick (sth) up ◆ sort sth out ◆ tidy (sth) up

These verbs all mean to make sth look neat by putting things away in the place where they belong. 这些动词都表示收拾、整理、清理。

clear (sth) up to make sth clean and neat, especially by putting things in the place where they belong 收拾；清理；归置: *It's time to clear up.* 该收拾一下了。◇ *Just give me a few moments to clear up my things.* 给我一点时间来收拾一下我的东西。

pick (sth) up (*AmE*) to put things away and make a room neat 收拾，整理（房间）: *to pick up a room* 收拾房间◇ *Will you pick up your toys now?* 现在把你的玩具收起来好吗？

sort sth out to organize the contents of sth; to tidy sth 归置；理顺；清理: *I've got to sort out all my cupboards.* 我得清理一下所有的橱柜。◇ *She spent the afternoon sorting out her office.* 她一下午都在收拾办公室。

tidy (sth) up (*especially BrE*) to make sth look neat by putting things in the place where they belong 收拾妥当；整理好；使有条不紊: *I spent all morning tidying up my room.* 我花了整个上午的时间整理房间。◇ *She was always tidying up.* 她总是在拾掇。 NOTE **Tidy** can be used on its own ◇ * tidy 可单独使用: *He spent a few minutes tidying his desk.* 他用了几分钟把桌子收拾整洁。

WHICH WORD?

Tidy up, **pick up** and **clear up** can be used without an object * tidy up、pick up 和 clear up 可不接宾语: *I spend all my time tidying up.* 我所有时间都用来收拾整理了。

PATTERNS AND COLLOCATIONS

- to tidy (up)/clear up/sort out/pick up your **room/apartment/bedroom**
- to tidy (up)/sort out a **cupboard/closet/desk/drawer**
- to tidy (up)/clear up/sort out the **mess**
- to tidy (up)/clear up/pick up **after sb**

还需要最后加工一下。 **2** to make sure that things are dealt with correctly 妥善处理；料理: *He had to go to Boston to tidy up his brother's affairs* (= after his brother died). 他得去波士顿料理他哥哥的后事。
◆ v + n/pron + adv ◆ v + adv + n

tie /taɪ/ **(ties, tying, tied, tied)**

ˌtie sb ˈdown 1 (*also* **ˌtie yourself ˈdown) (to sth/to doing sth)** to restrict sb's activities or freedom, for example by making them accept particular conditions or by keeping them busy 限制；束缚；牵累: *We managed to tie him down to a date for the meeting.* 我们总算让他敲定了会议日期。◇ *She didn't want to be tied down by a full-time job.* 她不想被全职工作拴住。◇ *I don't want to be tied down to coming back at a particular time.* 我不想限定自己回来的时间。◇ *Do you really want to tie yourself down at 18 with a husband, a home and a baby?* 你真的想在18岁就被丈夫、家庭和孩子捆住手脚吗？ **2** to do sth so that an enemy force is kept busy and has to stay in a particular area 牵制，钳制（敌人）: *Guerrilla activity kept the army tied down in the mountains.* 游击队的袭扰把该部队钳制在山区。 OBJ **troops, police**
◆ **1** v + n/pron + adv
◆ **2** v + adv + n ◆ v + n/pron + adv

ˌtie ˈin (with sth) to fit or be in agreement with sth （与…）相配，相符: *This new evidence ties in with the witness's statement.* 这一新证据和目击者的证词相吻合。◇ *That doesn't tie in with what you said yesterday.* 这个跟你昨天说的有出入。
◆ v + adv

ˌtie ˈin (with sth), ˌtie sth ˈin (with sth) to link sth or be linked to sth; to happen or to arrange for sth to happen at the same time as sth else （使）（与…）连接在一起；（使）同时进行: *The book was intended to tie in with the TV series.* 这本书是为配合这部电视系列剧的播出而出版的。◇ *Jack couldn't be tied in with the murder.* 杰克不可能与这起谋杀案有关联。◇ *The release of their new album will be tied in with the tour.* 他们的新专辑将在巡演时发行。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈtie-in** *n* **1** (*BrE*) a product such as a book or a toy that is sold in close connection with a film/movie, television programme, etc. （与电影、电视节目等密切关联的书籍、玩具等）衍生产品，搭配商品，周边产品: *television/film tie-ins* 电视 / 电影的关联产品◇ *tie-in books/toys/sales* 搭配书籍；周边玩具；捆绑销售 **2** (*especially AmE*) a link or a relationship with sth 关联；关系: *a tie-in to the main subject* 与主题的联系

ˌtie sb ˈinto sb/sth to restrict sb to a particular situation, person, organization, etc. 限制；束缚；约束: *They were tied into an agreement to buy from particular suppliers.* 他们受协议约束，必须从特定供应商处进货。
◆ v + n/pron + prep

ˌtie sth ˈoff to put a knot in the end of sth; to close sth with string, thread, etc. 结扎；（用绳索等）封口: *to tie off a rope/an artery* 在绳子头上打结 / 结扎动脉
◆ v + adv + n ◆ v + n/pron + adv

SYNONYMS 同义词辨析

tie (sth) up

anchor (sth) ◆ beach (sth) ◆ dock (sth) ◆ moor (sth) ◆ tie (sth) up

These verbs all mean to attach a boat, ship, etc. to a fixed object or to the land to stop it from floating away. 这些动词都表示船只停靠、停泊、系泊。

anchor (sth) to lower an anchor from a boat or ship to prevent it from floating away 抛锚泊（船）: *We anchored off the coast of Spain.* 我们靠近西班牙海岸抛锚停了船。◇ *Larger boats were anchored further up the quay.* 较大的船只锚停在离码头更远一些的地方。

beach (sth) to bring a boat out of the water and onto the shore 使（船）冲上岸滩；把（船）拖上岸滩；使（船）靠岸: *He beached the boat and lifted the boy onto the shore.* 他把船拖上岸，然后抱起男孩放到岸上。

dock (sth) to bring a ship into a harbour and stay there 使（船）停靠码头；领（船）入港: *The ferry is expected to dock at about six.* 渡轮预计大约六点停靠码头。◇ *They docked at Liverpool on the way back from India.* 自印度返航时，他们中途在利物浦停靠。

moor (sth) (*often passive*) to attach a boat, ship, etc. to a fixed object or to the land with a rope, chain, or anchor 系泊；（以绳、链、锚）泊（船）: *We moored off the north coast of the island.* 我们在该岛北部海岸停船。◇ *I walked down to where the boat was moored.* 我走到了船的系泊点。

tie (sth) up to attach a boat to a fixed object with a rope to stop it from floating away 系泊；（以绳）泊（船）: *We tied up alongside the quay.* 我们沿码头泊了船。◇ *They tried to find a sheltered spot where they could tie the boat up.* 他们试图找个有遮蔽的地方停船。

PATTERNS AND COLLOCATIONS

- to moor/dock/tie up/beach/anchor **safely/securely**
- to moor/dock/tie up/anchor **off/in/at …**
- to moor/dock/tie up/beach/anchor **on/alongside/beside** sth

,tie 'up; ,tie sth 'up 1 to attach a boat to a fixed point with a rope （使船只）系泊，停靠：*The barge tied up at the quay.* 驳船停靠在码头边上。◇ *Ben tied the boat up and jumped ashore.* 本把船停泊妥当，然后跳到岸上。 **2** to close or fasten sth with a knot; to be closed or fastened in this way （把…）束紧，捆牢，拴住：*I'm so fat my bathrobe won't tie up!* 我胖得连浴衣都系不上了。◇ *to tie up a garbage bag* 扎紧垃圾袋
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

,tie sb 'up 1 to tie sb's arms and legs tightly so that they cannot move or escape 把…捆绑起来：*The gang tied up the security guard and put a gag in his mouth.* 那伙歹徒把那名保安捆绑起来，然后把他的嘴堵住。 **2** to keep sb so busy that they have no time for other things 把…缠住；使不能分身：*I'm tied up in a meeting until three.* 我开会到三点钟才能脱身。◇ *Sorry I'm late—I was tied up at the office.* 抱歉，我来晚了——我在办公室忙得走不开。 **NOTE** Usually used in the passive. 通常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

,tie sth 'up 1 to make sth secure by putting string, rope, etc. around it, or attaching it to sth else （用绳索等）把…系好，绑住，拴上：*He tied the parcel up with a ribbon.* 他用丝带把包裹扎好。◇ *He tied the dog up outside.* 他把狗拴在外面。 **2 (with sth)** to connect or link sth to sth else 把…（与…）联系起来；使与…有关系：*Her behaviour is tied up with her feelings of guilt.* 她的行为出于内疚。◇ *Do you think these two incidents are tied up?* 你认为这两件事有联系吗？ **NOTE** Usually used in the passive. 通常用于被动语态。 **3 (in sth)** to invest money so that it is not easily available for use 搁死，套牢（资金）：*Most of our capital is tied up in property.* 我们大部分资金都套牢在房地产上。 **OBJ money, capital, resources, assets SYN lock sth up NOTE** Often used in the passive. 常用于被动语态。 **4** to deal with all the remaining details of sth 完成；处理完：*to tie up a deal* 达成交易◇ *We're hoping to **tie up all the loose ends** as quickly as possible.* 我们希望尽快把未了结的琐碎事情全部处理完。 **OBJ deal, loose ends 5** to bring sth to a stop; to prevent sb from doing sth or using sth 使停滞；阻止…做某事（或使用某物）：*The strike tied up production for a week.* 罢工使生产停顿了一周。◇ *You've been tying up the phone for hours!* 你占用电话好几个小时了！
◆ v + n/pron + adv ◆ v + adv + n

▶ **'tie-up** *n* **1 (with sb/sth)** (*BrE*) an agreement between two companies to join together （两家公司之间的）联合，合作：*They're negotiating a tie-up with Ford.* 他们正与福特公司商谈合作事宜。 **2 (between A and B)** (*BrE*) a connection between two or more things 联系；关系；关联；纽带：*a tie-up between politics and economics* 政治与经济之间的联系 **3** (*especially AmE*) a situation in which sth, especially traffic, stops moving 停滞不前；停顿；（尤指）交通阻塞：*A tie-up on the highway caused major delays.* 公路上的交通拥堵造成重大延误。

tighten /ˈtaɪtn/

,tighten 'up; ,tighten sth 'up 1 to become or to make sth tight or tighter （使）变紧，变得更牢固：*His face muscles tightened up in anger.* 他生气地紧绷着脸。◇ *to tighten up a screw/wheel/muscle* 旋紧螺钉 / 拧紧轮子 / 绷紧肌肉 **NOTE Tighten** and **tighten sth** can also be used on their own with this meaning. * tighten 和 tighten sth 单独使用也作此义。 **2** to become more careful or strict about sth; to make sth more strict 变得更仔细（或严格）；使更严格：*Laws on gambling have tightened up recently.* 有关赌博的法律最近变得更加严厉。◇ *The police are **tightening up on** drink-driving.* 警方正在采取更加严厉的措施对付酒驾。◇ *to tighten up laws/rules/legislation/security* 加强法律 / 规定 / 法规 / 安全措施
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

time /taɪm/

,time 'out if sth **times out**, it goes beyond a particular time limit and stops working, is no longer valid, etc. 超时中止；过期失效：*Your Internet session will time out after a few minutes if there is no activity.* 如果几分钟无操作，互联网访问将中止。◇ *The demo will time out after three weeks.* 体验版将在三周后到期。
◆ v + adv

tinker /ˈtɪŋkə(r)/

,tinker a'round (*also* **,tinker a'bout** *especially BrE*) **(with sth)** to make small changes to sth in order to repair or improve it, especially in a way that may not be helpful 作（不起作用的）小修小补：*He's outside tinkering around with his bike.* 他在外面捣鼓他的自行车。◇ *They haven't made any real changes to the system—they've just been tinkering around a bit.* 他们对系统没有作任何真正的改进——只不过是一点小修小补。
◆ v + adv

'tinker with sth to make small changes to sth in order to repair or improve it, especially in a way that may not be helpful 对…作（不起作用的）小修小补：*The government should stop tinkering with the education system.* 政府必须停止对教育制度瞎调整。
◆ v + prep

tip /tɪp/ (-pp-)

'tip down (*BrE, informal*) (*usually used in the progressive tenses* 通常用于进行时) to rain very heavily 下暴雨；大雨倾盆：*It was absolutely tipping down outside.* 外面正下着瓢泼大雨。
SYN pour down (*BrE, more formal*)
◆ v + adv

,tip sb 'off (about sth) (*informal*) to give sb a warning about sth which they should know about, especially sth illegal 暗中警告，密报，泄露（尤指非法的事情）：*The police were tipped off about the bank robbery.* 警方获得了抢劫银行的密报。

OBJ police

• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

▶ 'tip-off *n* (*informal*) a piece of useful or secret information that sb gives, for example to the police, to warn them about an illegal or unexpected activity 情报；密告；举报：*The police received an anonymous tip-off about the attack.* 警方接到了关于这次袭击的匿名举报。

,tip 'over; ,tip sth 'over to become no longer stable and fall over; to make sth do this （使）跌倒，翻倒：*The bottle tipped over and all the water spilled out.* 瓶子倒了，水全洒了。◇ *Watch you don't tip the jug over.* 小心点，别打翻罐子。

SYN **overturn, overturn sth** (*more formal*)

• v + adv • v + n/pron + adv • v + adv + n

,tip 'up; ,tip sth 'up to become unsteady and fall forwards, backwards or sideways; to make sth do this （使）翻倒，倾覆：*One after another the canoes tipped up.* 划艇一艘接一艘地翻了。◇ *The pile of books on the end of the table nearly tipped it up.* 桌子一头的一摞书几乎把桌子压翻。

• v + adv • v + n/pron + adv • v + adv + n

,tip sth 'up to change the angle of sth so that it leans to one side 使倾斜；使倾侧：*She tipped her glass up and drained it.* 她倾斜玻璃杯把水倒掉。◇ *He tipped his face up towards the light.* 他朝灯光侧过脸。

• v + n/pron + adv • v + adv + n

tire /'taɪə(r)/

'tire of sb/sth; 'tire of doing sth to become bored with sb/sth or begin to enjoy them/it less 对…感到厌倦；对…腻烦：*They soon tired of the beach and went for a walk.* 他们很快就觉得海滩腻味了，便去散步。

• v + prep

IDM **never tire of doing sth** to do sth a lot, especially in a way that annoys people 没完没了地做某事：*Jack travelled all over the world when he was a student, as he never tires of telling us.* 杰克在学生时代就周游了世界，他总是不厌其烦地跟我们说起这事儿。

🔑 **,tire sb 'out; ,tire yourself 'out** to make sb/yourself feel very tired （使）筋疲力尽，疲惫不堪：*I took the children to the beach to tire them out.* 我把孩子们带到海滩去让他们玩到累。◇ *Try not to tire yourself out too soon in the race.* 赛跑时尽量不要过早地把力气用光。

SYN **wear sb/yourself out (with sth)**

• v + n/pron + adv • v + adv + n (*less frequent*)

▶ **,tired 'out** *adj* very tired 筋疲力尽的；疲乏不堪的：*We finally reached home tired out.* 我们终于回到家了，疲惫不堪。

toddle /'tɒdl; *AmE* 'tɑːdl/

,toddle 'off (*BrE, informal, humorous*) to leave 离开；走开：*It's late—it's time you toddled off to bed.* 不早了 —— 你该去睡觉了。

• v + adv

SYNONYMS 同义词辨析

tire sb/yourself out

exhaust sb/yourself • poop sb out • tire sb/yourself out • wear sb/yourself out

These verbs all mean to make sb/yourself feel tired and want to sleep or rest. 这些动词都表示使筋疲力尽、使疲惫不堪、使极度疲劳。

exhaust sb/yourself to make sb/yourself feel very tired 使筋疲力尽；使疲惫不堪：*Even a short walk exhausted her.* 即便走一小段路也把她累得不行。◇ *There's no need to exhaust yourself cleaning up—we'll do it.* 你没必要受累去打扫 —— 我们来干。

poop sb out (*AmE, informal*) to make sb feel very tired 使筋疲力尽；使疲惫不堪：*That walk really pooped me out!* 走那段路确实累得我够呛！

tire sb/yourself out to make sb/yourself feel very tired 使筋疲力尽；使疲惫不堪：*Working twelve hour shifts would really tire me out.* 十二小时一个班次会把我累垮的。 NOTE **Tire** can be used on its own, but is more formal * tire 可单独使用，但更正式：*Long conversations tired her.* 长时间的交谈令她非常疲倦。

wear sb/yourself out to make yourself/sb feel very tired 使筋疲力尽；使疲惫不堪：*The kids have totally worn me out.* 孩子们把我累坏了。◇ *You'll wear yourself out if you carry on working so hard.* 一直这样拼命工作你会累垮的。

WHICH WORD?

There is very little difference in meaning between these verbs. **Exhaust** is the most frequent, and the most suitable for use in formal writing, but it can be used in less formal contexts too. **Tire sb/yourself out** is less formal, and is used mostly in spoken English. 这组动词意义差别甚微。exhaust 最常见，并且最适合用于正式书面语，但也可用于不太正式的语境。tire sb / yourself out 不太正式，多用于英语口语。

PATTERNS AND COLLOCATIONS

- to tire/exhaust **yourself** ; to wear/tire **yourself** out
- to **quickly** tire sb/yourself (out)
- to **completely/totally** exhaust sb/wear sb out

tog /tɒg; *AmE* tɑːg, tɔːg/ (-gg-)

be/get ˌtogged ˈout/ˈup (in sth) (*BrE, informal*) to be wearing clothes for a particular activity or occasion 穿着（适合某场合的）服装；专门穿戴: *He got togged up in a suit and tie for the interview.* 他穿着西装打着领带去面试。◇ *We were all togged out in our best clothes.* 我们都穿上了最漂亮的衣服。
◆ be/get + v + adv

toil /tɔɪl/

ˌtoil aˈway (at sth) to work extremely hard at sth difficult or boring 辛苦地做（困难或乏味的事）: *He toiled away at his homework all the evening.* 他一晚上都在费劲地做作业。
◆ v + adv

tone /təʊn; *AmE* toʊn/

ˌtone sth ˈdown **1** to make sth such as a speech, an opinion, etc. less offensive, critical or unkind than it was originally 降低（语气、调子等）；使（讲话、意见等）缓和；使温和: *He had to tone down his article before it was published.* 他得在文章发表前把措辞改缓和一些。 **2** to make sth, especially your clothes, less bright and noticeable 使（衣服等）暗淡些；使不太艳丽；使不太扎眼: *She toned down her style of dress when she started her new job.* 她干上新工作后穿得庄重了些。 **3** to make a colour less bright 使（颜色）柔和: *We toned down the yellow paint with a little white.* 我们掺了一点白色，使黄漆显得柔和些。◇ *Petra used powder to tone down her rosy cheeks.* 佩特拉在红红的面颊上搽了些粉遮盖一下。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

ˌtone ˈin (with sth) (*BrE*) to match or fit with the colour or style of sth else （与…）相配，协调: *The cushions tone in well with the carpet.* 这些垫子和地毯的颜色很协调。◇ *The new bridge doesn't tone in with the buildings around it.* 新桥和周围的建筑物不协调。
◆ v + adv

ˌtone ˈup; ˌtone sth ˈup to make your muscles or a part of your body firmer, stronger, and healthier 使（肌肉或身体）更结实；使更强壮；使更健康: *It's time I toned up and slimmed down.* 我应该把身体练得更壮更瘦。◇ *This exercise will tone up your stomach muscles.* 这项运动有助于增强腹肌。
OBJ **body, muscles**
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

tool /tuːl/

ˌtool aˈround; ˌtool aˈround sth (*AmE*) to drive a car around an area 驾车兜风；开车闲逛: *We tooled around Canada in his VW van.* 我们开着他的大众牌面包车在加拿大兜了一圈。
◆ v + adv ◆ v + prep

ˌtool ˈup; ˌtool sth ˈup (for sth/to do sth) (*BrE, technical*) to get or provide sb/sth with the equipment, machines, etc. necessary to do or produce sth 获得（或提供）必要的设备；给…配置装备: *It took several months to tool up to produce the new model.* 配置生产新型产品的设备用了几个月的时间。◇ *A new plant in Scotland is being tooled up to produce these screws.* 苏格兰的一家新工厂正在购置生产这些螺钉的设备。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
▶ **ˌtooled ˈup** *adj* **1** having the equipment necessary for a particular job （做某项工作）设备齐全的；全套装备的: *The factory is not tooled up to do this particular job.* 工厂设备不全，没法干这个活儿。 **2** (*BrE, slang*) carrying a gun 佩带枪支的

top /tɒp; *AmE* tɑːp/ (-pp-)

ˌtop sth ˈoff (with sth) to complete sth in a successful or pleasant way, especially by adding one final thing （以…）圆满结束；（用…）完成: *Jane was wearing a very colourful outfit, topped off with a dramatic hat.* 简穿了一身色彩鲜艳的套装，头戴一顶引人注目的帽子，十分好看。
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌtop ˈout (at sth) to stop increasing after reaching a high level 达到顶点；到最高点: *Your annual salary will top out at seventy thousand dollars.* 你的年薪最高是七万元。
◆ v + adv

ˌtop sb ˈup (*BrE*) to fill sb's glass or cup by adding some more liquid 给某人的杯子斟满；满上某人的杯子；给某人续满杯: *Can I top you up?* 给你把杯子加满好吗？
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈtop-up** *n* (*BrE*) an amount of liquid that you add to some already in a glass, cup or other container （斟满容器的）添加液体: *Can I give you a top-up?* 给你把杯子加满好吗？

ˌtop sth ˈup (*especially BrE*) **1** (with sth) to add some more liquid to some already in a glass, cup or other container in order to fill it 斟满，注满，装满（未满的容器）: *Can I top your glass up?* 给你把杯子加满好吗？◇ *We should top the car up with oil before we set off.* 我们出发前应该给车子加满汽油。 OBJ **glass, cup** **2** to increase the amount of sth to the level you want or need 补足（数额等）；将…增加到所需的量: *She relies on tips to top up her wages.* 她靠小费补贴工资收入。◇ *I need to top up my mobile* (= pay money in advance to be able to make mobile phone/cellphone calls). 我得给手机充值了。 OBJ **income, pension**
◆ v + adv + n ◆ v + n/pron + adv
▶ **ˈtop-up** *n* (*BrE*) a sum of money, etc. that is added to what you already have in order to increase it to the amount that you need 补助；津贴；注资；充值；追加资金: *a salary top-up* 工资外的补贴◇ *a top-up loan* 追加的贷款◇ *university top-up fees* (= fees that are above

the basic level) 加收的大学学费◇ *a top-up card* (= a card that you buy for a mobile phone/ cellphone which enables you to make calls to the value of the card) 手机充值卡

topple /ˈtɒpl; *AmE* ˈtɑːpl/

ˌtopple ˈover to become unsteady and fall over 倾斜翻倒；倒下：*The vase wobbled and then toppled over.* 花瓶摇晃了几下就倒了。➲ note at FALL DOWN
• v + adv

toss /tɒs; *AmE* tɔːs/

ˌtoss sth aˈround (*also* **ˌtoss sth aˈbout** *especially BrE*) to discuss ideas in a casual or general way 漫不经心地讨论；对…泛泛而谈：*We sat and tossed around a few suggestions.* 我们坐着随意讨论了几项提议。◇ *This is a problem that has been tossed around for more than a century.* 这个问题议而未决已有一个多世纪了。
SYN **throw sth around**
• v + n/pron + adv • v + adv + n

ˌtoss sth aˈside 1 to put sth quickly to one side because you are angry or in a hurry （因生气或匆忙）把…丢到一边：*He tossed aside the newspaper angrily and stood up.* 他生气地把报纸往旁边一扔，站起身来。◇ (*figurative*) *When he's bored with people he just tosses them aside.* 他要是对别人感到厌烦了就把他们晾在一边。
SYN **cast sth aside** (*formal*); **throw sth aside 2** to reject sth such as an attitude, an idea, a way of life, etc. 拒绝接受，摒弃，排除（态度、想法、生活方式等）：*The idea of buying a new car was quickly tossed aside.* 买新车的念头很快就被抛到一边。 SYN **cast sth aside** (*formal*); **throw sth aside**
• v + n/pron + adv • v + adv + n

ˌtoss sth aˈway to throw sth away carelessly （随意）扔掉，丢掉：*She finished her drink and tossed the can away.* 她喝完饮料就随手把罐子扔了。◇ (*figurative*) *He's tossed away so many opportunities.* 他丢掉了这么多机会。
• v + adv + n • v + n/pron + adv

ˌtoss sth ˈback 1 (*also* **ˌtoss sth ˈdown** *less frequent*) to drink sth very quickly, especially alcohol 很快喝下（尤指酒）；灌下：*She tossed back glass after glass of champagne.* 她一杯接一杯地灌香槟酒。◇ *He tossed back the rest of his drink and walked out.* 他把残酒一饮而尽，然后走了出去。 OBJ **drink, whisky, wine, etc. 2** to move sth, especially your head, quickly backwards, especially when you are angry or impatient （表示不高兴或不耐烦）朝后仰起，扬起（头）：*Sam tossed back his head in defiance.* 萨姆轻蔑地扬起头。◇ *She tossed back her hair and smiled.* 她向后甩了甩头发，笑了。 OBJ **hair, head**
• v + adv + n • v + n/pron + adv

ˈtoss for sth; ˈtoss sb for sth (*especially BrE*) (*BrE also* **ˌtoss ˈup (for sth)**) (*AmE also* **ˈflip for sth, ˈflip sb for sth**) to make a decision about sth by spinning a coin in the air and seeing which side is on top when it lands （给某人）掷硬币决定：*We can't both go, so why don't we toss for it?* 既然咱俩不能都去，为什么不投硬币决定去留呢？◇ *There's only one ticket left—I'll toss you for it.* 只剩一张票——我和你掷硬币决定给谁。
• v + prep • v + n/pron + prep

ˌtoss ˈoff; ˌtoss sb ˈoff; ˌtoss yourself ˈoff (*BrE*, ⚠, *slang*) to give yourself sexual pleasure by rubbing your sex organs; to give sb else sexual pleasure in this way （对某人）行手淫
• v + adv • v + n/pron + adv • v + adv + n

ˌtoss sth ˈoff (*especially BrE*) to do sth quickly, easily and often with little care or effort （粗枝大叶或不费力气地）很快做好；轻而易举地完成：*He tossed this novel off in two months.* 他用了两个月就把小说轻松写完了。
• v + n/pron + adv • v + adv + n

ˌtoss ˈup (for sth): (*BrE*) *They tossed up for the best seat.* 他们掷硬币决定谁坐最好的位子。→ TOSS FOR STH, TOSS SB FOR STH
• v + adv
▶ **ˈtoss-up** *n* [sing.] (*informal*) a situation where it is difficult to decide between two things, or where there are two possible results 进退两难的局面；难以定夺的事：*It was a toss-up between spending the night in the van and walking ten miles for help.* 在客货车里睡一晚还是走上十英里求援，实在是不好选择。

tot /tɒt; *AmE* tɑːt/ (-tt-)

ˌtot sth ˈup (*informal, especially BrE*) to add together several numbers or amounts in order to get a total 把…加起来；计算…的总和：*Can you tot up how much I owe you?* 你能算一下我总共欠你多少钱吗？
OBJ **figures, the number of sth** SYN **add sth up**
• v + adv + n • v + pron + adv • v + n + adv (*less frequent*)

total /ˈtəʊtl; *AmE* ˈtoʊtl/ (-ll-, *AmE also* -l-)

ˌtotal ˈup (to sth) to reach a particular total 总数达到；总共是：*The costs total up to over a million.* 费用总计超过一百万。
• v + adv

ˌtotal sth ˈup to add amounts together to get a total 把…加起来；计算…的总和：*Let's total up what we've spent.* 咱们算一算总共花了多少钱。
• v + adv + n • v + n/pron + adv

touch /tʌtʃ/

ˌtouch ˈdown 1 (of a plane, a spacecraft, etc. 飞机、航天器等) to land 着陆；降落：*The plane touched down safely.* 飞机安全降落。◇ (*figurative*) *A tornado touched down in Colorado.* 一股龙卷风在科罗拉多登陆。 SUBJ **plane, aircraft, helicopter** SYN **land** OPP **take off** ➲ note at COME DOWN **2** (in rugby 英式橄榄球) to score points by putting the ball on the ground behind the other team's goal line （在对方球门线后）持球触地得分，底线得分：*Williams touched down in the first few minutes of*

the game. 威廉斯在比赛刚开始几分钟就持球触地得分。
◆ v + adv
▶ 'touchdown *n* **1** the moment when a plane or a spacecraft lands （飞机或航天器的）着陆，降落 **2** (in rugby 英式橄榄球) an act of scoring points by touching down （在对方球门线后的）持球触地得分，底线得分 **3** (in American football 美式橄榄球) an act of scoring points by crossing the other team's goal line while carrying the ball, or receiving the ball when you have crossed it 持球越过对方球门线得分；越过对方球门线接球得分

'touch sb for sth (*BrE, informal*) to persuade sb to give or lend you money 向…讨要，劝…借出（钱）: *He tried to touch me for twenty pounds.* 他想让我给他二十英镑。
◆ v + n/pron + prep

,touch sth 'off to make sth begin, especially an explosion or a violent or difficult situation 触发，激起，引发（爆炸、暴力或困难局面）: *The explosion was touched off by a single spark.* 爆炸是由一个火星引起的。◇ *His arrest touched off a riot.* 他被逮捕触发了一场暴乱。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

'touch on/upon sth to mention or deal briefly with a topic, a problem, etc. （简略地）论及，谈及，提及: *He touched on the need for increased funding.* 他提到有必要增加资金。◇ *Some of these issues were touched on in Chapter 7.* 这些问题有的曾在第 7 章谈过。
OBJ **subject, point, issue**
◆ v + prep

,touch sb 'up (*BrE, informal*) to touch sb in an unpleasant sexual way （猥亵地）触摸
◆ v + adv + n ◆ v + n/pron + adv

,touch sth 'up to improve sth by making small changes or additions （稍加）修饰，润色，修改，增补: *He had to touch up the paintwork to cover the scratches.* 他只好稍稍涂了点漆，把漆面上的划痕遮盖上。◇ *The photo had been touched up.* 照片被修饰过。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

'touch upon sth → TOUCH ON/UPON STH

tough /tʌf/

,tough sth 'out to stay firm and determined in a difficult situation 坚持；熬过: *He decided not to resign, but to stay and* ***tough it out.*** 他决定不辞职，而是留下来撑到底。
SYN **gut it out** (*AmE, informal*)
◆ v + n + adv ◆ v + pron + adv ◆ v + adv + n (*less frequent*)

toughen /'tʌfn/

,toughen 'up; ,toughen sb 'up to become stronger and better able to deal with difficult situations; to make sb stronger in this way （使）变健壮，变顽强，变坚韧: *He had toughened up during military service.* 他服役期间变得坚强起来。◇ *His parents sent him away to boarding school to toughen him up.* 父母把他送到寄宿学校经受磨炼。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

,toughen sth 'up to make sth such as a law or a rule more strict 加强，强化（法律、规定等）: *The legislation on this trade needs to be toughened up.* 这一行业的法规需要更加严格。
◆ v + adv + n ◆ v + n/pron + adv

tout /taʊt/

,tout sth a'round; ,tout sth a'round sth (*BrE also* **,tout sth 'round, ,tout sth 'round sth**) to take sth to many different places or companies in the hope of selling it 兜售；兜销: *He's been touting his novel around publishers for years.* 他几年来一直到处找出版商兜售自己的小说。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

'tout for sth (*especially BrE*) to try to get business, work, etc. by asking people directly 招徕，招揽，兜揽（生意、工作等）: *cab drivers touting for business at the airport* 在机场拉客的出租车司机
OBJ **business, trade, custom**
◆ v + prep

tow /təʊ; *AmE* toʊ/

,tow sth a'way (from sth) to remove sth, especially a vehicle, from a place, by pulling it behind another one 拖走，拉走（尤指车辆）: *They'll tow your car away if you park it here.* 你要是在这里停车会被拖走。
◆ v + n/pron + adv ◆ v + adv + n

towel /'taʊəl/ (-ll-, *AmE* -l-)

,towel 'off (*AmE*) to dry your body with a towel after a shower, swim, etc. 用毛巾擦干（身体）: *OK, kids, time to get out of the pool and towel off.* 好了，孩子们，到时间了，从游泳池出来用毛巾揩干身体。
◆ v + adv

tower /'taʊə(r)/

,tower a'bove/'over sb/sth **1** to be much higher or taller than other things or people that are near 高于，超过（周边的人或物）: *The new offices tower above the rest of the town.* 新的办公楼耸立于城中。◇ *Amy towers over her mother.* 埃米个子比母亲高一大截。 **2** to be much better, more famous, etc. than other people or things 比（其他人或事物）优越；胜过: *He towers above all other poets of his generation.* 他在同时代诗人中出类拔萃。
◆ v + prep

toy /tɔɪ/

'toy with sth **1** to consider sth but not very seriously or for very long 漫不经心地想；不太认真地考虑；把…当作儿戏: *He had toyed with the idea of living in Germany.* 他曾经动过定居德国的念头。 OBJ **the idea of** **2** to play with

sth; to move sth around carelessly without really thinking about it 戏弄；摆弄：*Stop toying with your food!* 别瞎拨弄食物！◇ (*figurative*) *He accused the young man of toying with his daughter's affections.* 他指责那个年轻人玩弄他女儿的感情。◇ *The possibility had been toyed with but rejected.* 这种可能性曾经想到过，但被排除了。

SYN **dally with sth/sb**

◆ v + prep

trace /treɪs/

ˌtrace sth ˈback (to sth) to find the origin or cause of sth by following evidence backwards from the present time 探究事物的本源；追溯（到…）：*Many different childhood illnesses can be traced back to certain foods.* 众多儿童疾病的起因都可溯源到某种食物。◇ *Boston has a large population that traces its roots back to Ireland.* 波士顿有大量人口祖籍在爱尔兰。◇*She can trace her family back as far as the 13th century.* 她能把自己的家族上溯到久远的13世纪。

OBJ **roots, origins, history**

◆ v + n/pron + adv ◆ v + adv + n

ˌtrace sth ˈout to draw a shape or a mark clearly （清晰地）勾画，标出：*I traced out our route on the map.* 我在地图上描出我们的路线。◇ (*figurative*) *She traced out how working patterns had changed in the last 50 years.* 她勾勒了在过去50年间工作模式的变迁。

◆ v + n/pron + adv ◆ v + adv + n

track /træk/

ˌtrack sb/sth ˈdown (to sth) to find sb/sth after a long and difficult search （在某处）搜寻到，追踪到，追查到：*We finally tracked Sam down to his parents' house.* 我们终于在他父母家中找到了萨姆。◇ *It has taken ten years to track down the wreckage of the plane.* 用了十年时间才搜寻到飞机的残骸。

◆ v + n/pron + adv ◆ v + adv + n

trade /treɪd/

ˌtrade ˈdown (to sth) **1** to spend less money on things than you used to 降低消费：*People are trading down and buying cheaper food.* 人们都减少开销，购买廉价食品。 **2** to sell sth large or expensive and buy sth smaller or less expensive 卖好买次；卖大买小；卖高价的买低价的：*They traded down to a house with fewer bedrooms.* 他们卖掉房子，买了个卧室少些的。

OPP **trade up (to sth)**

◆ v + adv

ˌtrade sth ˈin (for sth) to give sth that you have used to sb you are buying sth new from as part of your payment 以旧换新；折价贴换：*He traded his motorbike in for a new van.* 他把摩托车折价卖掉，添钱买了辆新客货车。

◆ v + n/pron + adv ◆ v + adv + n

▶ **ˈtrade-in** *n* a method of buying sth by giving a used item as part of the payment for a new one; the used item that you give 以旧换新；折价贴换；折价旧物：*the trade-in value of a car* 一辆车的折价价值◇ *Do you have a trade-in?* 你有折价贴换的东西吗？

ˌtrade sth ˈoff (against sth) to balance two things or situations that are opposed to each other 权衡；平衡；调和：*The government were attempting to trade off inflation against unemployment.* 政府力求在通货膨胀和失业之间取得平衡。◇ *They were willing to trade off information to keep the hostages alive.* 为了保住人质性命，他们愿意交出信息。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

▶ **ˈtrade-off (between sth and sth)** *n* the act of balancing two things that you need or want but which are opposed to each other （在需要而又对立的两者间的）权衡，平衡，协调：*a trade-off between inflation and unemployment* 通货膨胀和失业之间的平衡◇ *There is a trade-off between the benefits of the drug and the risk of side effects.* 药物的疗效和副作用风险之间的矛盾需要调和。

ˈtrade on sth (*also* **ˈtrade upon sth** *more formal*, *less frequent*) (*disapproving*) to unfairly make use of sth for your own advantage 利用…（谋私利）：*He traded on his father's name to get himself a job.* 他倚仗父亲的名望为自己谋了份差事。

SYN **exploit sth**

◆ v + prep

ˌtrade ˈup (to sth) to sell sth small or not expensive in order to buy sth larger or more expensive 卖次买好；卖小买大；卖低价的买高价的：*He traded up to a larger car.* 他卖掉了汽车，买了辆更大的。

OPP **trade down (to sth)**

◆ v + adv

ˈtrade upon sth → TRADE ON STH

traffic /ˈtræfɪk/ (-ck-)

ˈtraffic in sth to buy and sell sth, especially drugs or weapons, illegally （非法）进行…交易，做…买卖：*He was accused of trafficking in stolen works of art.* 他被控买卖以偷盗手段获得的艺术品。

OBJ **drugs, weapons**

◆ v + prep

trail /treɪl/

ˌtrail aˈway/ˈoff if sb's speech **trails away/off**, it gradually becomes quieter and then stops （话语）逐渐减弱到停止，逐渐消失：*Mark's voice trailed away to a whisper.* 马克的声音越来越低，最后听不到了。◇ *'I only hope ...' She trailed off.* "我只希望…"她的声音渐渐低了下去。 **SUBJ** **voice**

◆ v + adv

train /treɪn/

ˈtrain sth on/upon sb/sth (*formal*) to point sth such as a gun, a camera, a light, etc. at sb/sth 把（枪口）瞄准；把（相机）对准；把（灯光）指向：*The police marksmen trained their weapons on the building.* 警方的神枪手用

武器瞄准那座楼房。◇ *She trained the camera on the bride.* 她把照相机对准了新娘。◇ *He kept his eyes trained on the road ahead.* 他的眼睛一直盯着前方的路。

OBJ **gun, camera, eyes**

◆ v + n/pron + prep

ˌtrain sb ˈup to make sb ready to do a job or an activity by teaching them the skills they need 培养；训练：*We need to train up extra staff for Christmas.* 我们得培训额外职员，为圣诞节作准备。

◆ v + adv + n ◆ v + n/pron + adv

traipse /treɪps/

ˌtraipse aˈround; ˌtraipse aˈround sth (*BrE also* **ˌtraipse ˈround, ˌtraipse ˈround sth**) (*informal*) to walk from place to place slowly because you are tired and unwilling 疲惫地到处走；拖着脚步走：*I've been traipsing around all day with Jenny trying to buy a coat for her.* 我一整天都疲乏地陪着珍妮四处转悠，想给她买件外套。◇ *We spent the afternoon traipsing around the town.* 我们拖着疲惫的身子在城里转了一下午。

◆ v + adv ◆ v + prep

trample /ˈtræmpl/

ˈtrample on/over sb/sth to ignore sb's feelings or rights and treat them as if they are not important 践踏，蹂躏，摧残（情感、权利等）：*The government is trampling on the views of ordinary people.* 政府在践踏民意。◇ *Don't let Jack **trample all over** you!* 不要让杰克肆意伤害你！

◆ v + prep

trawl /trɔːl/

ˌtrawl ˈthrough sth (for sth/sb) to search through a large amount of information or a large number of people, places, etc., looking for a particular thing or person 在…中搜找；搜寻；查阅：*The police are trawling through their files for similar cases.* 警方正在档案中搜寻类似的案例。 ➲ note at SEARCH FOR SB/STH

◆ v + prep

treat /triːt/

ˈtreat sb to sth to entertain sb with sth special 用…招待；以…款待：*Visitors will be treated to a spectacular show.* 届时会让参观者观看一场精彩绝伦的演出。◇ *We were treated to* (= we had to suffer) *a two-hour lecture.* 我们不得不忍受折磨，听了两小时的讲座。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

trespass /ˈtrespəs/

ˈtrespass on sth (*formal*) to make unfair use of sb's time, help, etc. 占用，滥用（某人的时间、帮助等）；侵害：*I mustn't trespass on your time any longer.* 我不能再占用你的时间了。

SYN **encroach on sth**

◆ v + prep

trick /trɪk/

ˌtrick sb ˈinto sth; ˌtrick sb ˈinto doing sth to manage to get sb to do sth by tricking them 诱使某人做某事：*She felt she'd been tricked into marriage.* 她觉得自己结婚是上当受骗了。◇ *He tricked me into lending him £100.* 他骗我借给了他 100 英镑。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + prep

ˌtrick sb ˈout of sth to take sth away from sb by tricking them 从某人处骗取某物：*An 80-year old woman was tricked out of her life savings.* 一位 80 岁老妇一辈子的积蓄都被骗走了。

◆ v + n/pron + adv + prep

trickle /ˈtrɪkl/

ˌtrickle ˈdown (especially of money 尤指钱财) to spread from rich to poor people through the economic system of a country （经国家经济体制由富人向穷人）滴流，涓滴：*If the wealthy pay less tax, the benefits should trickle down to poorer people.* 如果富人减少纳税，应可通过涓滴效应惠及贫困阶层。

◆ v + adv

▸ **ˈtrickle-down** *n* [U] the theory that if the richest people in society become richer this will have a good effect on poorer people as well, for example by creating more jobs 涓滴论，垂滴说（富者愈富应能惠及贫者，如创造更多就业机会）：*the trickle-down effect* 涓滴效应

trifle /ˈtraɪfl/

ˈtrifle with sb/sth (*used especially in negative sentences* 尤用于否定句) to treat sb/sth without respect as if they are not very important 怠慢；轻视；小看：*He is not a man to be trifled with.* 他这个人小觑不得。◇ *He was a man who trifled with women's affections.* 他是个玩弄女性感情的人。

◆ v + prep

trigger /ˈtrɪɡə(r)/

ˌtrigger sth ˈoff to make sth happen suddenly 使爆发；引发；促发；激发：*Nuts can trigger off a violent allergic reaction.* 坚果会引起严重的过敏反应。

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

trim /trɪm/ (-mm-)

ˌtrim sth aˈway/ˈoff to cut off a small part of sth because it is not needed 切去，修剪（不需要的部分）：*My hair is too long now. Can you trim off about two centimetres?* 我的头发太长了。你给我剪掉大约两厘米好吗？

◆ v + adv + n ◆ v + n/pron + adv

ˌtrim ˈdown; ˌtrim sth ˈdown to become, or to make sth, smaller in size 减少；缩减：*He's trimmed down from 90 kilos to 70.* 他的体重从

90 公斤减到了 70 公斤。◇ *The movie was trimmed down to two and a half hours.* 电影经过剪辑时长减为两个半小时。

SYN **slim down; slim down, slim sth down**

◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

trip /trɪp/ (-pp-)

ˌtrip ˈout 1 (of an electrical device, system, etc.) to stop working because the electricity stops flowing（电器、电气系统等）停机，跳闸: *The device can operate at low temperatures without tripping out.* 此装置可在低温下运行，不会断电停机。 **2** (*informal*) to be under the influence of a drug that makes you see, hear, etc. things that are not real（因药物作用）出现幻觉（或幻听等） **3** (*informal*) to feel amazed or excited by sth, especially sth you have not seen or done before（尤指因初次体验）感到惊奇，觉得激动: *The first time I saw the ocean I totally tripped out.* 初次看到大海令我备受震撼。 **4** (*AmE, informal*) to get very angry 勃然大怒；大发雷霆: *I'm sorry I tripped out that night. I shouldn't have gotten mad at you.* 很抱歉，那天晚上我发脾气了。我不该对你发火的。

◆ v + adv

ˌtrip sb ˈout (*AmE, informal*) **1** to make sb laugh 使大笑；使开怀: *That movie really tripped me out.* 那部电影让我捧腹大笑。 **2** to make sb feel surprised, shocked, or nervous 使意外；使震惊；使紧张: *Girl, you're tripping me out! Are you OK?* 小姑娘，你吓了我一跳！你没事吧？◇ *I think it **tripped him out** that our family was so close.* 我想我们家庭这么和睦让他大为吃惊。

◆ v + adv + n ◆ v + n/pron + adv

ˌtrip ˈover; ˌtrip ˈover sb/sth to fall or almost fall because you have accidentally hit your foot against sth while you are walking or running 绊倒；绊趔趄: *I tripped over the rug and fell heavily.* 我给小地毯绊了一下，重重地摔了个跟头。◇ *He kept tripping over.* 他不断地绊倒。◇ (*figurative*) *He tripped over his words in his excitement.* 他激动得语无伦次。

◆ v + adv ◆ v + prep

ˌtrip ˈup; ˌtrip sb ˈup 1 (*especially BrE*) to fall or almost fall because you have accidentally hit your foot against sth while walking or running; to make sb fall or almost fall by catching their foot while they are walking or running （将某人）绊倒；（使）跌倒，失足: *I tripped up as I ran across the room.* 我跑过房间时绊倒了。◇ *She tripped him up with her stick.* 她用拐杖把他绊了一跤。 **2** to make a mistake; to deliberately make sb do this （故意使）犯错误，出差错: *I knew I had to think carefully in the interview or I might trip up.* 我知道面试时我必须思路清晰，否则就会出错。◇ *She was trying to trip me up with her questions.* 她试图把我问倒。

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

trot /trɒt; *AmE* trɑːt/ (-tt-)

ˌtrot ˈoff to go somewhere, walking quite quickly 快步走，小跑（去某处）: *She trotted off to school happily with her new lunch box.* 她带着新午饭盒高高兴兴地跑去上学了。

◆ v + adv

ˌtrot sth ˈout (*informal, disapproving*) to say or repeat sth such as an excuse, an explanation, etc. without thinking about it or being sincere about it 随口说出，假意重提（惯用的托词、解释等）: *The airline trotted out the same old excuses to explain the delays.* 航空公司又用那老一套的借口来解释延误。◇ *He's just trotting out the party line again* (= in politics). 他又老调重弹重提该党的方针。

◆ v + adv + n ◆ v + pron + adv (*less frequent*)

trump /trʌmp/

ˌtrump sth ˈup to make up a false story about sb/sth, especially accusing them of doing sth wrong 捏造（罪名）；编造（谣言）；制造（借口）: *Several of his colleagues trumped up a complaint to get him removed from the job.* 他的几位同事诬陷他，使他丢掉了工作。◇ *She was arrested on **trumped-up charges**.* 她因受诬告被捕。

OBJ **charge(s)**

◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

trundle /ˈtrʌndl/

ˌtrundle sth ˈout (*disapproving, especially BrE*) to mention sb/sth or do sth that you have often mentioned or done before 重提（旧事）；重弹（老调）；重施（故伎）: *The government trundled out the same old clichés to justify their actions.* 政府搬出一堆老掉牙的理由为自己的做法辩护。

◆ v + adv + n ◆ v + n/pron + adv

truss /trʌs/

ˌtruss sb/sth ˈup (*old-fashioned*) to tie a person or an animal up very tightly so that they cannot move or escape 将（人或动物）捆紧；绑牢: *The victims had been trussed up with rope and beaten.* 受害者被人用绳子捆绑起来进行殴打。

NOTE Often used in the passive. 常用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n

trust /trʌst/

ˈtrust in sb/sth (*formal*) to have confidence in sb/sth; to rely on sb completely 相信；信任；信赖: *I was scared before the operation, but I trusted in the skill of the doctors.* 手术前我很害怕，但我相信医生的医术。◇ *He urged them to trust in God.* 他力劝他们相信上帝。

OBJ **God**

◆ v + prep

ˈtrust to sb/sth to leave the result or progress of events to be decided by luck, chance, etc., because there is nothing or no one else to

help you 依靠，倚赖，倚仗（运气、机会等）：*I stumbled along in the dark, **trusting to luck** to find the right door.* 我摸黑跌跌撞撞地往前走，全凭运气去找对门。
OBJ **luck**
◆ v + prep

'trust sb with sb/sth to give sb/sth to a person to take care of because you believe they will be careful with them/it 把…委托给…照管；托付；托交：*Would you trust her with the children?* 你把孩子们交给她照看好吗？◇ *I'd trust him with my life.* 他是我可以托付终身的人。
◆ v + n/pron + prep

try /traɪ/ (tries, trying, tried)

,try 'back; ,try sb 'back (*AmE*) to telephone sb again when you have already telephoned them but have not managed to speak to them （因未通上话）再打电话（给某人）：*Can you try back later?* 你过会儿再打过来好吗？◇ *She's not there. I'll have to try her back after lunch.* 她不在。我只好等午饭过后再给她打电话。
SYN **phone back, phone sb back** (*especially BrE*), **call back, call sb back**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

'try for sth (*especially BrE*) to make an attempt to get or win sth 试图获得；力争赢得：*Are you going to try for that job?* 你打算争取那份工作吗？◇ *They've been trying for a baby* (= the woman has been trying to become pregnant). 他们一直想怀上个孩子。
OBJ **a baby**
◆ v + prep

,try it 'on (with sb) (*informal, disapproving, especially BrE*) to behave badly towards sb or try to get sth from them just to see what you can do before they become angry or stop you 摸（某人的）脾气；探底细；探虚实：*The kids sometimes try it on with a new babysitter.* 孩子们有时会摸摸新保姆的脾气。
◆ v + it + adv
▶ **'try-on** *n* (*BrE*) an act of trying to behave badly and hoping that no one will stop you （对别人脾气的）摸底，试探

🔑 **,try sth 'on** to put on a piece of clothing to see if it fits and how it looks 试穿（衣物）：*Can I try on the blue one?* 我能试试那件蓝色的吗？◇ *If you like it, why don't you try it on?* 你要是喜欢为什么不试穿一下呢？
◆ v + adv + n ◆ v + n/pron + adv

,try 'out (for sth) (*especially AmE*) to compete for a place in a sports team, a part in a play, etc. 参加（…的）选拔；参加（…的）试演：*He tried out for the school band.* 他参加了学校乐队的遴选。◇ *It's a pretty good team. I think I'll try out.* 那个队很不错。我想去参加选拔。
◆ v + adv
▶ **'tryout** *n* (*AmE*) a test, etc. to choose players for a team, actors for a play, etc. 选拔；试演：*The team is holding tryouts this Thursday.* 该队将于本周四进行选拔。◇ *Did you have a tryout for the school play?* 你参加学校戏剧演员遴选了吗？

🔑 **,try sb/sth 'out (on sb)** to test sb/sth to see how good and useful they are or how suitable for a particular task or purpose before you decide to use them/it 试用；试验；测试：*We've been trying out some new musicians for our band.* 我们一直在为我们的乐队试找一些新乐手。◇ *He couldn't wait to try out his new invention.* 他迫不及待地想试验一下自己的新发明。◇ *I've got an idea I'd like to try out on you.* 我有个设想，想在你身上试验一下。◇ *The drug has not been tried out on humans yet.* 这种药尚未进行人体临床试验。
SYN **test sth out (on sb/sth)**
◆ v + n/pron + adv ◆ v + adv + n
▶ **'tryout** *n* an act of testing how good or suitable sb/sth is before you decide to use them/it 试用；试验；测试：*The play had an out-of-town tryout in Oxford.* 该剧在牛津进行了跨区预演。

tuck /tʌk/

,tuck sth a'way 1 be ,tucked a'way to be in a quiet or hidden place where not many people go 位于，坐落在（僻静之处）：*The house is tucked away right at the end of a rough track.* 房子就坐落在一条崎岖小路的尽头。 SYN **hide sth away** NOTE **Be tucked away** is usually followed by a phrase with a preposition * be tucked away 通常后接介词短语：*The cafe was tucked away in the basement.* 小餐馆设在地下室。 **2 (in sth)** to put sth in a safe place, especially sth valuable 把（珍贵物品等）收藏起来（存放在妥善之处）：*She tucked the photos away in her wallet.* 她把那些照片收藏在皮夹子里。◇ *We've got some money tucked away for emergencies.* 我们存了些钱，以备急用。 SYN **stash sth away 3** (*BrE, informal*) to eat a lot of food 大吃；拼命吃；暴食：*He can certainly **tuck it away**!* 他真能吃！ SYN **put sth away**
◆ **1** be + v + adv
◆ **2,3** v + n/pron + adv ◆ v + adv + n

,tuck 'in; ,tuck 'into sth (*informal, especially BrE*) to eat food, especially quickly or with enthusiasm 酣畅淋漓地吃；狼吞虎咽地吃：*We tucked in hungrily.* 我们如饿虎扑食般大吃一通。◇ *He was tucking into a huge plateful of pasta.* 他在狼吞虎咽地吃一大盘意大利面。◇ *Tuck in, everybody!* 大家痛痛快快地吃吧！
SYN **dig in; dig into sth**
◆ v + adv ◆ v + prep

,tuck sb 'in/'up to cover sb, especially a child, comfortably in bed by pulling the covers around them 把（孩子等）的被褥掖好；给…盖好被子：*Will you come and tuck me in, Mummy?* 妈妈，来给我掖掖被子好吗？◇ *The children were all tucked up in bed by eight o'clock.* 孩子们到晚上八点钟就全给塞进被窝了。
◆ v + n/pron + adv ◆ v + adv + n

,tuck sth 'in; ,tuck sth 'into sth 1 to push or fold the loose end of a piece of clothing, a sheet, rope, hair, etc., in sth, to make it tidy or hold it in position 把（衣服、床单、绳

索、头发等）的松散末端收拢好；把…掖在…里：*Tom, tuck your shirt in!* 汤姆，掖好你的衬衣！◇ *Why don't you tuck your trousers into your socks?* 你为什么不把裤脚塞到袜子里呢？◇ *Tuck the flap of the envelope in.* 把信封的封盖折好。
OBJ **shirt 2** to pull a part of your body towards the centre 向内收，收缩（身体部位）：*Keep your chin tucked in.* 收拢下巴。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

ˌtuck sb ˈup → TUCK SB IN/UP

ˌtuck sth ˈup to move or put sth in a small space, especially to hide it or keep it safe or comfortable 将…收起；把…塞进（安全或舒适的狭小空间）：*She kicked off her shoes and tucked her feet up under her.* 她踢掉鞋子，盘起双腿。◇ *She sat with her legs tucked up under her.* 她盘腿坐着。
OBJ **legs, feet**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

tug /tʌg/ (-gg-)

ˈtug at sth to give sth a quick, strong pull 使劲拉；用力扯；猛拽：*Daniel tugged at my sleeve.* 丹尼尔拽了拽我的衣袖。
OBJ **sb's arm, sb's hair, sb's sleeve** SYN **pull at sth**
◆ v + prep

tumble /ˈtʌmbl/

ˌtumble ˈdown to fall suddenly to the ground in a dramatic way 突然倒塌；轰然坍塌：*One push and the wall came tumbling down.* 那堵墙一推就倒塌了。◇ *Her long dark hair tumbled down around her face.* 她那乌黑的长发垂在她的脸庞周围。◇ (*figurative*) *She felt herself tumbling down into the hole.* 她感觉自己掉进了洞里。
◆ v + adv
▸ **ˈtumbledown** *adj* [usually before noun] a **tumbledown** building is old and in a very bad condition, with parts falling down （建筑物）摇摇欲坠的，破烂不堪的：*He lived in a small, tumbledown hut.* 他住在一个逼仄破败的棚屋里。

ˌtumble ˈover to fall to the ground 倒下；落下：*She knocked the statue and it tumbled over.* 她碰到塑像上，塑像就翻倒了。
◆ v + adv

ˈtumble to sb/sth (*BrE, informal*) to suddenly realize, understand, or become aware of what sb/sth is really like 恍然大悟；顿悟；突然意识到：*I've tumbled to Isabel now.* 我现在突然看清了伊莎贝尔的为人。◇ *I've tumbled to what he is trying to do.* 我一下子看破了他的意图。
◆ v + prep

tune /tjuːn; *AmE* tuːn/

ˌtune ˈin (to sth), **ˌtune ˈinto sth 1** to turn on the radio or television in order to listen or watch a programme or channel 收听（广播节目）；收看（电视节目）：*We tuned in to watch the football.* 我们打开电视看了那场足球比赛。◇ *Tune into next week's exciting episode!* 下周剧集精彩，敬请收看！ **2** to be aware of, or understand other people's thoughts feelings or needs 明白，理解，体谅（他人的思想、感情或需要）：*You must tune into the needs of the people you love.* 你必须体察你所爱的人的需要。
◆ v + adv ◆ v + prep

ˌtune sth ˈin 1 to adjust the controls on a radio or television so that you can hear or see a programme or channel clearly 给（收音机或电视）微调；调…的频道：*The radio isn't properly tuned in.* 收音机没有调好台。◇ *I keep the radio tuned in to the BBC.* 我把收音机调定在英国广播公司的频道。 **2** (*AmE*) to turn on the radio or television in order to listen to or watch a programme 收听（广播节目）；收看（电视节目）：*Tune in our TV special tonight at nine.* 今晚九点敬请收看我们的电视特别节目。
◆ v + adv + n ◆ v + n/pron + adv

be ˌtuned ˈin (to sth), **be ˌtuned ˈinto sth** to be aware of or understand sth, especially other people's feelings 明白，理解，体谅（尤指他人的感情）：*Parents should be tuned in to the needs of their child.* 父母应该理解孩子的需要。◇ *I'm tuned in to what I have to do.* 我知道我该做什么。
◆ be + v + adv ◆ be + v + prep

ˌtune ˈout; **ˌtune sb/sth ˈout** to stop listening to sb/sth; to ignore sb/sth （对…）不用心听，不予理睬，听而不闻：*When Lee started talking about her job, Tim just tuned out.* 当李开始谈她的工作时，蒂姆就走神了。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˈtune sth to sth to adjust the controls of a radio or television so that you can listen to or watch a particular programme 把（收音机或电视机）调到（某个频道）上：*All the TVs in the store were tuned to the same channel.* 店里所有的电视机都调在同一频道。
◆ v + n/pron + prep

ˌtune ˈup; **ˌtune sth ˈup** when musicians **tune up** or **tune up** their instruments, they adjust them so that they can play together （为乐器）调音，定弦：*We could hear the orchestra tuning up.* 我们听到管弦乐队在试音。◇ *The quartet tuned up and began to play.* 四重奏乐队调音之后就开始了演奏。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

turf /tɜːf; *AmE* tɜːrf/

ˌturf sb/sth ˈout; **ˌturf sb/sth ˈout of sth** (*also* **ˌturf sb ˈoff**, **ˌturf sb ˈoff sth**) (*BrE, informal*) to force sb/sth to leave a particular place or an organization 把…赶出，把…驱逐出（地点、组织等）：*We need to turf the governing party out.* 我们应该把执政党撵下台。◇ *Several families have been turfed out of their homes.* 有几户人家被逐出了家园。◇ *The boys should have been turfed off the bus.* 这些男孩早就应该被赶下公共汽车的。

SYN kick sb out, kick sb out of sth; throw sb/sth out, throw sb/sth out of sth
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
◆ v + n/pron + adv + prep ◆ v + n/pron + prep

,turf sth 'out (*BrE, informal*) to get rid of sth you do not want 丢弃，扔掉（不需要的东西）：*The shop is full of beautiful clothes that people have turfed out.* 这家商店里全是人们处理掉的漂亮衣服。
◆ v + adv + n ◆ v + n/pron + adv

turn /tɜːn; *AmE* tɜːrn/

,turn a'bout (*especially BrE*) to turn around quickly so as to face in the opposite direction 急向后转；飞快转身；回头：*She turned about and went into the kitchen.* 她一转身进了厨房。
→ see also TURN AROUND, ETC.
◆ v + adv
▶ **a,bout-'turn** *n* (*BrE*) **1** an act of turning around quickly so as to face in the opposite direction 向后转；急转身；回头：*He did a rapid about-turn when he saw me and went back inside.* 一见到我，他就连忙转身回到里面去了。**2** a complete change of opinion, plan or behaviour （观点、计划或行为的）彻底转变：*Hours later the management did an about-turn and agreed to our demands.* 几个小时后，资方彻底转变了态度，同意了我们的要求。◇ *a dramatic about-turn in government policy* 政府政策戏剧性的彻底改变
▶ **'turnabout** *n* [sing.] **1** an act of turning around quickly so as to face in the opposite direction 向后转；急转身；回头 **2** a sudden and complete change in attitude or opinion （态度或观点的）彻底转变；突变；变卦

,turn a'gainst sb/sth; ,turn sb a'gainst sb/sth to stop, or to make sb stop, being friendly towards sb; to stop, or to make sb stop, supporting sb/sth （使）与…反目成仇，不再支持：*Her old friends were turning against her.* 她的老朋友都跟她翻脸了。◇ *He's trying to turn his family against me.* 他试图让他的家人与我作对。◇ *What has made them turn against the government?* 是什么使他们转而反对政府了呢？
◆ v + prep ◆ v + n/pron + prep

,turn a'round (*BrE also* **,turn 'round**) if sb **turns around** and does sth, they do sth unexpectedly and often unfairly 突然变卦：*What will we do if he* ***turns around and*** *says it was all our fault?* 要是他突然反咬一口说全是我们的错，我们该怎么办呢？
◆ v + adv

🔑**,turn a'round; ,turn sb/sth a'round** (*BrE also* **,turn 'round, ,turn sb/sth 'round**) to move your head and shoulders or your whole body so that you face in the opposite direction; to make sb/sth change position in this way （使）翻身，转身，翻转：*She turned around to stare at the man behind her.* 她转身盯着后面的男子。◇ *He walked away without turning round.* 他头也不回地走了。◇ *I turned the bottle round to look at the label.* 我把瓶子转过来查看标签。◇ *The nurse turned him around to face the window.* 护士帮他转过身去面对着窗户。
→ see also TURN ABOUT
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)
▶ **'turnaround** (*BrE also* **'turnround**) *n* [usually sing.] **1** the amount of time it takes to unload a plane or ship at the end of a journey and load it ready for the next one （飞机或船只的）终点装卸时间 **2** the amount of time that it takes to do a piece of work that you have been given and return it （接活到交活之间的）周转期，时限 **3** a complete change in sb's opinion, plans, behaviour, etc. （观点、计划、行为等的）彻底转变

,turn a'round; ,turn sth a'round (*BrE also* **,turn 'round, ,turn sth 'round**) if a business or an economy **turns around**, or sb **turns it around**, it becomes successful after it has been unsuccessful （使企业或经济）好转，扭转，有起色：*The economy is slowly turning around.* 经济正缓慢复苏。◇ *His job is to turn the company around.* 他的任务是使公司扭亏为盈。
◆ v + n/pron + adv ◆ v + adv + n
▶ **'turnaround** (*BrE also* **'turnround**) *n* [C, usually sing.] a sudden improvement in a business, an economy, etc. （企业、经济等的）好转，转机，起色：*The predicted economic turnaround failed to happen.* 预期的经济复苏并未出现。

,turn sth a'round (*BrE also* **,turn sth 'round**) to deliberately understand sth that sb says in the wrong way, especially for your own advantage 故意误解，曲解，歪曲（某人的话）：*You turn everything I say around to make me look stupid.* 你成心曲解我的话，让我看上去像个傻瓜。
◆ v + n/pron + adv ◆ v + adv + n

,turn a'side to change direction and go to one side, especially in order to avoid sb/sth 转向一边；避开；让开：*He turned aside in embarrassment.* 他尴尬地转过脸去。
◆ v + adv

,turn sb/sth a'side to make sb/sth move to one side, especially in order to avoid sth difficult or dangerous 使转向一边；使躲开；使闪开：*As he bent to kiss her, she turned her head aside.* 他弯腰想去亲吻她，她把头扭了过去。◇ (*figurative*) *He cleverly turned all her questions aside* (= he did not answer them). 他巧妙地回避了她的所有提问。
◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

,turn a'way; ,turn sth a'way (from sb/sth) to move or to move your head in a different direction, often to avoid sth difficult or dangerous 转身，转头（以避开困难或危险）；转（头）：*Will turned away and walked out of the door.* 威尔掉头走出门去。◇ *He turned away from her with a sigh.* 他叹了口气，转身离开了她。◇ *Tina turned her head away and looked out of the window.* 蒂娜扭头望着窗外。

• v + adv • v + n/pron + adv • v + adv + n

ˌturn sb aˈway 1 (from sth) to refuse to allow sb to enter a place 不准某人进入；把某人拒之（于…）门外：*We had to turn hundreds of fans away from the game* (= because the place was full). 我们不得不把几百名球迷阻挡在赛场之外。**2** to refuse to help sb 拒绝帮助某人：*They had nowhere to stay so I couldn't just turn them away.* 他们无处投宿，所以我不能就这么把他们打发走。

• v + n/pron + adv • v + adv + n

ˌturn aˈway from sth; ˌturn sb aˈway from sth to stop, or to make sb stop, supporting sb/sth or being interested in sth（使）不再支持，对…失去兴趣：*Younger voters are turning away from the party.* 年轻选民渐渐不支持该党了。◇ *The recent scandals have turned many people away from politics.* 最近的丑闻使很多人不愿再过问政治。

• v + adv + prep • v + n/pron + adv + prep

ˌturn ˈback; ˌturn sb/sth ˈback to return in the direction that you have come from; to make sb/sth do this（使）原路返回，往回走：*The weather got so bad that we turned back.* 天气变得非常恶劣，我们不得不折返。◇ *We were turned back at the border.* 我们在边境被挡了回来。◇ (*figurative*) ***There'll be no turning back*** (= you can't change your mind) *once you sign the agreement.* 你一签订协议就不能反悔了。➲ note at COME BACK

• v + adv • v + n/pron + adv • v + adv + n

IDM **turn the ˈclock back** to return to a situation that existed in the past; to return to old-fashioned methods or ideas 倒退；复旧；开倒车：*This new law is an attempt to turn the clock back.* 这项新法律旨在恢复旧秩序。

ˌturn sth ˈback to fold sth back on itself 折转；翻开：*She straightened the bedclothes and turned back the top sheet.* 她整理了盖被，然后把床罩掀开。

• v + n/pron + adv • v + adv + n

ˌturn ˈdown (*rare*) if your mouth **turns down**, it forms a line with the ends curved downwards, because you are sad or annoyed（因悲伤或恼怒）撇嘴，闭紧嘴：*'Don't be cross with me,' she said, her mouth turning down at the corners.* "别生我的气。" 她说着撇了撇嘴角。**OPP turn up**

• v + adv

ˌturn sb/sth ˈdown to reject or refuse sb/sth 回绝；拒绝：*Why did Clare turn down your invitation?* 克莱尔为什么谢绝你的邀请？◇ *He asked her to marry him, but she turned him down.* 他向她求婚，但她回绝了。◇ *They turned down my offer of help.* 我提出帮忙，但他们没有理会。◇ *She turned the job down because it paid too little.* 她没有接受那份工作，因为薪水太少。◇ *My book was turned down by eight publishers.* 我的书稿被八家出版商拒之门外。

OBJ **offer, application, invitation, request, job, proposal** SYN **reject sb/sth**

• v + adv + n • v + n/pron + adv

ˌturn sth ˈdown 1 to adjust the controls on a piece of equipment in order to reduce the

SYNONYMS 同义词辨析

turn sb/sth down

refuse sb/sth • reject sb/sth • throw sth out • turn sb/sth down

These verbs all mean to say that you do not want sth that has been offered to you or that you will not give sb sth that they want. 这些动词都表示拒绝、拒收、拒给。

refuse sb/sth to say that you do not want sth that has been offered to you; to say that you will not give sb sth that they want or need 拒绝；回绝；拒给：*I politely refused their invitation.* 我婉言谢绝了他们的邀请。◇ *They refused him a visa.* 他们拒绝给予他签证。

reject sb/sth to refuse to accept or consider sth; to refuse to accept sb for a job, position, etc. 拒绝；抵制；不录用；拒绝接纳：*The proposal they put forward was firmly rejected.* 他们提出的议案遭到断然否决。◇ *I've been rejected by all the universities I applied to.* 我申请的所有大学都没有录取我。

throw sth out to decide not to accept a proposal, an idea, etc. 拒绝接受，否决（建议、想法等）：*All my suggestions for improvements were thrown out.* 我的所有改进提议均未被采纳。

turn sb/sth down to reject or refuse to consider an offer, a proposal, etc. or the person who makes it 回绝；拒绝：*Why did she turn down your invitation?* 她为什么回绝了你的邀请？◇ *He has been turned down for ten jobs so far.* 到目前为止，他已经十次求职遭拒了。◇ *He asked her to marry him but she turned him down.* 他向她求婚，但她没有答应。

WHICH WORD?

Refuse sth and **turn sb/sth down** imply a more polite or sympathetic attitude than **reject sb/sth** and **throw sth out**. 与 reject sb / sth 和 throw sth out 相比，refuse sth 和 turn sb / sth down 暗含较为礼貌或同情的态度。

PATTERNS AND COLLOCATIONS

- to refuse/reject/throw out/turn down **an application/a request**
- to refuse/reject/turn down an **invitation/offer**
- to reject/throw out/turn down an **proposal/suggestion**
- to **politely** refuse sth/turn sth down

amount of heat, noise, light, etc. produced 调低，关小（暖气、音量、灯光等）：*Turn that radio down, I can't sleep.* 把收音机音量调小点，我没法入睡。◇ *It's warmer today. I'll turn down the heating.* 今天暖和了些。我要把暖气热度调低些。◇ *She turned the lights down low.* 她把灯光调得暗了一些。OBJ **volume, heating, sound, television** OPP **turn sth up 2** to fold sth so that one part is covering another 折叠；揭开：*The corner of the page had been turned down.* 这一页的角被折了起来。◇ *He turned down the blankets and the children climbed into bed.* 他掀开毯子，孩子们爬上了床。
• v + n/pron + adv • v + adv + n
▶ **'downturn** *n* [C, usually sing.] a fall in economic activity or profits （经济的）衰退；（利润的）减少：*a downturn in sales* 销售额的下滑

,turn 'in (*old-fashioned, informal*) to go to bed 上床睡觉：*It's time for me to turn in.* 我该去睡觉了。
SYN **retire** (*formal*)
• v + adv

,turn 'in; ,turn sth 'in to place or fold sth so that it bends or faces towards the centre; to be placed or folded in this way （使）面朝内，向里拐，内倾：*Her feet turn in as she walks.* 她走路时两脚呈内八字。
• v + adv • v + n/pron + adv • v + adv + n

,turn 'in sth to achieve a good result, performance, profit, etc. 取得（佳绩）；表现（优异）；获得（高利润）：*The champion turned in a brilliant performance.* 冠军表现得十分出色。◇ *The company turned in $150 000 last month.* 公司上月的盈利达 15 万元。
OBJ **performance, profit**
• v + adv + n

,turn sb 'in (to sb), ,turn yourself 'in (to sb) (*informal*) to give sb or yourself to sb in authority because they/you have done sth wrong 把…扭送（当局）；自首：*He turned his own brother in to the police.* 他把自己的亲兄弟交给了警方。◇ *Things will be better for you if you turn yourself in.* 如果你自首，情况会好一些的。
• v + n/pron + adv • v + adv + n

,turn sth 'in 1 to give back sth that you no longer need or should have 交还，退还，返还（不再需要或不应留着的东西）：*Turn in your pass before you leave.* 你离开时要交还通行证。**2** (*especially AmE*) to give sth such as a piece of written work to the person who asked you to do it 呈交；递交；上交：*Have you turned in your assignment yet?* 你作业交了吗？ SYN **hand sth in (to sb) 3** to give sth to the police or sb in authority 交给（警方或当局）：*Only a few guns have been turned in so far.* 到目前为止只交出了几支枪。 SYN **hand sth in (to sb); give sth in**
• v + adv + n • v + n/pron + adv

,turn 'in on yourself to become very concerned with your own problems and stop communicating with others 只关注自己而不与人交往；闭门谢客；离群索居：*He completely turned in on himself after his wife left him.* 妻子离开后，他完全把自己封闭起来。
• v + adv + prep

,turn inside 'out; ,turn sth inside 'out to make the inside of sth face out 把（…的）内部翻到外面；翻出：*It was so windy my umbrella turned inside out.* 风很大，把我的伞吹翻了。◇ *She pulled off her jumper, turning the sleeves inside out.* 她脱下套衫，把袖子翻了过来。
• v + adv + adv • v + n/pron + adv

,turn sb/sth inside 'out to make great changes in sb's life 使（某人的生活）发生巨变：*The shock turned her world inside out.* 这次打击改变了她的一切。
SYN **turn sb/sth upside down**
• v + n/pron + adv

🔑**,turn 'into sth; ,turn sb/sth 'into sth** to change, or to make sth change, into sth different （把…）变成；（使）成为：*We need to stop this problem from turning into a crisis.* 我们应该防止这个问题演化成一场危机。◇ *The house had been turned into three apartments.* 房子被改建成了三套公寓。◇ *As the fruit ripens, the starch turns into sugar.* 水果成熟时，淀粉就变成了糖。◇ *The director turned her into a star.* 导演把她打造成了明星。◇ *In one year she turned from a problem child into a model student.* 一年之间，她从一个问题儿童转变成为模范学生。
SYN **change into sth, change sb/sth into sth**
• v + prep • v + n/pron + prep

,turn 'off (*informal*) to stop listening to or thinking about sb/sth 不再听；不再想：*I couldn't understand the lecture so I just turned off.* 我听不懂讲课，所以也就不去听了。
SYN **switch off**
• v + adv

,turn 'off; ,turn 'off sth to leave one road in order to travel on another 拐弯（离开…）；转入另一条路：*She turned off onto a side street.* 她拐进一条小巷。◇ *The car turned off the main road.* 那辆车驶离了主干道。
• v + adv • v + prep
▶ **'turn-off** *n* a place where one road leads off a larger or more important road （主路通往支路的）分叉路口；岔道口；支路口：*the turn-off for the airport* 通往机场的岔道路口

🔑**,turn 'off; ,turn itself 'off** if a machine or a piece of equipment **turns off**, or **turns itself off**, it stops operating （机器或设备）停止运转，关掉：*The heating turns off automatically at 9.30.* 供暖系统在 9:30 自动关闭。◇ *The computer will turn itself off if you leave it.* 如果长时间不用，计算机会自动关机。
SYN **switch off, switch itself off**
OPP **turn on, turn itself on**
• v + adv • v + pron + adv

,turn sb 'off; ,turn sb 'off sb/sth 1 (*informal*) to make sb lose interest or become bored 使（对…）失去兴趣；使厌烦：*People had*

been turned off by both candidates in the election. 大选中的两名候选人都让人觉得扫兴。 ◇ *His political views turned her off him.* 他的政见使她对他产生了反感。 **2** (*informal*) to stop sb feeling attracted to sb/sth; to make sb feel disgusted 使（对…）失去欲望；使厌恶：*If I tell her I'm only 17 it might turn her off.* 如果我告诉她我才 17 岁，她也许会扫兴。◇ *The sight of all that raw meat turned me off.* 一看到那些生肉我就觉得恶心。◇ *The smell turned me off my food.* 那种气味让我失去了食欲。

OPP **turn sb on; turn sb on to sb/sth**

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

▶ **'turn-off** *n* [C, usually sing.] (*informal*) a person or thing that people do not find interesting or attractive 扫兴的人（或事物）；讨厌的人（或事物）：*Unlike many other women she found his beard a real turn-off.* 与其他众多女性不同，她觉得他的胡须实在难看。

,turn sth 'off to stop the flow of electricity, gas, water, etc. by moving a switch or a button 关掉，切断（电流、煤气、水等）：*to turn the radio/television off* 关掉收音机 / 电视机 ◇ *I forgot to turn the tap off.* 我忘了关水龙头。◇ *Turn all the lights off when you leave.* 走时把灯都关掉。◇ *You'll need to turn off the water to mend the pipe.* 修理水管时得关上水阀。

OBJ **light, television, tap, water, gas** SYN **switch sth off**

OPP **turn sth on**

→ see also TURN STH OUT

◆ v + n/pron + adv ◆ v + adv + n

'turn on sb to attack sb suddenly and unexpectedly 突然攻击：*The dog turned on him and bit his finger.* 那条狗突然扑过去咬伤了他的手指。◇ *She suddenly turned on me and started shouting.* 她突然冲着我喊叫起来。

◆ v + prep

'turn on sth (*also* **'turn upon sth** *more formal*) **1** (*BrE*) to depend on sth in order to have a successful result 依靠；视乎；取决于：*Her future career turns on this interview.* 她的事业前途就押在这次面试上了。◇ *The case turns on whether the police can prove that the driver knew he had hit something.* 这件案子取决于警方能否证明司机知道他撞到了东西。◇ *Much turns on the outcome of the peace talks.* 事情主要取决于和谈的结果。 SYN **hinge on sth** **2** if a conversation, an argument, etc. **turns on** sth, it has that as its main subject 以…为议题：*Their talk turned on the likelihood of his return* (= if he was likely to return or not). 他们谈的主要是他是否有可能回来。

◆ v + prep

,turn 'on; ,turn itself 'on if a machine or a piece of equipment **turns on**, or **turns itself on**, it starts operating （机器或设备）开始运转，启动：*I've set the oven to turn on at 5 p.m.* 我把烤箱设定在下午 5 点启动。◇ *I don't know why the radio suddenly turned itself on.* 我搞不懂收音机为什么会突然自动开了。

SYN **switch on, switch itself on**

OPP **turn off, turn itself off**

◆ v + adv ◆ v + pron + adv

,turn sb 'on (*informal*) **1** to make sb enthusiastic about sth 使兴奋；使感兴趣：*What really turns him on is motorbikes.* 他真正感兴趣的是摩托车。◇ *If live theatre turns you on, there is plenty to choose from.* 如果你喜爱舞台剧，选择余地很大。 **2** to make sb feel sexually excited 使产生性冲动：*That's not the kind of thing that turns me on.* 那种事不能激起我的情欲。◇ *I get turned on by men in uniform.* 我一见到穿制服的男人就欲火攻心。

OPP **turn sb off**

◆ v + n/pron + adv ◆ v + adv + n

▶ **'turn-on** *n* [C, usually sing.] (*informal*) a person, a thing, a situation, etc. that sb finds sexually exciting 引起性欲的人（或事物、环境等）：*Being the centre of attention for four or five guys was a real turn-on.* 成为四五个小伙子的关注焦点实在令人脸红心跳。

,turn sth 'on to start the flow of electricity, gas, water, etc. by moving a switch or a button 打开，接通（电流、煤气、水等）：*Did you turn the central heating on?* 你把中央暖气打开了吗？ ◇ *Turn the tap on slowly.* 慢慢打开水龙头。◇ *I checked the fuses and turned the electricity back on.* 我检查保险丝后，重新接通了电源。◇ *I didn't know you were in the room until I turned the light on.* 我开灯才发现你在屋里。◇ *Leo turns the television on as soon as he comes home from school.* 利奥放学一回到家就打开电视。

OBJ **light, tap, television, water, gas, etc.** SYN **switch sth on**

OPP **turn sth off**

◆ v + n/pron + adv ◆ v + adv + n

IDM **turn on the 'charm** to be very pleasant and polite to sb in order to gain sth for yourself 施展魅力；献媚：*She's turning on the charm to get what she wants.* 她善于施展个人魅力达到目的。

'turn sth on sb/sth (*also* **'turn sth upon sb/sth** *more formal*) to point sth such as gun, a camera, a light, etc. at sb/sth 把（枪口、相机、灯光等）瞄准（或指向）：*Officers turned hoses on the demonstrators.* 警察用水龙带对准示威者。

SYN **train sth on sb/sth**

◆ v + n/pron + prep

,turn sb 'on to sb/sth (*informal*) to make sb interested in sb/sth or use sth for the first time 使对…产生兴趣；使初尝：*What was it that first turned you on to jazz?* 是什么激发了你对爵士乐的兴趣？

OPP **turn sb off sb/sth**

◆ v + n/pron + adv + prep

,turn 'out **1** to be present at an event; to attend sth or to go somewhere 在场；出席；去：*The whole village turned out to welcome us.* 全村人都出来欢迎我们。◇ *Only half the team turned out for the practice.* 只有一半队员参加了训练。◇ *I'm not going to turn out to meet you in this weather.* 这种天气我可不打算去见你。 **2** (*used with an adverb, an adjective or in*

questions with **how** 与副词或形容词连用，或用于以 how 引导的疑问句) to take place or happen in the way mentioned; to develop or end in a particular way （以所提及方式）开展，发生；（以特定方式）发展，结束: *The article she wrote had turned out well.* 她的文章反响不错。◇ *The day turned out fine again.* 天气又转好了。◇ *You never know how things will turn out.* 你永远不知道情况会变成什么样。◇ *I couldn't have gone anyway, as it turned out.* 结果证明，我无论如何就是走不掉。◇ *The children have turned out well.* 这些孩子结果都还不错。**3** to be discovered to be; to prove to be 原来是；证明是；结果是: ***It turned out that*** *she was a friend of my sister.* 她原来是我姐姐的朋友。◇ *My decision turned out to have been a mistake.* 结果发现我的决定是个错误。◇ *Ruth's illness turned out not to be serious after all.* 最后查出鲁思的病并不严重。
◆ v + adv
▶ **'turnout** *n* [C, usually sing.] [U] **1** the number of people who come to take part in or watch an activity 参加人数；到场人数: *There was a good turnout for the concert.* 来听音乐会的人很多。**2** the number of people who vote in a particular election 投票人数: *a high/low/poor turnout* 很多 / 很少 / 少得可怜的投票人数

,turn 'out; ,turn sth 'out to point, or to make sth point, towards the outside （使）向外，外倾: *His feet turn out as he walks.* 他是外八字脚。◇ *She turns her toes out when she walks.* 她走路时脚趾向外撇。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

,turn sb 'out (from sth), ,turn sb 'out of sth to force sb to leave or go out of a place （从…）赶走，撵走，逐出: *The landlord turned them out of their house just before the New Year.* 就在新年之前，房东把他们赶出了房门。◇ *You can't turn us out in this storm!* 暴风雨这么大，你不能赶我们走！
SYN **chuck sb out, chuck sb out of sth; kick sb out, kick sb out of sth; turf sb out, turf sb out of sth** (*BrE, informal*)
◆ v + n/pron + adv ◆ v + n/pron + adv + prep

,turn sth/sb 'out to produce sth/sb 制造；培育: *The factory turns out 900 cars a week.* 这家工厂每周生产 900 辆汽车。◇ *This school has turned out several well-known engineers.* 这所学校培养了几位赫赫有名的工程师。
◆ v + adv + n ◆ v + n/pron + adv (*less frequent*)

🔑 **,turn sth 'out 1** to switch off sth such as a light or a source of heat 关掉，关闭（灯光、热源等）: *Remember to turn out the lights.* 记着关灯。OBJ only **light, gas** SYN **switch sth off** OPP **turn sth on** → see also TURN STH OFF **2** (*BrE*) to clean a room, a cupboard, etc. thoroughly by removing the contents and organizing them again 彻底清理；拾掇干净: *She turned the kitchen cupboards out at the beginning of the year.* 她在年初彻底清理了橱柜。◇ *I'm going to turn out my bedroom during the holidays.* 假期时我打算把卧室彻底打扫一下。SYN **clear sth out 3** to remove the contents of sth; to empty sth completely 腾空；清空；掏净: *I turned out all the drawers looking for my keys.* 为找钥匙我倒空了所有抽屉。◇ *Turn out your pockets.* 把你衣兜里的东西全掏出来。◇*She turned the rice out of the packet into a bowl.* 她把小包里的米全倒进碗里。SYN **empty sth**
◆ v + adv + n ◆ v + n/pron + adv

be ,turned 'out [+ adv/prep] to dress sb/yourself with special care or effort 精心穿戴；仔细打扮: *The children were always* ***beautifully turned out.*** 这些孩子总是打扮得漂漂亮亮。◇ *She was fashionably* ***turned out in*** *a red sweater.* 她穿着红套衫，打扮得很入时。
NOTE Always used in the passive. 总是用于被动语态。
◆ be + v + adv

🔑 **,turn 'over, ,turn sb/sth 'over** to change your position, or the position of sb/sth, so that the other side is facing out or up （使）翻身，翻转: *He turned over onto his back.* 他翻了个身仰躺着。◇ *The van skidded and turned over.* 客货车打滑侧翻了。◇ *Jack was driving too fast and turned the car over on the bend.* 杰克开得太快，拐弯时翻车了。◇ *The nurse turned Adam over onto his back.* 护士给亚当翻了个身，让他仰卧着。◇ *Turn the pancake over when one side is cooked.* 烙饼的一面烤好后就把它翻过来。◇ (*figurative*) *The smell made my stomach turn over.* 这种气味让我反胃。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n (*less frequent*)

,turn 'over, ,turn sth 'over 1 (of an engine 发动机) to run steadily at a low speed; to start 慢速运转；转动；发动: *I turned the key and the engine turned over quietly.* 我转动钥匙，引擎随之轻声启动起来。◇ *The engine was turning over too fast.* 发动机运转得太快。SYN **tick over 2 (to sth)** (*BrE*) to change to a different channel when watching television 变换，转换（电视频道）: *Can I turn over to Channel 4?* 我可以换到第四频道吗？◇ *This is boring. Let's turn it over.* 这个没意思。我们换换频道吧。SYN **change over (to sth); switch over (to sth), switch sth over (to sth) 3** to move a page or a piece of paper so that you can see the other side 翻动，翻转（到书页或纸张的背面）: *Turn over (the page) for more details.* 欲知详情，请见（此页）背面。NOTE **Turn** and **turn sth** are used more frequently on their own * turn 和 turn sth 单独使用更常见: *I turned the page quickly.* 我很快地翻过这一页。◇ *Turn to page 23.* 翻到第 23 页。**4** to sell goods and replace them; to be sold and replaced 售出并补进（货物）；周转: *Large supermarkets turn over their stock very rapidly.* 大超市的库存周转很快。◇ *This brand turns over twice as fast as the others.* 这个牌子的周转速度是其他牌子的两倍。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
IDM **turn over a new 'leaf** to change your way of life to become a better, more responsible person 改过自新；改邪归正；重新做人
▶ **'turnover** *n* [sing.] **1** the rate at which employees leave a company and are replaced

by others （公司的）人事变更率，人员调整率: *a high turnover of staff* 员工的高流动率 **2** the rate at which goods are sold in a shop/store and are replaced by others （商店的）货品周转率，销售比率: *a fast turnover of stock* 存货的快速周转率

ˌturn sb/sth ˈover (to sb/sth) to deliver sb/sth to the control and care of sb in authority, especially the police 移交，送交（当局，尤指警方）: *He was turned over to the Belgian police at the border.* 他在边境被移交给了比利时警方。
◆ v + n/pron + adv ◆ v + adv + n

ˌturn sth ˈover 1 (to sb) to give the responsibility for sth important to sb else 交托（重任）（给某人）: *He had to turn over some of his duties to his assistant.* 他不得不把自己的一些职责交给助手。◇ *She's planning to turn the business over to her daughter.* 她打算把这家企业交予女儿接手。 SYN **hand over to sb, hand sth over to sb 2** if a business **turns over** a particular amount of money, it deals with that amount in a particular period of time 营业额为: *The company turned over a million pounds in its first year.* 这家公司第一年的营业额为一百万英镑。 **3** to think about sth carefully 仔细思考；深思熟虑: *Diana turned over what James had said in her mind.* 黛安娜脑子里仔细琢磨了詹姆斯的话。◇ *He lay in the dark, turning over the day's extraordinary events.* 他躺在黑暗中，反复思索着那天不寻常的事。 SYN **chew sth over; mull sth over 4** (*BrE, slang*) to enter a place illegally and steal valuable things from it 盗窃（某处）: *The burglars had turned the house over.* 盗贼把房子洗劫一空。 NOTE Often used in the passive. 常用于被动语态。 **5** (*BrE*) to search a place very thoroughly, making it very untidy 彻底搜查；把某处翻得凌乱不堪: *His room had been turned over by the police.* 他的房间被警察翻了个底朝天。 NOTE Often used in the passive. 常用于被动语态。 **6** (*AmE*) (in American football and basketball 美式橄榄球和篮球) if you **turn the ball over**, you make a mistake or break a rule resulting in lost possession of the ball （因失误或犯规）失去控球权
◆ **1,3,4,5,6** v + adv + n ◆ v + n/pron + adv
◆ **2** v + adv + n ◆ v + pron + adv
▶ **ˈturnover** *n* **1** [C, usually sing.] [U] the total amount of goods and services sold by a company during a particular period of time 营业额；交易额；成交量: *an annual turnover of twenty million* 两千万的年营业额 **2** [C] (*AmE*) (in American football and basketball 美式橄榄球和篮球) the loss of possession of the ball by a team, because players have made a mistake or broken a rule （因失误或犯规造成的）控球权丢失: *After the third turnover, the coach started yelling.* 第三次失去控球权后，教练开始大喊大叫。

ˌturn ˈover to sth; ˌturn sth ˈover to sth if an area, a factory, etc. **turns over** or sb **turns it over** to sth, it starts to be used for sth different 改变（土地、工厂等）的用途: *The whole area has turned over to rice production.* 整个地区已改种大米。◇ *The factory was turned over to the production of aircraft parts.* 这家工厂转产飞机零部件。
◆ v + adv + prep ◆ v + n/pron + adv + prep

ˌturn ˈround, etc. (*BrE*) → TURN AROUND, ETC.

ˈturn to sb to move your head or body so as to face sb 把脸转向，转身朝向（某人）: *He turned to me and smiled.* 他转过身对我笑了。
◆ v + prep

ˈturn to sb/sth to go to sb/sth for help or information; to ask sb for sympathy or advice 向…求助（或获取信息、博取同情、寻求建议等）: *Sue turns to her friends for support rather than her family.* 休向朋友而非家人求援。◇ *You're the only person I can turn to for advice.* 你是我唯一能求教的人。◇ *I always turn to my dictionary when I come across a word I don't know.* 遇到生词，我总是查词典。
SYN **go to sb/sth**
◆ v + prep

ˈturn to sth to start to become involved in sth or start to do sth, especially sth illegal or harmful, often because you are in a difficult situation 诉诸（违法行为或有害处的事）；落到做…的田地: *He was forced to turn to crime to pay off his debts.* 为了还债，他迫不得已走向了犯罪。◇ *I cope with stress by turning to food for comfort.* 我用食物来安慰自己，应对压力。
◆ v + prep

ˈturn to sth; ˈturn sth to sth to turn your attention, your thoughts, etc. to a new subject 将（注意力、思路等）转至（新课题）: *Our conversation soon turned to the kind of music that we liked.* 我们的谈话很快就转到我们喜欢的音乐类型上。◇ *Let's turn our attention to next week's conference.* 大家关注一下下周的会议吧。
OBJ **attention**
◆ v + prep ◆ v + n/pron + prep

ˌturn ˈup 1 (of a person 人) to arrive 来到；到达；露面: *He finally turned up at three o'clock.* 三点钟时他终于到了。◇ *The taxi didn't turn up so we walked.* 出租车没来，于是我们只好步行。 SYN **show up** (*informal*) **2** to be found, especially by chance, after being lost （丢失的东西）碰巧找到: *The missing letter turned up in the waste basket.* 丢失的信在废纸篓里找到了。 **3** (of an opportunity 机会) to happen, especially unexpectedly 意外出现；偶然到来: *I haven't got a job at the moment, but I'm sure that something will turn up.* 我眼下还没工作，但我确信会有机会找到的。◇ *References to Irina turn up in many of his poems.* 他在很多诗作中提到艾里娜。
◆ v + adv

IDM **turn up/come up ˈtrumps** to do more than people expect and so make a situation very successful 有令人喜出望外的表现（或结果）；出人意料地成功: *The team's new player turned up trumps and scored three goals.* 该新队员发挥异常出色，出人意料地进了三球。◇ *That was a wonderful meal! You've turned up trumps again.* 这顿饭棒极了！你又露了一手。
▶ **ˈturn-up** *n* [sing.] (*BrE, informal, humorous*)

sth surprising or unexpected that happens 使人惊奇的事；始料未及的事：*Nick's handed his work in on time? That's a* ***turn-up for the books!*** 尼克按时交了作业？真是难以置信啊！

▶ **'upturn** *n* an improvement or an increase in sth 改进；增长：*an upturn in the economy* 经济上的好转

,turn 'up; ,turn sth 'up to point, or to make sth point, upwards （使）指向上方：*Her nose turns up at the end.* 她是个翘鼻子。◇ *She turned her face up towards him.* 她冲着他仰起脸。

OPP **turn down; turn sth down**

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

▶ **'turned up** *adj* pointing upwards 向上翘的；朝上的：*a turned-up nose* 翘鼻子

▶ **'upturned** *adj* [only before noun] pointing or facing upwards 向上翘的；面朝上的：*an upturned nose* 翘鼻子◇ *upturned faces* 仰起的脸

,turn sth 'up 1 to adjust the controls of a piece of electrical equipment in order to increase the heat, noise, etc. 开大，调高（音量、暖气等）：*Turn the TV up, I can't hear what she's saying.* 把电视机的音量调大，我听不见她说的话。◇ *Let's turn the heating up, I'm freezing.* 把暖气开大些吧，我冻僵了。◇ *The music was turned up loud.* 音乐的音量开大了。 OBJ **heating, music, radio/television** OPP **turn sth down 2** to make a piece of clothing, or part of a piece of clothing, shorter by folding it back and sewing it 将（衣服）折起缝好；改短：*The sleeves were too long and had to be turned up.* 袖子太长了，只好折起来缝上。◇ *Will you turn the hem up for me?* 帮我把下摆改短好吗？ OBJ **hem** OPP **let sth down 3** to discover sth, such as information or sth hidden 找到；发现：*Their enquiries turned up a number of interesting facts.* 他们的调查揭示了一些有趣的事实。◇ *Our efforts to trace him turned up nothing.* 我们费劲儿跟踪他，却无功而返。

◆ **1,2** v + n/pron + adv ◆ v + adv + n

◆ **3** v + adv + n ◆ v + n/pron + adv

▶ **'turn-up** *n* (*BrE*) the bottom of the leg of a pair of trousers/pants that has been folded over on the outside （裤脚的）外翻边，反折边：*Turn-ups seem to be coming back into fashion.* 裤脚外翻边似乎又时兴起来了。

'turn upon sth, etc. →TURN ON STH, ETC.

,turn upside 'down; ,turn sth upside 'down to move sth so that the bottom is facing upwards （把…）上下翻转，颠倒：*The car hit a wall, turned upside down, and ended up in a field.* 车子撞到墙上，翻了过来，最后冲进一块田里。◇ *I turned the box upside down and everything fell out.* 我把盒子反扣过来，东西全掉出来了。

◆ v + adv ◆ v + n/pron + adv

SYNONYMS 同义词辨析

turn up

appear ◆ arrive ◆ get here/there ◆ show up ◆ turn up

These verbs all mean to get to a place. 这些动词都表示来到、到达。

appear to arrive at a place 出现；来到；露面：*By ten o'clock Lee still hadn't appeared.* 到十点李还没来。◇ *One day a note appeared on my desk.* 一天，一张便条出现在我的桌子上。

arrive to get to a place, especially at the end of a journey （尤指在旅程结束时）来到，抵达：*They all arrived home safely.* 他们都安全到家了。◇ *I arrived late.* 我来晚了。◇ *The train is due to arrive any time now.* 火车现在随时可能到站。◇ *A pile of letters arrived on my desk.* 一摞信放到了我桌上。

get here/there to arrive somewhere 到来；到达：*Why did it take you so long to get here?* 你为什么这么久才到？◇ *Make sure you get there early.* 一定要早点到那儿。

show up (*informal*) to arrive somewhere 赶到；出现；露面：*He showed up at my door late one night.* 一天深夜他出现在我门口。◇ *An ambulance showed up about an hour later.* 大约一小时后一辆救护车到了。◇ *Jeff usually showed up drunk.* 杰夫平常总是醉醺醺的就来了。 NOTE **Show** can be used on its own * show 可单独使用：*I waited till ten o'clock but she didn't show.* 我等到十点，她也没个影儿。

turn up to arrive somewhere 来到；到达；露面：*She turned up late, as usual.* 跟往常一样，她迟到了。◇ *What time should we turn up?* 我们得几点钟到？◇ *If you don't turn up to work, you won't get paid.* 不来工作就没工钱。

WHICH WORD?

All of these can be used with people or things as the subject. Things like letters or emails **arrive** or **get here/there** . **Show up** and **turn up** can also be used with things like buses, cars, etc. 这组动词的主语可以是人或物。信件、电子邮件等可用 arrive 或 get here / there。show up 和 turn up 也可用于指公共汽车、轿车等。

PATTERNS AND COLLOCATIONS

- to arrive/get here/get there/turn up/show up/appear/show **late/early/on time**
- to arrive/get here/get there **safely**
- to **finally/eventually** arrive/get here/get there/turn up/show up/appear/show
- to be **due to/scheduled to/about to** arrive/get here/get there/appear
- to arrive/turn up/show up/appear **at/in/on** ...
- to arrive/get **home**

,turn sth upside 'down 1 to make a place very untidy while you are searching for sth 把…翻得乱七八糟；把…翻个底朝天：*The burglars turned the flat upside down.* 窃贼把这套公寓翻得一片狼藉。 **2** to make large changes and confusion in sb's life 打乱，扰乱（某人的生活）：*The divorce **turned** his whole **world upside down**.* 离婚把他的一切都搞得颠三倒四。
SYN **turn sb/sth inside out**
◆ v + n/pron + adv
▶ **'upturned** *adj* [only before noun] turned upside down 颠倒的；翻转的；倒着的：*upturned chairs* 翻过来的椅子◇ *We sat on an upturned box.* 我们坐在倒扣着的箱子上。

twist /twɪst/

,twist sth 'off; ,twist sth 'off sth to remove sth or break sth off by turning and pulling it with your hand （从…上）拧开，扭脱，拗断：*He twisted off the lid and looked inside.* 他扭开盖子往里面看。◇ *She twisted the cap off the bottle and took a mouthful of water.* 她拧开瓶盖，喝了一口水。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

type /taɪp/

,type sth 'in; ,type sth 'into sth to put data into a document using a computer, etc. 将（数据）输入（计算机等）：*Type in the file name then press return.* 输入文件名，然后按回车键。◇ *Type the relevant details into the boxes provided.* 把相关细节键入预设的方框内。
SYN **key sth in, key sth into sth**
◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

,type sth 'out/'up to produce a copy of sth on a computer, etc. （用计算机等）打出，敲出（文字）：*I'm typing up the report this morning.* 我今天上午就把报告打出来。◇ *It took me ages to type my notes out.* 我花了很长时间打笔记。
◆ v + adv + n ◆ v + n/pron + adv

U u

urge /ɜːdʒ; *AmE* ɜːrdʒ/

ˌ**urge sb/sth ˈon** (to sth/to do sth) to encourage sb; to support sb so that they can do sth better 鼓励，激励（做某事）；为…加油：*The supporters were urging the team on.* 支持者在为这个队助威。◇ *Urged on by the Prime Minister, the police tried to end the strike.* 在首相的敦促下，警方力图终止罢工。◇ *The driver urged the horses on.* 车夫策马前行。

SYN **encourage sb/sth** ➲ note at CHEER SB ON

◆ v + n/pron + adv ◆ v + adv + n

use /juːz/ (**used, used** /juːzd/)

🔑ˌ**use sth ˈup** to use all of sth until no more is left 耗尽；用尽；用光：*I've used up all the milk.* 我把牛奶全用完了。◇ *These eggs need to be used up quickly.* 这些鸡蛋得赶快吃完。◇ *This program will use up a lot of memory on the hard disk.* 这个程序会占用大量硬盘内存。

◆ v + n/pron + adv ◆ v + adv + n

usher /ˈʌʃə(r)/

ˌ**usher sth ˈin** (*formal*) to mark or be the start of sth new 开创；开始；开启：*The elections ushered in a new period of change in the country.* 这些选举使该国进入了一个新的变革期。◇ *Firework displays ushered in the New Year.* 焰火表演标志着新年的开始。

OBJ **period, era** SYN **herald sth** (*formal*)

◆ v + adv + n ◆ v + pron + adv

V v

veer /vɪə(r); *AmE* vɪr/

ˌveer ˈoff; **ˌveer ˈoff sth** (*also* **ˌveer aˈway (from sth)**) **1** to suddenly change direction （从…）突然改变方向，猛然转向: *The car suddenly veered off to the left.* 汽车突然拐向左边。◇ *The truck veered off the road and crashed into a tree.* 卡车突然驶离公路撞上了一棵树。◇ *The plane was going straight towards the mountain, but veered away at the last minute.* 飞机直冲着那座山飞去，但在最后一刻猛然掉转了航向。 **2** (of a conversation or a way of behaving or thinking 谈话、行为或思想) to change 转换; 转变: *The conversation veered off into more personal matters.* 谈话转到了更私人的话题。◇ *Throughout his career, he's veered away from jazz into other areas.* 在整个职业生涯中，他从爵士乐转入了其他领域。
◆ v + adv ◆ v + prep

veg /vedʒ/ (vegges, vegging, vegged, vegged)

NOTE Although these forms are spelt with -gg-, they are all pronounced /vedʒ-/. 虽然拼作 -gg-，读音仍为 /vedʒ-/不变。

ˌveg ˈout (*informal*) to relax and do very little 消闲; 休闲: *All she does is veg out in front of the telly.* 她成天泡在电视机前混日子。
SYN **laze about/around; lounge about/around**
◆ v + adv

venture /ˈventʃə(r)/

ˈventure into/on sth (*also* **ˈventure upon sth** *more formal*) to dare to do sth that could involve risk 敢于做; 冒险做: *As soon as he arrived, he ventured on a trip up the Amazon.* 他一到这里，就沿亚马孙河溯流而上冒险旅行去了。◇ *This is the first time the company has ventured into movie production.* 这是该公司首次涉足电影制作。
◆ v + prep

verge /vɜːdʒ; *AmE* vɜːrdʒ/

ˈverge on sth (*also* **ˈverge upon sth** *more formal*) to be very close or similar to an extreme state or condition 极接近; 濒于: *I was treated with suspicion that verged on hostility.* 我受到了几近敌意的猜疑。◇ *Her hair was dark brown, verging on black.* 她的头发是深棕色，近乎黑色。
SYN **border on sth**
◆ v + prep

vest /vest/

ˈvest in sb/sth (*law*) (of power, property, etc. 权利、财产等) to belong to sb/sth legally （依法）归于，属于: *In the case of bankruptcy, the property shall vest in the trustee.* 如果破产，财产归受托人。
◆ v + prep

ˈvest sth in sb/sth; **ˈvest sb with sth** (*formal*) **1** to officially or legally give sb the power or authority to do sth 授予，赋予，给予（正式或合法权力）: *It is unwise to vest absolute power in a single institution.* 将绝对权力赋予单一机构是不明智的。◇ *The court is vested with certain rights.* 法庭拥有某些权力。 **2** to make sb the legal owner of land or property 使合法拥有（土地或财产） NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + prep

vie /vaɪ/ (vies, vying /ˈvaɪɪŋ/, vied, vied)

ˈvie with sb/sth (for sth/to do sth), **ˈvie for sth** (*formal*) (*often used in the progressive tenses* 常用于进行时) to compete strongly with sb/sth （为某事物）与…激烈竞争: *There'll be a lot of people vying for those posts.* 会有很多人争夺这些职位。◇ *The children were vying for the teacher's attention.* 孩子们都摽着劲儿想得到老师的注意。◇ *The boys were vying with each other to impress her.* 小伙子们争着想给她留下好印象。◇ *There were several restaurants vying with each other for customers.* 有几家餐馆在相互竞争招揽顾客。
SYN **compete (with sb/sth) (for sth)**
NOTE You can also use **vie to do sth** 也可用 vie to do sth: *The boys were vying to impress her.* 小伙子们争着想给她留下好印象。
◆ v + prep

visit /ˈvɪzɪt/

be ˈvisited on sb/sth (*also* **be ˈvisited upon sb/sth**) (*old-fashioned, formal*) to be punished with sth 遭到…的惩罚: *He listed the horrors visited upon the region during the conflict.* 他列举了冲突期间这个地区的一幕幕惨况。◇ *Each new indignity visited on her was worse than the previous one.* 施加于她的侮辱一次比一次严重。
◆ be + v + prep

ˈvisit with sb (*AmE, informal*) to spend time with sb talking in an informal and casual way （与…）聊天，闲谈: *I visited with my neighbour yesterday.* 昨天我和邻居闲聊了一会儿。
◆ v + prep

vomit /ˈvɒmɪt; *AmE* ˈvɑːmɪt/

ˌvomit sth ˈup to bring food you have eaten back out of your mouth 呕吐; 吐出 : *He vomited up his breakfast.* 他把早饭吐了。
SYN **bring sth up; throw sth up** (*informal*)
◆ v + adv + n ◆ v + n/pron + adv

vote /vəʊt; *AmE* voʊt/

ˌ**vote sb/sth 'down** to reject or defeat a candidate or a proposal by voting 投票否决；投票击败: *The Senate has voted down efforts to raise taxes.* 参议院投票否决了试图增税的议案。◇ *If he demands too much, the unions will vote him down.* 如果他要求过分，工会将不投他的票。
◆ v + n/pron + adv ◆ v + adv + n

ˌ**vote sb 'in**; ˌ**vote sb 'into/'onto sth** to choose sb for a particular position by voting 投票选出某人（任职）: *I was voted in as treasurer.* 我当选为财务主管。◇ *When was this government voted into office?* 这届政府是什么时候获选上台的？◇ *Who voted her onto the Board of Governors?* 谁投票把她选进理事会的？
SYN **elect sb (to sth)** (*more formal*)
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*) ◆ v + n/pron + prep

ˌ**vote sb 'off sth** → VOTE SB OUT, ETC.

'**vote on sth** to make a decision about sth by voting 就…投票表决: *The committee is voting on the proposal tonight.* 今晚委员会将投票表决该议案。◇ *Workers have begun voting on whether to hold a series of one-day strikes.* 工人已经开始投票，决定是否举行一连串的持续一天的罢工。◇ *The proposal was voted on and agreed.* 这个议案经投票通过了。
OBJ **proposal, resolution, issue**
◆ v + prep

ˌ**vote sb 'onto sth** → VOTE SB IN, VOTE SB INTO/ONTO STH

ˌ**vote sb 'out**; ˌ**vote sb 'out of/'off sth** to decide as a group to remove sb from a particular position by voting 投票免去某人职务；投票使某人落选: *The government may be voted out of office at the next election.* 这届政府在下次大选时可能被选下台。◇ *What will he do if he gets voted out?* 如果落选他会做什么呢？◇ *Parsons was voted off the Board.* 经投票帕森斯被免去了委员一职。
OBJ **government, party**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep ◆ v + n/pron + prep

ˌ**vote sth 'through** to approve sth or bring a proposal, etc. into force by voting for it 投票同意，表决通过（提议等）: *Congress voted the bill through without a debate.* 国会未经辩论就投票通过了该法案。
OBJ **bill, proposal**
NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

SYNONYMS 同义词辨析

visit with sb

call by, round, etc. ◆ drop by, in, etc. ◆ look in ◆ pop in, over, etc. ◆ stop by ◆ visit with sb

These verbs all mean to go to see a person for a short period of time. 这些动词都表示短暂拜访、看望。

call by, round, etc. (*BrE*) to visit sb 拜访，探访（某人）: ***Call by** any time!* 随时来坐坐！◇ *Last time she **called round** she only stayed for a few minutes.* 她上次过来时只呆了几分钟。◇ *She **called on** Keith while she was in town.* 她进城时去看望了基思。

drop by, in, etc. to pay an informal visit to a person or place 顺便来访；看望: ***Drop by** whenever you feel like it.* 你什么时候想来就来吧。◇ *We **dropped in** to see Ellie on the way.* 我们顺路看望了一下埃利。◇ *Don't forget to **drop in on** Harry.* 别忘了去看望一下哈里。◇ *You should **drop over** some time.* 你什么时候该去看看了。

look in (*BrE*) to make a short visit to a place, especially the place where sb lives 短暂拜访，顺便看望（尤指某人家）: *I'll try to **look in** on my way home.* 我尽量回家路上顺便去看看。◇ *Could you **look in on** Dad some time?* 你找时间去看看爸爸好吗？

pop in, over, etc. (*BrE, informal*) to visit sb 拜访，探访（某人）: *I **popped in** to see Jill on the way home.* 回家途中我去看望了吉尔。◇ *She often **pops over** in the afternoons.* 她经常下午过去看看。◇ ***Pop by** next time you're around.* 下次来的时候，过来看看吧。◇ *I'll **pop round** later if I get time.* 如果有空，我呆会儿过来看看。

stop by to visit a place for a short time 短暂拜访（某处）: *I'll **stop by** later.* 我呆会儿过去坐坐。◇ *Perhaps you'd like to **stop by** for a chat?* 你想不想过来聊聊？◇ *I'll **stop by at** your place.* 我去你那儿看看你吧。

visit with sb (*AmE*) to go to see a person or place for a short period of time 短暂拜访: *Come and visit with me some time.* 有时间就来看看我。 NOTE **Visit** is used more often on its own * visit 常单独使用: *He visits his children regularly.* 他定期探望孩子们。

PATTERNS AND COLLOCATIONS

- to **regularly/often/occasionally** visit/call by, etc./pop in, etc./stop by/look in/drop in
- to call/pop in/look in/drop in **on sb**
- to **promise to/decide to/plan to/invite sb to** visit/call by, etc./pop in, etc./stop by/look in/drop in

vouch /vaʊtʃ/

'vouch for sb/sth 1 to say that you know sb, that you believe they have a good character and that you are prepared to be responsible for their actions （替…）担保，保证：*They asked whether I was prepared to vouch for him.* 他们问我是否愿意为他作担保。◇ *You should give the names of two people who can vouch for your honesty and reliability.* 你应该提供两个能担保你诚实可信的人的名字。◇ *I can vouch for the fact that he is a good worker.* 我保证他是名好员工。**SYN answer for sth 2** to say that you know sth is true because you have seen it yourself （因亲眼所见而）为…作证；见证：*I was in bed with flu. My wife can vouch for that/me.* 当时我患流感卧床休息。我妻子可为此 / 为我作证。◇ *I can't vouch for this hotel* (= I have no personal experience of it) *but it looked wonderful from the brochure.* 我没住过这家旅馆，可从宣传册上看它很棒。

◆ v + prep

W w

wad /wɒd; AmE wɑːd/ (-dd-)

ˌwad sth ˈup (*especially AmE*) to fold or press sth into a tight mass 把…卷为一卷；将…压成一叠: *She wadded up the first draft and threw it away.* 她把初稿揉成一团扔了。
SYN **ball sth up** (*AmE*), **crumple sth up; scrunch sth up**
◆ v + adv + n ◆ v + n/pron + adv

wade /weɪd/

ˌwade ˈin; ˌwade ˈinto sth (*informal*) to get involved in a discussion, an argument, a difficult situation, etc. in a determined and not very sensitive way 介入，插手，干预（讨论、争论、困局等）: *She waded in with an attack on company policy.* 她横插一杠，抨击公司的政策。◇ *The Senator waded into a new argument over defence spending.* 这名参议员强行加入了关于国防开支的新一轮争论。
◆ v + adv ◆ v + prep

ˌwade ˈinto sb (*informal*) to attack sb physically or with words 猛烈攻击；抨击: *Marty was terrific—he just waded into the skinheads without a thought.* 马蒂太棒了——他毫不含糊地猛揍了一顿那些光头仔。◇ *She waded straight into her critics.* 她直截了当地驳斥了批评她的人。
SYN **launch into sb; attack sb** (*more formal*)
◆ v + prep

ˌwade ˈthrough sth to spend a lot of time and effort reading sth or dealing with sth 费时费力地阅读；艰难地处理: *I had to wade through pages and pages of statistics.* 我不得不硬着头皮啃一页页的统计数字。
OBJ **pages** **SYN** **plough through sth**
◆ v + prep

waffle /ˈwɒfl; AmE ˈwɑːfl/

ˌwaffle ˈon (about sth) (*informal, especially BrE*) to talk or write a lot about sth without giving any useful information 喋喋不休；胡扯；絮叨: *He waffled on for ages about his garden.* 他东拉西扯没完没了地唠叨他的花园。
SYN **go on (about sth); rattle on (about sth)**
◆ v + adv

wait /weɪt/

ˌwait aˈround (*BrE also* **ˌwait aˈbout**) **(for sb/sth)** to stay in a place without doing anything, waiting for sth to happen or for sb to arrive （在某处）等待，等候: *I wouldn't bother waiting around for him.* 我不介意留下来等他。◇ *She didn't wait about to hear his reply.* 她没留下来等他答复。
SYN **hang around**
◆ v + adv

ˌwait beˈhind (*especially BrE*) to stay after other people have gone, especially in order to speak to sb privately （尤指为和某人私下交谈）等他人走后留下: *He asked her to wait behind after the meeting.* 他要她会议结束后留下来。
◆ v + adv

🔑**ˈwait for sb/sth 1** to stay where you are or delay doing sth until sb/sth comes or sth happens 等待；等候: *Wait for me!* 等等我！◇ *We're waiting for the rain to stop before we go out.* 我们在等雨停再出去。 **2** to hope or watch for sth to happen, especially for a long time 长久期盼；梦寐以求: *Leeds United had waited for success for eighteen years.* 利兹联队盼望胜利已经十八年了。◇ *This is just the opportunity I've been waiting for.* 这正是我期盼已久的时机。
◆ v + prep

ˌwait ˈin (for sb/sth) (*BrE*) to stay at home because you are expecting sb to arrive or telephone 在家等候（人或电话）: *I've got to wait in for the TV repair man.* 我必须在家等维修电视的人来。◇ *She waited in all day in case he called.* 她一整天都守在家里，因为他可能打电话来。
◆ v + adv

ˈwait on sb 1 (*also* **ˈwait on sth** *especially AmE*) to bring food and drink to people at a table, usually in a restaurant （通常指在餐馆）服务，招待进餐: *My daughter will wait on us this evening!* 今天的晚饭我女儿将为我们端菜上饭！◇ *When I started, I didn't know anything about* ***waiting on tables.*** 刚开始时，我根本不知道如何招待客人进餐。◇ *We were waited on by a very polite young man.* 我们是由一位彬彬有礼的小伙子接待的。 **2** (*also* **ˈwait upon sb** *more formal*) to bring sb everything they want or need 伺候；服侍: *She spoiled the children, always* ***waiting on them hand and foot*** (= doing everything for them, like a servant). 她太娇惯孩子，总是像用人一样为他们打点一切。 **3** (*AmE*) to serve customers in a shop/store 接待，招呼（商店里的顾客）: *Is anybody waiting on you?* 有人在为你服务吗？◇ *There is no one in the furniture department to wait on me.* 家具部没人接待我。
◆ v + prep

ˈwait on sb/sth (*informal, especially AmE, ScotE*) to wait until sb arrives or until sth is available 等待；等到: *Judd was late and she was sick of waiting on him.* 贾德迟到了，她讨厌一直等着他。◇ *I'm still waiting on the result of the blood test.* 我还在等验血结果。◇ *She was waiting on my decision.* 她等着我拿主意。
NOTE In British English, **wait for sb/sth** is usually used. 英国英语通常用 wait for sb / sth。
◆ v + prep

SYNONYMS 同义词辨析

wait for sb/sth

await sb/sth • expect sb/sth • wait for sb/sth

These verbs all mean to stay where you are or not act until sth happens. 这些动词都表示等待、等候、期待。

await sb/sth (*formal*) to wait for sb/sth; to be going to happen to sb 等候；等待；即将降临到（某人）身上：*He is in custody awaiting trial.* 他被羁押候审。◇ *Her latest novel is eagerly awaited.* 她最新的小说很受期待。◇ *A warm welcome awaits all our guests.* 我们所有的客人都将受到热烈欢迎。

expect sb/sth to be waiting for sb/sth to arrive, as this has been arranged; to think or believe that sth will happen or that sb will do sth 期待；预期；期盼：*to expect a visit/call/letter from sb* 期待某人来访 / 来电 / 来信◇ *Are you expecting visitors?* 你在等客人吗？◇ *We are expecting a rise in food prices this month.* 我们预计这个月食品价格会上涨。

wait for sb/sth to stay where you are or delay doing sth until sb/sth comes or sth happens 等待；等候：*Are you waiting for a bus?* 你在等公共汽车吗？

WHICH WORD?

Await sb/sth is more formal than **wait for sb/sth**, and is generally used for events, news, etc. rather than an actual person or thing. * await sb / sth 比 wait for sb / sth 更正式，一般用于指事件、消息等，而非确指人或事物。

PATTERNS AND COLLOCATIONS

- to wait for a **bus/taxi**
- to wait for/await sth **anxiously/patiently**
- to wait for/await the **outcome/result** of sth
- to **confidently/fully** expect sth

ˈwait on sth (*especially AmE, ScotE*) → WAIT ON SB 1

ˌwait sth ˈout to stay in a place until sth difficult or unpleasant has passed or finished 等待（困难或令人不快的事）结束；挨过（难关）：*We sheltered in a doorway to wait out the storm.* 我们躲在门口等候暴风雨过去。◇ *It was difficult to wait out the hours until I could phone her to hear the news.* 我能给她打电话听取消息之前的那几个小时真难熬。◇ *Their strategy has always been to wait the recession out.* 他们的策略一直是等着经济衰退结束。
• v + adv + n • v + n/pron + adv

ˌwait ˈup 1 (for sb) to not go to bed until sb comes home or arrives 等着不睡；熬夜等待：*Don't wait up (for me), I may be late.* 不要熬夜等我，我可能要晚回来。 SYN **stay up 2** (*AmE, informal*) used to tell sb to wait for you （用于表示请求）等一下，等等：*Wait up! I'll be right there.* 等一等！我马上就过去。◇ *Hey you guys, wait up!* 喂，伙计们，先别走！ SYN **hang on; hold on**
• v + adv

ˈwait upon sb → WAIT ON SB 2

wake /weɪk/ (**woke** /wəʊk/, **woken** /ˈwəʊkən/ or **waked, waked**)

ˌwake ˈup to become conscious again 苏醒；恢复知觉：*When she woke up after the operation, her sister was sitting beside her bed.* 她手术后醒来时，妹妹正坐在她床边。 ➲ note at COME ROUND
• v + adv

ˌwake ˈup; ˌwake sb ˈup; ˌwake yourˈself ˈup 1 to stop sleeping; to make sb stop sleeping 睡醒；醒来；唤醒；弄醒：*How many times does the baby wake up in the night?* 宝宝夜里醒几次？◇ *I usually wake up early in the summer.* 我夏天通常醒得早。◇ *You look as if you've only just woken up!* 你看上去睡眼惺忪！◇ *Can you wake me up at eight?* 你能在八点钟叫醒我吗？◇ *He was woken up by the sound of breaking glass.* 他被砸碎玻璃的声音吵醒了。 **2** to become, or to make sb, more lively and interested （使）活跃，清醒，提起兴趣：*You need to wake up and start paying attention.* 你得清醒清醒集中注意力了。◇ *Wake up! I don't want to have to repeat all this.* 打起精神！我不想从头到尾重说一遍。◇ *The class needs waking up.* 应该让这个班活跃起来。
• v + adv • v + n/pron + adv • v + adv + n

IDM **wake ˌup and smell the ˈcoffee** (*informal*) used to tell sb to become aware of what is really happening in a situation, especially when this is sth unpleasant （用于提醒他人）醒悟过来面对现实

▸ **ˈwake-up** *adj* [only before noun] that is intended to wake you up 叫醒的；唤醒的：*What time would you like your wake-up call (= for example, in a hotel)?* 你希望几点钟给你打叫醒电话？

ˌwake ˈup to sth to become aware of sth; to realize sth 意识到；认识到：*People are finally **waking up to the fact that** the natural world must be conserved.* 人们终于意识到一定要保护自然界。◇ *The hospitals have woken up to the value of experienced nurses.* 医院已经意识到资深护士的价值。◇ *He hasn't yet woken up to the seriousness of the situation.* 他还没有认识到形势有多严峻。
• v + adv + prep

SYNONYMS 同义词辨析

wake up

awake ◆ get up ◆ wake up

These verbs all mean to stop sleeping. 这些动词都表示醒、睡醒、醒来。

awake (*formal*) to wake up 醒；睡醒；醒来：*She awoke to the sound of birds singing.* 她醒来听见鸟儿在歌唱。 **NOTE** **Awaken** can also be used, but it is more formal and is found mainly in literature. 也可使用 awaken，但更正式且主要见于文学作品。

get up to get out of bed after sleeping 起床：*What time do you get up in the morning?* 早晨你几点起床？ ◇ *She always gets up early.* 她总是很早起床。 ◇ *We'll have to get up at six o'clock tomorrow.* 我们明天必须六点起床。

wake up to stop sleeping 醒；睡醒；醒来：*What time did you wake up this morning?* 今天早晨你几点醒的？ ◇ *I woke up in the middle of the night.* 我半夜醒了。 ◇ *Wake up! It's ten o'clock!* 醒醒！十点了！ **NOTE** **Wake** can be used on its own, but is more formal * wake 可单独使用，但更正式：*When he woke, the sun was already shining.* 他醒来时，已是艳阳高照。 ◇ *She woke from a deep sleep.* 她从沉睡中醒来。

WHICH WORD?

Awake, awaken and **wake** are mostly used in written English, especially literary English. In everyday spoken English, use **wake up** .
* awake、awaken 和 wake 多用于书面英语，尤其是文学作品。日常英语口语中用 wake up。

PATTERNS AND COLLOCATIONS

- to wake up/wake/awake/awaken **from sth**
- to wake up/get up/wake/awake/awaken **late/early/in the morning/at seven o'clock**
- to wake up/wake/awake/awaken **suddenly**

walk /wɔːk/

ˌ**walk aˈway (from sb/sth)** **1** to leave a difficult or unpleasant situation in order to avoid it, instead of staying to deal with it 丢下（某人）；（从困难或令人不快的处境中）走开，脱身：*to walk away from a situation/deal* 脱离某种境况／放弃一项协议◇ *You can't just walk away from the problem.* 你不能就这么甩手不管这个问题了。◇ *He just walked away from everything—his job, his home and his family.* 他就那么一走了之放弃了一切 —— 他的工作、家以及家人。 **2** if you **walk away** from an accident, etc., you are not seriously injured （在事故等中）免受重伤，平安脱身：*Both drivers walked away with minor cuts and bruises.* 两名司机伤势都不重，只有轻微的划伤和瘀伤。◇ *He* ***walked away unhurt.*** 他毫发未损地平安脱险了。
◆ v + adv

ˌ**walk aˈway/ˈoff with sth** **1** to win sth very easily 轻易取胜；轻松赢得：*The team walked away with the championship.* 该队轻而易举地获得了冠军。 **2** to steal sth; to take sth without the owner's permission 顺手牵羊；顺便偷走：*The thief walked away with jewellery worth £24 000.* 窃贼偷走了价值 24 000 英镑的珠宝。
◆ v + adv + prep

ˌ**walk ˈin on sb/sth** to go into a room and see what sb is doing when they did not expect you and did not want anyone to see them 冷不丁进屋撞见；不经意撞上：*Sorry, I didn't mean to walk in on you.* 对不起，我没想到你在这儿。◇ *I'd obviously walked in on a very serious conversation.* 我的闯入显然很突然，打断了一场十分严肃的谈话。
◆ v + adv + prep

ˌ**walk ˈinto sb/sth** to crash into sb/sth while you are walking 走路时撞到：*Look where you're going! You walked straight into me.* 看着点路！你把我撞了个正着。◇ *He keeps bumping into things and walking into walls.* 他不断地碰到东西撞到墙。
◆ v + prep

ˌ**walk ˈinto sth** (*informal*) **1** to become caught in sth that you are not expecting, especially because you are not careful 意外落入，不小心陷入（令人不快的境地）：*He realized he'd walked into a trap.* 他意识到自己稀里糊涂落入了陷阱。 **2** to succeed in getting a job without having to make an effort 轻易获得（工作）：*She walked straight into a job in publishing.* 她不费吹灰之力谋得了一份出版行业的工作。
◆ v + prep

ˌ**walk ˈoff**; ˌ**walk ˈoff sth** to leave a place or a person suddenly because you are angry or upset 愤然离去；拂袖而去：*She turned and walked off without a word.* 她二话没说，转身离去。◇ *The rest of the team walked off the field in protest.* 其他队员愤然退场表示抗议。
◆ v + adv ◆ v + prep

ˌ**walk sth ˈoff** to go for a walk in order to get rid of the feeling that you have eaten too much or an emotion such as anger 散步消食（或消气等）：*I need to walk off that lunch.* 我要散散步把午饭消化一下。◇ *It'll do her good to walk some of her temper off.* 散个步消消气会对她有好处。
NOTE Not used in the passive. 不用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

,walk 'off with sth (*informal*) **1** → WALK AWAY/OFF WITH STH 1: *They've walked off with most of the film awards.* 他们轻松获得了大部分电影奖项。 **2** (*humorous*) → WALK AWAY/OFF WITH STH 2: *Who's walked off with my pen?* 谁顺手牵羊拿走了我的钢笔? ◇ *That dog's just walked off with our ball!* 那只狗刚刚叼走了我们的球!

🔑 **,walk 'out 1** (*also* **,walk 'out of sth**) to leave a meeting, a performance, etc. suddenly before the end, because you do not like it or are angry （因不喜欢或生气）突然离去，退场，退席: *Several students walked out of the debate before the vote.* 几名学生在投票前退出了辩论会。◇ *Some of the audience walked out in disgust.* 一些观众愤然退场。 **2** (of workers 工人) to stop working and go on strike 罢工: *The cameramen have walked out over working conditions.* 摄影师们因不满意工作条件而罢工。 **3** (**on sb/sth**) (*informal*) to leave sb you have a close relationship with and a responsibility for 遗弃；抛弃；舍弃；离开: *He walked out on his wife/marriage after 35 years.* 结婚 35 年之后，他抛弃了妻子 / 放弃了婚姻。
◆ v + adv **1** also v + adv + prep
▶ **'walkout** *n* **1** a sudden strike by workers 突然罢工: *The staff* ***staged a*** *one-day* ***walkout.*** 职员突然罢工一天。 **2** a protest in which you leave a meeting, a performance, etc. to show your anger or disapproval （表示愤怒或异议的）退席，退场，离开

,walk 'over sb (*informal*) **1** to treat sb badly and not consider their wishes or feelings 苛刻对待；欺负；无视…的愿望（或感情）: *We're not prepared to let the management* ***walk all over*** *us.* 我们可不愿意让资方任意欺凌。 **2** to defeat sb easily in a competition 轻易打败；一举击败: *They'll* ***walk all over*** *you on Saturday.* 他们星期六将一举击败你们。◇ *Don't let yourselves be walked over.* 不要一下子被打败。
◆ v + prep
▶ **'walkover** *n* (*informal*) an easy victory in a game or competition; a situation in which you are considered to have won a game although you did not in fact play 轻易取胜；不战而胜: *The race was no walkover* (= it was not easy to win). 这场比赛的胜利得来不易。◇ *The other team didn't turn up so we had a walkover into the final.* 对手没有出场，因此我队不战而胜，进入了决赛。

,walk 'through sth 1 to practise or perform a play in a simple way, just using basic moves and positions 简单地排练，初排（戏剧） **2** to practise a television programme without the cameras 无拍摄排练（电视节目）
◆ v + prep
▶ **'walk-through** *n* [usually sing.] **1** a practice of a play without the clothes, objects, etc. that are used for a real performance （戏剧的）排练走台，初排 **2** a practice of a television programme without the cameras （电视节目的）无拍摄排练，初拍

,walk sb 'through sth to show or tell sb how to do sth by carefully explaining or showing each part separately 给…详细解释，为…分步演示（操作方法等）: *She walked me through the complicated document.* 她给我详细讲解了那份复杂的文件。◇ *He'll walk you through the procedure.* 他将给你分步演示整个程序。
SYN **talk sb through sth**
◆ v + n/pron + prep
▶ **'walk-through** *n* [usually sing.] a careful explanation of the details of a process 详细讲解；分步演示

,walk 'up (to sb/sth) to approach sb/sth in a confident way （自信地）走向，走近: *She walked straight up to the desk and asked to see the manager.* 她信步直接走到前台，要求面见经理。
◆ v + adv

wall /wɔːl/

,wall sth 'in to put a wall or a barrier around sth （用墙或屏障）围住，圈起，环绕: *Apartment blocks walled in the playground completely.* 公寓楼群把操场围得严严实实。
◆ v + adv + n ◆ v + n/pron + adv

,wall sth 'off to build a wall or a barrier around an area to separate it from another area （用墙或屏障）把…隔开，分隔: *Part of the yard had been walled off.* 院子的一部分已经隔起来了。
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

,wall sb 'up to keep sb as a prisoner in a place surrounded by walls 把…关在大墙内；监禁: *a story of a woman who was walled up in a small room and left to die* 一个被关在小屋里等死的女子的故事
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

,wall sth 'up to block a space with bricks or a wall so that it can no longer be used （用砖或墙）堵塞，封死: *The entrance had been walled up in the 17th century.* 入口在 17 世纪时封上了。
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

wallow /ˈwɒləʊ; *AmE* ˈwɑːloʊ/

'wallow in sth (*often disapproving*) to enjoy sth that gives you pleasure, especially when it is sth unpleasant and you do it in a way that makes other people think you enjoy being unhappy or want sympathy from them 纵乐于，沉迷于（尤指令人不快或博人同情的事）: *Stop wallowing in self-pity.* 不要一味地自怜了。◇ *She wallows in nostalgia for the past.* 她沉湎于对过往的怀恋。
OBJ **self-pity, nostalgia**
◆ v + prep

waltz /wɔːls; *AmE* wɔːlts/

ˌwaltz ˈoff (with sth) (*informal*) to leave a person or place in an annoying way, often taking sth without the owner's permission 令人讨厌地离开（常擅自带走东西）: *The tenants waltzed off with half our possessions.* 房客顺手牵羊把我们的东西带走了一半。◇ *He just waltzed off and left me!* 他甩掉了我，自己溜了！
SYN **walk away/off (with sth)**
◆ v + adv

wander /ˈwɒndə(r); *AmE* ˈwɑːn-/

ˌwander ˈoff/aˈway; ˌwander ˈfrom/ˈoff sth to leave the place where you ought to be, or the person or group of people you are with without thinking about it 走散；走失: *Don't wander off and get lost.* 别乱走迷了路。◇ *The child had wandered away from her mother.* 那孩子和她妈妈走散了。◇ *We had wandered off the path.* 我们偏离了道路。
◆ v + adv ◆ v + prep

want /wɒnt; *AmE* wɑːnt, wɔːnt/

ˈwant for sth (*formal*) (*usually used with a negative word* 通常与否定词连用) to suffer because you do not have sth 因缺少（某物）而受苦: *I work hard so that my children want for nothing.* 我努力工作为的是让我的孩子一无所缺。
OBJ **little, nothing**
◆ v + prep

ˌwant ˈin (on sth) 1 (*also* **ˌwant ˈinto sth**) (*informal, especially AmE*) to want to be involved in sth, especially a business deal 想要参与，希望涉足（尤指商业交易）: *Do you want in (on this project)?* 你想参与（这个项目）吗？◇ *Does Jack want into the club?* 杰克想加入俱乐部吗？ **2** (*AmE, ScotE, informal*) to want to come inside a place 想要进来: *The cat wants in. Can you open the door?* 猫要进来。你开一下门好吗？
OPP **want out, want out of sth**
◆ v + adv **1** also v + prep

ˌwant ˈout; ˌwant ˈout of sth 1 (*informal*) to no longer want to be involved in sth, especially a business deal 想要退出（尤指商业交易）: *I want out before we get into difficulties.* 我想在我们遇到麻烦之前退出。◇ *I want out of this mess.* 我不想再理这个烂摊子了。 **OPP** **want in (on sth), want into sth 2** (*AmE, ScotE, informal*) to want to go out of a place 想要出去: *I want out of here.* 我想离开这里。 **OPP** **want in**
◆ v + adv ◆ v + adv + prep

ward /wɔːd; *AmE* wɔːrd/

ˌward sb/sth ˈoff to prevent sb/sth dangerous or unpleasant from affecting or harming you 防止，挡住，避开（危险或不快之事）: *She put up a hand to ward off the blows.* 她抬起手阻挡打击。◇ *I'm taking vitamin C to ward off a cold.* 我在服用维生素 C 预防感冒。◇ *He keeps dogs to ward off unwanted visitors.* 他养了狗，防止有不速之客上门。
OBJ **evil, blows, criticism, danger**
◆ v + adv + n ◆ v + n/pron + adv

warm /wɔːm; *AmE* wɔːrm/

ˌwarm ˈdown to do gentle exercises to help your body relax after doing a particular sport or activity （体育运动或活动之后）做放松操，做舒缓运动
▶ **ˈwarm-down** *n* [usually sing.]: *Remember to do your warm-down when you've finished your work-out.* 锻炼结束后，要记着做放松运动。

ˈwarm to sb to start to like a person 喜欢上；对…产生好感: *I warmed to the teacher immediately.* 我立即喜欢上了那位老师。
◆ v + prep

ˈwarm to sth to become more interested in or enthusiastic about sth 对…更感兴趣；更热衷于: *The speaker was warming to his theme now.* 演讲者就他的主题越讲越起劲。
OBJ **theme, task, idea**
◆ v + prep

🔑 **ˌwarm ˈup 1** (of the weather, the earth, etc. 天气、地球等) to become warmer 变暖: *Research shows that the sea is warming up.* 研究显示海洋在变暖。◇ *When spring comes, the earth begins to warm up.* 春天来临时，大地开始回暖。 **2** to do gentle exercise or practice to prepare for exercise, a performance, etc. （锻炼、表演等之前）做准备活动，做适应性练习，热身: *I'm always careful to warm up before I go jogging.* 我慢跑之前总是注意热身。◇ *Peter was warming up with a few scales.* 彼得正在做音阶练习。 **SYN** **limber up (for sth) 3** (of a machine, an engine, etc. 机器、发动机等) to run for a short time in order to reach the temperature at which it will operate well 暖机；预热: *This computer takes a long time to warm up.* 这台计算机预热时间很长。
◆ v + adv
▶ **ˈwarm-up** *n* [usually sing.] a series of gentle exercises or a short practice to prepare for exercise, a performance, etc. （锻炼、表演等之前的）准备活动，适应性练习，热身: *What do you do as a warm-up?* 你准备活动做什么？◇ *warm-up exercises* 热身练习

🔑 **ˌwarm ˈup; ˌwarm sb/sth ˈup 1** to become, or to make sb or a part of sb's body, feel warmer （使）（某人或身体部位）暖和，变暖: *Come and warm up by the fire.* 过来烤火取取暖吧。◇ *They stamped their feet to warm them up.* 他们跺脚取暖。 **2** to become, or to make sb/sth, more lively or enthusiastic （使）活跃起来，热烈起来: *By midnight the party was only just warming up.* 聚会到半夜时才刚刚开始热闹起来。◇ *His role is to warm up the audience before the main event.* 他的任务是在正式演出之前调动观众情绪活跃气氛。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

🔑 **ˌwarm sth ˈup 1** to make sth become warmer 使暖和；使变暖: *The fire had begun to warm the room up.* 炉火让屋子开始暖和了起来。 **2** to

heat cooked food again before you eat it 再次加热（冷饭菜）: *The soup just needs warming up.* 汤只需再热一热就行了。
SYN **heat sth up**
◆ v + n/pron + adv ◆ v + adv + n

warn /wɔːn; *AmE* wɔːrn/

ˌwarn sb/sth aˈway to tell a person, a ship, an aircraft, etc. not to come near a place because it is dangerous 警告（人、船、飞机等）不要靠近: *The male birds sing to warn other males away.* 雄鸟鸣叫着警告其他雄鸟走开。◇ *An electric fence warned away anyone who came too close.* 电子围栏提醒人们不得靠近。
◆ v + n/pron + adv ◆ v + adv + n

ˌwarn sb ˈoff; ˌwarn sb ˈoff sb/sth; ˌwarn sb ˈoff doing sth **1** to tell sb to leave or not to come near a place, often in a threatening way （常指威胁着）让某人离开，叫某人不得靠近: *The farmer warned us off his land when we tried to camp there.* 我们想在那里露营，可是农场主警告我们不得靠近他的土地。 **2** to advise sb not to do sth or to stop doing sth 劝告某人不要，建议某人停止（做某事）: *He was warned off smoking after his first heart attack.* 他心脏病初次发作后，别人就劝他戒烟。◇ *She warned him off a career in acting.* 她建议他放弃在演艺圈发展。◇ *We were warned off renting the apartment.* 有人劝我们不要租这套公寓。
◆ v + n/pron + adv ◆ v + n/pron + prep

wash /wɒʃ; *AmE* wɑːʃ, wɔːʃ/

🔑 **ˌwash sb/sth aˈway** if water, a wave, etc. **washes sb/sth away**, it removes or carries them/it away to another place （水、波浪等）把…冲掉，冲走: *A freak wave washed the two children away.* 突如其来的浪头把两个孩子卷走了。◇ *The bridge was washed away by the floods.* 桥被洪水冲垮了。
◆ v + n/pron + adv ◆ v + adv + n

ˌwash sth aˈway to use water to remove a mark, dirt, etc. from sth 洗掉，洗去（痕迹、灰尘等）: *She tried to wash away some of the dirt and blood from the boy's face.* 她试着洗掉男孩脸上的一些尘土和血迹。◇ (*figurative*) *A hot bath soon washed my tiredness away.* 我洗了个热水澡，很快就解乏了。
◆ v + adv + n ◆ v + n/pron + adv

ˌwash sth ˈdown **1** **(with sth)** to clean sth by using a large quantity of water （用水）冲洗，洗刷: *I washed the car down with a hose.* 我用水龙带冲洗了汽车。 **2** **(with sth)** to drink sth after, or at the same time as, eating food 就着（食物）喝（饮料）: *We washed our lunch down with iced tea.* 我们喝着冰茶吃了午饭。◇ *He had a huge plate of pasta washed down with several bottles of beer.* 他吃了一大盘通心粉，喝了几瓶啤酒。 **3** (of a river, a flood, etc. 河、洪水等) to carry sth downwards away from its original position 将…冲到下方；冲走；冲积: *Tons of earth had been washed down by the storm.* 暴风雨冲走了大量泥土。
◆ v + n/pron + adv ◆ v + adv + n

🔑 **ˌwash ˈoff; ˌwash sth ˈoff; ˌwash sth ˈoff sth** to be removed from clothes, etc. by washing; to remove sth in this way （被）冲刷掉，洗掉；（从衣服等上）洗掉: *However hard you rub, an ink stain won't wash off.* 无论怎样用劲揉搓，墨水渍就是洗不掉。◇ *Wash off the dirt with soap and water.* 用肥皂和水把污垢洗刷掉。◇ *Wash the mud off your boots before you go in.* 把靴子上的泥冲掉再进来。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

🔑 **ˌwash ˈout; ˌwash sth ˈout; ˌwash sth ˈout of sth** to be removed from a fabric, hair, etc. by washing; to remove sth in this way （被）洗掉；（从织物、头发等上）把…洗去: *The hair colour will wash out in a few weeks.* 这种染发剂过几个星期就会洗掉。◇ *Take care to wash all the shampoo out of your hair.* 注意把头发上的洗发水都冲干净。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

▸ **ˌwashed ˈout** *adj* (of fabric, clothes or colours 织物、衣服或颜色) no longer brightly coloured, often as a result of frequent washing 洗得褪色的；洗得不再鲜艳的: *Washed-out jeans were very fashionable at that time.* 那时褪色牛仔裤很时髦。

ˌwash sb ˈout to make sb very tired 使筋疲力尽；使十分疲乏: *That long walk has washed me out.* 走那么长的路把我累得疲惫不堪。
◆ v + n/pron + adv ◆ v + adv + n

▸ **ˌwashed ˈout** *adj* (of a person 人) tired and pale 疲乏苍白的: *You look washed out—go and rest.* 你看上去苍白无力 —— 去休息吧。

ˌwash sth ˈout **1** **(with sth)** to wash the inside of a container in order to remove dirt, etc. 洗净，清洗（容器内部）: *He carefully washed the bottles out with disinfectant.* 他用消毒剂把瓶子里面仔细清洗干净。 **2** if rain **washes out** a sports game, an event, etc., it makes it end early or prevents it from starting （雨）使（体育比赛、活动等）提前结束，阻止…的举行: *The game was washed out.* 这场比赛因下雨无法举行了。 **3** (*AmE*) (of a flood or heavy rains) to destroy a road （洪水或暴雨）冲毁，毁坏（道路）: *The storm surge washed out a huge chunk of the highway.* 风暴潮冲垮了一大段公路。 **4** (*AmE, formal*) to end sth 结束；终止: *Baltimore washed out the Indians' six-game win streak with an 8-3 win.* 巴尔的摩队以 8:3 终结了印第安人队的六连胜。
◆ v + n/pron + adv ◆ v + adv + n

▸ **ˌwashed ˈout** *adj* [only before noun] flooded; damaged by floods 发洪水的；遭洪水破坏的: *Washed-out towns are appealing for help.* 遭受洪灾的城镇正在吁请援助。

▸ **ˈwashout** *n* (*informal*) **1** an event that stops early or does not happen, because of rain 因雨中止（或取消）的赛事: *The game was a washout.* 比赛因雨提前结束。 **2** an event that is a complete failure 彻底失败的事: *The party was a total washout.* 那场聚会彻头彻尾是个失

败。 **3** (*AmE*) a part of a road that has been destroyed by a flood or heavy rains（洪水或暴雨）冲毁的一段路: *a hundred-foot washout* * 100 英尺长的被冲毁道路

,wash 'over sb 1 (*also* **,wash 'through sb**) to suddenly affect sb very strongly 突然强烈影响；使受到震动: *A wave of guilt washed over her.* 她突然感到一阵强烈的内疚。 **2** (*informal*) to happen all around sb without affecting them （周围发生的事情）对…毫无影响: *All their criticism seems to wash over him.* 他们所有的批评对他似乎都是耳边风。
◆ v + prep

🔑 **,wash 'up** (*AmE*) to wash your hands and face 洗手洗脸: *I went to the men's room to wash up.* 我到男卫生间去洗了洗手和脸。
◆ v + adv

🔑 **,wash 'up; ,wash sth 'up 1** (*BrE*) to wash dirty plates, glasses, etc. after a meal （餐后）洗刷餐具: *It's your turn to wash up.* 轮到你洗碗了。◇ *Don't forget to wash up the glasses as well.* 别忘了捎带洗洗玻璃杯。 **2** to be carried along in the water and then left on land; to carry sth along and leave it in this way 被冲上岸；把…冲上岸: *A number of dead dolphins have washed up on the shore.* 一些死海豚被冲到了岸上。◇ *His body was washed up on the beach two days later.* 两天后，他的尸体被冲上了海滩。
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
▶ **,washed 'up** *adj* (*informal, especially AmE*) to be no longer successful and unlikely to succeed again in the future （很可能）不再成功的: *a washed-up cabaret singer* 过气的卡巴莱歌手
▶ **,washing-'up** *n* [U] (*BrE*) **1** the act of washing dirty dishes, glasses, etc. after a meal （餐后的）餐具洗刷: *Don't forget to do the washing-up before you go out.* 你出去前别忘了洗碗。◇ *washing-up liquid* 餐具洗涤液 **2** the dirty dishes, glasses, etc. that have to be washed after a meal （餐后的）待洗餐具: *a sink full of washing-up* 堆满脏碗碟的洗涤槽

waste /weɪst/

,waste a'way (of a person, part of the body, etc. 人、身体部位等) to grow thin or weak because you are not in good health 变得瘦弱: *He was clearly wasting away.* 他明显消瘦了。◇ *The muscles in her arm had wasted away.* 她的手臂越来越瘦。
◆ v + adv

watch /wɒtʃ; *AmE* wɑːtʃ, wɔːtʃ/

'watch for sb/sth 1 to look and wait for sth to happen or for sb to come 观察等待，守候（某事发生或某人出现）: *My parents were watching for me coming off the plane.* 父母翘首等候着我下飞机。◇ *Watch for the sign.* 注意观察信号。 **2** → WATCH OUT FOR SB/STH 1: *There are several points to watch for.* 有几点需要留意。
◆ v + prep

,watch 'out used to warn sb about sth dangerous （用于表示警告）小心，留神，注意: *Watch out, there's a car coming!* 当心，有车！◇ *He'll get in a terrible mess if he doesn't watch out.* 他如果不小心点儿就会搞得一团糟。
SYN **look out** ⊃ note at LOOK OUT
◆ v + adv

,watch 'out for sb/sth 1 (*also* **'watch for sb/sth**) to be quick to notice or be aware of sb/sth, especially sb/sth that might cause you trouble 留心观察，密切注意（尤指可能带来麻烦的人或事物）: *The staff were asked to watch out for forged banknotes.* 员工被告知要提防伪钞。◇ *Watch out for their striker; he could cause us all sorts of problems.* 盯住他们的前锋，他会给我们带来种种麻烦的。 ⊃ note at LOOK OUT **2** to be ready to see sb/sth new or interesting 留意，等着看（新的或有趣的人或事物）: *Watch out for a new feature in next month's magazine.* 敬请关注下月杂志中的新特写。
SYN **look out for sb/sth**
◆ v + adv + prep

,watch 'over sb/sth (*formal*) **1** to take care of sb/sth, by being near them; to protect or guard sb/sth 照管；守卫；保护: *The child needed to be watched over 24 hours a day.* 那个孩子需要每天 24 小时看护。◇ *He believed his mother was still watching over him, even though she had died when he was very young.* 尽管母亲在他很小的时候就去世了，他相信她依然在守护着他。 SYN **protect sb/sth** (*more formal*) **2** to watch sb/sth carefully to make sure that everything is done or happens correctly 监督；监视: *There is a committee to watch over government policy.* 政府政策有委员会监督。 SYN **supervise sb/sth** (*more formal*)
◆ v + prep

water /'wɔːtə(r); *AmE also* 'wɑːt-/

,water sth 'down 1 to make a liquid weaker by adding water 加水冲淡，掺水稀释（液体）: *The beer had been watered down.* 啤酒掺水了。 OBJ **beer** SYN **dilute sth** (*more formal*) **2** to change sth such as a speech, a piece of writing, etc. to make it less strong and less likely to offend people 减弱（语气、调子等）；使（讲话、文章等）缓和: *The criticisms had been watered down to avoid giving offence.* 批评的语气已经缓和了，以免冒犯别人。◇ *The government has watered down its policy to make it more acceptable.* 政府已经缓和了政策，使之更易被接受。 OBJ **proposal** SYN **dilute sth** (*more formal*)
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
▶ **,watered 'down** *adj* **1** made weaker because water has been added 加水冲淡的；掺水稀释的: *watered-down beer* 兑水的啤酒 **2** made less strong or critical in order not to offend people 语气减弱的；不再激烈的:

watered-down language 变得温和些了的语言◇ *It's a watered-down version of the original proposal.* 这份提案比最初的语气缓和了些。

wave /weɪv/

ˌwave sth aˈround (*BrE also* **ˌwave sth aˈbout**) if you **wave** your arms, hands, etc. **around**, you move them violently, often to attract attention 挥舞，晃动（手臂等）: *She ran out into the yard, waving her arms about.* 她挥舞着双臂跑到院子里。◇ *Stop waving that knife around!* 不要挥动那把刀子！
◆ v + n/pron + adv

ˌwave sth aˈside/aˈway to not accept sth because you think it is not important or necessary 对…不屑一顾；对…不予理会: *Their protests were waved aside.* 他们的抗议未被理睬。◇ *He waved away my question without trying to answer it.* 他对我的问题根本不屑回答。
OBJ **objection, protest** SYN **brush sth aside; dismiss sth** (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

ˌwave sb/sth ˈdown to signal to sb/sth to stop, by waving your hand 对…挥手示意停下；挥手叫停: *We waited while Richard waved down a taxi.* 我们等着，理查德招手叫来一辆出租车。◇ *The police had set up a roadblock and waved several drivers down.* 警察设立路障并挥手示意几位司机停车。
OBJ **driver, taxi, vehicle** SYN **flag sb/sth down**
◆ v + n/pron + adv ◆ v + adv + n

ˌwave sb ˈoff to wave goodbye to sb as they leave 挥手送别: *I waved the children off to school and went back inside.* 我挥手与上学的孩子们告别，然后回到屋里。
◆ v + n/pron + adv ◆ v + adv + n

ˌwave sb/sth ˈon to signal to sb/sth to go forwards, by waving your hand or arm 对…挥手示意前行: *The police waved the traffic on.* 警察招手让车辆向前开。◇ *We stopped, but the cab driver waved us on.* 我们停下了，但出租车司机招手叫我们往前走。
◆ v + n/pron + adv ◆ v + adv + n

ˌwave sb/sth ˈthrough; ˌwave sb/sth ˈthrough sth to signal to sb to continue forwards through a gate or a barrier, by waving your hand or arm 挥手让…通过（门或障碍物）: *The soldier gave us back our passports and waved us through.* 士兵把护照还给我们，然后挥手示意我们通过。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

wean /wiːn/

ˈwean sb/yourself off/from sth to make sb/ yourself gradually stop doing sth or using sth that is bad or harmful 使逐渐戒除（恶习）；使渐渐脱离（对…的依赖）: *The hospital managed to wean her off the drug.* 医院已使她逐步戒除了毒瘾。◇ *The patch enables smokers to wean themselves off cigarettes gradually.* 这种膏药能使吸烟者慢慢地把烟戒掉。◇ *It can be extremely difficult to wean children off junk food.* 让儿童改掉吃垃圾食品的习惯有时十分困难。
◆ v + n/pron + prep

be ˈweaned on sth to have learned about or experienced sth from an early age （自幼年开始）了解，经历: *I was weaned on a regular diet of Hollywood fantasy.* 我从小就时常看好莱坞奇幻电影。
◆ be + v + prep

wear /weə(r); *AmE* wer/ (*past* **wore** /wɔː(r)/, **worn** /wɔːn; *AmE* wɔːrn/)

ˌwear aˈway if time **wears away**, it passes very slowly （时间）慢慢流逝: *The afternoon was wearing away.* 那个下午的时间过得很慢。
SYN **pass by**
◆ v + adv

ˌwear aˈway; ˌwear sth aˈway to become, or to make sth become thinner, smoother, etc. by using or rubbing it over a long period of time （因长期使用而）变薄，变光滑，磨薄，磨光滑: *The picture on the coin had worn away.* 硬币上的图案已经磨没了。◇ *The steps had been worn away by the feet of thousands of visitors.* 成千上万的游客把台阶踏得很光滑。
◆ v + adv ◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌwear aˈway at sb/sth to slowly and gradually make sth thinner or smoother （逐渐）磨薄，磨光滑: *a drop of water wearing away at a stone* 滴水穿石◇ (*figurative*) *Stress can wear away at your ability to think straight.* 压力会逐步破坏你的逻辑思维能力。
OBJ **stone** SYN **erode sth** (*more formal*)
◆ v + adv + prep

ˌwear ˈdown; ˌwear sth ˈdown to become or to make sth become, gradually smaller, thinner, etc. by continuously using or rubbing it （因重复使用而）变小，变薄，磨短，磨薄: *The tyres had worn right down.* 轮胎完全磨损了。◇ *The path has been worn down in places to bare rock.* 这条小路有些地方已经磨得露出了的石头。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv

ˌwear sb/sth ˈdown to make sb/sth weaker or less determined, especially by continuously attacking or putting pressure on them/it over a period of time （尤指通过不断攻击或施加压力）使衰弱，使意志薄弱: *Constantly being criticized was wearing her down.* 她因为不断受到指责而意志消沉。◇ *to wear down sb's patience/resistance* 消磨耐心；削弱抵抗力
SYN **grind sb down**
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

ˌwear sth ˈin (*BrE*) to wear boots or shoes for a short period of time until they become comfortable 把（新靴子或鞋子）穿得合脚；使穿得舒适: *These boots were so comfortable they didn't need to be worn in at all.* 这双靴子很舒服，一穿上就合脚。

OBJ boots, shoes SYN break sth in
• v + n/pron + adv • v + adv + n

,wear 'off if a feeling or an effect **wears off**, it gradually disappears （感觉或效果）逐渐消失，消逝: *The effects of the medicine slowly wore off.* 药效慢慢过去了。◇ *Children love new toys, but the novelty soon wears off.* 小孩喜欢新玩具，但新鲜感很快就会消失。
• v + adv

,wear 'on when time **wears on**, it passes in a way that seems slow （时间）慢慢流逝: *As the evening wore on, she became more and more nervous.* 随着夜色渐深，她越来越紧张。 ➲ note at GO BY
• v + adv

,wear 'out; ,wear sth 'out to become, or to make sth become, thin or no longer able to be used, usually because it has been used too much 磨薄；磨损；用旧；用坏: *Our carpets always seem to wear out quickly.* 我们的地毯似乎总是很快就磨坏了。◇ *I wore out two pairs of boots on the walking trip.* 我这次徒步旅行穿坏了两双靴子。◇ (*figurative*) *Her patience finally wore out.* 她终于失去了耐心。
• v + adv • v + adv + n • v + n/pron + adv
▸ **,worn 'out** *adj* badly damaged and no longer useful because it has been used a lot 彻底损坏的；破旧不堪的: *worn-out clothes/equipment* 褴褛的衣服 / 老化的设备

,wear sb/yourself 'out (with sth) to make sb/yourself extremely tired 使筋疲力尽；使疲惫不堪: *It's no good wearing yourself out by working so late.* 熬夜把自己累垮是不可取的。◇ *The kids have worn me out today.* 孩子们今天把我累坏了。
SYN **tire sb out; exhaust sb** (*more formal*) ➲ note at TIRE SB OUT
• v + n/pron + adv
▸ **,worn 'out** *adj* [not usually before noun] extremely tired 筋疲力尽的；疲惫不堪的: *I went to bed feeling worn out after the busy week.* 忙了一周，我上床睡觉时觉得浑身像散了架。◇ *You look worn out!* 你看上去累得够呛！◇ *He died a worn-out man overcome by the injustices of life.* 他饱尝生活的不公，身心俱疲而死。

weary /ˈwɪəri; AmE ˈwɪri/ (wearies, wearying, wearied)

'weary of sb/sth; 'weary of doing sth (*literary*) to lose your interest in or enthusiasm for sb/sth 对…失去兴趣（或热情）；厌倦: *As the day went on, we wearied of the long journey.* 随着那一天的过去，我们对长途旅行失去了兴趣。
SYN **tire of sb/sth, etc.** (*less formal*)
• v + prep

weasel /ˈwiːzl/ (-ll-, AmE -l-)

,weasel 'out; ,weasel 'out of sth (*informal, disapproving, especially AmE*) to avoid keeping a promise, doing your duty, etc. 背弃（承诺）；逃避，推诿（责任等）: *I should be punished. I'm not going to try and weasel out.* 我该受惩罚。我不会设法逃避的。◇ *He's trying to weasel out of the deal.* 他正设法退出这笔交易。
• v + adv • v + adv + prep

weed /wiːd/

,weed sb/sth 'out to remove or get rid of sb/sth that you do not want from a group of people or things 清除；剔出；淘汰: *a plan intended to weed out poor teachers* 淘汰不称职教师的计划◇ *Weak or sick animals were weeded out.* 病弱的动物遭到淘汰。
• v + adv + n • v + n/pron + adv

weigh /weɪ/

,weigh a'gainst sb/sth (*formal*) to make sb less likely to achieve sth or to be successful 妨碍，阻碍（某人做成某事）；对…不利: *The fact that he's had five jobs in two years will weigh against his application.* 他两年里做过五份工作，这将不利于他的申请。
SYN **count against sb**
• v + prep

,weigh sth a'gainst sth to consider the importance or the advantages of sth compared to sth else 将…和…进行对比；权衡: *Potential benefits need to be weighed against the obvious risks.* 需要权衡潜在的利益和明显的风险。
SYN **set sth against sth**
• v + n/pron + prep

,weigh sb 'down (with sth) to make sb feel anxious or depressed 使焦虑；使沮丧: *The responsibilities of the job are weighing her down.* 工作上的责任压得她喘不过气来。◇ *He was weighed down with grief.* 他悲痛欲绝。
NOTE Often used in the passive. 常用于被动语态。
• v + adv + n • v + pron + adv • v + n + adv (*rare*)

,weigh sb/sth 'down (with sth) to put a heavy weight on sb/sth so that it is difficult for them to move easily 把…压得动弹不得；重压: *We were weighed down with bags of shopping.* 一袋袋买来的东西把我们压得走不动路。◇ *The snow was weighing down the branches of the fir trees.* 雪压弯了冷杉树枝。
SYN **burden sb (with sth)**
NOTE Often used in the passive. 常用于被动语态。
• v + adv + n • v + pron + adv • v + n + adv (*rare*)

,weigh 'in 1 (at sth) to have your weight measured, especially before a race, a competition, etc. （尤指比赛前）测体重: *Both boxers weighed in at several pounds below their limit.* 两名拳击手赛前称的体重都比规定的上限值少几磅。◇ *Baby Sam weighed in at four kilos.* 婴儿萨姆体重四公斤。 **2** (with sth) (*informal*) to join in a discussion, an argument, etc. by saying sth important or doing sth to help （在讨论、辩论等中）发表有分量的意见，做有助益的事: *We all weighed in with helpful suggestions.* 我们纷纷献计献策。

- **1** v + adv
- **2** v + adv • v + adv + speech

▶ ˌ**weigh-in** *n* the occasion when the weight of a person who is taking part in a sports event is measured just before the start （比赛前对选手的）称重: *The champion arrived five minutes late for the weigh-in* 冠军在赛前称体重时迟到了五分钟。

ˈ**weigh on sb/sth** (*also* ˈ**weigh upon sb/sth** *more formal*) to make sb feel worried or depressed; to be a difficult duty or task for sb/sth 使担忧；使沮丧；加重…的思想负担；对…是艰巨的任务: *The responsibilities are clearly **weighing heavily on** his **shoulders**.* 他显然肩负重任，忧心忡忡。◇ *The debt burden weighs heavily on the government.* 政府债务负担沉重。

SYN **burden sb/sth**

- v + prep

ˌ**weigh sth ˈout** to measure a quantity of sth by weight 量出，称出（一定重量的东西）: *Weigh out all the ingredients before you start making the cake.* 做蛋糕之前要先把配料都称好。

- v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˌ**weigh sb ˈup** to form an opinion of sb by watching them or talking to them （通过观察或交谈）形成对…的看法，品评，判断: *She stared at him, weighing him up.* 她一边注视一边揣摩着他。◇ *The two women weighed each other up for a few moments.* 两个女人相互打量了一会儿。◇ *He's certainly got Jeff weighed up.* 他确实看透了杰夫。

- v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˌ**weigh sth ˈup (against sth)** to think carefully about a situation before you decide what to do 仔细考虑，斟酌，估量（情形）: *I weighed up the pros and cons of giving up my job.* 我认真权衡了辞职的利弊。◇ *We have to weigh up whether we can afford a trip to Italy this year.* 我们得认真考虑一下今年去意大利旅行我们能否负担得起。◇ *It's important to weigh up all possible courses of action.* 对所有可能的行动方案进行斟酌很重要。

- v + adv + n • v + pron + adv • v + n + adv (*rare*)

ˈ**weigh upon sb/sth** → WEIGH ON SB/STH

weight /weɪt/

ˌ**weight sth ˈdown (with sth)** to add a weight to sth so that it feels very heavy, bends down, sinks, etc. 加重…的负荷（以致其下弯、下沉等）: *The canvas sheet was weighted down to stop it blowing away.* 帆布用重物压住了，防止被风刮走。◇ *My pockets were weighted down with lots of small coins.* 我的衣兜里装了很多小硬币，沉甸甸的。

NOTE Often used in the passive. 常用于被动语态。

- v + adv + n • v + pron + adv • v + n + adv (*rare*)

welch /weltʃ, welʃ/

ˈ**welch on sb/sth** → WELSH ON SB/STH

weld /weld/

ˌ**weld sb/sth ˈinto sth**; ˌ**weld sb/sth toˈgether** to unite sb/sth into an effective whole 将…有效结合起来: *The manager has welded the players into a strong team.* 主教练把运动员组织成了一支强大的队伍。◇ *The crisis helped to weld the community together.* 这场危机促使整个社区紧密团结起来。

- v + n/pron + prep • v + n/pron + adv

well /wel/

ˌ**well ˈup 1** if a liquid **wells up**, it rises to the surface and starts to flow （液体）溢出，冒出，涌出: *Tears welled up in his eyes.* 他热泪盈眶。◇ *Spots of blood began to well up on her skin.* 她的皮肤上开始渗出血滴。 **2 (in/inside sb)** if an emotion **wells up**, you start to feel it very strongly （情感）迸发，勃发，涌上心头: *She felt anger welling up inside her.* 她感到怒火中烧。

- v + adv

welsh /welʃ/ (*also* **welch**)

ˈ**welsh on sb/sth** (*informal, disapproving*) to not do sth that you have promised to do, for example to not pay money that you owe a person 对…食言；失信于: *'I'm not in the habit of welshing on deals,' said Don.* "我没有违约的习惯。" 唐说道。

- v + prep

whack /wæk/

ˌ**whack ˈoff** (⚠, *slang*) if a man **whacks off**, he gives himself sexual pleasure by rubbing his sexual organs （男子）手淫，自慰

- v + adv

ˌ**whack sb ˈout** (*informal, especially AmE*) to murder sb 谋杀；杀掉: *They never found out who whacked out that old tramp.* 他们一直没查出是谁杀死了那个老流浪汉。

- v + n/pron + adv • v + adv + n

▶ ˌ**whacked ˈout** *adj* **1** (*informal*) under the influence of drugs, so that you are not aware of what is happening around you （因吸毒）神志不清，疯疯癫癫: *Those guys must be whacked out on something.* 那些家伙一定是嗑了什么药。 **2** (*BrE, informal*) very tired 十分疲劳；精疲力竭: *I was whacked out by the time I reached home.* 我到家时累坏了。

whale /weɪl/

ˈ**whale at/into/on sb** (*AmE, informal*) to attack sb by hitting them repeatedly with force 不断猛打；接连狠揍: *We came in the room and found him whaling on his brother.* 我们进了屋发现他在狠揍他弟弟。◇ *I was so angry, I simply whaled into him.* 我气愤极了，就那么猛揍了他一通。

- v + prep

wheel /wiːl/

ˌwheel aˈround; ˌwheel sb/sth aˈround (*BrE also* **ˌwheel ˈround, ˌwheel sb/sth ˈround**) (*literary*) to turn around very quickly to face the opposite direction; to make sb/sth do this (使) 迅速转身: *I wheeled around to scream at Miles.* 我猛地转过身来对着迈尔斯尖叫。◇ *He* ***wheeled his horse around*** *and started for home.* 他掉转马头策马回家。
SYN spin around, spin sb/sth around
◆ v + adv ◆ v + n/pron + adv

ˌwheel sb/sth ˈout (*BrE, informal*) to produce sb/sth to help you do sth, even though they have often been used before 重施（故伎）；重弹（老调）: *He wheels out the same old arguments every time he makes a speech.* 他每次讲话都是旧调重弹。◇ *The company wheeled out some big guns* (= very important people) *to launch the new car.* 公司故伎重演，又请来了一些大人物推出这款新车。
◆ v + n/pron + adv ◆ v + adv + n

while /waɪl/

ˌwhile sth aˈway if you **while away** a period of time, you spend it in a pleasant, lazy way 逍遥自在地度过，消磨（时间）: *There were plenty of cafes in which to while away a pleasant evening.* 这里有很多小咖啡馆，可以让人度过一个愉快的夜晚。◇ *We whiled away the time at the airport reading magazines.* 我们在机场看杂志消磨时间。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)

whip /wɪp/ (-pp-)

ˌwhip sth ˈout; ˌwhip sth ˈout of sth to take sth out quickly and suddenly（从…）迅速取出: *He whipped out his camera and started taking photos.* 他突然拿出相机开始拍照。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

ˌwhip ˈthrough sth (*informal*) to do sth very quickly 匆匆做（某事）: *She whipped through the paperwork.* 她迅速处理了案头工作。
◆ v + prep

ˌwhip sb/sth ˈup to deliberately make sb feel strong emotions or get excited about or interested in sth 鼓动，煽动（某人、情绪等）；激发，激起（热情、兴趣等）: *The studio audience was whipped up into a frenzy.* 录制现场的观众受到鼓动，热情高涨。◇ *They're trying to whip up support for their candidate.* 他们正竭力鼓动大家支持他们的候选人。
OBJ crowd, support, resistance **SYN** stir sb/sth up; rouse sb/sth (*more formal*)
◆ v + n/pron + adv ◆ v + adv + n

ˌwhip sth ˈup 1 to prepare a meal or some food very quickly 匆匆做（饭食）: *I can easily whip up an omelette.* 我马上就能做好煎蛋卷。
SYN put sth together; throw sth together (*informal*) 2 if the wind **whips up** dust, waves, etc., it makes it/them rise quickly (风) 迅速掀起，激起（灰尘、波浪等）: *The wind whipped up the sand in gusts.* 大风卷起了阵阵沙尘。 **SUBJ** wind
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*less frequent*)

whisk /wɪsk/

ˌwhisk sb/sth aˈway/ˈoff to remove sb/sth from a place very quickly 迅速挪走；匆匆带走: *The president was whisked away by his bodyguards.* 总统立刻由保镖护送走了。◇ *The food was whisked away before we had finished.* 还没等我们吃完，食物就被匆忙端走了。
◆ v + n/pron + adv ◆ v + adv + n

white /waɪt/

ˌwhite sth ˈout (*especially AmE*) 1 to cover a mistake that you make when you are writing or typing, by covering it with a white liquid (**correction fluid**)（用白色修正液）涂盖，遮掩（书写或打印错误）: *I noticed that my name had been whited out.* 我发现自己的名字被修正液涂掉了。 2 (of weather conditions 天气状况) to make it difficult to enter, leave or move round a place, or to stop an event from taking place, because there is so much snow that it is impossible to see anything 大雪封住（道路、地区等）；因大雪取消（活动等）: *Blizzards had whited out the whole county.* 暴风雪使全郡被大雪覆盖。◇ *Snowstorms almost whited out the final day of the tournament.* 锦标赛最后一天的赛事差点因暴风雪取消。
◆ v + adv + n ◆ v + pron + adv ◆ v + n + adv (*rare*)
▶ **ˈwhite-out** *n* weather conditions in which there is so much snow or cloud that it is impossible to see anything 乳白天空

whittle /ˈwɪtl/

ˌwhittle sth aˈway (*also* **ˌwhittle aˈway at sth**) to gradually reduce the size, importance or value of sth 削减，降低，减少（大小、重要性或价值）: *Inflation has been whittling away their savings.* 通货膨胀使他们的积蓄不断贬值。◇ *Our lead* (= in a sports competition, for example) *was being gradually whittled away.* 我们的领先优势在逐渐缩小。
◆ v + adv + n ◆ v + n/pron + adv

ˌwhittle sb/sth ˈdown to reduce the size or number of sb/sth gradually 逐渐减少，逐渐缩减（大小或数目）: *The government's majority has been whittled down to eight.* 政府多数票逐渐减少到了八票。
SYN reduce sb/sth
◆ v + adv + n ◆ v + n/pron + adv

whizz (*especially BrE*) (*AmE usually* whiz) /wɪz/

ˌwhizz ˈthrough sth to do, read sth, etc. very quickly 飞快地做（或读等）: *She whizzed through the work and was finished before lunch.* 她麻利地赶在午饭前把活儿干完了。
◆ v + prep

whoop /wuːp; *AmE* wʊp/

ˌwhoop it ˈup (*informal*) **1** to enjoy yourself in a noisy and excited way 狂欢；欢闹：*I've been working hard while you've been whooping it up in Berlin.* 我一直在埋头工作，你却在柏林狂欢作乐。 **2** (*AmE*) to try to make people excited or enthusiastic about sb/sth 设法激起兴趣（或热情）
SYN **live it up**
NOTE Not used in the passive. 不用于被动语态。
• v + it + adv

wig /wɪɡ/

ˌwig ˈout; **ˌwig sb ˈout** (*AmE, slang*) to become, or to make sb, very excited or very anxious about sth; to go, or to make sb, crazy, often as a result of the effect of drugs （使）激动不已，焦虑不安；（常指因吸毒）使亢奋，发狂
• v + adv • v + n/pron + adv

wimp /wɪmp/

ˌwimp ˈout (on sb/sth) (*informal, disapproving*) to decide not to do sth you had intended to do because you are too frightened 因恐惧而变卦；畏缩不前：*Did you wimp out on any of the tests?* 你有没有因害怕而放弃过哪门考试？◇ *Dave wimped out and refused to dive off the top board.* 戴夫胆怯了，不肯从顶层跳板跳水。
SYN **bottle out, etc.; chicken out, etc.**
• v + adv

win /wɪn/ (**winning, won, won** /wʌn/)

ˌwin sb/sth ˈback to get again by your own efforts sb/sth that you had before 重新获得；把…争取回来：*I'm hoping to win back my place in the team soon.* 我希望很快夺回我在队里的位置。◇ *Jack had tried everything to win Martha back.* 杰克千方百计要让马莎回心转意。◇ *You do have a chance to win your money back.* 你确实有机会赢回你的钱。
• v + n/pron + adv • v + adv + n

ˌwin ˈout (over sb/sth) (*informal*) if sb/sth **wins out**, they are/it is stronger or more successful than other things （比…）更强，更成功；胜出：*It is not clear if the archaeologists will win out over the builders and save the temple.* 还不清楚考古学家能否斗过建筑商以挽救庙宇。
SYN **prevail** (*more formal*)
• v + adv

ˌwin sb ˈover (*BrE also* **ˌwin sb ˈround**) **(to sth)** to gain sb's support or approval, especially by persuading them that you are right （尤指通过劝说）获得某人的支持（或认可）：*My dad's against the idea, but I'm sure I can win him over.* 我爸爸反对这个主意，但我相信我能说服他。◇ *My parents were won over by Anthony's charm.* 我父母被安东尼的魅力征服了。
SYN **bring sb round/around (to sth)**
• v + n/pron + adv • v + adv + n

ˌwin ˈthrough to finally succeed after trying very hard 摆脱困境；终获成功：*We are faced with a lot of problems but we'll win through in the end.* 我们面临很多问题，但我们终将成功。◇ *United won through to the final in an exciting game.* 联队通过一场扣人心弦的比赛赢得了决赛权。
• v + adv

wind /waɪnd/ (**wound, wound** /waʊnd/)

ˌwind ˈdown 1 to relax, after a period of stress or excitement 休息一下；喘口气：*It takes a while for me to wind down after work.* 我下班后要过一会儿才能放松下来。 **SYN** **unwind** **2** if a machine **winds down**, it goes slowly and then stops （机器）慢下来后停住：*The old clock had wound right down.* 旧钟完全停住不走时了。 **3** if a business **winds down**, it gradually reduces the amount of work it does until it closes completely （企业）逐渐减少业务直到关闭：*Next week the mill winds down for a summer break.* 下个星期工厂将逐步减产，然后休暑期短假。
• v + adv

ˌwind sth ˈdown 1 to bring a business or an activity gradually to an end over a period of time 使（业务、活动等）逐步结束：*The government is winding down its nuclear programme.* 政府正在逐步放弃核计划。 **OBJ** **business, programme** **SYN** **reduce sth** **OPP** **expand sth** **2** to make a car window open and go downwards by moving a handle, pushing a button, etc. 把（车窗玻璃）摇下：*She wound down the driver's window and called to him.* 她摇下驾驶座的窗户玻璃和他打了个招呼。 **OBJ** **car window** **SYN** **open sth** **OPP** **wind sth up**
• v + n/pron + adv • v + adv + n

ˌwind ˈup; **ˌwind ˈup doing sth** (*informal*) to find yourself after a long time in a particular place or situation （以…）告终，终结：*I always said she would wind up in jail.* 我以前一直说她迟早要坐牢的。◇ *Bill wound up marrying the girl next door!* 比尔最后娶了这个朴实可靠的女孩！◇ *If he isn't careful, he'll wind up dead.* 他要是不当心就会把命搭上。
SYN **end up, etc.; finish up, etc.**
• v + adv

🔑 **ˌwind ˈup**; **ˌwind sth ˈup 1** to make a machine, etc. work by turning a handle several times （给机械装置）上弦，上发条；（通过转动把手）操作：*Does the clock have a battery or does it wind up?* 这只钟用电池还是靠上弦？◇ *This is a great little toy. You just wind it up and off it goes!* 这个小玩具很棒。只要上一下发条，它就动起来！ **2** to bring sth such as a speech, a meeting or a discussion to an end 结束，了结（讲话、会议、讨论等）：*Before I wind up, I'd like to make one final point.* 讲话结束之前，我想说明最后一点。◇ *If we all agree, let's wind up the discussion.* 如果大家都同意，咱们就讨论到这里吧。
• v + adv • v + adv + n • v + n/pron + adv

▶ **'wind-up** *adj* [only before noun] a **wind-up** device is one that you operate by turning a handle several times （机械装置）装有发条的，用手柄操作的: *a wind-up clock/toy* 上发条的时钟 / 玩具

,wind sb 'up (*BrE, informal*) **1** to deliberately make sb very angry or annoyed （蓄意）惹…生气（或厌烦）: *Are you deliberately winding me up?* 你是不是在有意气我？◇ *Ignore them. They're just trying to wind you up.* 别睬他们，他们只不过是想激怒你。 SYN **annoy sb** (*more formal*) **2** to tell sb sth that is not true in order to make a joke 戏弄；开玩笑: *Come off it, you're winding me up!* 别胡扯了，你在骗我！ SYN **tease sb**

◆ v + n/pron + adv ◆ v + adv + n

▶ **'wind-up** *n* (*BrE, informal*) sth that sb says or does in order to annoy sb or to make a joke 故意气人的话（或做法）；戏弄人的话（或做法）: *It sounded so crazy I thought it was a wind-up.* 那听上去十分荒唐，我觉得是捉弄人的。

,wind sth 'up **1** to close a business, a company, etc. 关闭（企业、公司等）；使停业: *The company was wound up last year.* 这家公司去年关门了。 OBJ **business, company** **2** to close a car window by turning a handle, pressing a button, etc. 把（车窗玻璃）摇上: *I wound up the window and locked the door.* 我摇上车窗并锁了车门。 OBJ **car window** OPP **wind sth down**

◆ v + adv + n ◆ v + n/pron + adv

▶ **,winding-'up** *n* the act of officially closing a business, a company, etc. （企业、公司等的）正式关闭，停业: *a voluntary winding-up of the company* 公司的自愿正式停业◇ *a winding-up order/petition* 停业指令 / 申请

wink /wɪŋk/

'wink at sth to pretend that you have not noticed sth, especially sth bad or illegal （尤指对坏事）佯装没看见，对…视而不见: *The authorities have chosen to wink at the illegal trade.* 当局决定对这种非法贸易睁一只眼闭一只眼。

◆ v + prep

winkle /'wɪŋkl/

,winkle sb/sth 'out; ,winkle sb/sth 'out of sth (*BrE*) to get sb/sth out of somewhere slowly and with difficulty （从…）挖出，掏出，逐出；逼使（从…）离开: *The bird uses its beak to winkle insects out of tree trunks.* 这种鸟用尖喙从树干里啄出虫子。◇ *The terrorists have been winkled out of their hiding place.* 恐怖分子被迫从藏身地跑了出来。◇ *Leila was working in the library, so we sent Tim to winkle her out.* 利拉正在图书馆工作，所以我们派蒂姆去把她拉出来。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

,winkle sth 'out; ,winkle sth 'out of sb (*BrE*) to get sth such as information, money, etc. from sb with difficulty （从某人处）套出（实情等），索取（金钱等）: *She's very good at winkling out secrets.* 她很善于打探秘密。◇ *He wouldn't tell you? Don't worry, I'll winkle it out of him.* 他不肯告诉你？别担心，我会让他开口的。

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

wipe /waɪp/

🔑**,wipe sth a'way** to remove sth, such as dirt or tears, with a cloth or your hand 擦去，抹掉（污渍、眼泪等）: *Wipe away mud splashes with a wet cloth.* 用湿布把溅到的泥水擦干净。◇ *He wiped away a tear.* 他抹去了一滴泪水。 OBJ **stain, tear**

◆ v + adv + n ◆ v + n/pron + adv

,wipe sth 'down to clean a surface with a cloth 揩擦，擦拭（物体表面）: *I'll just wipe the table down before you put your books there.* 我这就把桌面擦干净，然后你再把书放到桌上。

◆ v + n/pron + adv ◆ v + adv + n

🔑**,wipe sth 'off; ,wipe sth 'off sth** **1** to remove sth from a surface with a cloth （从…上）擦掉，抹去: *Wipe off any surplus glue with a rag before it dries.* 用抹布把多余的胶水擦掉，以免干结。◇ *Tom had carefully wiped his fingerprints off the glass.* 汤姆小心翼翼地擦去了自己留在玻璃杯上的指纹。 OBJ **stain, fingerprints** **2** to remove sth that has been recorded on a tape or a video tape （从磁带或录像带上）抹掉，清除: *He wiped the conversation off the tape.* 他把磁带上的谈话录音抹掉了。 **3** to reduce the value of sth, especially shares 降低（尤指股票）的价值: *Over £5 billion was wiped off share values worldwide today.* 今天全球股票价格下挫了 50 多亿英镑。 **4** to get rid of sth 消除；除掉: *Wipe that smile off your face!* 别笑了！ ◇ *Our secret plan will wipe the smile off her face* (= will stop her from being so confident). 我们的秘密计划将会让她笑不出来。 OBJ **smile**

◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

,wipe 'out (on sth) (in surfing and other sports 冲浪等体育运动) to fall or crash in a sport, especially to fall from a board (a **surfboard**) （尤指从冲浪板上）翻跌下来，栽倒: *I caught a huge wave but then wiped out on the next.* 我冲上一个巨浪，但下一个浪头把我打翻了。

◆ v + adv

▶ **'wipeout** *n* (in surfing and other sports 冲浪等体育运动) a fall or a crash, especially a fall from a board (a **surfboard**) （尤指冲浪时的）翻跌，跌倒，栽倒: *I had so many bad wipeouts while I was learning to surf.* 我学习冲浪时很多次栽得很惨。

,wipe sb 'out **1** (*informal*) to defeat sb easily in a sports competition （体育比赛中）轻松打败，轻易战胜: *The Welsh side was wiped out 24-3.* 威尔士队被对方以 24:3 轻松击败。 **2** (*informal*) to make sb very tired 使累得要死；使十分疲劳: *All that travelling wiped her*

out. 那么多的旅行让她累得要死。 **3** (*slang*) to murder sb 杀死；干掉

◆ v + n/pron + adv ◆ v + adv + n

▶ ˌ**wiped ˈout** *adj* [not before noun] (*informal*) very tired 累得要死；十分疲劳

▶ ˈ**wipeout** *n* (*especially AmE*) a situation where one team easily defeats another team in a sports competition 轻而易举的胜利：*Dallas's wipeout of the Giants* 达拉斯队轻松击溃巨人队

ˌ**wipe sb/sth ˈout** to kill large numbers of people or animals 大量杀死；成批杀掉：*The whole village was wiped out by the flood.* 全村人都死于那场洪水。◇ *Pollution has wiped out half the species of fish in the river.* 污染已使河中半数鱼种灭绝。

NOTE Often used in the passive. 常用于被动语态。

◆ v + adv + n ◆ v + n/pron + adv

ˌ**wipe sth ˈout 1** to destroy sth completely 彻底消灭；完全摧毁：*The disease has been virtually wiped out.* 这一疾病实际上已经被消灭了。◇ *The government is trying to wipe out drug trafficking.* 政府正竭力铲除贩毒活动。OBJ **disease 2** to remove information from a computer, writing from a board, etc. 清除，删掉（计算机信息等）；抹去，擦掉（写字板上的内容）：*The virus could wipe out your hard disk.* 这种病毒能删除硬盘上的信息。◇ (*figurative*) *I'll never be able to wipe out the memory of that day.* 我永远也忘不了那一天。OBJ **memory 3** to remove or deal with a debt completely 了结，勾销（债务）：*He secured a loan to wipe out the club's debts.* 他获得了一笔贷款用来清偿俱乐部的债务。◇ *Their lead was wiped out by four goals in ten minutes.* 他们十分钟内连丢四球，领先优势荡然无存。◇ *This year's losses have wiped out last year's profits.* 今年的亏损抵消了去年的利润。OBJ **profits, debts**

◆ v + adv + n ◆ v + n/pron + adv

ˌ**wipe ˈup**; ˌ**wipe sth ˈup** (*BrE, informal*) to dry dishes with a cloth 抹干（盘子）：*You wash and I'll wipe up.* 你洗碗，我来擦干。

SYN **dry up, dry sth up; dry, dry sth**

◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌ**wipe sth ˈup** to clean a substance, especially a liquid, from a surface with a cloth 揩干（尤指液体）：*Keep a cloth handy to wipe up any*

SYNONYMS 同义词辨析

wipe sb/sth out

annihilate sb • destroy sb/sth • devastate sth • exterminate sb/sth • wipe sb/sth out

These verbs all mean to damage, remove or kill sb/sth so that they no longer exist. 这些动词都表示毁灭、摧毁、消灭。

annihilate sb to destroy or defeat sb completely 彻底毁灭；彻底击溃：*The human race has enough weapons to annihilate itself.* 人类拥有的武器足以自我毁灭。 ▶ **annihilation** *n* [U]: *the annihilation of the whole human race* 整个人类的灭绝

destroy sb/sth to kill sb; to damage sth so badly that it no longer exists or works 杀死；毁坏；摧毁：*The building was completely destroyed by fire.* 那幢建筑物完全毁于大火。◇ *They've destroyed all the evidence.* 他们已销毁了所有证据。◇(*figurative*): *Failure was slowly destroying him* (= making him less confident and happy) . 失败正慢慢将他毁灭。 ▶ **destruction** *n* [U]: *the destruction of the rainforests* 雨林的毁坏

devastate sth to completely destroy a place, area or building 完全毁坏，摧毁（场所、地区或建筑物）：*The bomb devastated much of the old part of the city.* 炸弹摧毁了该市大部分的旧城区。 ▶ **devastation** *n* [U]: *The bomb caused widespread devastation.* 炸弹造成了大范围的破坏。

exterminate sb/sth to deliberately kill all the members of a group of people or animals （蓄意）灭绝，灭杀，全部消灭，根除：*They used poison to exterminate the rats.* 他们使用毒药灭鼠。

wipe sb/sth out to destroy or remove sb/sth completely 彻底消灭；完全摧毁：*Whole villages were wiped out by the earthquake.* 整座整座的村庄毁于地震。◇ *a campaign to wipe out malaria* 一场消灭疟疾的运动

WHICH WORD?

Devastate is stronger than **destroy**, but is only used about places or buildings. When used about people, it has a different meaning
* devastate 比 destroy 语气更强烈，但仅用于指场所或建筑物。devastate用于指人时，含义不同：*I was devastated* (= very upset) to hear I'd failed my exams. 得知考试不及格，我很难过。 If people **exterminate** animals or people, they deliberately kill all of them. With the other expressions the cause can be natural, although **annihilate** is usually used to talk about the effects of war. * exterminate 指人对动物或他人蓄意斩尽杀绝。其他动词可指出于自然原因，但 annihilate 通常用于指战争的后果。

PATTERNS AND COLLOCATIONS

- to destroy/wipe out/devastate a **village/town/city**
- a **bomb/blast** destroys/devastates **buildings**
- to destroy/wipe out/annihilate/exterminate **the enemy**
- **an earthquake/a flood/a fire** destroys/devastates sth

mess. 备好抹布，随时擦掉脏东西。
◆ v + adv + n ◆ v + n/pron + adv

wire /'waɪə(r)/

,wire sb/sth 'up (to sth) to connect sb/sth to a piece of electrical equipment by using electrical wires 用导线将…连接到（电气设备）: *You will be wired up to a machine which will record your heartbeat.* 你身上会连接电线，与记录心搏的仪器连通。◇ *The police suggested I should be wired up* (= to record the conversation) *before I met the dealer.* 警察建议我去见毒贩前应该接好录音设备。◇ *The band's instruments were all wired up for sound.* 乐队的乐器都接通了电源以增加音响效果。◇ *The microphone hadn't been wired up properly.* 话筒没接好。
NOTE Often used in the passive. 常用于被动语态。
◆ v + adv + n ◆ v + n/pron + adv

wise /waɪz/

,wise 'up (to sth) (*informal, especially AmE*) to become aware of the unpleasant truth about a situation 意识到，觉察，发觉（令人不快的实情）: *Employees should wise up about how the industry works.* 雇员应当对本行业如何运作有所了解。◇ *You need to wise up to the fact that he's never coming back.* 你得明白他永远不会回来了。◇ *Wise up! Try and see her for what she really is.* 清醒点！看清她到底是个什么样的人。◇ *You need to wise up to how serious this situation is.* 你必须意识到局势的严重性。
◆ v + adv

wish /wɪʃ/

,wish sb/sth a'way to try to get rid of sth by wishing it did not exist; to wish that sb was somewhere else 从心里竭力摆脱；希望（某事物）消失；希望（某人）走开: *These complications can't just be wished away, you know.* 你知道，这些麻烦事儿并不是想让它们消失就能消失的。◇ *Don't wish your life away* (= said to sb who spends a lot of time looking forward to the future). 不要靠憧憬将来过日子。
◆ v + n/pron + adv ◆ v + adv + n

'wish sb/sth on sb (*also* **'wish sb/sth upon sb** *more formal*) (*used in negative sentences, especially with* **wouldn't** 用于否定句，尤与 wouldn't 连用) to hope very much that sth unpleasant will happen to sb or that they will have to deal with sb unpleasant 期盼某人遭遇（不愉快的事情）；希望让某人应付（讨厌的人）: *I wouldn't wish this pain on my worst enemy.* 即便是我的死对头，我也不愿他承受这种痛苦。◇ *I wouldn't wish my daughter on anyone at the moment—she's very difficult!* 我现在不想把女儿推给任何人——她很难伺候！
◆ v + n/pron + prep

wither /'wɪðə(r)/

,wither a'way to become less or weaker, especially before disappearing completely （尤指消亡前）萎缩，变弱: *All our hopes just withered away.* 我们的一切希望就这样渐渐破灭了。◇ *They predicted that the bad schools would wither away.* 他们预言差学校将逐步消失。
◆ v + adv

wolf /wʊlf/

,wolf sth 'down (*informal*) to eat sth very quickly, especially in large quantities 快速大吃；狼吞虎咽地吃: *He wolfed down his breakfast and rushed out of the house.* 他狼吞虎咽地吃了早餐，然后就匆匆出了门。
SYN **gobble sth down/up**
SYN **scarf sth down** (*AmE, informal*), **scarf sth up** (*AmE, informal*), **scoff sth** (*BrE*), **wolf sth down** (*informal*)
NOTE **Wolf sth** is also sometimes used on its own with this meaning * wolf sth 有时单独使用也作此义: *wolfing tea and cakes* 狼吞虎咽地喝茶吃糕饼
◆ v + adv + n ◆ v + n/pron + adv

wonder /'wʌndə(r)/

'wonder at sth to be very surprised by sth 对…感到诧异；对…觉得惊讶: *He wondered at her beauty.* 他对她的美貌赞叹不已。◇ *She wondered at her own stupidity.* 她没想到自己会这么笨。◇ ***It's hardly to be wondered at** that he behaves as he does, considering his family background.* 考虑一下他的出身背景，他的所作所为就不足为怪了。
SYN **marvel at sth**
◆ v + prep

work /wɜːk; *AmE* wɜːrk/

,work a'gainst sb/sth if sth **works against** sb/sth, it has the effect of making it harder for sb to do or achieve sth 妨碍，阻碍（某人做成某事）；对…造成不便: *The engineering career structure works against women.* 工程行业的职业结构不利于女性。◇ *The new policy has worked against the interests of farmers.* 新政策损害了农民的利益。
◆ v + prep

,work a'round sth (*BrE also* **,work 'round sth**) to find a way of doing what you want to in spite of situations, rules, etc. that could prevent you doing it 绕开，规避（造成妨碍的状况、规则等）；绕道走: *If we can't get rid of the problem, we'll just have to work round it.* 如果我们不能解决这个问题，就只好绕过它了。◇ *He urged the two sides to work around their disputes and reach an agreement.* 他敦促双方求同存异，达成协议。◇ *My uncle couldn't read, but he'd found ways to work around it because he was too embarrassed to tell anyone.* 我叔叔

不识字，但他设法回避这一点，因为他羞于让人知道。
◆ v + prep
▶ **'work-around** *n* a way of dealing with a problem which allows you achieve the result you want, without actually getting rid of the problem （未真正处理问题的）变通办法，权宜之计：*a work-around solution* 临时性解决方案

,work a'round to sth (*BrE also* **,work 'round to sth**) to gradually turn a conversation towards a particular topic 逐渐转移（话题）：*I wondered when he would work around to the subject of money.* 我不知道他何时会绕到钱的问题上来。
◆ v + adv + prep

'work at sth; 'work at doing sth to make great efforts to achieve sth or do sth well 努力；致力于：*She worked hard at her French and passed the exam.* 她刻苦学习法语，通过了考试。◇ *You've got to work at losing weight.* 你必须花力气减肥。◇ *You've got to work at it.* 你必须下功夫。◇ *Marriage has to be worked at.* 婚姻需要悉心维系。
◆ v + prep

,work a'way (**at sth**) (*often used in the progressive tenses* 常用于进行时) to continue to work hard for a period of time 继续努力（做某事）：*I've been working away in the gym, trying to get fit.* 我一直在健身房锻炼以保持健康。◇ *Ruth spends hours in the library, working away at Japanese.* 鲁思在图书馆一呆就是好几个小时，苦学日语。
◆ v + adv

,work sth 'in; ,work sth 'into sth **1** to add one substance to another and mix them together 掺入；将…搅拌进：*Work the butter in with your fingers.* 用手指把黄油掺进去。◇ *Use plenty of polish and work it well into the wood.* 涂上足量的光蜡并使它充分渗入木料。 **2** to try to include sth in a piece of writing, a speech, etc. 设法把…加进（文章、讲话等）中；尽量包括：*Try and work in something about your own experience.* 尽量穿插讲点你本人的经验。◇ *He usually manages to work something topical into his act.* 他通常会设法在他的节目中加插些热门话题。
◆ **1** v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep
◆ **2** v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

,work yourself 'into sth to become very angry, excited, etc. 变得十分气愤（或非常激动等）：*She's* ***working*** *herself* ***into a state*** *about the exams.* 她因为考试而精神紧张起来。◇ *He was working himself into a rage.* 他开始暴跳如雷。
→ see also WORK SB UP, WORK YOURSELF UP
◆ v + pron + prep

'work off sth (of a machine, a piece of electrical equipment, etc. 机器、电气设备等) to use a supply of power or another machine in order to operate 靠电源（或其他机器）运行：*The lighter works off the car battery.* 点火器利用车载蓄电池打火。
◆ v + prep

,work sth 'off **1** to get rid of sth by physical effort （通过消耗体力）宣泄，消除：*He went for a run to work off some calories.* 他去跑步以消耗部分热量。◇ *By the time she had finished cleaning, she had worked off her anger.* 她打扫完卫生之后气就消了。 **2** to earn money to pay off a debt 挣钱还清（债务）：*They worked off their huge bank loan over five years.* 他们工作了五年多才还清了那一大笔银行贷款。 **3** if you **work off** a punishment, etc., you do what you have been told to do because you have done sth wrong or committed a crime 服从，接受（处罚等）：*Keane has started to work off his eight-match suspension.* 基恩开始接受停赛八场的处罚。
◆ v + adv + n ◆ v + n/pron + adv

'work on sb to try to persuade sb to agree to sth or to do sth 努力劝说…同意（或去做某事）；尽力说服：*My father hasn't said he will lend me the car yet, but I'm working on him.* 父亲还没说他会把汽车借给我，但我正在竭力说服他。
◆ v + prep

🔑 **'work on sth** **1** to be busy with a particular activity, project, piece of research, etc. 忙于，从事（某个活动、项目、研究等）：*What are you working on at the moment?* 你现在忙什么呢？◇ *The committee worked on ways to raise money.* 委员会忙于找路子筹措资金。◇ *Tara is currently working on a solo album.* 塔拉眼下正忙着制作个人演唱专辑。 **2** to practise or work hard in order to improve sth 刻苦练习，努力工作（以改进某事物）：*Your designs are great, but you need to work on them a bit more.* 你的设计很棒，但还需要下点功夫完善一下。◇ *You need to work on your technique* (= for example, in a sport). 你得下功夫提高技术。◇ *Jack's been working on building up his confidence.* 杰克一直在努力增强自信。◇ *'Have you sorted things out with your parents yet?' 'No, but* ***I'm working on it*** (= I'm trying hard to do this).' "你和父母之间的事解决了吗？" "没有，但我正在继续努力。" **3** to consider that sth is true when you are saying or doing sth, planning sth, etc. 以…为前提；以…为出发点；基于：*We are* ***working on the assumption*** *that everyone invited will come.* 我们的前提是假设受邀者都会出席。◇ *The police are working on the theory that she was attacked by somebody she knew.* 警方认为袭击她的人是她认识的人并展开追查。
◆ v + prep

🔑 **,work 'out** **1** to happen or develop in a particular way, especially a successful way 进展；（尤指）成功地发展：*I'm glad my plan worked out* (= was successful). 我很高兴我的计划成功了。◇ *Their marriage didn't work out* (= was not successful). 他们的婚姻不美满。◇ *It is all working out very well.* 一切都进展得很顺利。◇ *Don't worry now, everything will work out all right in the end.* 别操心了，所有事情最终都会有个好结果的。 **2** (**at sth**) if sth **works**

out at sth, you calculate that it will be a particular amount 计算；算出: *The rent works out at £50 a week each.* 租金算下来是每人每周 50 英镑。◇ *It'll **work out cheaper** to go by bus.* 算来还是乘公共汽车便宜些。 NOTE **Work out** is often used with *cheaper, more expensive,* etc. * work out 常与 cheaper、more expensive 等连用。 **3** to train the body by physical exercise 锻炼身体；做运动: *I try and work out three times a week.* 我尽量每周锻炼三次。 **4** if a sum, a maths problem, etc. **works out**, it gives a result （总数、数学题等）等于，解出: *The equation won't work out if x is negative.* 如果 x 为负数，这个等式就不成立。

◆ v + adv

▸ **'workout** *n* a period of physical exercise 锻炼: *I did a two-hour workout in the gym.* 我在健身房锻炼了两个小时。

,work sb 'out (*especially BrE*) to understand sb's character 了解，理解，弄懂（某人的性格）: *I've never been able to work my mother out.* 我一直摸不准母亲的脾气。

SYN **figure sb out**

NOTE Not used in the passive. 不用于被动语态。

◆ v + n/pron + adv ◆ v + adv + n (*rare*)

,work sth 'out 1 to calculate sth 计算；算出: *You'll have to work out the costs involved.* 你得计算出所需费用。◇ *Can you work out the answer to number 2?* 你能算出第 2 题的答案吗？◇ *I worked out that we owe him £30.* 我计算了一下，我们欠他 30 英镑。◇ *Let me pay for now and we'll work it out later.* 由我先付吧，我们以后再算清楚。 OBJ **cost, answer** SYN **figure sth out 2** to find the answer to a question or sth that is difficult to understand or explain 找到…的答案；处理；解决: *I couldn't **work out how** Jack had got there so quickly.* 我弄不清杰克怎么这么快就到了那儿。◇ *We worked out that we were second cousins.* 我们搞清楚了我们原来是远房堂兄弟。◇ *Can you work out what's going on?* 你能弄明白目前的情况吗？◇ *The game was fairly simple once we'd worked out the rules.* 我们搞清楚规则，这个游戏就很简单了。 SYN **figure sth out** NOTE **Work sth out** is often used with *how, where, why,* etc. * work sth out 常与 how、where、why 等连用。 **3** to plan sth; to think of sth 计划；思考: *I've worked out a better way of doing it.* 我想到一个做这件事的更好的办法。◇ *The details still*

SYNONYMS 同义词辨析

work sth out

clear sth up • **crack sth** • **figure sb/sth out** • **solve sth** • **unravel sth** • **work sth out**

These verbs all mean to find the correct answer or explanation for sth. 这些动词都表示解答、解释、解决。

clear sth up (*not formal*) to solve or explain sth that is mysterious or confusing 解决（难题）；解释（谜团）: *Police are desperate to have this murder cleared up.* 警方正竭力侦破这桩谋杀案。

crack sth (*not formal*) to find the solution to sth such as a crime or problem 破获（案件）；解开（难题）: *We need some more solid evidence if we're going to crack the case.* 要想侦破此案我们需要一些更确凿的证据。◇ *I think we've **cracked it**.* 我想我们已经解开谜团了。

figure sb/sth out (*not formal*) to think about sth until you understand it, especially how to do sth, what has happened, etc. 明白；领会到: *I can't figure out how to do this.* 我搞不清楚这个怎么做才好。◇ *I've never been able to figure her out.* 我一直没能摸透她。

solve sth to find the solution to a problem or explanation for sth that is difficult to understand or explain 解答；解决: *We were given clues to help us solve the puzzle.* 我们已经得到了有助于解开这道难题的线索。◇ *The mystery has not yet been completely solved.* 这个谜团仍未完全破解。

unravel sth to explain sth that is mysterious or difficult to understand 解释；澄清: *The discovery will help us unravel the secrets of the Ice Age.* 这一发现将有助于我们解开冰河时期的秘密。

work sth out (*not formal*) to think about sth until you understand it, especially how to do sth, what has happened, etc. 找到…的答案；处理；解决: *I'm trying to work how I could possibly have spent $150 last night.* 我正想弄明白昨晚我怎么会花了 150 元。

WHICH WORD?

Work sth out is used more in British English and **figure sb/sth out** is used more in American English. However, if you are talking about understanding sb's character and behaviour **figure sb out** is used in both British and American English. * work sth out 多用于英国英语，而 figure sb / sth out 多用于美国英语。但如果指摸透某人的个性和行为，英国和美国英语均用 figure sb out。

PATTERNS AND COLLOCATIONS

- to work out/figure out **how/what/where/who/why ...**
- to solve/work out **a puzzle/an equation**
- to solve/clear up/crack/unravel a **case/mystery**
- to solve/clear up a **crime/murder/question/problem**
- to work out/figure out the **answer/solution**

have to be worked out. 细节还需进一步斟酌。 OBJ **details, plan, way** **4** to organize sth or deal with problems in an acceptable way 妥善安排（或处理）: *Ed and Jane seem to have* ***worked things out*** *between them.* 埃德和简似乎已妥善解决了他们之间的问题。 SYN **sort sth out** **5** to continue to work at your job until the end of the period of time mentioned 持续工作到（某期限）: *They didn't make me work out my notice* (= the period of time that is officially fixed before you can leave your job). 他们没有让我工作到期满。◇ *He didn't want to work out the rest of his years in an office.* 他不想把余生消耗在办公室里。 **6** to remove all the coal or metal from a mine 把（煤或金属）挖尽；采掘完（煤或金属矿）: *Most of the mines had been worked out.* 大多数矿井都已开采光了。 SYN **exhaust sth** NOTE Often used in the passive. 常用于被动语态。
◆ v + n/pron + adv ◆ v + adv + n

ˌwork itself ˈout if a problem **works itself out**, it gradually stops being a problem without anyone having to do anything （问题）逐步自行解决，逐渐自动化解: *Did you think everything would just work itself out?* 你是不是以为所有事情都会自动了结?
SYN **sort itself out**
◆ v + pron + adv

ˌwork sb ˈover to attack sb physically and injure them, either as a punishment or to get information from them 拷打；逼供: *They sent the boys round to work him over.* 他们派出了几个小兄弟去拷问他。
◆ v + n/pron + adv ◆ v + adv + n

ˌwork ˈround sth, etc. (*BrE*) → WORK AROUND STH, ETC.

ˌwork ˈthrough to work without stopping for a particular period of time （一段时间内）连续工作，不停干活: *At harvest time we work through until it gets dark.* 在收获季节，我们一直干到天黑。
◆ v + adv

ˌwork ˈthrough; ˌwork ˈthrough sth **1** to start to have an effect somewhere 开始影响；对…发挥作用: *These pressures have worked through to the staff.* 这些压力影响到了员工。◇ *The full effects of the change will take time to work through the system.* 这项改革对整个体系产生全面影响尚需时日。 **2** to move or pass through sth gradually until you reach a particular point 逐渐移动到；慢慢过渡到: *I started at page one and slowly* ***worked my way through*** *to the end.* 我从第一页慢慢读到结尾。◇ *You shouldn't try to work through the course too fast.* 你不该过快地完成这门课程。◇ *Allow time for the drug to work through your body.* 药效要过一段时间才会扩展到你全身。
◆ v + adv ◆ v + prep

ˌwork ˈthrough sth **1** to experience a problem, a difficult situation, etc., and deal with it until you eventually find a solution 处理好（问题）；熬过，挨过（困境）: *to work through grief/emotions* 消除悲伤 / 克服感情问题◇ *Counselling is helping him work through this trauma.* 心理辅导正帮助他摆脱精神创伤。◇ *The situation was difficult for the family, but they were able to work through it and come out the other side.* 这个家庭那时处境困难，但他们终于挺过来并熬出了头。 **2** (*also* **work sth ˈthrough** *less frequent*) to think or talk about sth carefully until you can find a solution 仔细想出（解决办法）；交流清楚；谈妥: *If you are having problems in your relationship, take time to work through it with your partner.* 如果你们的感情有问题，花点时间和你的伴侣沟通解决。◇ *Work the problem through together.* 共同想办法解决这个问题。
◆ **1** v + prep
◆ **2** v + prep ◆ v + n/pron + adv (*less frequent*)

ˈwork to sth to follow a plan, etc. 遵照（计划等）；根据…行事: *We're working to a very tight schedule.* 我们的日程安排很满。◇ *They have to work to a budget.* 他们必须按照预算办事。
◆ v + prep

ˌwork toˈwards sth (*also* **ˌwork toˈward sth** *especially AmE*) to try to reach or achieve a goal 努力达到，设法完成（目标）: *She's working towards her PhD.* 她在攻读博士学位。◇ *The two groups are working towards the same end.* 这两个组正向同一目标迈进。◇ *Jo's working towards obtaining a Master's degree.* 乔正为获得硕士学位而努力。
◆ v + prep

ˌwork sb ˈup; ˌwork yourself ˈup (into sth) to gradually make sb/yourself become very upset, angry or excited about sth （使）开始苦恼，变得愤怒，兴奋起来: *She had worked herself up into a rage.* 她把自己搞得怒气冲冲。◇ *He worked the crowd up into a frenzy.* 他把人群煽动得疯狂起来。◇ *You've worked yourself up into a state again. Try and relax.* 你又激动起来了。尽量放松些。
◆ v + n/pron + adv ◆ v + adv + n

▶ **ˌworked ˈup (about sth)** *adj* (not used before a noun) (*informal*) very excited, upset or angry about sth （对某事）非常兴奋，心烦意乱，非常生气: *What was Ben so worked up about?* 本对什么事这么激动? ◇ *I can't get at all worked up about cars* (= I am not interested in or excited by cars). 我对汽车根本不感兴趣。◇ *She* ***gets*** *terribly* ***worked up*** (= nervous) *about exams.* 她对考试紧张得要死。

ˌwork sth ˈup **1** to gradually develop or increase sth until you have enough 逐步发展；逐渐增加（到足量）: *We jogged up the hill to work up an appetite.* 我们为增加食欲慢跑上山。◇ *I can't work up much enthusiasm for this subject.* 我对这个话题提不起多大热情。◇ *She soon worked up a sweat.* 她不一会儿就满身大汗了。 **2** (**into sth**) to spend time and effort on a piece of work in order to improve or complete it 努力使改善；精心使完成: *The idea needs a lot of working up.* 这个创意需要下一番工夫加以完善。◇ *You could work up this idea into a story.* 你可以用这个构思创作出一个故事。◇ *Some of*

the sketches were worked up into paintings. 有些速写加工成了油画。
◆ v + adv + n ◆ v + n/pron + adv

ˌwork ˈup to sth 1 to gradually prepare for and move towards sth that is more exciting or extreme 逐步发展到，逐渐达到（更高或更深的程度）：*He started slowly and worked up to running ten miles a day.* 他开始时慢跑，后来逐渐发展到一天跑十英里。◇ *The tension works up to a climax towards the end of the film.* 电影快结束时，紧张气氛达到了高潮。 **2** to prepare yourself to do sth difficult or unpleasant 为（困难或令人不快的事情）作准备：*I haven't told him yet but I'm working up to it.* 我还没告诉他呢，但我正准备说。 SYN **build up (to sth)**
◆ v + adv + prep

worm /wɜːm; *AmE* wɜːrm/

ˌworm your way/yourself ˈinto sth (*informal, disapproving*) to gradually make sb like or trust you, especially in order to gain an advantage for yourself 逐渐赢得欢心，渐渐骗取信任（以获利）：*Somehow he managed to* ***worm his way into*** *her confidence.* 他不知用什么手段设法骗取了她的信任。
OBJ **confidence, affections, heart**
◆ v + n/pron + prep

ˌworm sth ˈout of sb (*informal*) to manage to obtain information from sb, often by asking them questions in a clever way for a long period of time （慢慢地）从某人处套出话来，巧妙地套问出：*It took me days to worm the truth out of my daughter.* 我用了好几天时间才从女儿口中探听出真相。
◆ v + n/pron + adv + prep

worry /ˈwʌri; *AmE* ˈwɜːri/ (**worries, worrying, worried**)

ˈworry at sth (*often used in the progressive tenses* 常用于进行时) **1** if an animal such as a dog **worries at sth**, it holds it in its teeth and shakes it about （动物用牙）撕扯，撕咬：*a dog worrying at a bone* 啃着骨头的狗◇ (*figurative*) *She worried at the knot in the string* (= with her fingers). 她解着绳结。 **2** to think or talk a lot about a problem and try to find a solution 冥思苦想，反复谈论（以寻求解决办法）：*He lay awake all night worrying at the problem.* 他躺了一夜没睡着，盘算这个问题。
◆ v + prep

wrap /ræp/ (**-pp-**)

ˌwrap sth aˈround sb/sth (*BrE also* **ˌwrap sth ˈround sb/sth**) to put sth firmly around sth/sb 用…裹住；用…围紧：*He wrapped his arms tightly around my waist.* 他双臂紧紧搂住了我的腰。◇ *A long scarf was wrapped round her neck.* 她脖子上围了一条长领巾。
◆ v + n/pron + prep
▸ **ˈwrap-around** *adj* [only before noun] going all or most of the way around sth （几乎）环绕的，围绕的：*The balcony has a wrap-around view of the sea* (= a very wide view). 阳台可饱览海景。◇ *wrap-around sunglasses* (= that fit closely and curve round the sides of the head) 弧线型太阳镜 ◇ *a wrap-around skirt* (= that is closed by passing one part over another) 围裙

ˌwrap ˈup; ˌwrap it ˈup (*slang*) used to tell sb rudely to stop talking and be quiet （粗鲁的说法）住口，闭嘴，安静点：*Oh wrap up and let somebody else say something!* 喂，闭上嘴让别人说两句吧！
◆ v + adv ◆ v + it + adv

ˌwrap ˈup (in sth), ˌwrap sb ˈup (in sth), ˌwrap yourself ˈup (in sth) to put warm clothes, etc. on yourself/sb （使）穿得暖和：***Wrap up warm****—it's really cold outside.* 穿暖和点——外面非常冷。◇ *I wrapped the twins up before letting them go out.* 我给这对双胞胎穿暖和了才让他们出去。◇ *We were all well wrapped up against the weather.* 我们都穿得厚厚的才能抵御寒冷天气。◇ *I wrapped myself up against the cold.* 我穿上了厚衣服御寒。
SYN **bundle up, bundle sb up (in sth)**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n

ˌwrap sth ˈup 1 (in sth) to cover sth in paper or other material, to protect it or because you are giving it to sb as a present 包，裹（礼物等）：*I wrapped the vase up in tissue paper.* 我用绵纸把花瓶包好。◇ *It took all the evening to wrap up the kids' presents.* 为孩子们包圣诞礼物用了整整一晚上。◇ (*figurative*) *There's a simple explanation wrapped up in all those long words.* 繁言絮语中暗含一句简单的解释。 SYN **do sth up (in sth)** NOTE **Wrap sth** is often used on its own with this meaning. * wrap sth 单独使用常常也作此义。 **2** to complete sth in an acceptable way 圆满完成；顺利结束：*The discussions should be wrapped up by Friday.* 讨论到星期五应可圆满结束。◇ *Well, I think that just about* ***wraps it up*** *for today.* 好了，我想这差不多给今天画了个圆满的句号。
◆ v + n/pron + adv ◆ v + adv + n
▸ **ˈwrap-up** *n* (*especially AmE*) **1** a short summary of what has gone before, especially at the end of a news broadcast 简要回顾；摘要；概述；（尤指新闻节目后的）新闻提要：*And to close, here is a wrap-up of today's developments.* 最后，简要回顾一下今天的进展。 **2** the final actions that complete sth 最后阶段的行动：*the wrap-up of the campaign* 这场活动的尾声

be ˌwrapped ˈup in sb/sth to be so involved in a person or an activity that you do not notice other people or what is happening around you 聚精会神于；全神贯注于；专心致志于：*He was so wrapped up in his book that he didn't notice me leaving.* 他埋头看书，居然没注意到我离开。◇ *Julia is completely wrapped up in her children.* 朱莉娅把全部精力都倾注在孩子们身上。
◆ be + v + adv + prep

wrench /rentʃ/

ˌwrench sth ˈoff; ˌwrench sth ˈoff sth to remove sth from sth by force with a strong

twisting movement （从…上）猛扭下，用力拧掉: *The tug of the rope nearly wrenched my arm off.* 绳子差点把我的胳膊拽脱臼。◇ *He wrenched the picture off the wall and threw it to the ground.* 他从墙上一把撕下那张画扔到地上。
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + prep

wrest /rest/

ˈwrest sth from sb/sth (*formal*) **1** to take sth such as power or control from sb/sth with great effort （从…）攫取，抢夺（权力等）: *The rebels tried to wrest control of the town from government forces.* 反叛者企图从政府军手中夺取这座小镇的控制权。 **2** to take sth from sb that they do not want to give, suddenly or violently （从…）强行取走，强夺: *The officer managed to wrest the gun from his grasp.* 警官最终把枪从他手中夺走了。
◆ v + n/pron + prep

wrestle /ˈresl/

ˈwrestle with sth to struggle to deal with sth difficult 与…斗争；抵抗: *Farmers are wrestling with the problem of the wet weather.* 农民们正在努力应对多雨天气。◇ *He spent several more weeks wrestling with his conscience and then finally decided to resign.* 他和自己的良心又搏斗了几个星期，最终决定辞职。◇ *He wrestled with the reins as the horse galloped towards the cliff edge.* 马向悬崖边飞奔，他拼命勒紧缰绳。
SYN grapple with sth
◆ v + prep

wriggle /ˈrɪgl/

ˌwriggle ˈout of sth; ˌwriggle ˈout of doing sth (*informal*) to avoid doing sth unpleasant or sth that you do not want to do by making clever excuses 耍滑不做，借故逃避（令人不快或不想去做的事）: *to wriggle out of your responsibilities* 找借口逃避责任◇ *I've got an appointment I can't wriggle out of.* 我有个推脱不掉的约会。◇ *Don't let Tom wriggle out of helping you.* 别让汤姆借故不帮你。
◆ v + adv + prep

wring /rɪŋ/ (wrung, wrung /rʌŋ/)

ˈwring sth from sb → WRING STH OUT OF/FROM SB

ˌwring sth ˈout to remove water or other liquid from a cloth, etc. by twisting it tightly and squeezing it 拧，绞（布等）；拧出，绞出（水等液体）: *Rinse the cloth and wring it out well.* 把布冲洗一下并拧干。◇ *My clothes got so wet I could wring the water out!* 我的衣服湿得能拧出水来！
◆ v + n/pron + adv ◆ v + adv + n

be/get ˌwrung ˈout (*AmE*) to feel extremely tired and in poor health 极度疲劳；健康状况不佳: *David and I had had a big fight, and I was feeling completely wrung out.* 我和戴维大打了一架，感到累极了。
◆ be/get + v + adv

ˈwring sth out of/from sb to obtain sth from sb with difficulty, especially by putting pressure on them 从…费力弄到；从…施压逼出: *She eventually wrung an apology out of him.* 她最终逼他道歉了。◇ *A few concessions were wrung from the government.* 政府被迫作出了一些让步。
◆ v + n/pron + prep

write /raɪt/ (wrote /rəʊt/, written /ˈrɪtn/)

ˌwrite aˈway (to sb) (for sth): *I wrote away to the company for a free sample.* 我向公司函索免费样品。 → WRITE OFF/AWAY

ˌwrite ˈback (to sb) to write in reply to sb's letter （给某人）写回信，复信: *I wrote and apologized, but he never wrote back.* 我写了信致歉，可他一直未回复。◇ *The school wrote back to me saying that all the courses were full.* 学校给我复信说所有的课程报名人数已满。
◆ v + adv

ˌwrite sth ˈdown (in/on sth) 1 to write sth on paper so that you do not forget it 写下；记录: *I wrote her address down in my notebook.* 我把她的住址记在我的笔记本上。◇ *There is a handout so you needn't write all this down.* 有讲义发给你们，不必把这些全记下来。
SYN take sth down **2** (*business*) to reduce the value of what a company owns when stating it in the company's accounts 减记，划减（公司资产账面值）: *All stock over six months old was written down to 50%.* 所有超过六个月的存货价值都减记 50%。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈwrite-down** *n* (*business*) a reduction in the value of what a company owns, etc. （公司资产账面值的）减记，划减

ˌwrite ˈin (to sb/sth) to write a letter to an organization to state an opinion or to ask a question （向某机构）致函，致信（以表达意见或咨询问题）: *Write in to the programme and tell us your own opinion on this.* 欢迎给节目组来信，告诉我们您对这个问题的见解。◇ *500 viewers wrote in to complain about the advertisement.* * 500 名电视观众写信投诉这个广告。
◆ v + adv

ˌwrite sb/sth ˈin (*AmE*) to add an extra name to a list of candidates in an election so that you can vote for them （在选票上）写上，补写（非原定候选人姓名）: *She wrote Carrasco in on the ballot paper.* 她在选票上加写了卡拉斯科。◇ *Workers were handing out sample ballots with their candidate's name written in.* 工人们正在散发选票样本，上面加了他们选的非原定候选人的名字。
◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈwrite-in** *adj* (*AmE*) a vote for sb who is not an official candidate in an election, in which you write their name on your voting paper 投给非原定候选人的票: *He qualified as a write-in in 15 states.* 他在 15 个州获得了非原定候选人的资格。◇ *a write-in candidate/vote* 非原定候选人／投给非原定候选人的选票

SYNONYMS 同义词辨析

write sth down

note sth down • pencil sth in • put sth down • take sth down • write sth down

note sth down to write down sth important so that you do not forget it 记下；记录: *He carefully noted down all their names and addresses.* 他把他们的名字和住址全都仔细记了下来。

pencil sth in to write down sb's name or details of an arrangement with them that you know might have to be changed later 暂时记下（约见的人名或细节安排）: *I'll pencil in the meeting for Friday.* 我看暂定星期五开会吧。 NOTE **Pencil in** does not necessarily mean that a pencil is used. * pencil in 不一定指用铅笔。

put sth down to write sth on paper, especially in order to remember or record it 写下；记录: *The meeting's on the 22nd. Put it down in your diary.* 会议是在 22 号。记在记事簿上吧。◇ *One day I'm going to **put it all down in writing**.* 早晚有一天我要把这一切都付诸笔墨。

take sth down to write sth down, especially what sb is saying, at the time that they are saying it 写下，记录（尤指发言）: *Reporters were taking down every word he said.* 记者对他说的话有闻必录。 NOTE **Take** can be used on its own when the object is **notes** 宾语是 notes 时，take 可单独使用: *Did you take notes at the lecture?* 那次讲座你记笔记了吗？

write sth down to write sth on paper, especially to in order to remember or record it 写下；记录: *Write down the name and address before you forget it.* 把名字和地址记下来，免得忘了。

PATTERNS AND COLLOCATIONS

- to write sth down/put sth down/note sth down/take sth down **in** sth/ **with** sth
- to write sth down/put sth down/note sth down **on** sth
- to write down/put down your **name**
- to write down/put down/take (down) some **notes**

ˌwrite sb/sth ˈin; ˌwrite sb/sth ˈinto sth to add a character or a scene to a play, a film/movie, a regular series, etc. 把（人物或情节）加进，写进（戏剧、电影、电视剧等中）: *Why did you write the plane crash in?* 你为什么要加上坠机这一情节？◇ *It was the first time a disabled child had been written into a TV soap.* 这是电视肥皂剧中首次出现残障儿童这一角色。◇ *He **wrote** himself **into the history books** by becoming the first player to win the championship five times.* 他因首创五度夺冠的纪录而名载史册。
OPP **write sb/sth out, write sb/sth out of sth**
• v + n/pron + adv • v + adv + n • v + n/pron + prep

ˌwrite sth ˈin; ˌwrite sth ˈinto sth to include sth such as a special rule or a condition in a document, a contract, an agreement, etc. 把…写入（文件、合同、协议等）: *A get-out clause was written into the contract.* 免责条款已写进合同。
• v + n/pron + adv • v + adv + n • v + n/pron + prep

ˌwrite ˈoff/aˈway (to sb) (for sth) to write to an organization or a company, asking them to send you sth （向某机构或公司）致函，致信（索取资料等）；函索: *She wrote off to an agency for advice.* 她写信给代理行咨询。
SYN **send off (for sth), send away (for sth)**
• v + adv

ˌwrite sb/sth ˈoff (as sth) to consider that sb/sth is a failure or not important 认定…失败（或无关紧要）: *Don't write John off too soon—he may surprise you!* 不要过早认定约翰成不了事 —— 他会令你大吃一惊！◇ *I wrote off my symptoms as tiredness.* 我以为我的症状是疲劳所致。
• v + n/pron + adv • v + adv + n
▸ **ˈwrite-off** *n* [sing.] (*informal*) a failure; a time when you do not achieve anything 失败；无所作为；一事无成: *Today has been a write-off as far as work is concerned.* 今天的工作毫无进展。

ˌwrite sth ˈoff **1** (*business*) to cancel a debt; to recognize that sth is a failure, has no value, etc. 注销，销记（负债）；认定…失败（或毫无价值等）: *All outstanding Third World debts should now be written off.* 第三世界所有未偿清的债务现在都应该勾销了。 **2** (*BrE*) to damage a vehicle so badly that it is not worth spending money to repair it 把（车辆等）全毁；报废: *That's the third car he's written off this year.* 这是他今年报废的第三辆车。
• v + n/pron + adv • v + adv + n
▸ **ˈwrite-off** *n* **1** (*business*) an act of cancelling a debt and accepting that it will never be paid （负债的）注销，销记: *a £4.9 billion debt write-off* * 49 亿英镑债务的注销 **2** (*BrE, informal*) a vehicle that is so badly damaged that it is not considered worth repairing 报废车辆: *They escaped with minor injuries but the van was a write-off.* 他们轻伤脱险，可是客货车却报废了。

ˌwrite sb/sth ˈout; ˌwrite sb/sth ˈout of sth to remove a character, a scene, etc. from a play, a film/movie, a regular series, etc. （从戏剧、电影、电视剧等中）去掉，删除（人物、

情节等）：*He got bored and asked to be written out of the series.* 他厌烦了，于是要求删去他在电视剧中的戏份。◇ *The censor demanded that the scene be written out.* 审查员要求删除这场戏。

OPP **write sb/sth in, write sb/sth into sth**
◆ v + n/pron + adv ◆ v + adv + n ◆ v + n/pron + adv + prep

,write sth 'out to write sth on paper clearly, including all the details 把…详细写清楚；全部写出：*Use symbols and abbreviations instead of writing things out in full.* 用符号和缩写，不用全写。◇ *I wrote out the poem in my best handwriting.* 我尽可能把这首诗写得工工整整。◇ *I watched him write out a cheque for her.* 我看着他开了一张支票给她。
NOTE In informal spoken language **write sb out sth** is also used 非正式口语也用 write sb out sth: *He wrote her out a cheque.* 他给她开了一张支票。
◆ v + adv + n ◆ v + n/pron + adv

,write sb 'up (*AmE*) to make an official report or complaint about sb in writing （以书面形式正式地）记录，控告（某人）：*He wrote me up for illegal parking.* 他控告我违章停车。◇ *The principal wrote him up for talking back to his teachers.* 校长将他与老师顶嘴一事记入档案。
◆ v + n/pron + adv ◆ v + adv + n
▶ **'write-up** *n* (*AmE*) an official report or complaint 正式记录；控告

,write sth 'up 1 to write sth in a complete and final form, especially from notes that you have made （尤指借助笔记）详细写出：*She writes her lecture notes up every night before going out.* 她每晚外出前都把讲课笔记整理成文。 OBJ **notes, research, experiment 2** to write a review of a play, a concert, a book, etc. for a newspaper or magazine 为（戏剧、音乐会、书等）写评述：*She wrote the movie up in glowing terms.* 她在影评中对这部影片极尽溢美之辞。
◆ v + n/pron + adv ◆ v + adv + n
▶ **'write-up** *n* a review of a concert, a play, a book, etc. in a newspaper or magazine （报章对音乐会、戏剧、书等的）评述：*The concert got a good write-up in all the papers.* 音乐会博得报章的一致好评。

X x

X /eks/ (**x'es, x'ing, x'ed**)

ˌx sth ˈout (*AmE, informal*) to put an 'x' through a written word, etc. to show that it is a mistake （打叉）画去，删除（错误的词语）: *She x'ed out the final word in the sentence.* 她打叉删去句末的那个单词。

SYN **cross sb/sth out**

◆ v + n/pron + adv ◆ v + adv + n

Y y

yank /jæŋk/

ˈyank at sth to pull at sth hard and quickly 猛拉；猛拽：*Someone yanked at my hair.* 有人使劲扯我的头发。
◆ v + prep

ˌyank sth ˈoff; ˌyank sth ˈoff sth to remove sth by pulling it quickly and hard （从…）猛地拉掉，猛力拽下：*He yanked off his shoes.* 他猛地扒下了鞋子。◇ *She yanked the lid off the tin.* 她用力拉掉了罐头的盖子。
◆ v + adv + n ◆ v + n/pron + adv ◆ v + n/pron + prep

ˌyank sb/sth ˈout; ˌyank sb/sth ˈout of sth (*informal*) to remove sb/sth from somewhere by pulling hard and quickly （从…）把…猛力拉走：*He was yanked out of the house and bundled into a car.* 他被人从房子里拽出来，然后被塞进了一辆汽车。
◆ v + n/pron + adv ◆ v + n/pron + adv + prep

yearn /jɜːn; *AmE* jɜːrn/

ˈyearn for sb/sth (*literary*) to want sb/sth very much, especially when this is difficult to get 切望，向往，思慕（尤指难以企及的人或事物）：*Mira yearned for a child.* 米拉渴望有个孩子。
SYN **long for sb/sth**
◆ v + prep

yell /jel/

ˌyell ˈout; ˌyell sth ˈout to suddenly shout sth in a loud voice 突然大喊；号叫：*She was yelling out in terror.* 她吓得惊叫起来。◇ *He yelled out the names of the winners.* 他高声报出获胜者的名字。
◆ v + adv ◆ v + adv + n ◆ v + n/pron + adv ◆ v + adv + speech

yield /jiːld/

ˈyield to sth (*formal*) to be replaced by sth 被…替代；为…取代：*Barges yielded to road vehicles for transporting goods.* 在货运方面，驳船让位于公路车辆。
◆ v + prep

ˈyield sth ˈup (*formal*) **1** to allow sb else to take sth that you own and feel is very important for you 让出，放弃，让渡（自己看重的所有物）：*He swore he would never yield up the castle to the English.* 他发誓永远不会把城堡交给英格兰人。 **2** to reveal sth that has been hidden 暴露；揭露；展现：*A thorough search of the site yielded up only a few ancient coins.* 在这个遗址中进行了彻底搜索之后，只找到了几枚古钱币。
◆ v + adv + n ◆ v + n/pron + adv

Z z

zero /ˈzɪərəʊ; *AmE* ˈzɪroʊ, ˈziː-/ (**zeroes, zeroing, zeroed, zeroed**)

ˌzero ˈin on sb/sth **1** to aim weapons at sb/sth （用武器）瞄准，对准: *They zeroed in on the target.* 他们瞄准了目标。◇ (*figurative*) *Clare zeroed in on Craig* (= went to talk to him) *as soon as he entered the room.* 克雷格一进房间，克莱尔就径直去和他说话。 **2** to fix all your attention on sb/sth 全神贯注于；聚精会神于；专心致志于: *Wasting no time, she zeroed in on the main topic.* 她直截了当地切入主题。
◆ v + adv + prep

zhoozh /ʒuːʒ/ (*also* **zhush** /ʒʊʃ/)

ˌzhoozh sth ˈup (*informal*) to make sth more attractive or exciting 使更有吸引力；增加…的魅力；使更令人兴奋: *Colin and Justin will be showing us some ideas to zhoozh up your Christmas decorations.* 科林和贾斯廷会给我们出些主意，让你的圣诞装饰更添魅力。◇ *Zhoozh up a salad with a little chilli oil.* 加入些许辣椒油给色拉提提味。
SYN **jazz sth up; juice sth up** (*especially AmE*), **liven sth up; spice sth up**
◆ v + adv + n ◆ v + n/pron + adv

zip /zɪp/ (**-pp-**)

NOTE A **zip** is a device consisting of two rows of metal or plastic teeth that you can pull together or pull apart. * zip 指拉链。

ˌzip ˈthrough sth to do, read, etc. sth very quickly 很快地做；快速浏览: *Could you zip through my report and check it's OK?* 你能不能瞅一眼我的报告，看看是否可以？
◆ v + prep

ˌzip ˈup, **ˌzip sb/sth ˈup** to be fastened with a zip; to fasten sth with a zip 拉上（…的）拉链: *The skirt zips up at the side.* 这条裙子的拉链在侧面。◇ *Will you zip me up* (= my dress), *please?* 请帮我拉上拉链好吗？◇ *I can't zip my jacket up!* 我夹克衫的拉链拉不上！
OPP **unzip sth**
◆ v + adv ◆ v + n/pron + adv ◆ v + adv + n
▶ **ˈzip-up** *adj* [only before noun] fastened with a zip 用拉链的: *a zip-up jacket* 拉链式夹克衫

zone /zəʊn; *AmE* zoʊn/

ˌzone sth ˈoff (for sth) to keep an area of land to be used for a particular purpose （为某目的）留出，划出（一片地）: *The city centre has been zoned off for pedestrians.* 市中心已划为行人区。
◆ v + adv + n ◆ v + n/pron + adv

ˌzone ˈout (*AmE, slang*) to fall asleep, become unconscious or stop paying attention 睡去；失去知觉；走神: *Relax, take a deep breath, and zone out for a while.* 放松，深吸一口气，然后什么都不要想。
SYN **space out, space sb out** (*slang*)
◆ v + adv
▶ **ˈzone-out** *n* a time when you stop thinking or noticing what is going on around you 走神
▶ **ˌzoned ˈout** *adj* (*AmE, informal*) unable to think or to notice what is going on around you because of the effects of drugs or alcohol （服药或饮酒后）精神恍惚的，神志不清的

zonk /zɒŋk; *AmE* zɑːŋk/

ˌzonk ˈout, **ˌzonk sb ˈout** (*slang, especially AmE*) to fall asleep, become unconscious or unable to think, either because you are very tired or because of the effects of drugs or alcohol; to make sb do this （因劳累、药物或酒精作用）睡着，失去知觉，精神恍惚: *He zonked out after the big exam.* 大考结束后他倒头就睡。◇ *I usually zonk out about 11 p.m.* 我通常在晚上 11 点左右睡觉。
◆ v + adv ◆ v + n/pron + adv
▶ **ˌzonked ˈout** *adj* (*slang, especially AmE*) sleeping, unconscious, or unable to think, especially from the effects of drugs or alcohol （尤指因药物或酒精作用）睡着的，失去知觉的，精神恍惚的: *I feel totally zonked out after the day's work.* 工作一天后我觉得头昏脑胀。

zoom /zuːm/

NOTE A **zoom lens** is one that you use to make the thing that you are photographing appear nearer to you or further away from you than it really is. * zoom lens 指变焦镜头。

ˌzoom ˈin/ˈout (on sb/sth) if a camera **zooms in/out**, it shows the object that is being photographed from closer/further away, by using a zoom lens （摄像机的变焦镜头）推近 / 拉远，移向 / 移离（被摄体）: *The camera zoomed in on her beautiful eyes.* 照相机镜头推近她那美丽的双眸。
◆ v + adv

ˌzoom ˈoff (*informal*) to hurry away 匆忙离去: *He jumped into his car and zoomed off.* 他跳进车里开车跑了。
◆ v + adv

Guide to the particles 小品词指南

Introduction 引言

This Guide deals with the main categories of meaning of the particles that occur most frequently in the verbs in this dictionary. Knowing something about the different meanings of particles can help you learn and understand how phrasal verbs are formed and help you understand new ones when you meet them. For a list of the particles used in phrasal verbs, see page xvii. 本指南将词典中动词最常用的小品词按含义分成几大类别。了解小品词的不同含义既有助于学习和理解短语动词的构成，也有助于遇到新词时推测其含义。与短语动词连用的小品词一览表，见第 xvii 页。

When you look at verbs used with a particular particle, you can see that one particle can have several different meanings. The most obvious starting point is the basic or literal meaning of the particle, since this often combines with verbs to produce a meaning that you can easily recognize. For example, the basic meaning of the particle **down** involves 'movement from a higher position to a lower position'. It can be used in combination with a verb as a preposition: *He climbed down the mountain*; or as an adverb: *Come down at once!* This meaning of **down** can help you to understand its more figurative use in other verbs. For example, **down** can also be used to express the related ideas of 'reducing something': *Turn down that radio*; 'keeping something low': *to keep down the rate of inflation*; or 'removing somebody from a powerful position': *to bring down the government*.

观察与某一特定小品词连用的动词，可知一个小品词有若干不同的含义。最理所当然的做法就是从小品词的本义或字面意义入手，这种与动词的组合通常不难理解其含义。例如，小品词 down 的本义是“从高处移至低处”，与动词组合时可作介词：He climbed down the mountain.（他下山了。）；或作副词：Come down at once!（马上下来！）。down 的这一含义有助于理解它与其他动词连用时比喻性更强的用法。例如，down 也可用于表达以下相关含义：“减少”（Turn down that radio. 把收音机的音量关小。）；“使保持在低水平”（to keep down the rate of inflation 保持低通货膨胀率）；或“使垮台”（to bring down the government 推翻政府）。

This shows that there is a system to the way phrasal verbs are formed. In other words, the combination of verbs and particles is not totally random. It also explains how new phrasal verbs come to be created, and how they can be understood even by people who have never heard them before. 这表明短语动词的构成有规律可循。换言之，动词和小品词的搭配并非完全随意。这也解释了新短语动词是如何创造出来的，解释了为何人们以前从未听说也能理解其含义。

The Guide lists the particles in alphabetical order, with their main meanings. After the explanation of the meaning, some verbs belonging to the group are given. For more information on how each verb in the lists is used, you should look the verb up in the dictionary. 本指南中小品词按字母顺序排列，并列出其主要含义。阐释词义后，列举属于该组的一些动词。所列各动词用法的补充信息可在本词典正文中查找。

ABOUT

About is often used to show the connection between the verb and its object, for example, *talk about something, worry about something*. In some of the meanings, the particles **around** and, especially in British English, **round** can be used instead.

* about 常用于显示动词与其宾语之间的关系，如 talk about something、worry about something。在某些用法含义中，尤其在英国英语中，可用小品词 around 和 round 代替 about。

Moving in different directions 四处移动：*She got angry and started throwing things about.* 她发火了，开始到处乱扔东西。

About can be used to indicate that you are moving in different directions or making rough or violent movements. The verb shows what kind of movement it is.
* about 可用来表示四处移动，或动作粗暴猛烈。动词表明具体动作。

run about　*crash about*　*throw about*

Around and **round** can usually be used with the same meaning. **About** is used with a variety of other verbs to make a similar meaning, for example *jump about, scatter about.* * around 和 round 通常可用于表达相同含义。about 可与很多其他动词连用，意义相似，如 jump about、scatter about。

Doing nothing 无所事事： *Groups of youths were hanging about with nothing to do.* 一群群年轻人在东游西荡，无所事事。

About is used with many verbs that suggest you are spending your time in a lazy way. Other verbs refer to a silly way of behaving.
* about 与很多动词连用，表示懒散地打发时间。其他动词含有糊里糊涂的意思。

hang about　*wander about*　*mess about*

Around and **round** can usually be used with the same meaning. You can also add **about** to a variety of other verbs to make a similar meaning: for example, *faff about, muck about, potter about.* * around 和 round 通常可用于表达相同含义。about 可与很多其他动词连用，意义相似，如 faff about、muck about、potter about。

Making something happen 促使某事发生： *What has brought about this change in public opinion?* 是什么引起舆论的这种转变？

About is used with some verbs to indicate something happening or somebody making something happen. * about 与某些动词连用表示某事发生或某人促使某事发生：

come about　*bring about*　*set about*

Surrounding and enclosing 环绕或包围： *She threw her arms about me and hugged me.* 她张开双臂搂住了我。

About can be used with some verbs to give the idea of something going around something and surrounding or enclosing it.
* about 可与某些动词连用，表示某物绕另一物延伸并环绕或围住它：

throw about　*hedge about*

Around and **round** are more common with this meaning. 用 around 或 round 表达此义更常见。

AROUND

The basic meaning of **around** is of movement in a circle or curve to face in the opposite direction or to arrive at the other side of something, for example, *spin around, turn around, go around.* **Round** is often used instead of **around**, especially in British English. **About** is also sometimes used.
* around 的本义指转到反方向，或转到另一边，如 spin around、turn around、go around。round 常用来代替 around，尤其用于英国英语。有时也可用 about。

Moving in different directions 四处移动： *The park was full of children running around.* 公园里到处是四处跑动的孩子。

Around is used with some verbs to indicate movement in different directions or to many different places. * around 与某些动词连用表示朝各方向或各处移动：

run around　*bustle around*　*shop around*

Round and **about** can be used in these verbs (*shop around* is an exception). **Around** can be used with many other verbs: *dance around, rush around, crash around,* etc.
* round 和 about 可与上述动词连用（shop around 例外）。around 可与很多其他动词连用：dance around、rush around、crash around 等。

Doing nothing 无所事事： *Stop messing around and find something useful to do.* 别胡闹了，干点正经事吧。

Around can be used in verbs that suggest that you are spending your time in a lazy way. Other verbs refer to a silly way of behaving. * around 可与动词连用表示懒散地打发时间。其他动词含有糊里糊涂的意思。

hang around　*fool around*

About can also be used with these verbs.
* about 也可与此类动词连用。

Surrounding and enclosing 环绕或包围： *She threw her arms around his neck.* 她搂住他的脖子。

Around can be used with some verbs to suggest surrounding someone or something. * around 可与某些动词连用表示围绕人或物：

crowd around *throw around*
cluster around

Round can also be used with these verbs. * round 也可与此类动词连用。

Being centred on something 以某事物为中心：*Their life revolves around going to parties.* 他们的生活以参加聚会为主要内容。

Around is used as a preposition with some verbs to suggest the idea of something having a particular idea, object, etc. as its centre or focus. * around 作为介词与某些动词连用，表示以某种想法、对象等为核心或焦点：

centre around *revolve around*

Avoiding 回避：*We'll have to find a way of getting around the problem.* 我们得想个法子绕开这一问题。

Around with verbs can be used to indicate that you are avoiding something. * around 可与某些动词连用表示避开某事物：

skirt around *get around* *skate around*
work around

AT

At is a common word in English and is often used to show where something or somebody is in space or time. * at 是英语的常见词，常用于表示物或人在空间或时间上的位置。

Aiming and directing 瞄准或指向：*Stop staring at me!* 别盯着我！

At is used with many verbs to give the idea of aiming or directing something at someone or something. * at 可与很多动词连用，表示将某物瞄准或指向某人或某物：

laugh at *look at* *stare at* *talk at*
aim a *nag at*

Attacking, striking and holding 攻击、击打或抓住：*He struck at me several times with a knife.* 他几次拿刀刺向我。

At can be used with verbs to give the idea of trying to attack, hit or hold someone or something. * at 可与某些动词连用，表示试图攻击、击打或抓住某人或某物：

strike at *fly at* *grab at* *get at*

AWAY

The basic meaning of away indicates movement to a different place and it can be used with most verbs of movement, for example, *go away, run away, hurry away, drive away*. Off can be used instead of away with a similar meaning. Away often combines with another particle, particularly from, for example, *run away from, walk away from, do away with*. * away 的本义指离开，可与绝大多数表示位移的动词连用，如 go away、run away、hurry away、drive away。off 可用于代替 away 表达相似含义。away 常与其他小品词，特别是 from 连用，如 run away from、walk away from、do away with。

Avoiding and not doing something 回避或不做某事：*Keep away from the edge of the water.* 别靠近水边。

Away is used with some verbs to show that somebody is avoiding a person, a place or a situation or is stopping being involved in something. * away 与某些动词连用，表示躲避某人、回避某处或某情况，或从某事中抽身：

keep away *look away* *back away*
walk away from

Separating 分离：*They broke away from the rest of the group.* 他们与小组的其他人分开了。

Away is used with some verbs giving the meaning of becoming separated from something or from a group of people or of making this happen. * away 与某些动词连用，表示（使）与某物或某群体分离：

come away *break away* *call away*
peel away *sheer away* *strip away*

Removing 去除：*This is rubbish. Throw it away!* 这是垃圾。扔掉！

Away is used with some verbs to give the idea of removing something from a particular place because you no longer want or need it, or of destroying something. * away 与某些动词连用，表示把不再想要或需要的东西从某处移走或销毁：

throw away *frighten away*
do away with *blast away*

Disappearing 消失：*The shouts and cheers died away.* 喊声和欢呼声渐渐平息了。

Away is used with some verbs to give the idea of something disappearing gradually. * away 与某些动词连用，表示某事物逐渐消失：

die away *fade away* *waste away*
wear away *pass away* *pine away*

Storing and hiding 贮存或藏匿：*Put away your books now.* 现在把书都收起来吧。

Away can be used with some verbs to convey the idea of putting something in a place either to keep it safe or to stop people finding it. * away 可与某些动词连用，表示把某物安全存放或藏在某处：

put away *file away* *tidy away* *hide away* *clear away* *lock away*

Working hard or continuously 努力或持续工作：*She spent hours working away at the problem.* 她花了几个小时钻研这个问题。

Away can be used to indicate that you are doing something, especially working hard or doing something difficult or boring, for a long period of time. * away 可用来表示长时间做某事，尤指努力工作或做困难乏味的事：

slog away *work away* *slave away*
bang away *beaver away* *plod away*

BACK

The basic meaning of **back** is returning to the place where you were before or to an earlier time. Many verbs of movement use **back** with this meaning, for example **walk back**, **drive back**. * back 的本义指回到先前的地方或时间。很多表示位移的动词使用 back 的这一含义，如 walk back、drive back。

Returning something 归还某物：*I need to take the books back to the library.* 我必须把书还回图书馆。

Back can be used to convey the idea of giving or taking something back to the place it came from. It can also mean reacting or replying to someone in a similar way to the way they have acted or spoken. * back 可用来表示将某物归还或送回原处，也可表示按照他人的言行方式作出相似的回应或回复。

take back *give back* *write back*
call/ring back *fight back*

Moving backwards; being behind or at a distance 后退；在后面或一定距离之外：*Stand back and let the ambulance through.* 靠后站，让救护车过去。

Back can be used with verbs to give the idea of moving away from the front or edge of something or of being at a distance from something. * back 可与动词连用，表示离开某物的前部或边缘，或离某物有一定距离：

fall back *stand back* *keep back* *pull back* *push back*

Not making progress 停顿：*The fire has set the project back a few months.* 火灾使这个项目延误了几个月。

Back in some combinations suggests being kept or held in a position without making any progress. * back 在某些词组中表示受到阻碍，停滞不前：

hold back *set back* *keep back*

Repeating 重复：*He wasn't there, so I phoned back later.* 他当时不在，于是我后来又打了一次电话。

Back can be used in verbs that express the idea of doing something again. * back 可与动词连用，表示再次做某事：

play back *go back over*
read back *call/phone back*

Regaining 重新获得：*We hope to win the cup back next year.* 我们希望来年赢回奖杯。

Back in combinations can be used with the idea of getting again something that was lost or of recovering from something. * back 在词组中可用来表示重新得到失去的东西，或从某状况中恢复过来：

win back *get back* *bounce back*
claw back *ease back* *grow back*

Being under control 控制住：*He tried to force back his tears.* 他竭力忍住泪水。

Back in combinations often means reducing something or keeping something such as an emotion under control. * back 在词组中常表示减少某事物或控制情绪等：

cut back on *force back* *choke back*
bite back *hold back*

Looking at the past 回顾过去：*This music takes me back to when I lived in Paris.* 这首曲子让我回忆起在巴黎生活的岁月。

Back can be used to talk about the past.
* back 可用来谈论过去：

date back *go back* *take back* *look back* *think back*

DOWN

Down often has meanings that are the opposite of **up**. The literal meaning is movement in a downwards direction, moving from a higher to a lower position, for example, *climb down, bend down, fall down.* Many combinations of a verb and **down** refer to somebody putting something on a surface, for example, *bang down, lay down.* It is also used to express figurative ideas related to downward movement, such as decreasing, being reduced or failing.
* down 的含义常与 up 相反，其字面意思指向下移动，从高处移到低处，如 climb down、bend down、fall down。动词和 down 构成的很多词组，指某人把某物放在表面上，如 bang down、lay down。down 也用于表示与向下移动相关的比喻义，如减少、缩减或失败。

Falling and destroying 倒下或毁坏：*That old building should be knocked down.* 那幢老房子该拆了。

This use of the particle is most closely connected to the literal meaning of **down**, and suggests something or somebody falling to the ground and being destroyed or suffering damage. 小品词 down 的这一用法与其字面意思密切相关，表示某物或某人倒向地面，被毁或遭受伤害：

pull down *burn down* *tear down*
knock down *run down* *beat down*

Reducing 减少：*Please turn down the music.* 请把音乐声关小。

Down is used in many verbs that express the idea of something decreasing in amount, strength, speed, cost, importance, etc., or of somebody making something do this.
* down 与很多动词连用，表示某事物在数量、力量、速度、成本、重要性等方面下降，或某人促使其下降：

turn down *bring down* *calm down*
come down *play down* *cut down*

Suppressing 压制：*The streets were sprayed to keep down disease.* 为控制疾病传播街道上喷洒了药物。

Down can be used with verbs to express the idea of keeping somebody or something under control or ending something, often using authority or force. * down 可与某些动词连用，常指利用权威或武力控制某人或某事物，或制止某事物：

keep down *clamp down*
come down on *break down*

Defeating 打败：*The scandal brought down the government.* 丑闻令政府垮台了。

Down can be used to express the idea of defeating someone or something or being defeated in an argument, a competition, etc.
*down 可用来表示在辩论、比赛等中打败某人或某物，或表示被对手打败：

bring down *put down* *vote down*
back down *shout down* *stare down*

Failing 失败：*My car has broken down again.* 我的车又抛锚了。

Down can be used to express the idea of something stopping, failing or not working properly. * down 可用来表示某事停止、失败或某物出故障：

break down *close down* *turn down*
let down *wind down*

Fixing 固定：*We tied down the chairs to stop them from being blown away.* 我们把椅子捆牢，免得被风吹走。

Down can be used with the idea of fixing something firmly to something else. * down 可用来表示将某物牢牢地固定在另一物上：

tie down *nail down* *strap down*
batten down *screw down* *stick down*

Recording in writing 书面记录：*I tried to write down all the relevant points.* 我尽量记下所有相关要点。

Down is used with verbs meaning writing or copying to give the idea of recording something in writing. * down 与表示写或抄的动词连用，意思是书面记录某事：

write down *get down* *note down*
jot down *copy down* *put down*

Eating 吃：*He gulped down a sandwich between lessons.* 他在课间狼吞虎咽地吃了一块三明治。

Down is used with some verbs to describe ways of eating or drinking. * down 与某些动词连用，描述吃或喝的样子：

gulp down *gobble down* *bolt down* *keep down* *stay down* *wash down*

FOR

For is one of the most common words in English. It often combines with verbs to link the verb and its object, for example *ask for something, pay for something.* * for 是英语最常见词汇之一，常与动词搭配，连接动词及其宾语，如 ask for something、pay for something。

Aims and goals 目标或目的：*It was sunny, so we headed for the coast.* 阳光明媚，于是我们前往海滩。

For can be used to refer to the aim or purpose of an action or to where you are going. * for 可用于指行动的目标、目的或目的地：

apply for *press for* *live for* *make for* *head for*

Feelings towards other people 对他人的感觉：*After all these years, I still care for you.* 这么些年过去了，我仍喜欢你。

For can be used with some verbs to show how you feel about somebody or something, or to show how you are dealing with a person or a situation. * for 可与某些动词连用，表示对某人或某事物的感觉，或如何与某人打交道、处置某状况：

feel for *fall for* *fear for* *root for* *care for* *stand up for*

IN

The basic meaning of in is 'contained inside something or somewhere', or 'movement from outside to inside'. It is often the opposite of out. The preposition into can also be used with verbs of movement. * in 的本义指容纳在某物或某处之内，或从外到里的移动，常作 out 的反义。介词 into 也可与表示位移的动词连用。

Entering 进入：*I would ask you in, but the house is a mess.* 我本想请你进来，但是屋里一团糟。

In is used with many verbs with the literal meaning of entering somewhere, for example *go in, come in, walk in, invite in.* * in 与很多动词连用，其字面含义为进入某处，如 go in、come in、walk in、invite in：

break in *get in* *let in* *ask in* *breeze in* *drop in*

Arriving 到达：*What time did you get in last night?* 你昨夜几点钟到的？

In can be used in verb plus particle combinations that refer to a person, a vehicle, etc. arriving at a particular place. * in 可用于动词加小品词的词组，指人、车等抵达某处：

get in *clock in* *check in* *pull in* *draw in* *flood in*

Absorbing 吸收：*I couldn't take in so much information at one time.* 我一下子消化不了这么多信息。

In can be used with certain verbs to give the idea of absorbing something. * in 可与某些动词连用，表示吸收某物：

take in *sink in* *drink in* *breathe in* *soak in*

Including 包括：*You can stir in some cream if you like.* 喜欢的话，你可以拌入一些奶油。

In can be used with some verbs that give the idea of adding or mixing something in something else, or of including something with something else. * in 可与某些动词连用，表示将某物添加或调和到另一物中，或将某物包括在另一物中：

add in *stir in* *throw in* *take in* *blend in* *fold in*

Putting inside or between 放到里面或中间：*I put my hand in my pocket and took out some money.* 我把手伸进口袋，掏出一些钱。

In can be used with some verbs, giving the idea of one thing being put into or going into another. * in 可与某些动词连用，表示某物被放进或进入另一物：

plug in *put in* *key in* *lay in* *pump in* *punch in*

Beginning; introducing something new 开始；引进新事物：*The government has brought in a new tax.* 政府增设了一个新税种。

In can be used in verbs that give the idea of something starting or of somebody introducing something new. * in 可与动词连用表示某事开始或某人引进新事物：

set in *bring in* *phase in* *creep in* *usher in*

Collecting 收集：*Can you get the chairs in before it starts raining?* 下雨前把椅子收进来好吗？

In can be used in combinations that refer to collecting things. * in 可用于表示收集东西的词组：

gather in *get in* *pull in*
fetch in *pack in*

Filling and completing 填入并完成：*Draw a circle, then colour it in.* 画个圆，然后在里面涂上色。

In is used in some combinations that refer to filling a drawing, a shape, a hole, etc. with something and completing it. Other similar verbs refer to writing something somewhere. * in 用于某些词组，指用某物填满图画、形状、洞穴等。其他近义动词指在某处填写。

colour in *fill in* *pencil in*
block in *ink in* *shade in*

Taking part 参加：*I started singing and everyone joined in.* 我唱了起来，然后大家一起唱了起来。

In is used with many verbs to suggest the idea of joining an activity and being involved in something. Sometimes the involvement of the person is not welcome. * in 可与很多动词连用，表示参加某活动及参与某事。有时这种参与不受欢迎：

join in *go in for* *call in*
interfere in *jump in* *pitch in*

Interrupting 打断：*Don't barge in without knocking.* 别不敲门就闯进来。

In can be used with verbs to express the idea of someone interrupting a conversation or a meeting when the interruption is not wanted or welcome. * in 可与动词连用，表示擅自打断别人的谈话或会议：

cut in *barge in* *break in*

Limiting 限制：*My car was boxed in, so I couldn't drive away.* 我的车被困住了，没法开走。

In can be used in combinations that refer to somebody being prevented from leaving a place, or being free to do something. * in 可用于某些词组，表示某人受阻，不能离开某处或不能自由做某事：

snow in *block in* *lock in* *box in*
fence in *hem in*

Staying inside 呆在里面：*I'm tired – I think I'll stay in tonight.* 我累了——我想今晚就呆在家里。

In can be used in combinations that mean remaining inside or at home instead of going out somewhere. The particle out can be used with the same verbs with the opposite meaning. In is also used with the meaning 'in bed'. * in 可用于某些词组，表示留在屋内或家里不外出。小品词 out 可与同样的动词连用，意义相反。in 也用于表示"卧床不起"。

stay in *eat in* *stop in*
sleep in *lie in*

Damaging, destroying, falling 损坏、毁坏、倒下：*The intruders tried to kick the door in.* 入侵者试图踹开门。

In is used in combinations that mean damaging or destroying things, especially by making them fall inwards. Other verbs refer to things falling inwards. * in 可用于某些词组，表示损坏或毁坏东西，尤指向内倾倒。其他动词指物体向内倒塌。

smash in *kick in* *cave in*

Stopping doing something 停止做某事：*I tried my best but in the end I gave in.* 我尽了全力，但最终还是放弃了。

In is used in combination with some verbs that mean stopping trying to resist something or giving up something such as your job. * in 与某些动词连用，表示不再努力抵制某事物或放弃工作等：

give in *throw in* *cave in* *jack in*

INTO

The literal meaning of **into** is movement from the outside of something to the inside, so it is used with many verbs that give the idea of entering something. It is often used in the same verbs and with the same meanings as the adverb **in**, for example, *burst in, burst into...* The particle can also be used in verbs that express metaphorical meanings, for example changing or being transformed. * into 的字面意思指从外到里的移动，可与很多动词连用表示进入。和副词 in 一样，into 常与同样的动词连用，意义相同，如 burst in、burst into … 该小品词也可与动词连用，表示改变、转化等比喻义。

Entering 进入：*Thieves broke into the bank at night.* 窃贼夜里闯入银行。

Into is used in many combinations meaning to enter somewhere. * into 用于很多词组，表示进入某处：

break into *get into* *check into*
crowd into *invite into*

Out of is often used with similar verbs as an opposite, for example, *get out of, check out of.* * out of 常与类似动词连用，意义相反，如 get out of、check out of。

Putting in, going in 放入、进入：*I dipped my spoon into the sauce.* 我把汤匙放到汤里。

Into is used in many combinations referring to putting or going in or inside something. * into 用于很多词组，指放入或进入某物中：

plug into *tuck into* *pay into* *bore into* *dip into*

Combining 结合：*The houses blend into the background.* 这些房子融入了背景。

Into is used in combinations that mean mixing one colour, substance, etc. into another so that they become one. * into 用于某些词组，表示将一种颜色、物质等渗入另一种，使二者合而为一：

blend into *shade into* *mix into* *fade into* *fold into*

Transforming and changing 转变或改变：*How can a child turn into such a monster?* 小孩子怎么会变成这样一个怪物？

Into can be used to describe things that change or are transformed. * into 可用于描述变化或转变的事物：

turn into *grow into*
make into *change into*

Persuading and forcing 劝说或逼迫：*They pressed me into accepting the offer.* 他们迫使我接受了提议。

Into is used with some verbs to convey the idea of persuading or making someone do something that they do not really want to do. The verb describes the way you try to persuade somebody. * into 与某些动词连用，表示劝说或勉强某人做不愿意做的事。动词描述试图说服的方式。

talk into *press into* *frighten into*
force into *shame into* *starve into*

Out of is often used with these verbs with the opposite meaning: *talk somebody out of something.* * out of 常与上述动词连用，意义相反：talk somebody out of something。

Hitting and meeting 撞上或遇见：*I bumped into the table in the dark.* 黑暗中我撞上了桌子。

Into can be used with verbs that describe objects hitting one another, and to describe people meeting by accident. * into 与动词连用，可用于描述物体相互碰撞，或人们不期而遇：

bang into *run into* *bump into*

Investigating 调查：*Police are looking into the incident.* 警方正在调查这一事件。

Into can be used with some verbs that give the idea of investigating something in detail in order to discover the truth. * into 可与某些动词连用，表示为寻找真相详细调查某事：

go into *look into*
delve into *dig into*

Starting 开始：*The car burst into flames.* 车子猛地烧了起来。

Many combinations with **into** suggest starting doing something, often suddenly. 很多带 into 的词组含有开始做某事的意思，常指行动很突然：

burst into *plunge into*
rush into *get into*

OF

When of is used in verb plus particle combinations it shows the relationship between the verb and somebody or something that is involved in the action. 在动词加小品词的词组中，of 表示动词与动作涉及的人或事之间的关系。

Communicating and interpreting 传达或解释：*Do you know of a shop that sells Italian food?* 你知道有卖意大利食品的商店吗？

Of with some verbs shows that a particular piece of information or knowledge is being communicated to or interpreted by somebody. * of 与某些动词连用，表示某信息或知识的传达或解释：

hear of *know of* *make of*
remind of *speak of*

Characteristics and qualities 特征或特性：*This shampoo smells of apples.* 这种洗发水有苹果味。

Of can be used with verbs to show the characteristics or qualities of someone or something, or what something contains. * of 可与某些动词连用，表示某人或某事物的特点或特性，或某事物的内容：

smell of *remind of*
make of *consist of*

Removing, lacking 去除、欠缺：*The prince was stripped of his title.* 王子被剥夺了头衔。

Of can be used with some verbs to indicate something is being removed from someone or something or that they do not have something. * of 可与某些动词连用，表示从某人或某物处除去某物，或缺少某物：

rob of *starve of* *deprive of*
dispose of *strip of*

OFF

Off has a wide variety of meanings. It is often used with verbs of movement to indicate movement away from a place, for example, *run off, dash off, hurry off, march off,* where the verb shows how somebody departs. Off can sometimes be replaced by away in this meaning. * off 含义丰富，常与表示位移的动词连用，表示离开某处，如 run off、dash off、hurry off、march off，其中动词表明离开的方式。作此义时，有时可用 away 代替 off。

Departing 离开：*We set off on our journey at dawn.* 我们拂晓起程。

The particle off can be used to give the idea of somebody starting a journey or leaving a place or of making somebody or something do this. 小品词 off 可用于表示（使）某人起程或离开某处：

set off *take off* *see off*
make off *clear off* *blast off*

Starting 开始：*OK, who wants to start off?* 那么，谁想起个头？

Off in combinations can also suggest that something is beginning. * off 在词组中也可表示某事开始：

start off *spark off* *kick off* *lead off* *touch off*

Ending; not happening 结束；不发生：*The search was called off after 48 hours.* * 48 小时后，搜索终止。

Some verbs can be used with off to give the idea of something ending or being cancelled. 某些动词可与 off 连用，表示某事结束或被取消：

break off *ring off* *put off* *call off* *cut off* *log off*

Finishing completely 彻底完成：*I have finally paid off all my debts.* 我最终还清了所有欠债。

Off can be used with some verbs to emphasize that something is completely finished. Often these are verbs that can also be used on their own with a similar, but weaker, meaning. * off 可与某些动词连用，强调彻底完成某事。此类动词也常常单独使用，意义相近，但语气稍弱：

finish off *pay off* *sell off*
go off *polish off* *round off*

Becoming less 变少：*My headache is starting to wear off.* 我开始不那么头疼了。

Off can be used with some verbs to express the idea of something gradually decreasing in strength or effect. * off 可与某些动词连用，表示程度或效果逐渐减小：

wear off *level off* *cool off*
fall off *die off* *ease off*

Rejecting or dismissing 拒绝或不予理会：*He tried to brush me off, but I insisted on getting his name.* 他试图不理我，但我坚持让他把名字告诉我。

Off is used with some verbs to suggest the idea of rejecting, dismissing or trying to ignore somebody or something. * off 与某些动词连用，表示对某人或某事物拒绝接受、不予考虑或不理不睬：

write off *lay off* *shrug off*
laugh off *brush off* *shake off*

Resisting 抵抗：*The home team fought off a strong challenge from the visitors.* 主队顶住了客队的强有力挑战。

Some verbs using the particle off indicate that you are trying to stop something happening or trying to protect somebody or yourself from something harmful or unpleasant. 与小品词 off 连用的某些动词表示竭力阻止某事发生、使别人或自己避免有害或不快的事：

fight off *hold off* *ward off* *beat off* *fend off* *keep off*

Removing 去除： *Please cross my name off the list.* 请从名单上画掉我的名字。

Off is used with some verbs to give the idea of removing something from somewhere, for example by cutting or chopping. Some combinations of verbs have the idea of removing someone from your responsibility. * off 与某些动词连用，表示从某处除掉某物，如切除或砍掉。有些动词词组表示免除对某人的责任。

cut off *cross off* *take off*
palm off on *bump off* *rub off*

Dividing and separating 划分或分离： *Police have sealed off the city centre.* 警方封锁了市中心。

In these combinations, **off** indicates that one area is divided or separated from another, for example with a barrier, to stop somebody or something going into it. 在下列词组中，off 表示用屏障等把一个区域同另一个划开或隔开，以阻止某人或某物进入：

block off *fence off* *seal off*
curtain off *divide off* *shut off*

Being absent from work or school 缺勤或缺课： *I'd like to take Thursday off, if that's OK.* 如果可以的话，星期四我想请假。

Off can be used with some verbs to talk about not going to work or school or leaving early. * off 可与某些动词连用，表示不上班、不上学或早退：

take off *skive off* *slip off* *bunk off*

Drawing attention 引起关注： *He likes showing off his new sports car.* 他喜欢炫耀新买的跑车。

Off occurs in combination with some verbs that indicate that someone is drawing attention to themselves or their opinions in some way. Other combinations describe how something draws attention to something else or makes it easy to see. * off 用于某些动词词组中，表示某人以某种方式吸引别人对其本人或观点的关注。其他词组表示某事物引人注意另一事物，或使其明显。

show off *set off*
sound off *mouth off*

Using 使用： *The hairdryer can also work off batteries.* 这个吹风机也可以用电池作电源。

Off can be used with some verbs to talk about things that are used, such as money, food, etc. * off 与某些动词连用，可用于谈论钱、食物等可利用的物品：

live off *feed off* *run off* *work off*

On can also be used with these verbs with a similar meaning. * on 也可与上述动词连用，意义相近。

Exploding 爆炸： *The bomb went off before it could be made safe.* 在妥善处置前，炸弹爆炸了。

This group of verbs is used for things such as weapons, that explode or are fired. 下面这组动词用于武器等物，表示起爆或发射：

set off *blast off* *go off*
let off *fire off*

Cheating 欺骗： *I've been ripped off lots of times by taxi drivers.* 我被出租车司机敲过好多次竹杠。

Off is used with some verbs to indicate that something is done dishonestly or with the intention of cheating someone. * off 与某些动词连用，表示做事不诚实，或蓄意欺诈：

rip off *fob off*
palm off *pass off as*

ON

The basic meaning of **on** describes the position of one thing above or on top of another or resting on something. It is also used in combination with verbs of movement, where the preposition **onto** is also sometimes used. With some of these verbs it is the opposite of **off** (for example *get on the bus, get off the bus*). * on 的本义指某物位于另一物上方或上面，或停留在某物上。on 也可和表示位移的动词组合，这些情况有时也用介词 onto。对某些动词而言，on 是 off 的反义（如 get on the bus、get off the bus）。

Continuing 继续： *I asked him to stop, but he carried on.* 我让他停下，但他就是不停。

The particle on can be used with many verbs to show that something continues and does not stop. It can also mean that you stop for a short time and then continue: *We spent a few days in Seattle and then flew on to L.A.* It can also be used in this way to express the idea of continuing to do something difficult or unpleasant, for example, *fight on, struggle on*. In other cases it suggests that something is continuing for too long, for example *drag on, drone on*. 小品词 on 可与很多动词连用，表示持续不停。on 也可表示短暂停歇后再继续进行：We spent a few days in Seattle and then flew on to L.A.（我们在西雅图停留了几天，然后继续旅程飞往洛杉矶。）on 的此类用法还可表示坚持不断地做困难或不快的事，如 fight on、struggle on。在其他情况下，on 含有某事持续太久的意思，如 drag on、drone on。

keep on   *stay on*   *go on*
carry on   *hurry on*   *move on*

Developing and changing 发展或变化： *My French is coming on very well.* 我的法语很有起色。

On can be used with some verbs to talk about the way things are progressing or changing. * on 可与某些动词连用，表示事物进展或变化的状况：

get on   *come on*   *move on*

Encouraging 鼓励： *Come on, we're almost there!* 加把劲儿，我们就要大功告成了！

On in combination with some verbs gives the idea of supporting somebody or encouraging someone to do something. * on 与某些动词构成的词组表示支持某人或鼓励某人做某事：

urge on   *come on*   *egg on*   *spur on*

Starting 开始： *I switched on my computer and started work.* 我打开电脑，开始工作。

On can be used in verbs that talk about starting an activity or making a machine begin to work. * on 可用于某些动词，表示开始活动或开动机器：

bring on   *sign on*   *turn on*
switch on   *put on*

Off is often used with some of these verbs with the opposite meaning (for example, *turn on the radio, turn off the radio*). 上述动词中有一些常与 off 连用，表达相反的意思（如 turn on the radio、turn off the radio）。

Holding and connecting 抓住或连接： *I held on to stop myself from falling.* 我抓得很紧，免得掉下去。

On can be used in combinations to express the idea of holding something tightly. Other verbs describe how things are connected or attached to each other. * on 可用于某些词组，表示牢牢抓住某物。其他动词描述事物相互之间的连接或结合：

hang on   *hold on*   *strap on*
latch on   *cling on*   *fasten on*

Dressing 穿戴： *Put on you coat before you go out.* 出去前穿上外套。

On can be used with different verbs to talk about ways of getting dressed. * on 可与不同动词连用，表示穿戴的方式：

put on   *try on*   *pull on*   *slip on*

Attacking 攻击： *They pick on people who are smaller than themselves.* 他们专找比他们矮小的人的麻烦。

Some verbs with on indicate that someone is being attacked, either physically or with words. 与 on 连用的某些动词表示某人遭到身体或言语上的攻击：

turn on   *pick on*   *round on*
jump on   *set on*   *start on*

Thinking and commenting 思考或评论： *I haven't decided on the colour yet.* 我还没选好颜色呢。

On is used with some verbs of thinking or deciding to show what you are thinking or talking about. * on 与表示思索或决定的某些动词连用，说明思考或谈论的内容：

reflect on   *decide on*
touch on   *sleep on*

Finding 找到： *I suddenly hit on the solution.* 我灵机一动想出了解决办法。

On is used with some verbs that mean finding something or someone suddenly or unexpectedly. * on 与某些动词连用，表示突然或意外地找到某物或某人：

hit on   *stumble on*   *chance on*

Depending 依靠： *You can count on Gary to help you.* 你尽可放心，加里会帮你的。

On is often used with verbs to indicate that one thing is affected by or decided by something else. On can also indicate the person or thing that you trust or feel sure about. * on 常与动词连用，表示一事物影响或决定另一事物，也可表示信得过的人或有把握的事。

depend on *rely on*
count on *hinge on*

OUT

The basic meaning of out is of movement from inside to outside, so it combines with many verbs of movement, for example, *storm out, rush out, go out*. Many verbs that combine with out also combine with the adverb plus preposition out of, for example, *storm out, storm out of the room*. Out and in can sometimes be used with the same verbs to express opposite meanings (for example, *go out, go in*). * out 的本义指从内到外的移动，可与很多表示位移的动词组合，如 storm out、rush out、go out。与 out 组合的很多动词也与副词加介词 out of 搭配，如 storm out、storm out of the room。out 和 in 有时可与同样的动词连用，意义相反（如 go out、go in）。

Leaving 离开：*We set out on our trip early in the morning.* 我们一大早就上路了。

Out can be used in verbs that mean starting a journey or going away from a person or a place. * out 可用于某些动词，表示起程或离开某人、某处：

set out *pop out*
check out *start out*

Searching, observing, solving 查找、观察、解决：*Can you find out if there's a train at that time?* 你查一下那个时候有没有火车好吗？

Out in some combinations gives the idea of searching for something such as a piece of information, the answer to a difficult problem, etc. and then finding it. 在某些词组中，out 表示查寻并找到某信息、难题的答案等：

find out *dig out* *make out* *turn out* *hunt out* *sort out*

Disappearing; using completely 消失；用尽：*Why did the dinosaurs die out?* 恐龙为什么灭绝了？

Out can be used in phrasal verbs to suggest that something is gradually disappearing or has been used completely so that there is none left. * out 可用于短语动词，表示某事物逐渐消失或耗尽：

die out *run out* *go out* *phase out*

Stopping an activity 停止活动

Out is used in some verbs that describe an activity being stopped, often by using force or authority. Some verbs describe people or places being completely destroyed. Other verbs refer to a fire, etc. going out or being put out. * out 用于某些动词，常指使用武力或权威制止某活动。有些动词指人或地方被完全毁灭。其他动词指火等熄灭或被扑灭。

stamp out *cut out* *wipe out*
burn out *beat out* *blow out*

Stopping being involved 不再参与：*The German runner has dropped out of the race.* 那名德国赛跑运动员退出了比赛。

Out can be used in combinations that show that you are no longer involved in something or no longer want to be involved. * out 可用于某些词组，表示不再或不想再置身某事中：

fall out *pull out* *bottle out*
chicken out *drop out* *opt out*

Producing 生产：*We can turn out 200 cars a day.* 我们可以每天生产 200 辆车。

Out can used with verbs to talk about things being produced, especially when they are produced quickly and in large quantities. * out 可与某些动词连用，表示生产东西，尤指快速批量生产：

turn out *churn out*
spill out *pour out*

Being outside 在外面：*They stayed out all night.* 他们在外面呆了整整一夜。

Out can be used in combinations that express the idea of somebody going out of a place, such as their home, or doing something outside. * out 可用于某些词组，表示某人外出，如离家，或在外面做某事：

get out *camp out* *eat out* *stay out* *go out* *lock out*

Speaking or shouting loudly 高声说话或叫喊：*I shouted out for help.* 我大声呼救。

Out can be used with some verbs that suggest that somebody is speaking loudly or angrily, perhaps to call for help or shout a warning. * out 可与某些动词连用，表示某人大声或愤怒地说话，可能是为了求助或大声警告：

bark out *call out* *scream out*
shout out *snap out* *yell out*

Sharing 分享：*Can you help me to hand out the photocopies?* 你能帮我分发一下影印件吗？

Out can be used to convey the idea of something being distributed to or shared among people. * out 可用于表示分发或分享某物：

hand out *give out* *share out* *dish out* *dole out* *serve out*

Finishing 结束：*That walk has tired me out.* 那次走路把我累坏了。

Out can be used to convey the idea of something being completely finished or done. * out 可用于表示某事彻底结束或完成：

hear out *dry out* *talk out*
tire out *wear out*

Out is often used to create new verbs that mean you have completely finished doing something and can do no more. For example: *I'm all partied out* (= I have been to so many parties that I can't go to any more). * out 常用于构成新动词，表示彻底完成某事，不能再做了。例如，I'm all partied out.（我已经腻味聚会了。）

Removing 去除：*I'd like to throw out this old coat.* 我想把这件旧外套扔了。

Out is used with some verbs that mean removing something or somebody from somewhere, or removing yourself from somewhere. * out 与某些动词连用，表示从某处弄走某物或某人，或自行离开某处：

take out *knock out* *pull out*
push out *throw out* *wash out*

Excluding 排除：*If you can't answer a question, just leave it out.* 如果一个问题答不上来，就跳过去。

Out can be used in combinations that express the idea that someone or something is not included in an activity, a list, etc. * out 可用于某些词组，表示不把某人或某事物纳入活动、名单等：

leave out *cross out* *rule out*
filter out *keep out* *weed out*

Supporting 支持：*Peter said he didn't mind helping out occasionally.* 彼得说他不介意偶尔帮个忙。

Out is used with phrasal verbs that suggest helping or supporting somebody, especially by giving money, advice or encouragement. * out 可用于某些短语动词，表示帮助或支持某人，尤指提供金钱、意见或给予鼓励：

help out *bear out* *bring out*
draw out *reach out to*

Choosing 挑选：*She asked me to pick out a present for myself.* 她让我给自己挑个礼物。

Out can be used to convey the idea of something being chosen from among many others. * out 可用于表示从众多选择中挑选出来：

pick out *single out* *pull out*
mark out *separate out* *sort out*

Lasting 持续：*I don't think I can hold out much longer.* 我想我再也坚持不住了。

Out can be used to convey the idea of resisting some kind of pressure or enduring a difficult situation. * out 可用于表示顶住某种压力或在困境中坚持：

hold out *stick out* *last out* *ride out*

Attacking; reacting violently 攻击；反应激烈：*She lashed out at her attackers.* 她对攻击她的人大打出手。

Out can be used in verbs that show that someone is attacking somebody or reacting violently to something. * out 可用于动词，表示攻击某人或以暴力回应某事物：

lash out *strike out* *fight out* *hit out*
kick out *shoot out*

Recording on paper 书面记录：*We copied out the words of the song.* 我们抄下了歌词。

Out can be used with verbs connected with writing or drawing to give the idea of something being recorded or written down on paper. * out 可与有关写或画的动词连用，表示记下来或写下来：

copy out *sketch out* *map out* *write out*

Increasing 增长：*You can spread out the map on the floor.* 你可以在地板上摊开地图。

Out is used with some verbs that show that something or somebody is increasing in size, shape, extent, etc. * out 可与某些动词连用，表示某事物或某人在大小、形状、程度等方面的增长：

broaden out *fill out* *flesh out*
open out *spread out*

OVER

The basic meaning of over indicates movement from one side of something to the other, especially over the top of something (for example, *climb over a wall, fly over a city, cross over a road*). It can also indicate a position above something (*bend over something, lean over someone*). * over 的本义指从某物一侧移至另一侧，尤指越过顶部（如 climb over a wall、fly over a city、cross over a road）。over 也可指位于某物上方（如 bend over something、lean over someone）。

Having a higher position 位置较高：*My son towers over me.* 我儿子比我高一大截。

Over can be used to suggest that someone or something is taller or in a higher position than somebody or something else. It can also refer to somebody in a position of greater authority or responsibility. * over 可用来表示某人或某物高于其他人或物，或位于更高的位置，也可指某人的权力或职位较高。

tower over *stand over* *rule over*
preside over *watch over*

Covering 覆盖：*The lake was completely frozen over.* 整个湖都结了冰。

Over can be used in combination with verbs to show that something is completely covered with something such as ice or clouds. It is also used in a more figurative way to suggest that a difficulty or the truth is being hidden. * over 可与某些动词组合，表示某物被冰完全覆盖或被云完全遮蔽等。over 也用作比喻义，表示掩盖困难或真相。

freeze over *cloud over* *gloss over*
paint over *paper over*

Moving to the side 移到旁边：*The driver pulled over to the side of the road to take a short break.* 司机把车停到路边休息片刻。

A few verbs use over to indicate movement to the side of something. 有些动词用 over 表示移动到某物旁边：

pull over *move over*

Visiting 拜访：*The neighbours have asked us over for tea.* 邻居请我们去家里喝茶。

Over with some verbs suggests going from your house to somebody else's for a visit. * over 与某些动词连用，表示出门去拜访某人：

ask over *drop over* *come over*
invite over *pop over*

Considering, thinking about or examining 考虑、思索或检查：*I'd like to think over your offer.* 我愿意考虑你的提议。

Over can be used with verbs that mean thinking about something carefully before you make a decision, or inspecting something to see if it is correct. * over 可与某些动词连用，表示作出决定前仔细考虑，或核对某事物：

think over *talk over* *check over*
go over *look over*

Remaining 留下：*She decided to stay over with her parents for a couple of days.* 她决定留下来陪父母几天。

Over can be used to convey the idea of something remaining in the same place or being kept to use at a later date. * over 可用来表示某物停留在某处，或保留备用：

stay over *hold over*
be left over *sleep over*

Changing position 交换位置：*I drove first, then we changed over.* 我先开车，然后我们交换。

Over can be used in combination with verbs suggesting the idea of two people or things changing places, jobs etc., or of a person changing their opinion or ideas. * over 可与某些动词组合，表示两人或两事物交换位置、工作等，或表示某人改变意见或想法：

take over *swap over* *win over*
change over *hand over* *swap over*

Falling 倒下：*I fell over and hurt my knee.* 我摔了一跤，伤了膝盖。

Over can be used with verbs to express the idea of something falling to the ground, usually from an upright position. * over 可与某些动词连用，表示某物摔倒在地，通常指直立的东西：

fall over *knock over* *trip over*
keel over *kick over* *run over*

Finishing and recovering 结束或恢复 : *She's upset now, but she'll soon get over it.* 她现在很难过，但很快就会好起来的。

Over can be used in combinations that mean that something is temporary and will soon end. * over 可用于某些词组，表示某事是暂时的，很快就会结束：

blow over *get over* *get over with*

Communicating 传达 : *She is very good at putting over her ideas to an audience.* 她十分擅长向听众表达观点。

Over can be used to convey the idea of giving somebody a message or a particular impression. * over 可用于表示给人传达信息或留下某种印象：

put over *get over* *come over*

Across can be used instead of over with these verbs with a very similar meaning. * across 可代替 over 与上述动词连用，意义相近。

Overflowing 溢出 : *The crowd spilled over into the neighbouring streets.* 人群挤到了旁边的街道上。

Over can be used in combinations that mean that something such as a liquid flows over the edge of a container. These verbs can also have a figurative meaning referring to very strong feelings. * over 可用于某些词组，表示液体等从容器边缘漫出。此类动词也含比喻义，指强烈的感情。

boil over *spill over*
brim over *bubble over*

ROUND

The basic meaning of **round** is of movement in a circle or curve in order to face in the opposite direction or to arrive at the other side of something. It can sometimes be replaced by **about** and **around** with very little change of meaning. * round 的本义指转到相反方向，或转到另一边。有时可用 about 和 around 代替 round，意义基本不变。

Moving 移动 : *The kids ran round to keep warm.* 孩子们跑来跑去来保暖。

Round is used with some verbs to indicate movement in different directions. * round 与某些动词连用，表示四处移动：

move round *run round*
hand round *phone/call round*

Lack of activity and purpose 没有活动或目的 : *We stood round, waiting for something to happen.* 我们茫然地站着，等着发生点什么事。

Round can be used to suggest lack of activity or specific purpose. * round 可用于表示没有活动或漫无目的：

stand round *hang round* *sit round*

Surrounding and enclosing 环绕或包围 : *He threw his arms round me.* 他张开双臂抱住了我。

Round can be used to indicate that something is surrounded by something. * round 可用于表示某物围住另一物：

wrap round *throw round*
go round *gather round*

Being centred on something 以某事物为中心 : *My whole life revolves round cooking and cleaning.* 我一辈子围绕着做饭和打扫卫生打转。

Round can be used with a few verbs to indicate how something or somebody has a particular person or thing as the focus of their attention. * round 可与一些动词连用，表示某事物或某人以特定的人或事物为关注的焦点：

revolve round *centre round*

Turning 旋转 : *The car spun round several times and then hit a tree.* 汽车兜了几圈后，撞上了一棵树。

Round is sometimes used in combinations with the idea of something turning in circles or turning to face the other way. * round 有时用于表示某物旋转或转到相反方向的词组：

spin round *swing round* *wheel round*

Avoiding 避开 : *Politicians tend to skate round the issues.* 政客往往对这些问题避而不谈。

Round can be used with verbs to express the idea that you are avoiding something. * round 可与某些动词连用，表示回避某事：

talk round *skate round*

Persuading 劝说 : *I managed to talk them round and they finally signed the contract.* 我设法说服了他们最终同意签订合同。

Round can be used with verbs to express the idea of persuading someone to change their minds about something. * round 可与某些动词连用，表示劝说某人改变主意：

talk round *get round*
come round *win round*

Visiting informally 非正式探望：*I'll drop round later and give you that book.* 我以后会顺便过来，把那本书给你。

Round is used with some verbs to indicate going to a particular place to visit a person briefly on an informal basis. **Around** is used with this meaning only in American English. * round 可与某些动词连用，表示去某处非正式地短暂拜访某人。around 仅在美国英语中可用作此义。

call round *drop round*
pop round *come round*

Sharing or distributing 分享或分发：*Could you hand round the sandwiches?* 把三明治分给大家好吗？

Round in combinations can give the idea of sharing or distributing something between people. * round 在词组中可表示分享或分发某物：

hand round *pass round* *go round*

Recovering 恢复：*She came round a few hours after the operation.* 做完手术几个小时后，她醒了过来。

Round can be used with the idea of someone becoming conscious again or recovering from an illness. * round 可用于表示某人苏醒过来或病愈：

come round *bring round* *pull round*

THROUGH

The basic meaning of **through** refers to passing from one side of something solid to the other side (for example, *go through a hole in a wall, see through a window*). It can be used with this meaning with many other verbs such as (*slice through, break through*). * through 的本义指从固体的一边经过移到另一边（如 go through a hole in a wall、see through a window）。through 可与很多其他动词连用，用作此义（如 slice through、break through）。

Doing something thoroughly 做某事彻底：*Can you look through this letter for me?* 帮我看一遍这封信好吗？

Through can be used with verbs to give the idea of going from the beginning to the end of something and finishing it. The verb tells you what the activity is and how someone is doing it. It is often used to suggest doing something in a logical and thorough way and completing it. * through 可与动词连用，表示自始至终参与某事直至完成。动词说明活动的内容，以及进行的方式。through 常用于表示有条理、彻底地完成某事。

look through *rush through*
sit through *read through*

Surviving, achieving 幸存、完成：*She came through the operation and made a rapid recovery.* 她手术后活了下来，并且恢复得很快。

Through can be used in combinations to express the idea of surviving a bad situation or getting past something difficult such as a test or a barrier. * through 可用于某些词组，表示幸免于难，或经受住考验、克服障碍等：

live through *come through*
get through *pull through*

Communicating 传达：*He won't listen to me. I can't get through to him.* 他不肯听我的。我的话对他是耳旁风。

Through can be used in combinations that express the idea of communicating with somebody, for example by telephone. * through 可用于某些词组，表示通过电话等与某人联络：

put through *get through* *fax through*

Seeing clearly 看清楚：*Her qualities shine through in everything she does.* 她做的每件事都反映出她的优秀品质。

Through can be used with a few verbs to suggest that you can see or understand something or somebody very clearly. * through 可与一些动词连用，表示看透或看清某事物或某人：

see through *shine through* *come through*

TO

With verbs of movement, to expresses the idea of direction (for example walk to the office; fall to the ground). 与表示位移的动词连用时，to 表示移动的方向（如 walk to the office、fall to the ground）。

Directing or aiming 朝向或瞄准：*She devoted herself to her career.* 她一心扑在事业上。

To used with verbs shows the direction that somebody or something is going or what is being aimed at. * to 与某些动词连用，表示某人或某物移动的方向，或瞄准的目标：

gravitate to	*devote to*	*gear to*
pander to	*point to*	

Showing relationships 显示关系：*Who does this book belong to?* 这本书是谁的？

To is used with verbs to indicate the relationship between people or things. * to 与某些动词连用，表示人或事物之间的关系：

belong to	*cling to*	*warm to*
resort to	*look up to*	*stick to*

UP

The literal meaning of up is movement upwards, from a lower to a higher position, so it occurs with many verbs describing movement, such as *climb up, jump up, look up*, and *sit up*. It is also used with verbs of lifting to express the idea of raising something to a higher level (for example, *pick up, lift up, snatch up*). You will also find it used to express the related ideas of 'increase' and 'improvement'. * up 的字面意思指从低到高的向上移动。up 用于很多描述动作的动词中，如 climb up、jump up、look up、sit up。up 也与表示提起或举起的动词连用，表示将某物向上挪动（如 pick up、lift up、snatch up）。up 也用于表达与“增加”和“改善”相关的意思。

Increasing 增加：*Gas is going up next week.* 下星期煤气要涨价了。

Up is often used to give the idea of something increasing in volume, speed, price, strength, and reputation. * up 常用于表示某事物在体积、速度、价格、力量以及声誉方面的上升：

go up	*speed up*	*turn up*
grow up	*build up*	*speak up*

The opposite of the particle up is down, so these particles can be used in verbs that have opposite meanings. For example, the opposite of *turn up the heating* is *turn down the heating*. 小品词 up 的反义词是 down，因此这两个小品词可用于意义相反的短语动词。例如，turn up the heating 的反义说法是 turn down the heating。

Improving 改善：*The year started badly but I think things are starting to look up.* 今年开局不利，但我认为情况开始好转了。

Up can be used to express the idea of things improving, such as the economy, your health or your knowledge. * up 可用来表示经济、健康状况、知识等的改善或进步：

look up	*brush up*	*clear up*
smarten up	*cheer up*	*brighten up*

Supporting 支持：*I can back up what I said with figures.* 我刚才说的有数据为证。

Up can be used to give the idea of providing support. * up 可用来表示提供支持：

back up	*shore up*	*speak up for*
stand up for	*bolster up*	*stick up for*

Preparing 准备：*You should warm up before exercising.* 运动前应先热身。

Up is used with a group of verbs to give the idea of preparing for doing something. * up 与一组动词连用，表示为做某事作准备：

draw up	*set up*	*warm up*
butter up	*fix up*	*limber up*

Creating and constructing 创造或构建：*She made up an excuse for being late.* 她为迟到找了个借口。

Up is also used to suggest creating, producing, inventing or constructing something, either physically or in your mind. * up 也用于表示在现实环境或脑海中创造、制造、虚构或构建某事物：

make up	*dream up*	*build up*
come up with	*conjure up*	*put up*

Completing and finishing 完成或结束：*We will have used up all our coal reserves by the end of the year.* 到年底，我们就会用尽我们所有的储备煤。

With some verbs that can be used on their own, **up** adds the idea of completing something. 对于可单独使用的某些动词，up 增添了完成某事的意思：

end up *use up* *wind up*
dry up *dummy up* *follow up*

Damaging and destroying 损坏或毁坏：*She tore up the letter and threw it in the bin.* 她把信撕了，丢进了垃圾箱。

Up can be used to express the idea of something being damaged or spoilt in some way or not working well. * up 可用来表示某物遭到某种破坏或毁坏，或运转不灵：

tear up *blow up* *mess up*
beat up *play up* *slip up*

Stopping, delaying and disrupting 停止、延迟或打断：*The police broke up the demonstration.* 警察驱散了示威人群。

Up can be used to give the idea of something stopping, being delayed or prevented from operating normally. * up 可用来表示某事停下来、遭到延误或受阻不能正常运行：

break up *give up* *pull up*
hold up *slow up*

Note that *slow up* and *slow down* have the same meaning. 注意，slow up 和 slow down 含义相同。

Things happening 事情发生：*A serious problem has come up.* 出现了严重问题。

Up can be used to convey the idea of something happening or of something/somebody appearing, sometimes unexpectedly. * up 可用来表示某事发生，或某事物或某人出现，有时指出乎意外：

turn up *come up* *bring up*
crop up *pop up*

Approaching and getting closer for comfort 临近或凑拢身体：*I crept up behind her to surprise her.* 我蹑手蹑脚地走到她身后，想让她大吃一惊。

Up can be used to give the idea of something or somebody approaching or getting closer to somebody/something, sometimes in a rather secretive way, or for warmth and comfort. * up 可用来表示某物或某人临近或挨近其他人或物，有时指悄悄接近或为了取暖靠近某人或某物：

creep up *loom up* *snuggle up*
curl up *nuzzle up* *sneak up*

Dividing and separating 划分或分离：*Slice up the tomatoes and add them to the mixture.* 切开西红柿，然后加到混合物里。

Up can be used to give the idea of something being divided in some way, for example by being cut or chopped into small pieces. When it is used in connection with a group of people or a couple, it has the idea of separation. * up 可用来表示以某种方式把东西分开，如切开或剁碎。用于一群人或两个人时，up 表示分离。

slice up *divide up* *split up*
break up *cut up* *chop up*

Gathering and collecting 聚集或收集：*Can you collect up the glasses?* 你收拾一下玻璃杯好吗？

Up can be used with the idea of collecting things or people together. * up 可用于表示把物或人聚到一起：

collect up *match up* *stock up*
team up *join up* *meet up*

Fastening 固定：*I tied up the parcel with string.* 我用带子把包裹捆了起来。

Up can be used to talk about fastening things like clothes or objects. It can be used with the name of an object or a material to show how something is fastened, or with the name of a container to show where things are placed. Related to this is the idea of restricting the movement of somebody/something. * up 可用来描述系好衣服或绑牢物品等，可与物品或材料的名称连用表示固定住的方法，或与容器的名称连用表示物品存放的位置。相关的含义是限制某人或某物的活动。

do up *zip up* *parcel up*
tie up *brick up* *lock up*

WITH

With is generally used to describe the connections and relationships between people, things, facts or situations. * with 一般用来表示人、物、事实或情况之间的联系和关系。

Relationships between people 人际关系：*My boyfriend wants to finish with me.* 我男朋友想和我分手。

With is used with verbs that describe relationships between people or the ending of a relationship. * with 与动词连用，表示人们之间的关系，或关系的终止：

mess with	*reason with*	*finish with*
level with	*trifle with*	*vie with*

Relationships between things 事物之间的关系

Verbs plus with often show connections between things, such as comparing, including, involving or separating. 动词加 with 常表示事物之间的关系，如比较、包括、涉及或分离：

go with	*crawl with*	*do away with*
riddle with	*square with*	

Relationships between people and things 人和事物之间的关系：*It's hard to deal with so many changes.* 应付这么多的变化真是不易。

With can be used to convey the idea of somebody taking action and getting involved in something, sometimes when they should not. * with 可用来表示某人采取行动参与某事，这些事有时是不该做的事：

deal with	*wrestle with*	*juggle with*
land with	*lumber with*	*tamper with*

Giving support 给予支持：*I don't agree with what you're saying.* 你说的我不同意。

With is used with verbs that express the idea of agreeing with a person or an idea or providing support. * with 与某些动词连用，表示赞同某人或某想法，或提供支持：

agree with	*side with*
bear with	*hold with*

Pronunciation 读音

Phonetic symbols 音标

Consonants 辅音

p	pen	h	how
b	bad	m	man
t	tea	n	no
d	did	ŋ	sing
k	cat	s	so
g	get	z	zoo
tʃ	chain	ʃ	she
dʒ	jam	ʒ	vision
f	fall	l	leg
v	van	r	red
θ	thin	j	yes
ð	this	w	wet

Vowels and diphthongs 元音和双元音

iː	see	ɜː	fur
i	happy	ə	about
ɪ	sit	eɪ	say
e	ten	əʊ	go (*BrE*)
æ	cat	oʊ	go (*AmE*)
ɑː	father	aɪ	my
ɒ	got	ɔɪ	boy
ɔː	saw	aʊ	now
ʊ	put	ɪə	near
u	actual	eə	hair
uː	too	ʊə	pure
ʌ	cup		

The symbol /(r)/ indicates that British pronunciation will have /r/ only if a vowel sound follows directly at the beginning of the next word, as in **pore over**; otherwise /r/ is omitted. For Amercian English, all the /r/ sounds should be pronounced. 音标 /(r)/ 表示英国英语中只有在下一个词直接以元音开头时才发 /r/ 音，如 pore over，否则省略不发该音。美国英语中所有 /r/ 音都读出。

Stress in phrasal verbs 短语动词的重音

In speech it is important to use the correct stress patterns for phrasal verbs. To help with this, verbs are shown in this dictionary with stresses marked using the symbols / ˈ / (= a main stress) and / ˌ / (= a weaker secondary stress). 口语中使用短语动词，正确的重读很重要。为此，本词典中的动词以 / ˈ / 标注主重音，以 / ˌ / 标注次重音。

There are two patterns of stress in phrasal verbs. One type has a single stress, and it is always on the part of the phrase which is a verb. Examples are *ˈcome to sth*, *ˈgo for sb*, *ˈlook at sth*. The other type has two stresses; the first word is marked with a secondary stress, and a main stress is put on the particle. Examples are *ˌget ˈup*, *ˌput sth ˈoff*, *ˌgo ˈoff sth/sb*. 短语动词有两种重音模式。一种是只有一个重音，落在短语的动词上。例如，ˈcome to sth、ˈgo for sb、ˈlook at sth。另一种是有两个重音；次重音落在第一个单词上，而主重音落在小品词上。例如，ˌget ˈup、ˌput sth ˈoff、ˌgo ˈoff sth/sb。

One-stress verbs 单重音动词

One-stress phrasal verbs keep the single main stress on the verb in all situations. No stress is put on the particle or on any other words. Often the particle is a word such as **for** or **at** which has both strong and weak forms. Generally, the weak form of the word should be used, but if the particle comes at the end of a phrase, the strong form must be used, even though the word remains unstressed. For example: *The washing machine is broken. I'll have to get it ˈlooked at. ˈLook at* is a one-stress verb so the main stress is on **looked** and there is no stress on **at**. But because **at** is at the end of a phrase it is

pronounced in its strong form with vowel /æ/ and not /ə/. 在任何情况下，单重音短语动词都把唯一的主重音落在动词上。小品词和任何其他单词都不重读。小品词往往是 for 或 at 之类的词，既有强读形式也有弱读形式。一般而言应将该小品词弱读，但如果该词位于短语的末尾则必须强读，尽管该词仍不重读。例如，The washing machine is broken. I'll have to get it 'looked at. 句中 'look at 是单重音动词，主重音落在 looked 上，而 at 不重读。但是由于 at 位于短语的末尾，所以需要强读，发元音 /æ/ 而非 /ə/。

Two-stress verbs 双重音动词

Two-stress phrasal verbs have the main stress on the particle, and this is the pattern that will be used when the verb as a whole is the last important item in a phrase. 双重音短语动词的主重音落在小品词上；动词作为一个整体构成短语的最后一个重要部分时，须用这一重读模式。

What time are you ˌcoming 'back?

He ˌmade it 'up.

ˌFill them 'in.

But the speaker will put a strong stress on any other important word if it comes later than the verb. The stress on the particle is then weakened or lost, especially if it would otherwise be next to the other strong stress. For example in *I ˌcame back 'early*, the verb is *ˌcome 'back* , but in this sentence there is no main stress on **back** because it would clash with the stress on **early**. 若该动词后有其他重要的词，说话者就会将后者重读；小品词的重音便会弱化或消失，在邻词为另一重读词时这种现象更加明显。例如，在 I ˌcame back 'early 中，动词是 ˌcome 'back，但是此句中 back 不重读，因为这会与 early 的重音冲突。

In two-stress verbs with three words, such as *ˌback a'way from*, *ˌaverage 'out at*, the extra word helps to avoid a clash with a following stress and the weakening of the stress is optional. So you can say *It ˌaverages out at 'fifty*, with the stress on **out** weakened, or *It ˌaverages 'out at 'fifty*, in which the stress on **out** is kept. There is no difference of meaning between the two. 至于双重音的三词组合，如 ˌback a'way from、ˌaverage 'out at，多出的那个单词有助于避免与随后的重音冲突，小品词的重音可弱化也可不弱化。因此，可以说 It ˌaverages out at 'fifty，弱化 out 的重音，也可以说 It ˌaverages 'out at 'fifty，保留 out 的重音。这两种读法表达的意思一样。

Stress on patterns with *doing*. doing 模式的重音

Some verbs are shown in the dictionary with forms that include **doing** (for example *'bank on sb/sth*, *'bank on doing sth*, *'bank on sb/sth doing sth*.) Like **sb** and **sth**, the word **doing** is not part of the verb, but shows where another verb must be fitted into the pattern. For example: *He's banking on going to America*. The verbs with **doing** follow the same one-stress or two-stress patterns as other phrasal verbs. So the one-stress pattern *'bank on doing sth* shows that **on** never receives a stress. In a two-stress verb such as *ˌput 'off doing sth*, the stress on **off** will be lost if the *-ing* verb is important: *I'm ˌputting off 'writing to her*. 本词典中有些动词模式包含 doing（如 'bank on sb/sth、'bank on doing sth、'bank on sb/sth doing sth）。同 sb 和 sth 一样，doing 这个词并非短语动词的组成部分，而是用来表示另一动词应放的位置。例如，He's banking on going to America. 与其他短语动词一样，含 doing 的动词遵循单重音或双重音模式。因此，单重音模式 'bank on doing sth 表明 on 从不重读。在双重音动词如 ˌput 'off doing sth 中，如果 -ing 动词是重要内容，off 的重读就会取消：I'm ˌputting off 'writing to her.

Key to the exercises 习题答案

Page S2

Recording phrasal verbs 记录短语动词

(Suggested answer 参考答案)

verb: mess around
meaning: to spend time and enjoy yourself with no particular purpose
example: We just messed around at home all day.

The position of objects 宾语的位置

verb: head up sth
grammar code: v+adv+n, v+pron+adv
examples: She will head up the company/She will head it up.

Page S3

Collocations 搭配

to find out information
to play down a problem
to work out a solution
to fill in a form
to phase in changes
to break off negotiations
to make up a story
to butt in on a conversation

Organizing by particles 按小品词编排

entering: break into, get into, check into
changing: grow into, turn into, make into
persuading: talk into, pull into, draw into
investigating: look into, dig into, delve into

Page S4

Organizing by topics 按主题编排

computers: log on; boot up; mouse over
feelings: get carried away; fall out; get on with
travel: take off; check in; touch down
crime: get away with; break into; track down

Organizing by opposites 按反义词编排

pass out	come round
go away	come back
switch on	switch off
bring forward	put back
turn up	turn down
break up	get together

Page S5

1 Up

1b Many people bring up their children to be well-mannered.
2c Students cheer up when their university exams are over.
3d Peter, hurry up or we'll miss the train.
4a Children grow up so fast and soon leave home.

1c Add up your expenses and give them to my secretary.
2a Hang up the phone – you've been talking for ages.
3d Give up chocolate if you want to get fit.
4b Wake up early if you want to get to work on time.

2 On

1c The professor carried on talking even though the seminar had finished.
2d The customer held on for several minutes then put the phone down.
3b My boss keeps on talking to me and interrupting my work.
4a The problem went on for months until we solved it.

Page S6

3 Down

1 breaks
2 lets
3 turned
4 close

1 sit
2 keep
3 put
4 bend
5 lie

4 In

1 come in
2 check in
3 let in
4 breaks in

Page S7

5 Off

1b Get off the bus at the next stop if you want the city centre.
2c Go off on holiday by yourself if you really want to relax.
3d Run off and play in the garden – you need some fresh air.
4a Set off early so you miss the traffic on the motorway.

6 Out

1 fall
2 getting
3 broken
4 came

7 Verbs with an adverb and a preposition 与副词和介词连用的动词

1 hang on to
2 looking forward to
3 run out of
4 put up with
5 get on with

Page S8

Phrasal verb or single word? 短语动词还是单字词？

1 set off
2 going up
3 got to
4 let us in
5 take our shoes off
6 went in
7 showed us round
8 came up
9 came back
10 laid on
11 asked for

Page S9

Opposites 反义词

1c If we set off early, we'll get back before dark.
2e I decided to carry on with tennis and give up volleyball.
3d I put my bag down here. Did you pick it up by mistake?
4b You've been lying down all day. Get up and do something.
5a Take your jumper off and put a T-shirt on.

Multi-meaning verbs 多义动词

1 catch up
2 fall out
3 takes off
4 give up
5 pick her up
6 come out
7 meet up

Page S10

Using the dictionary
词典的用法

formal 正式: provide for sth; attend to sb/sth; dispense with sb/sth; safeguard against sth

informal 非正式: boot sb out; barge into sb; bounce around; hash sth over

neutral 中性: turn up; throw sth aside; put sb up; fade away

Page S11

Phrasal verbs in informal language 非正式语言常用的短语动词

1 level with you
2 chickened out
3 check it out
4 rustle something up
5 whipped through
6 freak me out
7 cotton on
8 clammed up
9 cracks me up
10 thrown it together

Page S12

Phrasal verbs in emails
电子邮件常用的短语动词

hear from
swot up
mess up
beaver away
veg out
breeze through
swanning around
muck around
look sb up
catch up with

1 beaver away
2 swot up
3 swan around
4 mess up
5 look sb up
6 catch up
7 muck around
8 breeze through (sth)
9 veg out

Page S13

Phrasal verbs in essays
论文常用的短语动词

1 These figures refer to the years 1960 to 1989.
2 The rise can be attributed to changes in living standards.
3 It should be pointed out that no action was ever taken.
4 I shall now sum up the main points we have examined.
5 I shall deal with each point individually.
6 How can we account for why this happened?
7 The statistics do not bear out the conclusion reached by others.

Phrasal verbs in business
商业常用的短语动词

1	b	*5*	b
2	c	*6*	c
3	a	*7*	c
4	a	*8*	a

Page S14

Phrasal verbs in reports
报告常用的短语动词

1 refers to
2 reported back
3 summed up
4 drawn up
5 gone through
6 puts forward
7 sets out
8 consists of
9 enlarges upon
10 accounts for
11 deals with

Page S15

Computers 计算机

Down 纵列

1 click on
2 pull-down
3 switch on
4 printout
6 shut down
7 scan in
9 back up
10 boot up
11 log in

Across 横行

5 add-ons
8 hack into
12 go down
13 scroll down
14 type in
15 pop-up

Page S16

The environment 环境

The greenhouse effect
温室效应

1 Greenhouse gases are given off when fossil fuels are burned.
2 These greenhouse gases soak up heat that should escape into space.
3 This pushes up temperatures on earth.

Algae 藻类

1 Nitrates from fertilizers soak into the soil and end up in rivers and lakes.
2 Algae feed on the nitrates and multiply uncontrollably.
3 The algae use up the oxygen in the water, and fish die.

Deforestation 森林砍伐

1 Humans burn or cut down too many trees.
2 Some areas turn into desert.
3 Some species die out because they have lost their habitat.

Page S17

Business 商业

1888 catches on, take on
1902 teams up with, set up, sell off
1906 turning out
1945 takes over
1960 take off, bringing in
1969 buys up
1974 walk out, sparking off
1989 worn away, falling off, mount up, go under, bailed out
1999 takes over, caught out, shoots up, wind up
2000 laid off, closes down

Page S18

Sport 体育

Football, and tonight's match in the European Cup ended in controversy after Italy came back from 2–0 down to beat Spain. At 2–2, the Italian goalkeeper Alberti appeared to bring down Rojas, the Spanish centre forward. As the Spanish players appealed for a penalty, the Italians played on and broke away to score. The Spanish captain Martín was then sent off for arguing with the referee. Italy ended up fortunate winners, but their goalkeeper Pollo picked up a hand injury and has been ruled out of the next two games.

The Tokyo marathon has been won by Takeshi Saito of Japan. Urged on by the home crowd, Saito forged ahead after just 5 kilometres and built up a 2-minute lead. The chasing runners did not give up, and gradually reduced the lead. The hot weather and the fast pace caused several leading athletes to drop out. Saito's recent training in the Sahara desert paid off as he held off the strong challenge of the Kenyan Daniel Nyanga, who caught up with 5 kilometres to go, then fell back in the final kilometre.

Tennis, and the unseeded Sofia Adamou of Greece has beaten Russia's Irena Markova in three sets to go through to the final of the French Open. Adamou said afterwards, "I've never come up against such a tough opponent. Before I came here I thought I'd get knocked out in the first round, but now I've got a chance of winning." Adamou, who only took up the sport four years ago, will pick up a cheque for $100 000. The loser will have to settle for just $50 000!

Pages S19-21

1 New verbs from nouns or adjectives. 从名词或形容词派生的新动词

1. flagged
2. ice
3. glam
4. tear
5. mouse

2 Modern life 现代生活

Internet	click through
	dial-up
telecoms	charge sth up
	top-up
business	roll sth out
	spin-out
music	crossover
	lay sth down
military	armoured-up
	stand sb/sth down

3 Figurative meanings 比喻义

1. chewed up
2. hauled in
3. buttoned up
4. landed on her
5. gave away
6. lock in

4 New particles 新小品词

1. similar
2. similar
3. opposite
4. similar
5. opposite
6. similar
7. similar
8. opposite
9. similar
10. similar

Pages S22-23

Synonyms 同义词

A	*B*
invite sb out	ask sb out
fork out	shell out
egg sb on	urge sb on
think sth over	mull sth over
cheer sth up	liven sth up
pare sth down	cut sth back
knock sb down	run sb over

Opposites 反义词

	A	*B*
1	breathe in	breathe out
2	connect sth	disconnect sth
3	do sth up	undo sth
4	go out	stay in
5	let sth out	hold sth in
6	take sth apart	put sth together
7	blow sth up	let sth down

1. I unplugged the DVD player.
2. The price of coffee has gone up again.
3. The scandal died down after the report came out.
4. I checked out of the clinic yesterday.
5. I need to take in this skirt a little.
6. She unbuttoned her jacket.

Pull through 康复

1. healed up/healed
2. Get well
3. recover
4. pulled through
5. getting better

Look up to sb 钦佩某人

1. respect
2. admired
3. looked up to
4. think highly of her

Choosing the best word 选择最佳单词

1. My olive tree has grown a lot since last year.
2. I got out of the car and started to walk.
3. I'll call you/phone you/ring you/telephone you/give you a call/give you a ring as soon as I arrive in Inverness.
4. Support for these proposals has waned/ebbed/ebbed away.
5. What time do you knock off work?
6. I'm sorry, I didn't catch/hear your name.
7. I watched a film, then went to bed.
8. I shuffled the cards then dealt seven to each player.

Study pages 研习专页

Tips on learning phrasal verbs
短语动词学习诀窍 S2–4

Key phrasal verbs 重要短语动词

Particles 小品词 S5–7

Phrasal verb or single word?
短语动词还是单字词? S8

Opposites/Multi-meaning verbs
反义词 / 多义动词 S9

Formal and informal 正式和非正式

Using the dictionary 本词典的用法 S10

Phrasal verbs in informal language
非正式语言常用的短语动词 S11

Phrasal verbs in emails
电子邮件常用的短语动词 S12

Phrasal verbs in formal language
正式语言常用的短语动词 S13–14

Specialist topics 专题

Computers 计算机 S15

The environment 环境 S16

Business 商业 S17

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New phrasal verbs 新短语动词 S19–21

Synonyms and opposites 同义词和反义词 S22–23

Recording phrasal verbs 记录短语动词

Phrasal verbs usually have a meaning which is different from the normal meaning of the verb plus the normal meaning of the particle. For that reason it is advisable to learn phrasal verbs as units. You should record the verb, its meaning and a short example sentence to help you remember the context. You could also record a translation in your own language, but make sure that the context is the same. 短语动词的含义一般不等于动词和小品词的普通意义之和。正因如此，建议将每个短语动词作为一个单元来学习。应将短语动词、其含义和示例短句记录下来，以便牢记语境。也可用母语记下译文，但必须确保语境相同。

Look at these examples of how to record phrasal verbs and complete them using the dictionary. 浏览下列记录短语动词的例子，并查阅词典补充完整。

verb 动词:	drop off
meaning 意义:	to fall asleep, often when you don't intend to 打盹；小睡
example 示例:	He usually drops off in front of the television. 他看电视老是打瞌睡。
translation 译文:	

verb 动词:	mess around
meaning 意义:	
example 示例:	
translation 译文:	

The position of objects 宾语的位置

If the verb has an object, it is useful to record the possible positions of the object. In this dictionary you will find this after the definitions and examples in every phrasal verb entry. (Look at page xx for more information.) You can record the information as it is given in the dictionary, or by putting examples in your notebook. 动词如带宾语，记下宾语可放置的位置颇有用处。本词典中，这一信息列在每个短语动词词条的释义和示例之后。（详情可见第 xx 页。）可把本词典所示信息照抄在笔记本上，也可只记下示例。

Look at these examples and complete them using the dictionary. 浏览下列例子，并查阅词典补充完整。

verb 动词:	try sth out
grammar code 语法代码:	v+n/pron+adv, v+adv+n
examples 示例:	She tried out the new recipes/She tried the new recipes out/She tried them out. 她按新食谱试着炒了几个菜。

verb 动词:	head up sth
grammar code 语法代码:	
examples 示例:	

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Collocations 搭配

Many phrasal verbs are frequently used with particular nouns as subjects or objects. It is a good idea to record these too. In the dictionary you will find them marked with SUBJ and OBJ. 很多短语动词常与特定的名词搭配，用作主语或宾语。将此类信息也记录下来，大有益处。本词典中这些名词以 SUBJ 和 OBJ 标识。

Use your dictionary to add typical objects from the box. 查阅本词典在方框中添加典型宾语。

changes	a conversation	a form	information
negotiations	a problem	a solution	a story

to find out 查找	**information**	to phase in 逐步引入	
to play down 淡化		to break off 终止	
to work out 找出		to make up 编造	
to fill in 填写		to butt in on 打断	

Organizing phrasal verbs 编排短语动词

When you record the verbs there are ways of organizing them that may make them easier to remember. 记录动词时，有些编排方法可方便记忆。

Organizing by particles 按小品词编排

The particles used in phrasal verbs often have particular meanings which can help you to understand the meaning of the whole verb. (These meanings are listed in the *Guide to the particles* on page 504.) You can record verbs under these meanings. 短语动词中的小品词常有特定含义，这有助于理解整个短语动词的含义。（这些含义列于第 504 页的《小品词指南》。）可按这些含义记录动词。

In this example, match the meanings with the phrasal verbs. 在本例中，将含义和短语动词配对。

into	
entering 进入	grow into, turn into, make into
changing 改变	look into, dig into, delve into
persuading 劝说	break into, get into, check into
investigating 调查	talk into, pull into, draw into

Organizing by topics 按主题编排

Sometimes it can help you to remember verbs if you record them in groups according to the topics they relate to. This is because these verbs often appear together in the same context. 根据相关主题，分门别类记录动词，有时可方便记忆。原因在于这些动词常在同一语境同时出现。

In this example, match the topics with the phrasal verbs. 在下例中，将主题和短语动词配成对。

computers 计算机	*get carried away; fall out; get on with*
feelings 感觉	take off; check in; touch down
travel 旅行	get away with; break into; track down
crime 罪行	log on; boot up; mouse over

Organizing by opposites 按反义词编排

You may find it easier to learn a word together with its opposite. 与反义词一道学习一个词，可能事半功倍。

In this example, match each phrasal verb with its opposite. 在下例中，将动词短语和反义词配成对。

pass out 昏迷；失去知觉	turn down
go away 离开；走开	switch off
switch on 打开；接通	come round
bring forward 提前	*get together*
turn up 开大；调高	come back
break up 散开；解散	put back

Organizing according to the verb 按动词编排

Sometimes phrasal verbs formed from the same verb will have meanings in common, which should make them easier to remember. For example, all of these phrasal verbs share the meaning of 'asking someone to go somewhere'. 由同一动词构成的短语动词，有时在意义上有共同之处，这便于一起记忆。例如，下列短语动词都有“邀请某人去某处”之意：

- invite sb back 邀请某人回自己家
- invite sb in 邀请某人进屋
- invite sb over/round 邀请某人来家做客
- invite sb out 邀请某人外出约会
- invite sb up 邀请某人进房间

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Key phrasal verbs 重要短语动词

Some of the most frequently used vocabulary items in English are phrasal verbs. In this dictionary, these very frequent items are marked with a key symbol: 🔑. Often it is not possible to replace these with a single-word equivalent (for example, **find out** is not the same as **discover**). It is therefore essential to learn the most frequently used phrasal verbs if you want to understand and speak English well. These exercises will help you to use the most common ones more confidently. 英语最常用的词汇中，有些是短语动词。本词典中，这些十分常见的短语动词用钥匙符标识：🔑。往往无法用对应的单字词替换这些短语（例如，find out 和 discover 并不相同）。因此，若想很好地理解英语及用英语交谈，掌握最常用的短语动词至关重要。下面的这些练习有助于更有把握地运用最常用的短语动词。

Particles 小品词

These exercises are organized according to the meaning of the particle. See the *Guide to the particles* on page 504. 这些练习根据小品词的含义编排而成。可参阅第 504 页的《小品词指南》。

1 Up

Match the sentence beginnings on the left with the endings on the right.
将左列的句子起首词和右列的句子末段配对。

increasing or improving 增加或改善

1 Many people	**a** grow up so fast and soon leave home.
2 Students	**b** bring up their children to be well-mannered.
3 Peter,	**c** cheer up when their university exams are over.
4 Children	**d** hurry up or we'll miss the train.

completing or finishing 完成或结束

1 Add up	**a** the phone – you've been talking for ages.
2 Hang up	**b** early if you want to get to work on time.
3 Give up	**c** your expenses and give them to my secretary.
4 Wake up	**d** chocolate if you want to get fit.

2 On

Match the sentence beginnings on the left with the endings on the right.
将左列的句子起首词和右列的句子末段配对。

Continuing 持续

1 The professor	**a** went on for months until we solved it.
2 The customer	**b** keeps on talking to me and interrupting my work.
3 My boss	**c** carried on talking even though the seminar had finished.
4 The problem	**d** held on for several minutes then put the phone down.

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3 Down

Put the correct verb from the box into the gaps below. You may have to change the form of the verb. 将方框中的正确动词填入下面的空格。可能需要改变动词的形式。

turn	close	break	let

failing 失败

1 When your car ___breaks___ down, it no longer works.
2 If somebody __________ you down, you feel disappointed with them.
3 If you are __________ down for a job, you are not accepted.
4 The company was forced to __________ down.

bend	keep	lie	put	sit

movement 移动

1 Every day, at eight, we all __________ down to have dinner together.
2 If you don't want him to see you, you'd better __________ your head down.
3 That bag looks heavy! You can __________ it down over there.
4 The coach made us __________ down and touch our toes. It was quite difficult.
5 I'm so tired – I'm going to __________ down on the bed. Wake me up if I fall asleep.

4 In

Put the correct phrasal verb from the box into the gaps below. You may have to change the form of the verb. 将方框中的正确短语动词填入下面的空格。可能需要改变动词的形式。

break in	check in	come in	let in

Entering or arriving 进入或到达

1 When you __________ somewhere you enter a place, often somewhere familiar such as your home, or when a friend invites you to their house.
2 When you __________, you register at a hotel or an airport desk.
3 When you __________ somebody __________, you open the door and allow them to come in.
4 If someone __________, they enter a building illegally.

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5 *Off*

Match the sentence beginnings on the left with the endings on the right.
将左列的句子开头和右列的结尾配对。

Departing 离去

1 Get off	a early so you miss the traffic on the motorway.
2 Go off	b the bus at the next stop if you want the city centre.
3 Run off	c on holiday by yourself if you really want to relax.
4 Set off	d and play in the garden – you need some fresh air.

6 *Out*

Put the correct verb from the box into the gaps below. You may have to change the form of the verb. 将方框中的正确动词填入下面的空格。可能需要改变动词的形式。

Leaving 离开

break come fall get

1 Some medical treatments can make your hair ___________ out.
2 As I was ___________ out of the car, I fell over.
3 Several prisoners have ___________ out of jail.
4 As we ___________ out of the hotel we saw the beach right in front of us.

7 *Verbs with an adverb and a preposition*
与副词和介词连用的动词

Put the correct verb from the box into the gaps below. You may have to change the form of the verb. 将方框中的正确短语动词填入下面的空格。可能需要改变动词的形式。

look forward to get on with hang on to run out of put up with

1 You should ___________________ your baggage at the airport in case it gets stolen.
2 I've been really ___________________ meeting your family.
3 Oh no, we've ___________________ milk again – will you go to the shop and get some?
4 I don't know how you ___________________ his temper – you must be very patient.
5 I ___________________ my father very well – we always have a laugh together.

Phrasal verb or single word? 短语动词还是单字词？

Phrasal verbs are very common in everyday language. A single word which means the same is often more formal. Look at this description of an excursion from a printed brochure. 日常用语中，短语动词十分常见，而含义相同的单字词往往较正式。参看摘自印刷手册的说明：

> **DAY 4: Temple Tour**
>
> *The coach will depart at 09.00. Leaving the city, it will ascend the mountain passes to reach the temple at 10.30. A local guide will conduct the tour and will answer any questions that arise. Visitors will not be admitted unless they are wearing suitable clothing, and will be expected to remove their shoes before entering the temple. The group will return via the 'Lost Valley', where lunch will be provided for those who have requested it.*

Now look at this letter, which Penny wrote to her friend when she got back from her holiday. In this letter the words that are underlined in the brochure text would be too formal. Use a form of one of each of the phrasal verbs in the box to fill the gaps in her letter. 现在看看彭妮度假回来后写给朋友的信。这封信若用旅游手册说明中画线的词会显得过于正式。将方框中短语动词的正确形式填入彭妮信中的空格。

ask for	come back	come up	get to	go in	go up
lay on	let in	set off	show round	take off	

For me, the highlight of the whole holiday was the trip to the temple. We [1] set off at nine in the morning and were soon [2] ______ ______ some hair-raisingly steep roads. We [3] ______ ______ the temple about half ten. We had to wear long-sleeved tops and long trousers or they wouldn't have [4] ______ us ______. Of course, we had to [5] ______ our shoes ______ before we [6] ______ ______ the temple, too. A local guide [7] ______ us ______, which was good, because lots of questions [8] ______ ______ about the history of the place. The temple itself was absolutely breathtaking, but that wasn't the best thing, because we [9] ______ ______ through what they call the 'Lost Valley'. Lunch was [10] ______ ______ for the people who'd [11] ______ it, but we'd taken a packed lunch with us, and we agreed that it was the most spectacular picnic spot we'd ever seen!

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Opposites 反义词

The following verbs are organized into pairs with their opposites. Match the phrase on the right with the phrase on the left. 下列各动词与其反义成对编排。将左右两列的短语配成对。

1 If we set off early,
2 I decided to carry on with tennis
3 I put my bag down here.
4 You've been lying down all day.
5 Take your jumper off

a and put a T-shirt on.
b Get up and do something.
c we'll get back before dark.
d Did you pick it up by mistake?
e and give up volleyball.

Multi-meaning verbs 多义动词

The following verbs have more than one meaning. Complete the pairs of sentences with one of the verbs listed below. 以下动词的含义不止一个。下列每对句子填上其中一个动词。

catch up give up meet up pick up take off come out fall out

1 If you want to catch up you will have to run.
You will have to work hard to catch up with the other students.

2 That shampoo made my hair ___________ in handfuls.
I hate to have arguments and ___________ with my friends.

3 My little daughter always ___________ her clothes by herself.
When the plane ___________ we will be able to see the fields below.

4 I'm going to ___________ smoking in the New Year.
I don't think the rebels will ___________ their fight easily.

5 If she waits by the station, I'll ___________ her ___________ in my car.
The cat was so light , I could ___________ it ___________ with one hand.

6 The mark on my skirt wouldn't ___________ even when I washed it.
We know that the stars ___________ at night but we can't always see them.

7 Do you want to ___________ for dinner after work?
I'm so surprised to ___________ with you here – I haven't seen you for ages.

Formal and informal in the dictionary
本词典中的正式和非正式

Phrasal verbs are especially common in informal language, but it is important to know whether a phrasal verb is informal or not to be able to use it appropriately. 短语动词在非正式用语中尤为常见，但是为了使用恰当，了解一个短语动词是否为非正式十分重要。

Look at the dictionary entry below and notice how information on the formality of the phrasal verb is given. 参看以下词条，并留意有关短语动词正式程度的标注：

> **bust** /bʌst/ (**bust**, **bust** or **busted**, **busted**)
> NOTE **Bust** is an informal way of saying **break**.
> * bust 是 break 的非正式说法。
>
> ˌ**bust ˈout**; ˌ**bust ˈout of sth**; ˌ**bust sb ˈout**; ˌ**bust sb ˈout of sth** (*informal*) to escape from somewhere, usually prison; to help sb do this （帮助某人）逃跑，越狱：*His last movie was about a guy busting out of Alcatraz.* 他的上一部电影讲述一名男子从阿尔卡特拉斯岛越狱的故事。◇ *His friends busted him out of jail.* 朋友们帮他逃出了监狱。
> SYN **break out, break out of sth** (*more formal*)

Look up the following phrasal verbs in your dictionary and complete the table. 在词典中查阅以下短语动词，并填写下表。

formal 正式	*informal* 非正式	*neutral* 中性
______	boot sb out	______
______	______	______
______	______	______
______	______	______

a boot sb out
b provide for sth
c turn up
d barge into sb
e throw sth aside
f put sb up
g bounce around
h attend to sb/sth
i dispense with sb/sth
j hash sth over
k safeguard against sth
l fade away

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Phrasal verbs in informal language
非正式语言常用的短语动词

Replace all the words *in italics* with one phrasal verb from the box, remembering to change the verb into the correct form. 用方框中的短语动词替换斜体单词，记住将动词变为正确的形式。

freak out	cotton on	chicken out	level with	throw together
check out	rustle up	crack up	whip through	clam up

level with you

1 OK, I'll ~~*tell you the situation in an honest way*~~. I'm afraid we're not able to accept your proposals at this time.

2 Greg was all ready to do the bungee jump, but at the last moment he *decided not to do it because he was afraid*.

3 We're going to visit the new bar in town to *see if it's any good*. Would you like to come?

4 Dinner? I haven't had time to go the shops, but I guess I'll be able to *provide something quickly and without planning*.

5 Our class was really behind the others, so we *did* the last three chapters *very quickly*.

6 I don't like watching horror movies – they *make me feel really shocked and scared*.

7 He's usually pretty quick, but it took him ages to *understand what I meant without being told directly*.

8 As soon as I asked her about her family, she just *refused to speak because she didn't want to talk about it*.

9 I think Dave's great – he really *makes me laugh a lot*.

10 I don't think much of this book. It looks like they've just *made it quickly or carelessly*.

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Phrasal verbs in emails 电子邮件常用的短语动词

Emails are often written in informal language. Read the following email from Helen to her friend Katy. Underline all the phrasal verbs that you can find. 写电子邮件常用非正式用语。阅读下面海伦写给朋友凯蒂的电子邮件。用下画线标出你能找到的所有短语动词。

From: Helen
To: Katy
Subject: News from Brighton

Hi Katy

I haven't heard from you for a while so I thought I'd take a break from work and write. I'm desperately trying to swot up for my exams at the moment – you know I had to retake them, after messing up so badly in June. So I spend my days beavering away at my desk, and my evenings vegging out in front of the television.

Anyway, how are you? How is the course going? Are they making you work hard? I'm sure you'll breeze through it!

Simon came to see me the other day. He's swanning around having business lunches every other day while I'm stuck here. It's not fair! Still I suppose it's my own fault for mucking around last year when I should have been studying.

Are you coming to Brighton soon? Don't forget to look me up if you are. It would be good to catch up with you after so long. What do you think? Phone or email me, OK?

Love Helen xx

Now write one of the phrasal verbs from the email next to its definitions below. 现在，在以下释义旁填入电子邮件中的短语动词。

1 work very hard (at sth) ____________
2 study very hard, especially when you are preparing for an exam ___swot up___
3 go from one place to another feeling pleased with yourself ____________
4 do sth very badly ____________
5 visit or contact sb when you are in the place where they live ____________
6 find out about things that have happened to somebody ____________
7 behave in a silly way, especially when you should be doing sth else ____________
8 succeed in sth very easily ____________
9 relax in a lazy way and do very little ____________

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Phrasal verbs in formal language 正式语言常用的短语动词

Not all of the phrasal verbs in this section are marked 'formal' in the Dictionary, but they can all be used in formal language, such as essays and reports. 本部分的短语动词在本词典中并不都标注为"正式"，但它们均可用于论文、报告等正式文体。

Phrasal verbs in essays 论文常用的短语动词

These phrasal verbs are often used in essays. Match the beginnings of the sentences with their endings. 这些短语动词常用于论文。将下列句子的开头和结尾配对。

1 These figures refer to	the main points we have examined.
2 The rise can be attributed to	changes in living standards.
3 It should be pointed out	the conclusion reached by others.
4 I shall now sum up	why this happened?
5 I shall deal with	each point individually.
6 How can we account for	the years 1960 to 1989.
7 The statistics do not bear out	that no action was ever taken.

Phrasal verbs in business 商业常用的短语动词

In the sentences below, choose the best verb to fill the gap. 在以下句子中，选择最合适的动词填入空格。

1 This document ___________ the brochures you were sent earlier this week.
  a consists of   b refers to   c accounts for

2 It is important to ___________ that our prices have been reduced.
  a set out   b sum up   c point out

3 The director would like you to ___________ the list carefully and check the figures.
  a go through   b draw up   c deal with

4 The secretary reported that the papers had been ___________ in the wrong order.
  a filed away   b accounted for   c put forward

5 It is useful to ___________ all the important points in a presentation.
  a draw up   b write down   c edit out

6 It is essential to ___________ the main points discussed in your report.
  a put forward   b file away   c sum up

7 This afternoon the MD will ___________ on our success in the new markets.
  a sum up   b write down   c report back

8 The presentation will ___________ the issue of customer complaints.
  a deal with   b account for   c point out

Phrasal verbs in reports 报告常用的短语动词

Read the following extract from a report and replace the underlined words with the phrasal verbs listed below. 阅读下面的报告节选，并用下列短语动词替换画线的单词。

consists of	gone through	summed up	deals with
puts forward	drawn up	refers to	sets out
enlarges upon	reported back	accounts for	

This report <u>concerns</u> [1] ____________ the delivery services we wish to expand for our clients. Our market research company has already <u>given the information</u> [2] ____________ to the marketing department on their recent research. The main points of this information will be <u>given</u> [3] ____________ in a series of short reports for the committee to examine in their own time.

The marketing department has now <u>made</u> [4] ____________ a plan of action for increasing our delivery service. The Managing Director has <u>examined</u> [5] ____________ this carefully and given it his approval. Essentially it <u>presents</u> [6] ____________ three suggestions for discussion and <u>explains</u> [7] ____________ the reasons why we should consider a slow rather than a rapid expansion.

This report summarizes those reasons and <u>is in</u> [8] ____________ three parts:

(a) it <u>gives more details about</u> [9] ____________ the difficulties we have had with recruiting staff,

(b) it <u>explains</u> [10] ____________ why our delivery service had problems last month,

(c) it <u>briefly discusses</u> [11] ____________ the problems caused by rising inflation.

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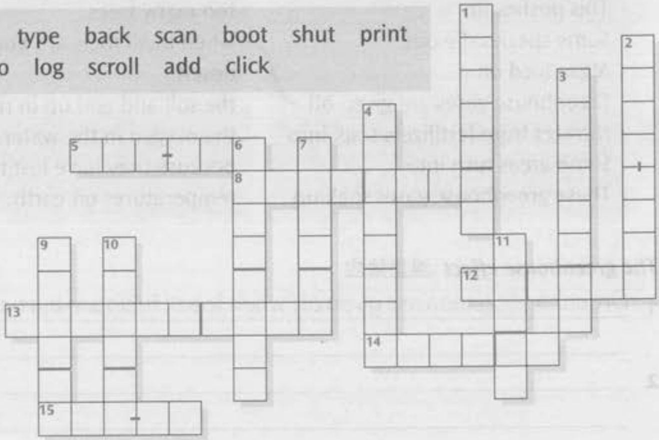
Computers 计算机

Have you noticed how many phrasal verbs are used in computing? Try this crossword to see how many you know. Use the dictionary to help you if you need to. Use a verb from the top box and a particle from the lower box to complete each sentence. The answer can be a verb, an adjective or a noun. The solid lines in the crossword show the divisions between words. 你知道计算机用语中使用了多少短语动词吗？试试这个纵横填字游戏，了解一下你知道多少。如有必要，可查阅词典。用上部方框内的动词和下部方框内的小品词完成各句。答案可以是动词、形容词或名词。纵横填字游戏中的粗线表示单词之间的区隔。

switch hack type back scan boot shut print
pull pop go log scroll add click

down	out
on	up
in	in
down	on
down	on
into	up
down	up
in	



Down 纵列

1 ________ the link below to visit our website.

2 Select 'options' from the ________ menu.

3 The printer didn't work because I'd forgotten to________ it______ !

4 I stuck a________ of the email on the wall.

6 Close all programs before you ________ your computer.

7 You can________ your photos and email them to friends.

9 ________ vital documents on floppy disk to avoid losing them.

10 The computer sometimes takes ages to________ when I turn it on.

11 You'll need a password to________

Across 横行

5 You can download various ________ that allow your existing software to do even more things.

8 A teenager managed to ________ the bank's main database.

12 I hope the computer doesn't ________ again or I'll never finish this work.

13 ________ the page until you find the item you want.

14 ________ your password and press 'enter'.

15 If you click on the right mouse button a________ menu will appear.

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The environment 环境

Use your environmental knowledge and your dictionary to help you do this exercise. Match the beginnings and endings of the sentences, then write the sentences in a logical order under the appropriate heading. 通过运用环境知识及查阅词典来完成下面这个练习。将下列各句的开头和结尾配对，然后按逻辑顺序在各标题下填入与标题内容对应的句子。

The algae use up	heat that should escape into space.
Humans burn or cut down	the nitrates and multiply uncontrollably.
This pushes up	too many trees.
Some species die out	when fossil fuels are burned.
Algae feed on	desert.
Greenhouse gases are given off	the soil and end up in rivers and lakes.
Nitrates from fertilizers soak into	the oxygen in the water, and fish die.
Some areas turn into	because they have lost their habitat.
These greenhouse gases soak up	temperatures on earth.

The greenhouse effect 温室效应

1 Greenhouse gases are given off when fossil fuels are burned.

2

3

Algae 藻类

1

2

3

Deforestation 森林砍伐

1

2

3

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Business 商业

The story of a company 公司历程

Here is the history of Hall Motors. Use the dictionary to help you fill in the missing particles and follow the rise and fall of this company. 以下是霍尔汽车公司的历史。查阅词典填入缺失的小品词，了解该公司的兴衰。

1888 Frank Hall designs and builds the 'Hall safety cycle' in his back yard. The design really catches ___on___ and Hall soon has to take ________ five workers to help him produce bicycles.

1902 Hall, who now has a workforce of 50, teams ________ with his cousin Jack, a motor mechanic, and they build their first car. They set ________ 'Hall Motors' and sell ________ the bicycle side of the business.

1906 Hall Motors is the country's second biggest car manufacturer, turning ________ 20 cars a week.

1945 Frank Hall dies and his son Bill takes ________ the company.

1960 Hall Motors revolutionizes the design of the small car with the 'Townie'. Sales take ________ immediately, bringing ________ record profits.

1969 The company buys ________ its main rivals, Wallace Cars and Ryder-Pratt.

1974 Workers at the Leeds plant walk ________ in protest at the latest pay offer, sparking ________ several years of management-union unrest.

1989 Hall Motors' market share has been gradually worn ________ by cheaper foreign imports. With sales falling ________ as quickly as debts mount ________, the company seems set to go ________, but is bailed ________ by a last-minute government loan.

1999 As sales continue to decline, Europe Motors takes ________ the company, announcing that its aim is to break even within two years. After investing heavily in new models, Europe Motors is caught ________ as the value of the pound shoots ________, causing exports to plunge. The decision is taken to wind ________ Hall Motors.

2000 6000 workers are laid ________ as the last remaining Hall Motors plant closes ________.

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Sport 体育

Here are three extracts from a sports news programme on the radio. Complete the extracts with phrasal verbs, using either a verb from the box on the left or a particle from the box on the right in each gap. You will need to change the form of the verb in some cases. Use your dictionary to help you if you need to. 以下是电台体育新闻节目的三段节录。用左栏的动词与右栏的小品词构成短语动词完成节录。如有必要，可查阅词典。

bring end play rule send	Football, and tonight's match in the European Cup ended in controversy after Italy *came* ________ from 2–0 down to beat Spain. At 2–2, the Italian goalkeeper Alberti appeared to ________ *down* Rojas, the Spanish centre forward. As the Spanish players *appealed* ________ a penalty, the Italians ________ *on* and *broke* ________ to score. The Spanish captain Martín was then ________ ________ for arguing with the referee. Italy ________ *up* fortunate winners, but their goalkeeper *picked* ________ a hand injury and has been ________ *out* of the next two games.	away back for off up
catch drop hold urge	The Tokyo marathon has been won by Takeshi Saito of Japan. ________ *on* by the home crowd, Saito *forged* ________ after just 5 kilometres and built up a 2-minute lead. The chasing runners did not *give* ________, and gradually reduced the lead. The hot weather and the fast pace caused several leading athletes to ________ *out*. Saito's recent training in the Sahara desert *paid* ________ as he ________ *off* the strong challenge of the Kenyan Daniel Nyanga, who ________ *up* with 5 kilometres to go, then *fell* ________ in the final kilometre.	ahead back off up
go hold knock pick settle take come	Tennis, and the unseeded Sofia Adamou of Greece has beaten Russia's Irena Markova in three sets to ________ ________ to the final of the French Open. Adamou said afterwards, "I've never ________ *up* ________ such a tough opponent. Before I came here I thought I'd get ________ *out* in the first round, but now I've got a chance of winning." Adamou, who only ________ ________ the sport four years ago, will ________ *up* a cheque for $100 000. The loser will have to ________ *for* just $50 000!	against through up

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Where do new phrasal verbs come from?
新短语动词是如何产生的？

New phrasal verbs turn up all the time, but where do they come from? One answer is that new verbs are invented to talk about new types of activity. But in fact they are not usually completely new verbs, but new combinations of existing verbs and particles, or old ones which have found new uses. 新短语动词层出不穷，但它们是如何产生的呢？一种解释是，为谈论新出现的活动，新短语动词应运而生。但实际上，它们通常并不是全新的动词，而是现有动词和小品词的新组合，或有了新含义的旧组合。

1 *New verbs from nouns or adjectives.*
从名词或形容词派生的新动词

New phrasal verbs don't have to come from verbs. Nouns and adjectives, too, can be used. So, from the noun **luck** comes the phrasal verb **luck out**, meaning 'to be very lucky'. Sometimes a short form of the noun or adjective is used to form the phrasal verb, for example **max out**, from **maximum**. 创造新短语动词不一定要利用动词，也可利用名词和形容词。利用名词 luck 创造出了短语动词 luck out，意思是“交好运”。有时，名词或形容词的缩写形式可用于构成短语动词，源于 maximum 的 max out（达到最大极限）即为一例。

Complete these sentences with phrasal verbs derived from the nouns and adjectives in the box. 用方框中从名词和形容词而来的短语动词将下列句子补充完整。

flag	glamorous	ice	mouse	tear

1 The problem of the river drying up has only recently been __________ *up*.

2 Don't forget to __________ *down* the champagne for the party.

3 Lola has had to __________ herself *up* for her television appearance.

4 Bradley began to __________ *up* as he thought of his children.

5 When you __________ *over* this button, it plays a sound.

2 *Modern life* 现代生活

New phrasal verbs (or new meanings of existing phrasal verbs) are often brought in to talk about new inventions, new concepts, etc. that have developed or become current in the modern world. In many cases these phrasal verbs have nouns or adjectives derived from them, such as **drop-down** (as in *a drop-down menu*) from **drop down**. 新短语动词（或现有短语动词的新义）常用于谈论现代社会发展涌现或流行的新发明、新概念等。这些短语动词往往派生出名词或形容词，例如，drop-down（如 a drop-down menu 下拉式菜单）即派生自 drop down。

Put these phrasal verbs or derivatives into columns according to the area of modern life they are connected with. 根据相关的现代生活领域，将这些短语动词或派生词填入纵栏中。

armoured-up　click through　dial-up　roll sth out　stand sb/sth down
charge sth up　crossover　lay sth down　spin-out　top-up

Internet 互联网	*telecoms* 电信	*business* 商业	*music* 音乐	*military* 军事
________	________	________	________	________
________	________	________	________	________

3 *Figurative meanings* 比喻义

Plough back originally meant 'to return a crop that you have grown to the soil, in order to produce more'. It is easy to see how this can change to being used about reinvesting profits in a business. * plough back 原指"将种植的作物犁回土壤，以提高产量"。这样就不难看出该短语用于商业上指以利润再作投资。

In this exercise, replace the words in italics with a phrasal verb from the box. You may have to change the form of the phrasal verb. 在这个练习中，用方框中的短语动词替换斜体的单词。可能需要改变短语动词的形式。

button up　chew up　give away　haul in　land on　lock in

1 The fashion industry has *destroyed the careers of* so many young models. ________

2 Norway *won* a clutch of medals at the Winter Olympics. ________

3 When I asked him about his past, he just *refused to say anything.* ________

4 Her boss *criticized* her for her poor performance over the past year. ________

5 Germany was in good form and Mexico *lost* the game with sloppy play. ________

6 How can we *make permanent* all the improvements we've made to our procedures? ________

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4 *New particles* 新小品词

New phrasal verbs can be created by taking an existing phrasal verb and using it with a different particle to express a meaning which is the opposite of or different from the original meaning. For example, **dress down** (wear more casual clothes) can be easily understood to be the opposite of **dress up** (wear more formal clothes). New particles can also be added to verbs which are not normally used with particles, sometimes keeping the same meaning and sometimes acquiring a different meaning. 利用现有短语动词并将其与其他小品词搭配使用可生造出新短语动词，以表示与原义相反或不同的意义。例如，很容易理解 dress down（身着便服）是 dress up（穿着盛装）的反义。通常不与小品词连用的动词也可添加小品词，意义有时不变，有时改变。

Say whether these pairs of verbs are similar or opposite in meaning. 判断下列成对动词是同义还是反义。

1 beat sb down, beat sb up ___similar___
2 print sth off, print sth up ________
3 flash forward, flash back ________
4 head sth, head sth up ________
5 ratchet sth up, ratchet sth down ________
6 slow up, slow down ________
7 hire sb, hire sb on ________
8 ramp up, ramp down ________
9 gobble sth up, gobble sth down ________
10 bomb, bomb out ________

Synonyms 同义词

Look up the verb in column **A** and match it with the verb in column **B** that is closest to it in meaning. You will find synonyms given in the dictionary after the symbol SYN. 查阅 A 栏中的动词，并和 B 栏中意义最接近的动词配对。本词典中列出的同义词用符号 SYN 标注。

A	B
invite sb out	mull sth over
fork out	cut sth back
egg sb on	shell out
think sth over	ask sb out
cheer sth up	urge sb on
pare sth down	liven sth up
knock sb down	run sb over

Opposites 反义词

Look up the verb in column **A** and match it with the verb in column **B** that is opposite in meaning. You will find opposites given in the dictionary after the symbol OPP. 查阅 A 栏中的动词，并和 B 栏中意义相反的动词配对。本词典中列出的反义词用符号 OPP 标注。

A	B
breathe in	disconnect sth
connect sth	hold sth in
do sth up	let sth down
go out	put sth together
let sth out	stay in
take sth apart	undo sth
blow sth up (tyre)	breathe out

Rewrite these sentences so that the meaning is the opposite of the original.
改写这些句子，使其与原义相反。

1 I plugged the DVD player in. I unplugged the DVD player.

2 The price of coffee has come down again. ______

3 The scandal blew up after the report came out. ______

4 I checked into the clinic yesterday. ______

5 I need to let out this skirt a little. ______

6 She buttoned up her jacket. ______

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Synonym notes 同义词注释

Synonym notes in this dictionary compare phrasal verbs and single-word verbs which have a similar meaning, helping you to choose the right word. You can find them printed on a blue background throughout the dictionary. 本词典中的同义词注释比较意义相近的短语动词和单字动词，帮助读者挑选正确的动词。本词典中同义词注释以蓝底印刷。

Pull through 康复

Look at the note at *pull through* and choose the best word or phrase to complete these sentences. 参阅 pull through 的同义词注释，并选择最佳单词或短语完成句子。

1 That cut has __________ very quickly.

2 __________ soon!

3 It took a long time to __________ from his illness.

4 Despite being gravely ill, she __________ and made a good recovery.

5 Tamara is gradually __________ .

Look up to sb 钦佩某人

Look at the note at *look up to sb* and choose the best word or phrase to complete these sentences. 参阅 look up to sb 的同义词注释，并选择最佳单词或短语完成句子。

1 I completely disagree with you, but I __________ your opinion.

2 She is widely __________ in the field of child psychology.

3 When I was young I __________ my elder brother.

4 Fiona's teachers __________ her.

Choosing the best word 选择最佳单词

In these sentences the words *in italics* are not used correctly. Look at the synonym note for the phrasal verb in italics and choose a more appropriate one. In some cases more than one alternative is possible. 这些句子中的斜体单词用法不正确。参阅斜体短语动词的同义词注释，并选择一个更合适的词。有些情况下可能不止一个选项。

1 My olive tree has *grown up* a lot since last year. grown

2 I *got off* the car and started to walk. __________

3 I'll *call* you *up* as soon as I arrive in Inverness. __________

4 Support for these proposals has *died down*. __________

5 What time do you *give up* work? __________

6 I'm sorry, I didn't *listen to* your name. __________

7 I *looked at* a film, then went to bed. __________

8 I *mixed up* the cards then dealt seven to each player. __________

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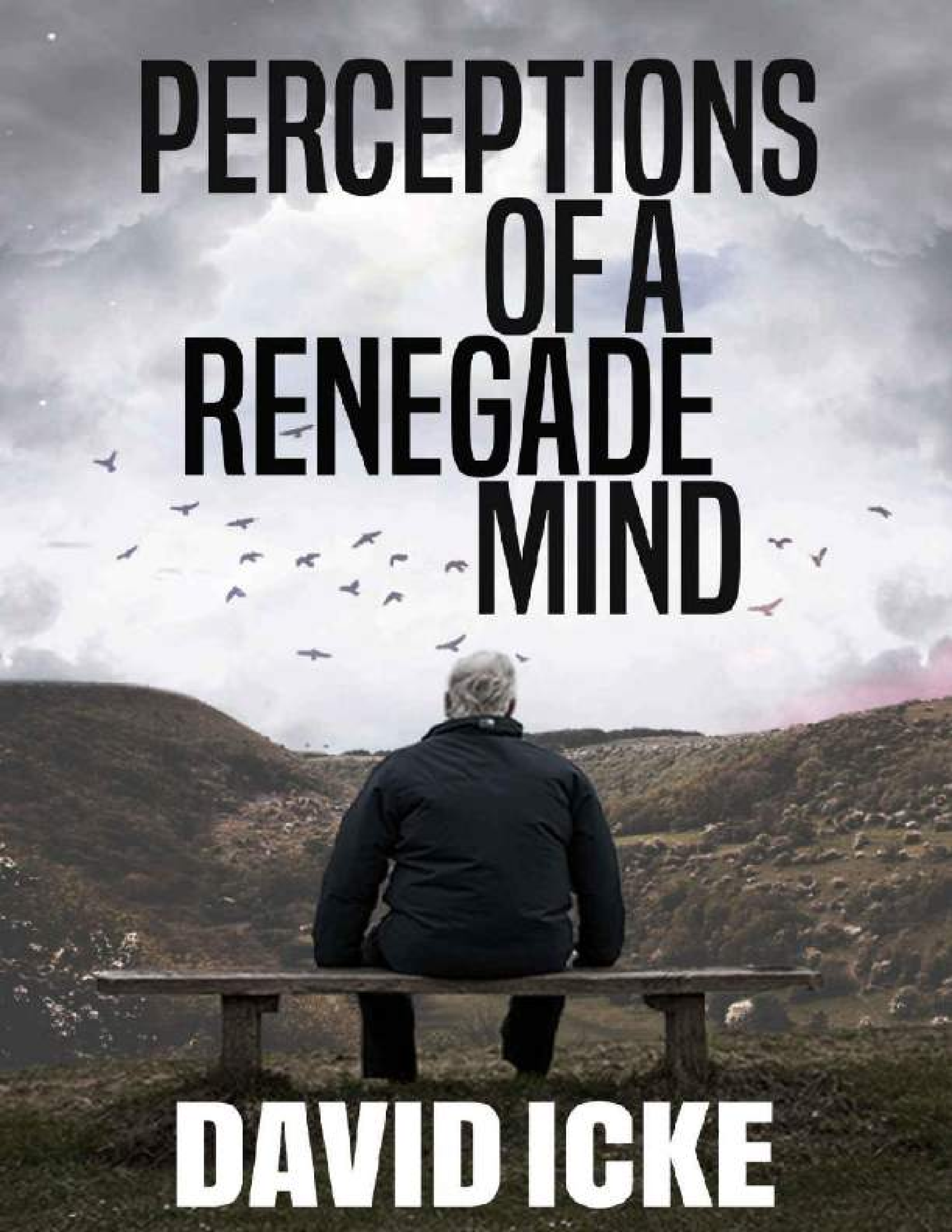
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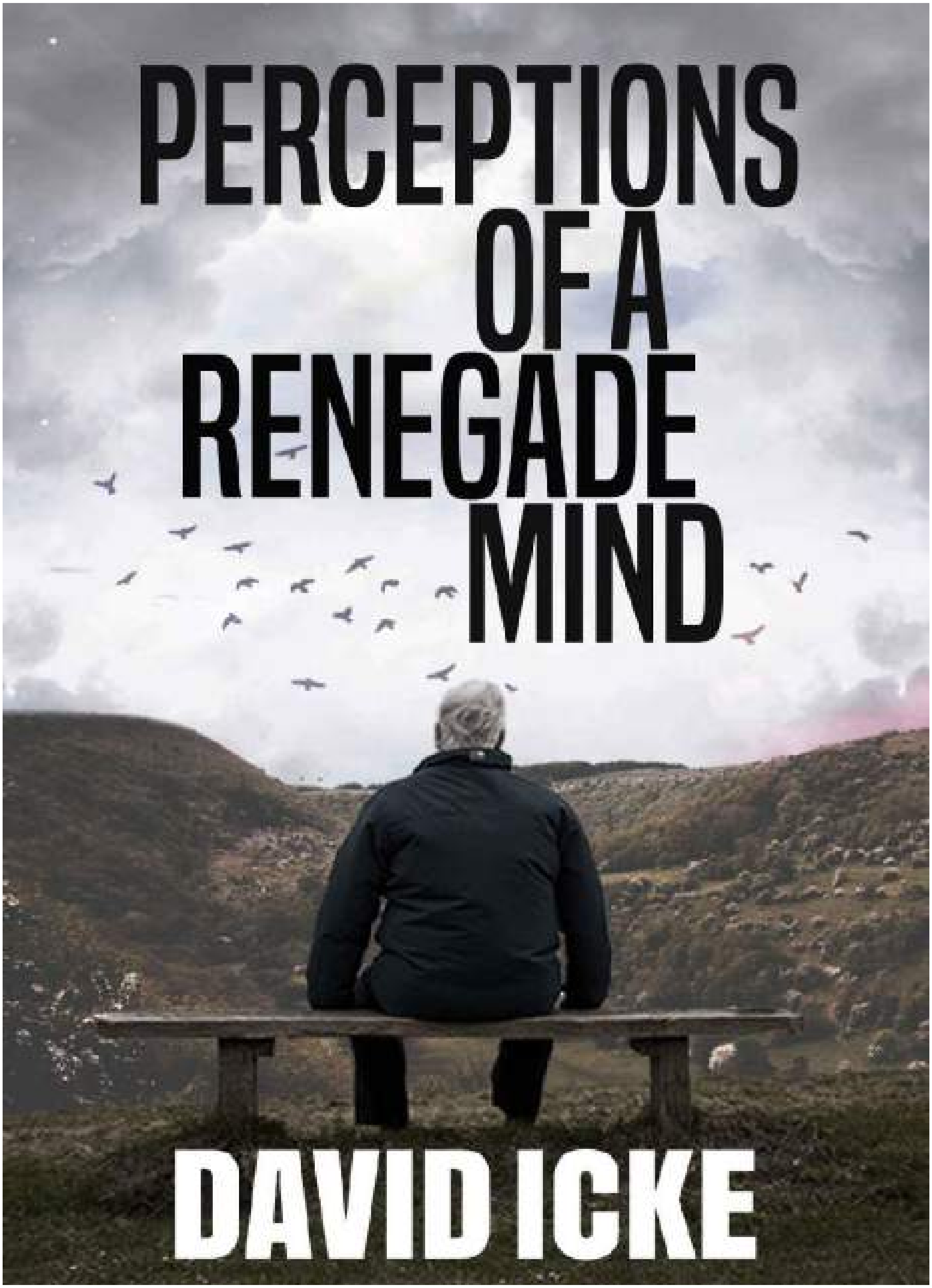
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PERCEPTIONS OF A RENEGADE MIND

DAVID ICKE

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Renegade:
Adjective
'Having rejected tradition: Unconventional.'
Merriam-Webster Dictionary

Acquiescence to tyranny is the death of the spirit

You may be 38 years old, as I happen to be. And one day, some great opportunity stands before you and calls you to stand up for some great principle, some great issue, some great cause. And you refuse to do it because you are afraid … You refuse to do it because you want to live longer … You're afraid that you will lose your job, or you are afraid that you will be criticised or that you will lose your popularity, or you're afraid that somebody will stab you, or shoot at you or bomb your house; so you refuse to take the stand.

Well, you may go on and live until you are 90, but you're just as dead at 38 as you would be at 90. And the cessation of breathing in your life is but the belated announcement of an earlier death of the spirit.

Martin Luther King

How the few control the many and always have – the many do whatever they're told

'Forward, the Light Brigade!'
Was there a man dismayed?
Not though the soldier knew
Someone had blundered.
Theirs not to make reply,
Theirs not to reason why,
Theirs but to do and die.
Into the valley of Death
Rode the six hundred.

Cannon to right of them,
Cannon to left of them,
Cannon in front of them
Volleyed and thundered;
Stormed at with shot and shell,
Boldly they rode and well,
Into the jaws of Death,
Into the mouth of hell
Rode the six hundred

Alfred Lord Tennyson (1809-1892)

The mist is lifting slowly
I can see the way ahead
And I’ve left behind the empty streets
That once inspired my life
And the strength of the emotion
Is like thunder in the air
’Cos the promise that we made each other
Haunts me to the end

The secret of your beauty
And the mystery of your soul
I’ve been searching for in everyone I meet
And the times I’ve been mistaken
It’s impossible to say
And the grass is growing
Underneath our feet

The words that I remember
From my childhood still are true
That there’s none so blind
As those who will not see
And to those who lack the courage
And say it’s dangerous to try
Well they just don’t know
That love eternal will not be denied

I know you’re out there somewhere
Somewhere, somewhere
I know you’re out there somewhere

Somewhere you can hear my voice
I know I'll find you somehow
Somehow, somehow
I know I'll find you somehow
And somehow I'll return again to you

The Moody Blues

Are you a gutless wonder – or a Renegade Mind?

Monuments put from pen to paper,
Turns me into a gutless wonder,
And if you tolerate this,
Then your children will be next.
Gravity keeps my head down,
Or is it maybe shame ...

Manic Street Preachers

Rise like lions after slumber
In unvanquishable number.
Shake your chains to earth like dew
Which in sleep have fallen on you.
Ye are many – they are few.

Percy Shelley

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CHAPTER ONE

I'm thinking' – Oh, but *are* you?

Think for yourself and let others enjoy the privilege of doing so too
Voltaire

French-born philosopher, mathematician and scientist René Descartes became famous for his statement in Latin in the 17th century which translates into English as: 'I think, therefore I am.'

On the face of it that is true. Thought reflects perception and perception leads to both behaviour and self-identity. In that sense 'we' are what we think. But who or what is doing the thinking and is thinking the only route to perception? Clearly, as we shall see, 'we' are not always the source of 'our' perception, indeed with regard to humanity as a whole this is rarely the case; and thinking is far from the only means of perception. Thought is the village idiot compared with other expressions of consciousness that we all have the potential to access and tap into. This has to be true when we *are* those other expressions of consciousness which are infinite in nature. We have forgotten this, or, more to the point, been manipulated to forget.

These are not just the esoteric musings of the navel. The whole foundation of human control and oppression is control of perception. Once perception is hijacked then so is behaviour which is dictated by perception. Collective perception becomes collective behaviour and collective behaviour is what we call human society. Perception is all and those behind human control know that which is

why perception is the target 24/7 of the psychopathic manipulators that I call the Global Cult. They know that if they dictate perception they will dictate behaviour and collectively dictate the nature of human society. They are further aware that perception is formed from information received and if they control the circulation of information they will to a vast extent direct human behaviour. Censorship of information and opinion has become globally Nazi-like in recent years and never more blatantly than since the illusory 'virus pandemic' was triggered out of China in 2019 and across the world in 2020. Why have billions submitted to house arrest and accepted fascistic societies in a way they would have never believed possible? Those controlling the information spewing from government, mainstream media and Silicon Valley (all controlled by the same Global Cult networks) told them they were in danger from a 'deadly virus' and only by submitting to house arrest and conceding their most basic of freedoms could they and their families be protected. This monumental and provable lie became the *perception* of the billions and therefore the *behaviour* of the billions. In those few words you have the whole structure and modus operandi of human control. Fear is a perception – **F**alse **E**motion **A**ppearing **R**eal – and fear is the currency of control. In short … get them by the balls (or give them the impression that you have) and their hearts and minds will follow. Nothing grips the dangly bits and freezes the rear-end more comprehensively than fear.

World number 1

There are two 'worlds' in what appears to be one 'world' and the prime difference between them is knowledge. First we have the mass of human society in which the population is maintained in coldly-calculated ignorance through control of information and the 'education' (indoctrination) system. That's all you really need to control to enslave billions in a perceptual delusion in which what are perceived to be *their* thoughts and opinions are ever-repeated mantras that the system has been downloading all their lives through 'education', media, science, medicine, politics and academia

in which the personnel and advocates are themselves overwhelmingly the perceptual products of the same repetition. Teachers and academics in general are processed by the same programming machine as everyone else, but unlike the great majority they never leave the 'education' program. It gripped them as students and continues to grip them as programmers of subsequent generations of students. The programmed become the programmers – the programmed programmers. The same can largely be said for scientists, doctors and politicians and not least because as the American writer Upton Sinclair said: 'It is difficult to get a man to understand something when his salary depends upon his not understanding it.' If your career and income depend on thinking the way the system demands then you will – bar a few free-minded exceptions – concede your mind to the Perceptual Mainframe that I call the Postage Stamp Consensus. This is a tiny band of perceived knowledge and possibility 'taught' (downloaded) in the schools and universities, pounded out by the mainstream media and on which all government policy is founded. Try thinking, and especially speaking and acting, outside of the 'box' of consensus and see what that does for your career in the Mainstream Everything which bullies, harasses, intimidates and ridicules the population into compliance. Here we have the simple structure which enslaves most of humanity in a perceptual prison cell for an entire lifetime and I'll go deeper into this process shortly. Most of what humanity is taught as fact is nothing more than programmed belief. American science fiction author Frank Herbert was right when he said: 'Belief can be manipulated. Only knowledge is dangerous.' In the 'Covid' age belief is promoted and knowledge is censored. It was always so, but never to the extreme of today.

World number 2

A 'number 2' is slang for 'doing a poo' and how appropriate that is when this other 'world' is doing just that on humanity every minute of every day. World number 2 is a global network of secret societies and semi-secret groups dictating the direction of society via

governments, corporations and authorities of every kind. I have spent more than 30 years uncovering and exposing this network that I call the Global Cult and knowing its agenda is what has made my books so accurate in predicting current and past events. Secret societies are secret for a reason. They want to keep their hoarded knowledge to themselves and their chosen initiates and to hide it from the population which they seek through ignorance to control and subdue. The whole foundation of the division between World 1 and World 2 is *knowledge*. What number 1 knows number 2 must not. Knowledge they have worked so hard to keep secret includes (a) the agenda to enslave humanity in a centrally-controlled global dictatorship, and (b) the nature of reality and life itself. The latter (b) must be suppressed to allow the former (a) to prevail as I shall be explaining. The way the Cult manipulates and interacts with the population can be likened to a spider's web. The 'spider' sits at the centre in the shadows and imposes its will through the web with each strand represented in World number 2 by a secret society, satanic or semi-secret group, and in World number 1 – the world of the seen – by governments, agencies of government, law enforcement, corporations, the banking system, media conglomerates and Silicon Valley (Fig 1 overleaf). The spider and the web connect and coordinate all these organisations to pursue the same global outcome while the population sees them as individual entities working randomly and independently. At the level of the web governments *are* the banking system *are* the corporations *are* the media *are* Silicon Valley *are* the World Health Organization working from their inner cores as one unit. Apparently unconnected countries, corporations, institutions, organisations and people are on the *same team* pursuing the same global outcome. Strands in the web immediately around the spider are the most secretive and exclusive secret societies and their membership is emphatically restricted to the Cult inner-circle emerging through the generations from particular bloodlines for reasons I will come to. At the core of the core you would get them in a single room. That's how many people are dictating the direction of human society and its transformation

through the 'Covid' hoax and other means. As the web expands out from the spider we meet the secret societies that many people will be aware of – the Freemasons, Knights Templar, Knights of Malta, Opus Dei, the inner sanctum of the Jesuit Order, and such like. Note how many are connected to the Church of Rome and there is a reason for that. The Roman Church was established as a revamp, a rebranding, of the relocated 'Church' of Babylon and the Cult imposing global tyranny today can be tracked back to Babylon and Sumer in what is now Iraq.

Figure 1: The global web through which the few control the many. (Image Neil Hague.)

Inner levels of the web operate in the unseen away from the public eye and then we have what I call the cusp organisations located at the point where the hidden meets the seen. They include a series of satellite organisations answering to a secret society founded in London in the late 19th century called the Round Table and among them are the Royal Institute of International Affairs (UK, founded in 1920); Council on Foreign Relations (US, 1921); Bilderberg Group (worldwide, 1954); Trilateral Commission (US/worldwide, 1972); and the Club of Rome (worldwide, 1968) which was created to exploit environmental concerns to justify the centralisation of global power to 'save the planet'. The Club of Rome instigated with others the human-caused climate change hoax which has led to all the 'green

new deals' demanding that very centralisation of control. Cusp organisations, which include endless 'think tanks' all over the world, are designed to coordinate a single global policy between political and business leaders, intelligence personnel, media organisations and anyone who can influence the direction of policy in their own sphere of operation. Major players and regular attenders will know what is happening – or some of it – while others come and go and are kept overwhelmingly in the dark about the big picture. I refer to these cusp groupings as semi-secret in that they can be publicly identified, but what goes on at the inner-core is kept very much 'in house' even from most of their members and participants through a fiercely-imposed system of compartmentalisation. Only let them know what they need to know to serve your interests and no more. The structure of secret societies serves as a perfect example of this principle. Most Freemasons never get higher than the bottom three levels of 'degree' (degree of knowledge) when there are 33 official degrees of the Scottish Rite. Initiates only qualify for the next higher 'compartment' or degree if those at that level choose to allow them. Knowledge can be carefully assigned only to those considered 'safe'. I went to my local Freemason's lodge a few years ago when they were having an 'open day' to show how cuddly they were and when I chatted to some of them I was astonished at how little the rank and file knew even about the most ubiquitous symbols they use. The mushroom technique – keep them in the dark and feed them bullshit – applies to most people in the web as well as the population as a whole. Sub-divisions of the web mirror in theme and structure transnational corporations which have a headquarters somewhere in the world dictating to all their subsidiaries in different countries. Subsidiaries operate in their methodology and branding to the same centrally-dictated plan and policy in pursuit of particular ends. The Cult web functions in the same way. Each country has its own web as a subsidiary of the global one. They consist of networks of secret societies, semi-secret groups and bloodline families and their job is to impose the will of the spider and the global web in their particular country. Subsidiary networks control and manipulate the national political system, finance, corporations, media, medicine, etc. to

ensure that they follow the globally-dictated Cult agenda. These networks were the means through which the 'Covid' hoax could be played out with almost every country responding in the same way.

The 'Yessir' pyramid

Compartmentalisation is the key to understanding how a tiny few can dictate the lives of billions when combined with a top-down sequence of imposition and acquiescence. The inner core of the Cult sits at the peak of the pyramidal hierarchy of human society (Fig 2 overleaf). It imposes its will – its agenda for the world – on the level immediately below which acquiesces to that imposition. This level then imposes the Cult will on the level below them which acquiesces and imposes on the next level. Very quickly we meet levels in the hierarchy that have no idea there even is a Cult, but the sequence of imposition and acquiescence continues down the pyramid in just the same way. 'I don't know why we are doing this but the order came from "on-high" and so we better just do it.' Alfred Lord Tennyson said of the cannon fodder levels in his poem *The Charge of the Light Brigade*: 'Theirs not to reason why; theirs but to do and die.' The next line says that 'into the valley of death rode the six hundred' and they died because they obeyed without question what their perceived 'superiors' told them to do. In the same way the population capitulated to 'Covid'. The whole hierarchical pyramid functions like this to allow the very few to direct the enormous many. Eventually imposition-acquiescence-imposition-acquiescence comes down to the mass of the population at the foot of the pyramid. If they acquiesce to those levels of the hierarchy imposing on them (governments/law enforcement/doctors/media) a circuit is completed between the population and the handful of super-psychopaths in the Cult inner core at the top of the pyramid. Without a circuit-breaking refusal to obey, the sequence of imposition and acquiescence allows a staggeringly few people to impose their will upon the entirety of humankind. We are looking at the very sequence that has subjugated billions since the start of 2020. Our freedom has not been taken from us. Humanity has given it

away. Fascists do not impose fascism because there are not enough of them. Fascism is imposed by the population acquiescing to fascism. Put another way allowing their perceptions to be programmed to the extent that leads to the population giving their freedom away by giving their perceptions – their mind – away. If this circuit is not broken by humanity ceasing to cooperate with their own enslavement then nothing can change. For that to happen people have to critically think and see through the lies and window dressing and then summon the backbone to act upon what they see. The Cult spends its days working to stop either happening and its methodology is systematic and highly detailed, but it can be overcome and that is what this book is all about.

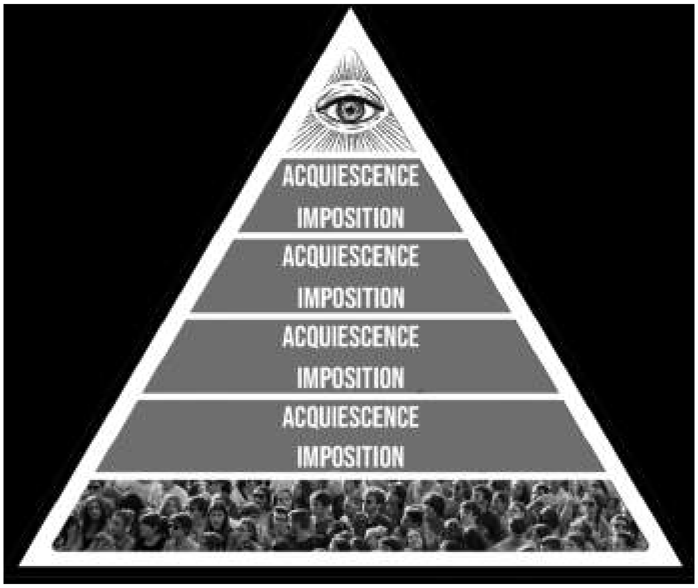

Figure 2: The simple sequence of imposition and compliance that allows a handful of people at the peak of the pyramid to dictate the lives of billions.

The Life Program

Okay, back to world number 1 or the world of the 'masses'. Observe the process of what we call 'life' and it is a perceptual download from cradle to grave. The Cult has created a global structure in which perception can be programmed and the program continually topped-up with what appears to be constant confirmation that the program is indeed true reality. The important word here is 'appears'.

This is the structure, the fly-trap, the Postage Stamp Consensus or Perceptual Mainframe, which represents that incredibly narrow band of perceived possibility delivered by the 'education' system, mainstream media, science and medicine. From the earliest age the download begins with parents who have themselves succumbed to the very programming their children are about to go through. Most parents don't do this out of malevolence and mostly it is quite the opposite. They do what they believe is best for their children and that is what the program has told them is best. Within three or four years comes the major transition from parental programming to full-blown state (Cult) programming in school, college and university where perceptually-programmed teachers and academics pass on their programming to the next generations. Teachers who resist are soon marginalised and their careers ended while children who resist are called a problem child for whom Ritalin may need to be prescribed. A few years after entering the 'world' children are under the control of authority figures representing the state telling them when they have to be there, when they can leave and when they can speak, eat, even go to the toilet. This is calculated preparation for a lifetime of obeying authority in all its forms. Reflex-action fear of authority is instilled by authority from the start. Children soon learn the carrot and stick consequences of obeying or defying authority which is underpinned daily for the rest of their life. Fortunately I daydreamed through this crap and never obeyed authority simply because it told me to. This approach to my alleged 'betters' continues to this day. There can be consequences of pursuing open-minded freedom in a world of closed-minded conformity. I spent a lot of time in school corridors after being ejected from the classroom for not taking some of it seriously and now I spend a lot of time being ejected from Facebook, YouTube and Twitter. But I can tell you that being true to yourself and not compromising your self-respect is far more exhilarating than bowing to authority for authority's sake. You don't have to be a sheep to the shepherd (authority) and the sheep dog (fear of not obeying authority).

The perceptual download continues throughout the formative years in school, college and university while script-reading 'teachers', 'academics' 'scientists', 'doctors' and 'journalists' insist that ongoing generations must be as programmed as they are. Accept the program or you will not pass your 'exams' which confirm your 'degree' of programming. It is tragic to think that many parents pressure their offspring to work hard at school to download the program and qualify for the next stage at college and university. The late, great, American comedian George Carlin said: 'Here's a bumper sticker I'd like to see: We are proud parents of a child who has resisted his teachers' attempts to break his spirit and bend him to the will of his corporate masters.' Well, the best of luck finding many of those, George. Then comes the moment to leave the formal programming years in academia and enter the 'adult' world of work. There you meet others in your chosen or prescribed arena who went through the same Postage Stamp Consensus program before you did. There is therefore overwhelming agreement between almost everyone on the basic foundations of Postage Stamp reality and the rejection, even contempt, of the few who have a mind of their own and are prepared to use it. This has two major effects. Firstly, the consensus confirms to the programmed that their download is really how things are. I mean, everyone knows that, right? Secondly, the arrogance and ignorance of Postage Stamp adherents ensure that anyone questioning the program will have unpleasant consequences for seeking their own truth and not picking their perceptions from the shelf marked: 'Things you must believe without question and if you don't you're a dangerous lunatic conspiracy theorist and a harebrained nutter'.

Every government, agency and corporation is founded on the same Postage Stamp prison cell and you can see why so many people believe the same thing while calling it their own 'opinion'. Fusion of governments and corporations in pursuit of the same agenda was the definition of fascism described by Italian dictator Benito Mussolini. The pressure to conform to perceptual norms downloaded for a lifetime is incessant and infiltrates society right

down to family groups that become censors and condemners of their own ‘black sheep’ for not, ironically, being sheep. We have seen an explosion of that in the ‘Covid’ era. Cult-owned global media unleashes its propaganda all day every day in support of the Postage Stamp and targets with abuse and ridicule anyone in the public eye who won’t bend their mind to the will of the tyranny. Any response to this is denied (certainly in my case). They don’t want to give a platform to expose official lies. Cult-owned-and-created Internet giants like Facebook, Google, YouTube and Twitter delete you for having an unapproved opinion. Facebook boasts that its AI censors delete 97-percent of ‘hate speech’ before anyone even reports it. Much of that ‘hate speech’ will simply be an opinion that Facebook and its masters don’t want people to see. Such perceptual oppression is widely known as fascism. Even Facebook executive Benny Thomas, a ‘CEO Global Planning Lead’, said in comments secretly recorded by investigative journalism operation Project Veritas that Facebook is ‘too powerful’ and should be broken up:

> I mean, no king in history has been the ruler of two billion people, but Mark Zuckerberg is … And he’s 36. That’s too much for a 36-year-old ... You should not have power over two billion people. I just think that’s wrong.

Thomas said Facebook-owned platforms like Instagram, Oculus, and WhatsApp needed to be separate companies. ‘It’s too much power when they’re all one together’. That’s the way the Cult likes it, however. We have an executive of a Cult organisation in Benny Thomas that doesn’t know there is a Cult such is the compartmentalisation. Thomas said that Facebook and Google ‘are no longer companies, they’re countries’. Actually they are more powerful than countries on the basis that if you control information you control perception and control human society.

I love my oppressor

Another expression of this psychological trickery is for those who realise they are being pressured into compliance to eventually

convince themselves to believe the official narratives to protect their self-respect from accepting the truth that they have succumbed to meek and subservient compliance. Such people become some of the most vehement defenders of the system. You can see them everywhere screaming abuse at those who prefer to think for themselves and by doing so reminding the compliers of their own capitulation to conformity. 'You are talking dangerous nonsense you Covidiot!!' Are you trying to convince me or yourself? It is a potent form of Stockholm syndrome which is defined as: 'A psychological condition that occurs when a victim of abuse identifies and attaches, or bonds, positively with their abuser.' An example is hostages bonding and even 'falling in love' with their kidnappers. The syndrome has been observed in domestic violence, abused children, concentration camp inmates, prisoners of war and many and various Satanic cults. These are some traits of Stockholm syndrome listed at goodtherapy.org:

- Positive regard towards perpetrators of abuse or captor [see 'Covid'].
- Failure to cooperate with police and other government authorities when it comes to holding perpetrators of abuse or kidnapping accountable [or in the case of 'Covid' cooperating with the police to enforce and defend their captors' demands].
- Little or no effort to escape [see 'Covid'].
- Belief in the goodness of the perpetrators or kidnappers [see 'Covid'].
- Appeasement of captors. This is a manipulative strategy for maintaining one's safety. As victims get rewarded – perhaps with less abuse or even with life itself – their appeasing behaviours are reinforced [see 'Covid'].
- Learned helplessness. This can be akin to 'if you can't beat 'em, join 'em'. As the victims fail to escape the abuse or captivity, they may start giving up and soon realize it's just easier for everyone if they acquiesce all their power to their captors [see 'Covid'].

- Feelings of pity toward the abusers, believing they are actually victims themselves. Because of this, victims may go on a crusade or mission to 'save' [protect] their abuser [see the venom unleashed on those challenging the official 'Covid' narrative].
- Unwillingness to learn to detach from their perpetrators and heal. In essence, victims may tend to be less loyal to themselves than to their abuser [*definitely* see 'Covid'].

Ponder on those traits and compare them with the behaviour of great swathes of the global population who have defended governments and authorities which have spent every minute destroying their lives and livelihoods and those of their children and grandchildren since early 2020 with fascistic lockdowns, house arrest and employment deletion to 'protect' them from a 'deadly virus' that their abusers' perceptually created to bring about this very outcome. We are looking at mass Stockholm syndrome. All those that agree to concede their freedom will believe those perceptions are originating in their own independent 'mind' when in fact by conceding their reality to Stockholm syndrome they have by definition conceded any independence of mind. Listen to the 'opinions' of the acquiescing masses in this 'Covid' era and what gushes forth is the repetition of the official version of everything delivered unprocessed, unfiltered and unquestioned. The whole programming dynamic works this way. I must be free because I'm told that I am and so I think that I am.

You can see what I mean with the chapter theme of 'I'm thinking – Oh, but *are* you?' The great majority are not thinking, let alone for themselves. They are repeating what authority has told them to believe which allows them to be controlled. Weaving through this mentality is the fear that the 'conspiracy theorists' are right and this again explains the often hysterical abuse that ensues when you dare to contest the official narrative of anything. Denial is the mechanism of hiding from yourself what you don't want to be true. Telling people what they want to hear is easy, but it's an infinitely greater challenge to tell them what they would rather not be happening.

One is akin to pushing against an open door while the other is met with vehement resistance no matter what the scale of evidence. I don't want it to be true so I'll convince myself that it's not. Examples are everywhere from the denial that a partner is cheating despite all the signs to the reflex-action rejection of any idea that world events in which country after country act in exactly the same way are centrally coordinated. To accept the latter is to accept that a force of unspeakable evil is working to destroy your life and the lives of your children with nothing too horrific to achieve that end. Who the heck wants that to be true? But if we don't face reality the end is duly achieved and the consequences are far worse and ongoing than breaking through the walls of denial today with the courage to make a stand against tyranny.

Connect the dots – but how?

A crucial aspect of perceptual programming is to portray a world in which everything is random and almost nothing is connected to anything else. Randomness cannot be coordinated by its very nature and once you perceive events as random the idea they could be connected is waved away as the rantings of the tinfoil-hat brigade. You can't plan and coordinate random you idiot! No, you can't, but you can hide the coldly-calculated and long-planned behind the *illusion* of randomness. A foundation manifestation of the Renegade Mind is to scan reality for patterns that connect the apparently random and turn pixels and dots into pictures. This is the way I work and have done so for more than 30 years. You look for similarities in people, modus operandi and desired outcomes and slowly, then ever quicker, the picture forms. For instance: There would seem to be no connection between the 'Covid pandemic' hoax and the human-caused global-warming hoax and yet they are masks (appropriately) on the same face seeking the same outcome. Those pushing the global warming myth through the Club of Rome and other Cult agencies are driving the lies about 'Covid' – Bill Gates is an obvious one, but they are endless. Why would the same people be involved in both when they are clearly not connected? Oh, but they

are. Common themes with personnel are matched by common goals. The 'solutions' to both 'problems' are centralisation of global power to impose the will of the few on the many to 'save' humanity from 'Covid' and save the planet from an 'existential threat' (we need 'zero Covid' and 'zero carbon emissions'). These, in turn, connect with the 'dot' of globalisation which was coined to describe the centralisation of global power in every area of life through incessant political and corporate expansion, trading blocks and superstates like the European Union. If you are the few and you want to control the many you have to centralise power and decision-making. The more you centralise power the more power the few at the centre will have over the many; and the more that power is centralised the more power those at the centre have to centralise even quicker. The momentum of centralisation gets faster and faster which is exactly the process we have witnessed. In this way the hoaxed 'pandemic' and the fakery of human-caused global warming serve the interests of globalisation and the seizure of global power in the hands of the Cult inner-circle which is behind 'Covid', 'climate change' *and* globalisation. At this point random 'dots' become a clear and obvious picture or pattern.

Klaus Schwab, the classic Bond villain who founded the Cult's Gates-funded World Economic Forum, published a book in 2020, *The Great Reset*, in which he used the 'problem' of 'Covid' to justify a total transformation of human society to 'save' humanity from 'climate change'. Schwab said: 'The pandemic represents a rare but narrow window of opportunity to reflect, reimagine, and reset our world.' What he didn't mention is that the Cult he serves is behind both hoaxes as I show in my book *The Answer*. He and the Cult don't have to reimagine the world. They know precisely what they want and that's why they destroyed human society with 'Covid' to 'build back better' in their grand design. Their job is not to imagine, but to get humanity to imagine and agree with their plans while believing it's all random. It must be pure coincidence that 'The Great Reset' has long been the Cult's code name for the global imposition of fascism and replaced previous code-names of the 'New World

Order' used by Cult frontmen like Father George Bush and the 'New Order of the Ages' which emerged from Freemasonry and much older secret societies. New Order of the Ages appears on the reverse of the Great Seal of the United States as 'Novus ordo seclorum' underneath the Cult symbol used since way back of the pyramid and all seeing-eye (Fig 3). The pyramid is the hierarchy of human control headed by the illuminated eye that symbolises the force behind the Cult which I will expose in later chapters. The term 'Annuit Coeptis' translates as 'He favours our undertaking'. We are told the 'He' is the Christian god, but 'He' is not as I will be explaining.

Figure 3: The all-seeing eye of the Cult 'god' on the Freemason-designed Great Seal of the United States and also on the dollar bill.

Having you on

Two major Cult techniques of perceptual manipulation that relate to all this are what I have called since the 1990s Problem-Reaction-Solution (PRS) and the Totalitarian Tiptoe (TT). They can be uncovered by the inquiring mind with a simple question: Who benefits? The answer usually identifies the perpetrators of a given action or happening through the concept of 'he who most benefits from a crime is the one most likely to have committed it'. The Latin 'Cue bono?' – Who benefits? – is widely attributed to the Roman orator and statesman Marcus Tullius Cicero. No wonder it goes back so far when the concept has been relevant to human behaviour since

history was recorded. Problem-Reaction-Solution is the technique used to manipulate us every day by covertly creating a problem (or the illusion of one) and offering the solution to the problem (or the illusion of one). In the first phase you create the problem and blame someone or something else for why it has happened. This may relate to a financial collapse, terrorist attack, war, global warming or pandemic, anything in fact that will allow you to impose the 'solution' to change society in the way you desire at that time. The 'problem' doesn't have to be real. PRS is manipulation of perception and all you need is the population to believe the problem is real. Human-caused global warming and the 'Covid pandemic' only have to be *perceived* to be real for the population to accept the 'solutions' of authority. I refer to this technique as NO-Problem-Reaction-Solution. Billions did not meekly accept house arrest from early 2020 because there was a real deadly 'Covid pandemic' but because they perceived – believed – that to be the case. The antidote to Problem-Reaction-Solution is to ask who benefits from the proposed solution. Invariably it will be anyone who wants to justify more control through deletion of freedom and centralisation of power and decision-making.

The two world wars were Problem-Reaction-Solutions that transformed and realigned global society. Both were manipulated into being by the Cult as I have detailed in books since the mid-1990s. They dramatically centralised global power, especially World War Two, which led to the United Nations and other global bodies thanks to the overt and covert manipulations of the Rockefeller family and other Cult bloodlines like the Rothschilds. The UN is a stalking horse for full-blown world government that I will come to shortly. The land on which the UN building stands in New York was donated by the Rockefellers and the same Cult family was behind Big Pharma scalpel and drug 'medicine' and the creation of the World Health Organization as part of the UN. They have been stalwarts of the eugenics movement and funded Hitler's race-purity expert' Ernst Rudin. The human-caused global warming hoax has been orchestrated by the Club of Rome through the UN which is

manufacturing both the ‘problem’ through its Intergovernmental Panel on Climate Change and imposing the ‘solution’ through its Agenda 21 and Agenda 2030 which demand the total centralisation of global power to ‘save the world’ from a climate hoax the United Nations is itself perpetrating. What a small world the Cult can be seen to be particularly among the inner circles. The bedfellow of Problem-Reaction-Solution is the Totalitarian Tiptoe which became the Totalitarian Sprint in 2020. The technique is fashioned to hide the carefully-coordinated behind the cover of apparently random events. You start the sequence at ‘A’ and you know you are heading for ‘Z’. You don’t want people to know that and each step on the journey is presented as a random happening while all the steps strung together lead in the same direction. The speed may have quickened dramatically in recent times, but you can still see the incremental approach of the Tiptoe in the case of ‘Covid’ as each new imposition takes us deeper into fascism. Tell people they have to do this or that to get back to ‘normal’, then this and this and this. With each new demand adding to the ones that went before the population’s freedom is deleted until it disappears. The spider wraps its web around the flies more comprehensively with each new diktat. I’ll highlight this in more detail when I get to the ‘Covid’ hoax and how it has been pulled off. Another prime example of the Totalitarian Tiptoe is how the Cult-created European Union went from a ‘free-trade zone’ to a centralised bureaucratic dictatorship through the Tiptoe of incremental centralisation of power until nations became mere administrative units for Cult-owned dark suits in Brussels.

The antidote to ignorance is knowledge which the Cult seeks vehemently to deny us, but despite the systematic censorship to that end the Renegade Mind can overcome this by vociferously seeking out the facts no matter the impediments put in the way. There is also a method of thinking and perceiving – *knowing* – that doesn’t even need names, dates, place-type facts to identify the patterns that reveal the story. I’ll get to that in the final chapter. All you need to know about the manipulation of human society and to what end is still out there – *at the time of writing* – in the form of books, videos

and websites for those that really want to breach the walls of programmed perception. To access this knowledge requires the abandonment of the mainstream media as a source of information in the awareness that this is owned and controlled by the Cult and therefore promotes mass perceptions that suit the Cult. Mainstream media lies all day, every day. That is its function and very reason for being. Where it does tell the truth, here and there, is only because the truth and the Cult agenda very occasionally coincide. If you look for fact and insight to the BBC, CNN and virtually all the rest of them you are asking to be conned and perceptually programmed.

Know the outcome and you'll see the journey

Events seem random when you have no idea where the world is being taken. Once you do the random becomes the carefully planned. Know the outcome and you'll see the journey is a phrase I have been using for a long time to give context to daily happenings that appear unconnected. Does a problem, or illusion of a problem, trigger a proposed 'solution' that further drives society in the direction of the outcome? Invariably the answer will be yes and the random – *abracadabra* – becomes the clearly coordinated. So what is this outcome that unlocks the door to a massively expanded understanding of daily events? I will summarise its major aspects – the fine detail is in my other books – and those new to this information will see that the world they thought they were living in is a very different place. The foundation of the Cult agenda is the incessant centralisation of power and all such centralisation is ultimately in pursuit of Cult control on a global level. I have described for a long time the planned world structure of top-down dictatorship as the Hunger Games Society. The term obviously comes from the movie series which portrayed a world in which a few living in military-protected hi-tech luxury were the overlords of a population condemned to abject poverty in isolated 'sectors' that were not allowed to interact. 'Covid' lockdowns and travel bans anyone? The 'Hunger Games' pyramid of structural control has the inner circle of the Cult at the top with pretty much the entire

population at the bottom under their control through dependency for survival on the Cult. The whole structure is planned to be protected and enforced by a military-police state (Fig 4).

Here you have the reason for the global lockdowns of the fake pandemic to coldly destroy independent incomes and livelihoods and make everyone dependent on the 'state' (the Cult that controls the 'states'). I have warned in my books for many years about the plan to introduce a 'guaranteed income' – a barely survivable pittance – designed to impose dependency when employment was destroyed by AI technology and now even more comprehensively at great speed by the 'Covid' scam. Once the pandemic was played and lockdown consequences began to delete independent income the authorities began to talk right on cue about the need for a guaranteed income and a 'Great Reset'. Guaranteed income will be presented as benevolent governments seeking to help a desperate people – desperate as a direct result of actions of the same governments. The truth is that such payments are a trap. You will only get them if you do exactly what the authorities demand including mass vaccination (genetic manipulation). We have seen this theme already in Australia where those dependent on government benefits have them reduced if parents don't agree to have their children vaccinated according to an insane health-destroying government-dictated schedule. Calculated economic collapse applies to governments as well as people. The Cult wants rid of countries through the creation of a world state with countries broken up into regions ruled by a world government and super states like the European Union. Countries must be bankrupted, too, to this end and it's being achieved by the trillions in 'rescue packages' and furlough payments, trillions in lost taxation, and money-no-object spending on 'Covid' including constant all-medium advertising (programming) which has made the media dependent on government for much of its income. The day of reckoning is coming – as planned – for government spending and given that it has been made possible by printing money and not by production/taxation there is inflation on the way that has the

potential to wipe out monetary value. In that case there will be no need for the Cult to steal your money. It just won't be worth anything (see the German Weimar Republic before the Nazis took over). Many have been okay with lockdowns while getting a percentage of their income from so-called furlough payments without having to work. Those payments are dependent, however, on people having at least a theoretical job with a business considered non-essential and ordered to close. As these business go under because they are closed by lockdown after lockdown the furlough stops and it will for everyone eventually. Then what? The 'then what?' is precisely the idea.

Figure 4: The Hunger Games Society structure I have long warned was planned and now the 'Covid' hoax has made it possible. This is the real reason for lockdowns.

Hired hands

Between the Hunger Games Cult elite and the dependent population is planned to be a vicious military-police state (a fusion of the two into one force). This has been in the making for a long time with police looking ever more like the military and carrying weapons to match. The pandemic scam has seen this process accelerate so fast as

lockdown house arrest is brutally enforced by carefully recruited fascist minds and gormless system-servers. The police and military are planned to merge into a centrally-directed world army in a global structure headed by a world government which wouldn't be elected even by the election fixes now in place. The world army is not planned even to be human and instead wars would be fought, primarily against the population, using robot technology controlled by artificial intelligence. I have been warning about this for decades and now militaries around the world are being transformed by this very AI technology. The global regime that I describe is a particular form of fascism known as a technocracy in which decisions are not made by clueless and co-opted politicians but by unelected technocrats – scientists, engineers, technologists and bureaucrats. Cult-owned-and-controlled Silicon Valley giants are examples of technocracy and they already have far more power to direct world events than governments. They are with their censorship *selecting* governments. I know that some are calling the 'Great Reset' a Marxist communist takeover, but fascism and Marxism are different labels for the same tyranny. Tell those who lived in fascist Germany and Stalinist Russia that there was a difference in the way their freedom was deleted and their lives controlled. I could call it a fascist technocracy or a Marxist technocracy and they would be equally accurate. The Hunger Games society with its world government structure would oversee a world army, world central bank and single world cashless currency imposing its will on a microchipped population (Fig 5). Scan its different elements and see how the illusory pandemic is forcing society in this very direction at great speed. Leaders of 23 countries and the World Health Organization (WHO) backed the idea in March, 2021, of a global treaty for 'international cooperation' in 'health emergencies' and nations should 'come together as a global community for peaceful cooperation that extends beyond this crisis'. Cut the Orwellian bullshit and this means another step towards global government. The plan includes a cashless digital money system that I first warned about in 1993. Right at the start of 'Covid' the deeply corrupt Tedros

Adhanom Ghebreyesus, the crooked and merely gofer 'head' of the World Health Organization, said it was possible to catch the 'virus' by touching cash and it was better to use cashless means. The claim was ridiculous nonsense and like the whole 'Covid' mind-trick it was nothing to do with 'health' and everything to do with pushing every aspect of the Cult agenda. As a result of the Tedros lie the use of cash has plummeted. The Cult script involves a single world digital currency that would eventually be technologically embedded in the body. China is a massive global centre for the Cult and if you watch what is happening there you will know what is planned for everywhere. The Chinese government is developing a digital currency which would allow fines to be deducted immediately via AI for anyone caught on camera breaking its fantastic list of laws and the money is going to be programmable with an expiry date to ensure that no one can accrue wealth except the Cult and its operatives.

Figure 5: The structure of global control the Cult has been working towards for so long and this has been enormously advanced by the 'Covid' illusion.

Serfdom is so smart

The Cult plan is far wider, extreme, and more comprehensive than even most conspiracy researchers appreciate and I will come to the true depths of deceit and control in the chapters 'Who controls the

Cult?' and 'Escaping Wetiko'. Even the world that we know is crazy enough. We are being deluged with ever more sophisticated and controlling technology under the heading of 'smart'. We have smart televisions, smart meters, smart cards, smart cars, smart driving, smart roads, smart pills, smart patches, smart watches, smart skin, smart borders, smart pavements, smart streets, smart cities, smart communities, smart environments, smart growth, smart planet ... smart *everything* around us. Smart technologies and methods of operation are designed to interlock to create a global Smart Grid connecting the entirety of human society including human minds to create a centrally-dictated 'hive' mind. 'Smart cities' is code for densely-occupied megacities of total surveillance and control through AI. Ever more destructive frequency communication systems like 5G have been rolled out without any official testing for health and psychological effects (colossal). 5G/6G/7G systems are needed to run the Smart Grid and each one becomes more destructive of body and mind. Deleting independent income is crucial to forcing people into these AI-policed prisons by ending private property ownership (except for the Cult elite). The Cult's Great Reset now openly foresees a global society in which no one will own any possessions and everything will be rented while the Cult would own literally everything under the guise of government and corporations. The aim has been to use the lockdowns to destroy sources of income on a mass scale and when the people are destitute and in unrepayable amounts of debt (problem) Cult assets come forward with the pledge to write-off debt in return for handing over all property and possessions (solution). Everything – literally everything including people – would be connected to the Internet via AI. I was warning years ago about the coming Internet of Things (IoT) in which all devices and technology from your car to your fridge would be plugged into the Internet and controlled by AI. Now we are already there with much more to come. The next stage is the Internet of Everything (IoE) which is planned to include the connection of AI to the human brain and body to replace the human mind with a centrally-controlled AI mind. Instead of perceptions

being manipulated through control of information and censorship those perceptions would come direct from the Cult through AI. What do you think? You think whatever AI decides that you think. In human terms there would be no individual 'think' any longer. Too incredible? The ravings of a lunatic? Not at all. Cult-owned crazies in Silicon Valley have been telling us the plan for years without explaining the real motivation and calculated implications. These include Google executive and 'futurist' Ray Kurzweil who highlights the year 2030 for when this would be underway. He said:

> Our thinking ... will be a hybrid of biological and non-biological thinking ... humans will be able to extend their limitations and 'think in the cloud' ... We're going to put gateways to the cloud in our brains ... We're going to gradually merge and enhance ourselves ... In my view, that's the nature of being human – we transcend our limitations.
>
> As the technology becomes vastly superior to what we are then the small proportion that is still human gets smaller and smaller and smaller until it's just utterly negligible.

The sales-pitch of Kurzweil and Cult-owned Silicon Valley is that this would make us 'super-human' when the real aim is to make us post-human and no longer 'human' in the sense that we have come to know. The entire global population would be connected to AI and become the centrally-controlled 'hive-mind' of externally-delivered perceptions. The Smart Grid being installed to impose the Cult's will on the world is being constructed to allow particular locations – even one location – to control the whole global system. From these prime control centres, which absolutely include China and Israel, anything connected to the Internet would be switched on or off and manipulated at will. Energy systems could be cut, communication via the Internet taken down, computer-controlled driverless autonomous vehicles driven off the road, medical devices switched off, the potential is limitless given how much AI and Internet connections now run human society. We have seen nothing yet if we allow this to continue. Autonomous vehicle makers are working with law enforcement to produce cars designed to automatically pull over if they detect a police or emergency vehicle flashing from up to 100 feet away. At a police stop the car would be unlocked and the

window rolled down automatically. Vehicles would only take you where the computer (the state) allowed. The end of petrol vehicles and speed limiters on all new cars in the UK and EU from 2022 are steps leading to electric computerised transport over which ultimately you have no control. The picture is far bigger even than the Cult global network or web and that will become clear when I get to the nature of the 'spider'. There is a connection between all these happenings and the instigation of DNA-manipulating 'vaccines' (which aren't 'vaccines') justified by the 'Covid' hoax. That connection is the unfolding plan to transform the human body from a biological to a synthetic biological state and this is why synthetic biology is such a fast-emerging discipline of mainstream science. 'Covid vaccines' are infusing self-replicating synthetic genetic material into the cells to cumulatively take us on the Totalitarian Tiptoe from Human 1.0 to the synthetic biological Human 2.0 which will be physically and perceptually attached to the Smart Grid to one hundred percent control every thought, perception and deed. Humanity needs to wake up and *fast*.

This is the barest explanation of where the 'outcome' is planned to go but it's enough to see the journey happening all around us. Those new to this information will already see 'Covid' in a whole new context. I will add much more detail as we go along, but for the minutiae evidence see my mega-works, *The Answer, The Trigger* and *Everything You Need to Know But Have Never Been Told*.

Now – how does a Renegade Mind see the 'world'?

CHAPTER TWO

Renegade Perception

It is one thing to be clever and another to be wise
George R.R. Martin

A simple definition of the difference between a programmed mind and a Renegade Mind would be that one sees only dots while the other connects them to see the picture. Reading reality with accuracy requires the observer to (a) know the planned outcome and (b) realise that everything, but *everything*, is connected.

The entirety of infinite reality is connected – that's its very nature – and with human society an expression of infinite reality the same must apply. Simple cause and effect is a connection. The effect is triggered by the cause and the effect then becomes the cause of another effect. Nothing happens in isolation because it *can't*. Life in whatever reality is simple choice and consequence. We make choices and these lead to consequences. If we don't like the consequences we can make different choices and get different consequences which lead to other choices and consequences. The choice and the consequence are not only connected they are indivisible. You can't have one without the other as an old song goes. A few cannot control the world unless those being controlled allow that to happen – cause and effect, choice and consequence. Control – who has it and who doesn't – is a two-way process, a symbiotic relationship, involving the controller and controlled. 'They took my freedom away!!' Well, yes, but you also gave it to them. Humanity is

subjected to mass control because humanity has acquiesced to that control. This is all cause and effect and literally a case of give and take. In the same way world events of every kind are connected and the Cult works incessantly to sell the illusion of the random and coincidental to maintain the essential (to them) perception of dots that hide the picture. Renegade Minds know this and constantly scan the world for patterns of connection. This is absolutely pivotal in understanding the happenings in the world and without that perspective clarity is impossible. First you know the planned outcome and then you identify the steps on the journey – the day-by-day apparently random which, when connected in relation to the outcome, no longer appear as individual events, but as the proverbial *chain* of events leading in the same direction. I'll give you some examples:

Political puppet show

We are told to believe that politics is 'adversarial' in that different parties with different beliefs engage in an endless tussle for power. There may have been some truth in that up to a point – and only a point – but today divisions between 'different' parties are rhetorical not ideological. Even the rhetorical is fusing into one-speak as the parties eject any remaining free thinkers while others succumb to the ever-gathering intimidation of anyone with the 'wrong' opinion. The Cult is not a new phenomenon and can be traced back thousands of years as my books have documented. Its intergenerational initiates have been manipulating events with increasing effect the more that global power has been centralised. In ancient times the Cult secured control through the system of monarchy in which 'special' bloodlines (of which more later) demanded the right to rule as kings and queens simply by birthright and by vanquishing others who claimed the same birthright. There came a time, however, when people had matured enough to see the unfairness of such tyranny and demanded a say in who governed them. Note the word – *governed* them. Not served them – *governed* them, hence government defined as 'the political direction and control exercised over the

actions of the members, citizens, or inhabitants of communities, societies, and states; direction of the affairs of a state, community, etc.' Governments exercise control over rather than serve just like the monarchies before them. Bizarrely there are still countries like the United Kingdom which are ruled by a monarch *and* a government that officially answers to the monarch. The UK head of state and that of Commonwealth countries such as Canada, Australia and New Zealand is 'selected' by who in a *single family* had unprotected sex with whom and in what order. Pinch me it can't be true. Ouch! Shit, it is. The demise of monarchies in most countries offered a potential vacuum in which some form of free and fair society could arise and the Cult had that base covered. Monarchies had served its interests but they couldn't continue in the face of such widespread opposition and, anyway, replacing a 'royal' dictatorship that people could see with a dictatorship 'of the people' hiding behind the concept of 'democracy' presented far greater manipulative possibilities and ways of hiding coordinated tyranny behind the illusion of 'freedom'.

Democracy is quite wrongly defined as government selected by the population. This is not the case at all. It is government selected by *some* of the population (and then only in theory). This 'some' doesn't even have to be the majority as we have seen so often in first-past-the-post elections in which the so-called majority party wins fewer votes than the 'losing' parties combined. Democracy can give total power to a party in government from a minority of the votes cast. It's a sleight of hand to sell tyranny as freedom. Seventy-four million Trump-supporting Americans didn't vote for the 'Democratic' Party of Joe Biden in the distinctly dodgy election in 2020 and yet far from acknowledging the wishes and feelings of that great percentage of American society the Cult-owned Biden government set out from day one to destroy them and their right to a voice and opinion. Empty shell Biden and his Cult handlers said they were doing this to 'protect democracy'. Such is the level of lunacy and sickness to which politics has descended. Connect the dots and relate them to the desired outcome – a world government run by self-appointed technocrats and no longer even elected

politicians. While operating through its political agents in government the Cult is at the same time encouraging public distain for politicians by putting idiots and incompetents in theoretical power on the road to deleting them. The idea is to instil a public reaction that says of the technocrats: 'Well, they couldn't do any worse than the pathetic politicians.' It's all about controlling perception and Renegade Minds can see through that while programmed minds cannot when they are ignorant of both the planned outcome and the manipulation techniques employed to secure that end. This knowledge can be learned, however, and fast if people choose to get informed.

Politics may at first sight appear very difficult to control from a central point. I mean look at the 'different' parties and how would you be able to oversee them all and their constituent parts? In truth, it's very straightforward because of their structure. We are back to the pyramid of imposition and acquiescence. Organisations are structured in the same way as the system as a whole. Political parties are not open forums of free expression. They are hierarchies. I was a national spokesman for the British Green Party which claimed to be a different kind of politics in which influence and power was devolved; but I can tell you from direct experience – and it's far worse now – that Green parties are run as hierarchies like all the others however much they may try to hide that fact or kid themselves that it's not true. A very few at the top of all political parties are directing policy and personnel. They decide if you are elevated in the party or serve as a government minister and to do that you have to be a yes man or woman. Look at all the maverick political thinkers who never ascended the greasy pole. If you want to progress within the party or reach 'high-office' you need to fall into line and conform. Exceptions to this are rare indeed. Should you want to run for parliament or Congress you have to persuade the local or state level of the party to select you and for that you need to play the game as dictated by the hierarchy. If you secure election and wish to progress within the greater structure you need to go on conforming to what is acceptable to those running the hierarchy

from the peak of the pyramid. Political parties are perceptual gulags and the very fact that there are party 'Whips' appointed to 'whip' politicians into voting the way the hierarchy demands exposes the ridiculous idea that politicians are elected to serve the people they are supposed to represent. Cult operatives and manipulation has long seized control of major parties that have any chance of forming a government and at least most of those that haven't. A new party forms and the Cult goes to work to infiltrate and direct. This has reached such a level today that you see video compilations of 'leaders' of all parties whether Democrats, Republicans, Conservative, Labour and Green parroting the same Cult mantra of 'Build Back Better' and the 'Great Reset' which are straight off the Cult song-sheet to describe the transformation of global society in response to the Cult-instigated hoaxes of the 'Covid pandemic' and human-caused 'climate change'. To see Caroline Lucas, the Green Party MP that I knew when I was in the party in the 1980s, speaking in support of plans proposed by Cult operative Klaus Schwab representing the billionaire global elite is a real head-shaker.

Many parties – one master

The party system is another mind-trick and was instigated to change the nature of the dictatorship by swapping 'royalty' for dark suits that people believed – though now ever less so – represented their interests. Understanding this trick is to realise that a single force (the Cult) controls all parties either directly in terms of the major ones or through manipulation of perception and ideology with others. You don't need to manipulate Green parties to demand your transformation of society in the name of 'climate change' when they are obsessed with the lie that this is essential to 'save the planet'. You just give them a platform and away they go serving your interests while believing they are being environmentally virtuous. America's political structure is a perfect blueprint for how the two or multi-party system is really a one-party state. The Republican Party is controlled from one step back in the shadows by a group made up of billionaires and their gofers known as neoconservatives or Neocons.

I have exposed them in fine detail in my books and they were the driving force behind the policies of the imbecilic presidency of Boy George Bush which included 9/11 (see *The Trigger* for a comprehensive demolition of the official story), the subsequent 'war on terror' (war *of* terror) and the invasions of Afghanistan and Iraq. The latter was a No-Problem-Reaction-Solution based on claims by Cult operatives, including Bush and British Prime Minister Tony Blair, about Saddam Hussein's 'weapons of mass destruction' which did not exist as war criminals Bush and Blair well knew.

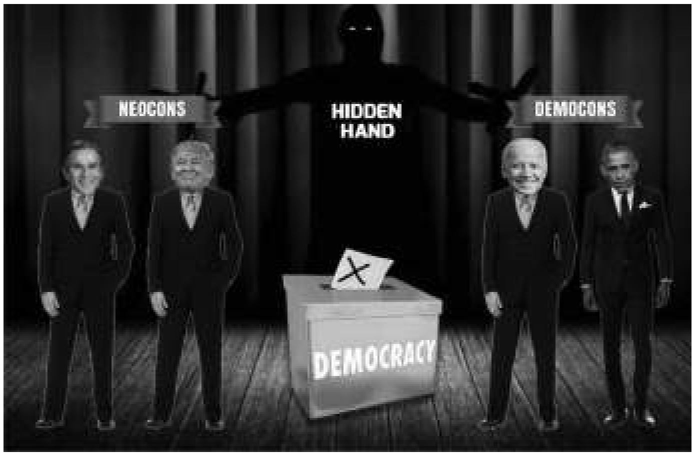

Figure 6: Different front people, different parties – same control system.

The Democratic Party has its own 'Neocon' group controlling from the background which I call the 'Democons' and here's the penny-drop – the Neocons and Democons answer to the same masters one step further back into the shadows (Fig 6). At that level of the Cult the Republican and Democrat parties are controlled by the same people and no matter which is in power the Cult is in power. This is how it works in almost every country and certainly in Britain with Conservative, Labour, Liberal Democrat and Green parties now all on the same page whatever the rhetoric may be in their feeble attempts to appear different. Neocons operated at the time of Bush through a think tank called The Project for the New American Century which in September, 2000, published a document entitled *Rebuilding America's Defenses: Strategies, Forces, and Resources*

For a New Century demanding that America fight 'multiple, simultaneous major theatre wars' as a 'core mission' to force regime-change in countries including Iraq, Libya and Syria. Neocons arranged for Bush ('Republican') and Blair ('Labour Party') to front-up the invasion of Iraq and when they departed the Democons orchestrated the targeting of Libya and Syria through Barack Obama ('Democrat') and British Prime Minister David Cameron ('Conservative Party'). We have 'different' parties and 'different' people, but the same unfolding script. The more the Cult has seized the reigns of parties and personnel the more their policies have transparently pursued the same agenda to the point where the fascist 'Covid' impositions of the Conservative junta of Jackboot Johnson in Britain were opposed by the Labour Party because they were not fascist enough. The Labour Party is likened to the US Democrats while the Conservative Party is akin to a British version of the Republicans and on both sides of the Atlantic they all speak the same language and support the direction demanded by the Cult although some more enthusiastically than others. It's a similar story in country after country because it's all centrally controlled. Oh, but what about Trump? I'll come to him shortly. Political 'choice' in the 'party' system goes like this: You vote for Party A and they get into government. You don't like what they do so next time you vote for Party B and they get into government. You don't like what they do when it's pretty much the same as Party A and why wouldn't that be with both controlled by the same force? Given that only two, sometimes three, parties have any chance of forming a government to get rid of Party B that you don't like you have to vote again for Party A which … you don't like. This, ladies and gentlemen, is what they call 'democracy' which we are told – wrongly – is a term interchangeable with 'freedom'.

The cult of cults

At this point I need to introduce a major expression of the Global Cult known as Sabbatian-Frankism. Sabbatian is also spelt as Sabbatean. I will summarise here. I have published major exposés

and detailed background in other works. Sabbatian-Frankism combines the names of two frauds posing as 'Jewish' men, Sabbatai Zevi (1626-1676), a rabbi, black magician and occultist who proclaimed he was the Jewish messiah; and Jacob Frank (1726-1791), the Polish 'Jew', black magician and occultist who said he was the reincarnation of 'messiah' Zevi and biblical patriarch Jacob. They worked across two centuries to establish the Sabbatian-Frankist cult that plays a major, indeed central, role in the manipulation of human society by the Global Cult which has its origins much further back in history than Sabbatai Zevi. I should emphasise two points here in response to the shrill voices that will scream 'anti-Semitism': (1) Sabbatian-Frankists are NOT Jewish and only pose as such to hide their cult behind a Jewish façade; and (2) my information about this cult has come from Jewish sources who have long realised that their society and community has been infiltrated and taken over by interloper Sabbatian-Frankists. Infiltration has been the foundation technique of Sabbatian-Frankism from its official origin in the 17th century. Zevi's Sabbatian sect attracted a massive following described as the biggest messianic movement in Jewish history, spreading as far as Africa and Asia, and he promised a return for the Jews to the 'Promised Land' of Israel. Sabbatianism was not Judaism but an inversion of everything that mainstream Judaism stood for. So much so that this sinister cult would have a feast day when Judaism had a fast day and whatever was forbidden in Judaism the Sabbatians were encouraged and even commanded to do. This included incest and what would be today called Satanism. Members were forbidden to marry outside the sect and there was a system of keeping their children ignorant of what they were part of until they were old enough to be trusted not to unknowingly reveal anything to outsiders. The same system is employed to this day by the Global Cult in general which Sabbatian-Frankism has enormously influenced and now largely controls.

Zevi and his Sabbatians suffered a setback with the intervention by the Sultan of the Islamic Ottoman Empire in the Middle East and what is now the Republic of Turkey where Zevi was located. The

Sultan gave him the choice of proving his 'divinity', converting to Islam or facing torture and death. Funnily enough Zevi chose to convert or at least appear to. Some of his supporters were disillusioned and drifted away, but many did not with 300 families also converting – only in theory – to Islam. They continued behind this Islamic smokescreen to follow the goals, rules and rituals of Sabbatianism and became known as 'crypto-Jews' or the 'Dönmeh' which means 'to turn'. This is rather ironic because they didn't 'turn' and instead hid behind a fake Islamic persona. The process of appearing to be one thing while being very much another would become the calling card of Sabbatianism especially after Zevi's death and the arrival of the Satanist Jacob Frank in the 18th century when the cult became Sabbatian-Frankism and plumbed still new depths of depravity and infiltration which included – still includes – human sacrifice and sex with children. Wherever Sabbatians go paedophilia and Satanism follow and is it really a surprise that Hollywood is so infested with child abuse and Satanism when it was established by Sabbatian-Frankists and is still controlled by them? Hollywood has been one of the prime vehicles for global perceptual programming and manipulation. How many believe the version of 'history' portrayed in movies when it is a travesty and inversion (again) of the truth? Rabbi Marvin Antelman describes Frankism in his book, *To Eliminate the Opiate*, as 'a movement of complete evil' while Jewish professor Gershom Scholem said of Frank in *The Messianic Idea in Judaism*: 'In all his actions [he was] a truly corrupt and degenerate individual ... one of the most frightening phenomena in the whole of Jewish history.' Frank was excommunicated by traditional rabbis, as was Zevi, but Frank was undeterred and enjoyed vital support from the House of Rothschild, the infamous banking dynasty whose inner-core are Sabbatian-Frankists and not Jews. Infiltration of the Roman Church and Vatican was instigated by Frank with many Dönmeh 'turning' again to convert to Roman Catholicism with a view to hijacking the reins of power. This was the ever-repeating modus operandi and continues to be so. Pose as an advocate of the religion, culture or country that you want to control and then

manipulate your people into the positions of authority and influence largely as advisers, administrators and Svengalis for those that appear to be in power. They did this with Judaism, Christianity (Christian Zionism is part of this), Islam and other religions and nations until Sabbatian-Frankism spanned the world as it does today.

Sabbatian Saudis and the terror network

One expression of the Sabbatian-Frankist Dönmeh within Islam is the ruling family of Saudi Arabia, the House of Saud, through which came the vile distortion of Islam known as Wahhabism. This is the violent creed followed by terrorist groups like Al-Qaeda and ISIS or Islamic State. Wahhabism is the hand-chopping, head-chopping 'religion' of Saudi Arabia which is used to keep the people in a constant state of fear so the interloper House of Saud can continue to rule. Al-Qaeda and Islamic State were lavishly funded by the House of Saud while being created and directed by the Sabbatian-Frankist network in the United States that operates through the Pentagon, CIA and the government in general of whichever 'party'. The front man for the establishment of Wahhabism in the middle of the 18th century was a Sabbatian-Frankist 'crypto-Jew' posing as Islamic called Muhammad ibn Abd al-Wahhab. His daughter would marry the son of Muhammad bin Saud who established the first Saudi state before his death in 1765 with support from the British Empire. Bin Saud's successors would establish modern Saudi Arabia in league with the British and Americans in 1932 which allowed them to seize control of Islam's major shrines in Mecca and Medina. They have dictated the direction of Sunni Islam ever since while Iran is the major centre of the Shiite version and here we have the source of at least the public conflict between them. The Sabbatian network has used its Wahhabi extremists to carry out Problem-Reaction-Solution terrorist attacks in the name of 'Al-Qaeda' and 'Islamic State' to justify a devastating 'war on terror', ever-increasing surveillance of the population and to terrify people into compliance. Another insight of the Renegade Mind is the streetwise understanding that

just because a country, location or people are attacked doesn't mean that those apparently representing that country, location or people are not behind the attackers. Often they are *orchestrating* the attacks because of the societal changes that can be then justified in the name of 'saving the population from terrorists'.

I show in great detail in *The Trigger* how Sabbatian-Frankists were the real perpetrators of 9/11 and not '19 Arab hijackers' who were blamed for what happened. Observe what was justified in the name of 9/11 alone in terms of Middle East invasions, mass surveillance and control that fulfilled the demands of the Project for the New American Century document published by the Sabbatian Neocons. What appear to be enemies are on the deep inside players on the same Sabbatian team. Israel and Arab 'royal' dictatorships are all ruled by Sabbatians and the recent peace agreements between Israel and Saudi Arabia, the United Arab Emirates (UAE) and others are only making formal what has always been the case behind the scenes. Palestinians who have been subjected to grotesque tyranny since Israel was bombed and terrorised into existence in 1948 have never stood a chance. Sabbatian-Frankists have controlled Israel (so the constant theme of violence and war which Sabbatians love) and they have controlled the Arab countries that Palestinians have looked to for real support that never comes. 'Royal families' of the Arab world in Saudi Arabia, Bahrain, UAE, etc., are all Sabbatians with allegiance to the aims of the cult and not what is best for their Arabic populations. They have stolen the oil and financial resources from their people by false claims to be 'royal dynasties' with a genetic right to rule and by employing vicious militaries to impose their will.

Satanic 'illumination'

The Satanist Jacob Frank formed an alliance in 1773 with two other Sabbatians, Mayer Amschel Rothschild (1744-1812), founder of the Rothschild banking dynasty, and Jesuit-educated fraudulent Jew, Adam Weishaupt, and this led to the formation of the Bavarian Illuminati, firstly under another name, in 1776. The Illuminati would

be the manipulating force behind the French Revolution (1789-1799) and was also involved in the American Revolution (1775-1783) before and after the Illuminati's official creation. Weishaupt would later become (in public) a Protestant Christian in archetypal Sabbatian style. I read that his name can be decoded as Adam-Weis-haupt or 'the first man to lead those who know'. He wasn't a leader in the sense that he was a subordinate, but he did lead those below him in a crusade of transforming human society that still continues today. The theme was confirmed as early as 1785 when a horseman courier called Lanz was reported to be struck by lighting and extensive Illuminati documents were found in his saddlebags. They made the link to Weishaupt and detailed the plan for world takeover. Current events with 'Covid' fascism have been in the making for a very long time. Jacob Frank was jailed for 13 years by the Catholic Inquisition after his arrest in 1760 and on his release he headed for Frankfurt, Germany, home city and headquarters of the House of Rothschild where the alliance was struck with Mayer Amschel Rothschild and Weishaupt. Rothschild arranged for Frank to be given the title of Baron and he became a wealthy nobleman with a big following of Jews in Germany, the Austro-Hungarian Empire and other European countries. Most of them would have believed he was on their side.

The name 'Illuminati' came from the Zohar which is a body of works in the Jewish mystical 'bible' called the Kabbalah. 'Zohar' is the foundation of Sabbatian-Frankist belief and in Hebrew 'Zohar' means 'splendour', 'radiance', 'illuminated', and so we have 'Illuminati'. They claim to be the 'Illuminated Ones' from their knowledge systematically hidden from the human population and passed on through generations of carefully-chosen initiates in the global secret society network or Cult. Hidden knowledge includes an awareness of the Cult agenda for the world and the nature of our collective reality that I will explore later. Cult 'illumination' is symbolised by the torch held by the Statue of Liberty which was gifted to New York by French Freemasons in Paris who knew exactly what it represents. 'Liberty' symbolises the goddess worshipped in

Babylon as Queen Semiramis or Ishtar. The significance of this will become clear. Notice again the ubiquitous theme of inversion with the Statue of 'Liberty' really symbolising mass control (Fig 7). A mirror-image statute stands on an island in the River Seine in Paris from where New York Liberty originated (Fig 8). A large replica of the Liberty flame stands on top of the Pont de l'Alma tunnel in Paris where Princess Diana died in a Cult ritual described in *The Biggest Secret*. Lucifer 'the light bringer' is related to all this (and much more as we'll see) and 'Lucifer' is a central figure in Sabbatian-Frankism and its associated Satanism. Sabbatians reject the Jewish Torah, or Pentateuch, the 'five books of Moses' in the Old Testament known as Genesis, Exodus, Leviticus, Numbers, and Deuteronomy which are claimed by Judaism and Christianity to have been dictated by 'God' to Moses on Mount Sinai. Sabbatians say these do not apply to them and they seek to replace them with the Zohar to absorb Judaism and its followers into their inversion which is an expression of a much greater global inversion. They want to delete all religions and force humanity to worship a one-world religion – Sabbatian Satanism that also includes worship of the Earth goddess. Satanic themes are being more and more introduced into mainstream society and while Christianity is currently the foremost target for destruction the others are planned to follow.

Figure 7: The Cult goddess of Babylon disguised as the Statue of Liberty holding the flame of Lucifer the 'light bringer'.

Figure 8: Liberty's mirror image in Paris where the New York version originated.

Marx brothers

Rabbi Marvin Antelman connects the Illuminati to the Jacobins in *To Eliminate the Opiate* and Jacobins were the force behind the French Revolution. He links both to the Bund der Gerechten, or League of the Just, which was the network that inflicted communism/Marxism on the world. Antelman wrote:

> The original inner circle of the Bund der Gerechten consisted of born Catholics, Protestants and Jews [Sabbatian-Frankist infiltrators], and those representatives of respective subdivisions formulated schemes for the ultimate destruction of their faiths. The heretical Catholics laid plans which they felt would take a century or more for the ultimate destruction of the church; the apostate Jews for the ultimate destruction of the Jewish religion.

Sabbatian-created communism connects into this anti-religion agenda in that communism does not allow for the free practice of religion. The Sabbatian 'Bund' became the International Communist Party and Communist League and in 1848 'Marxism' was born with the Communist Manifesto of Sabbatian assets Karl Marx and Friedrich Engels. It is absolutely no coincidence that Marxism, just a different name for fascist and other centrally-controlled tyrannies, is being imposed worldwide as a result of the 'Covid' hoax and nor that Marxist/fascist China was the place where the hoax originated. The reason for this will become very clear in the chapter 'Covid: The calculated catastrophe'. The so-called 'Woke' mentality has hijacked

traditional beliefs of the political left and replaced them with far-right make-believe 'social justice' better known as Marxism. Woke will, however, be swallowed by its own perceived 'revolution' which is really the work of billionaires and billionaire corporations feigning being 'Woke'. Marxism is being touted by Wokers as a replacement for 'capitalism' when we don't have 'capitalism'. We have cartelism in which the market is stitched up by the very Cult billionaires and corporations bankrolling Woke. Billionaires love Marxism which keeps the people in servitude while they control from the top. Terminally naïve Wokers think they are 'changing the world' when it's the Cult that is doing the changing and when they have played their vital part and become surplus to requirements they, too, will be targeted. The Illuminati-Jacobins were behind the period known as 'The Terror' in the French Revolution in 1793 and 1794 when Jacobin Maximillian de Robespierre and his Orwellian 'Committee of Public Safety' killed 17,000 'enemies of the Revolution' who had once been 'friends of the Revolution'. Karl Marx (1818-1883), whose Sabbatian creed of Marxism has cost the lives of at least 100 million people, is a hero once again to Wokers who have been systematically kept ignorant of real history by their 'education' programming. As a result they now promote a Sabbatian 'Marxist' abomination destined at some point to consume them. Rabbi Antelman, who spent decades researching the Sabbatian plot, said of the League of the Just and Karl Marx:

Contrary to popular opinion Karl Marx did not originate the Communist Manifesto. He was paid for his services by the League of the Just, which was known in its country of origin, Germany, as the Bund der Geaechteten.

Antelman said the text attributed to Marx was the work of other people and Marx 'was only repeating what others already said'. Marx was 'a hired hack – lackey of the wealthy Illuminists'. Marx famously said that religion was the 'opium of the people' (part of the Sabbatian plan to demonise religion) and Antelman called his books, *To Eliminate the Opiate*. Marx was born Jewish, but his family converted to Christianity (Sabbatian modus operandi) and he

attacked Jews, not least in his book, *A World Without Jews*. In doing so he supported the Sabbatian plan to destroy traditional Jewishness and Judaism which we are clearly seeing today with the vindictive targeting of orthodox Jews by the Sabbatian government of Israel over 'Covid' laws. I don't follow any religion and it has done much damage to the world over centuries and acted as a perceptual straightjacket. Renegade Minds, however, are always asking *why* something is being done. It doesn't matter if they agree or disagree with what is happening – *why* is it happening is the question. The 'why?' can be answered with regard to religion in that religions create interacting communities of believers when the Cult wants to dismantle all discourse, unity and interaction (see 'Covid' lockdowns) and the ultimate goal is to delete all religions for a one-world religion of Cult Satanism worshipping their 'god' of which more later. We see the same 'why?' with gun control in America. I don't have guns and don't want them, but why is the Cult seeking to disarm the population at the same time that law enforcement agencies are armed to their molars and why has every tyrant in history sought to disarm people before launching the final takeover? They include Hitler, Stalin, Pol Pot and Mao who followed confiscation with violent seizing of power. You know it's a Cult agenda by the people who immediately race to the microphones to exploit dead people in multiple shootings. Ultra-Zionist Cult lackey Senator Chuck Schumer was straight on the case after ten people were killed in Boulder, Colorado in March, 2121. Simple rule … if Schumer wants it the Cult wants it and the same with his ultra-Zionist mate the wild-eyed Senator Adam Schiff. At the same time they were calling for the disarmament of Americans, many of whom live a long way from a police response, Schumer, Schiff and the rest of these pampered clowns were sitting on Capitol Hill behind a razor-wired security fence protected by thousands of armed troops in addition to their own armed bodyguards. Mom and pop in an isolated home? They're just potential mass shooters.

Zion Mainframe

Sabbatian-Frankists and most importantly the Rothschilds were behind the creation of 'Zionism', a political movement that demanded a Jewish homeland in Israel as promised by Sabbatai Zevi. The very symbol of Israel comes from the German meaning of the name Rothschild. Dynasty founder Mayer Amschel Rothschild changed the family name from Bauer to Rothschild, or 'Red-Shield' in German, in deference to the six-pointed 'Star of David' hexagram displayed on the family's home in Frankfurt. The symbol later appeared on the flag of Israel after the Rothschilds were centrally involved in its creation. Hexagrams are not a uniquely Jewish symbol and are widely used in occult ('hidden') networks often as a symbol for Saturn (see my other books for why). Neither are Zionism and Jewishness interchangeable. Zionism is a political movement and philosophy and not a 'race' or a people. Many Jews oppose Zionism and many non-Jews, including US President Joe Biden, call themselves Zionists as does Israel-centric Donald Trump. America's support for the Israel government is pretty much a gimme with ultra-Zionist billionaires and corporations providing fantastic and dominant funding for both political parties. Former Congresswoman Cynthia McKinney has told how she was approached immediately she ran for office to 'sign the pledge' to Israel and confirm that she would always vote in that country's best interests. All American politicians are approached in this way. Anyone who refuses will get no support or funding from the enormous and all-powerful Zionist lobby that includes organisations like mega-lobby group AIPAC, the American Israel Public Affairs Committee. Trump's biggest funder was ultra-Zionist casino and media billionaire Sheldon Adelson while major funders of the Democratic Party include ultra-Zionist George Soros and ultra-Zionist financial and media mogul, Haim Saban. Some may reel back at the suggestion that Soros is an Israel-firster (Sabbatian-controlled Israel-firster), but Renegade Minds watch the actions not the words and everywhere Soros donates his billions the Sabbatian agenda benefits. In the spirit of Sabbatian inversion Soros pledged $1 billion for a new university network to promote 'liberal values and tackle intolerance'. He made the announcement during his annual speech

at the Cult-owned World Economic Forum in Davos, Switzerland, in January, 2020, after his 'harsh criticism' of 'authoritarian rulers' around the world. You can only laugh at such brazen mendacity. How *he* doesn't laugh is the mystery. Translated from the Orwellian 'liberal values and tackle intolerance' means teaching non-white people to hate white people and for white people to loathe themselves for being born white. The reason for that will become clear.

The 'Anti-Semitism' fraud

Zionists support the Jewish homeland in the land of Palestine which has been the Sabbatian-Rothschild goal for so long, but not for the benefit of Jews. Sabbatians and their global Anti-Semitism Industry have skewed public and political opinion to equate opposing the violent extremes of Zionism to be a blanket attack and condemnation of all Jewish people. Sabbatians and their global Anti-Semitism Industry have skewed public and political opinion to equate opposing the violent extremes of Zionism to be a blanket attack and condemnation of all Jewish people. This is nothing more than a Sabbatian protection racket to stop legitimate investigation and exposure of their agendas and activities. The official definition of 'anti-Semitism' has more recently been expanded to include criticism of Zionism – a *political movement* – and this was done to further stop exposure of Sabbatian infiltrators who created Zionism as we know it today in the 19th century. Renegade Minds will talk about these subjects when they know the shit that will come their way. People must decide if they want to know the truth or just cower in the corner in fear of what others will say. Sabbatians have been trying to label me as 'anti-Semitic' since the 1990s as I have uncovered more and more about their background and agendas. Useless, gutless, fraudulent 'journalists' then just repeat the smears without question and on the day I was writing this section a pair of unquestioning repeaters called Ben Quinn and Archie Bland (how appropriate) outright called me an 'anti-Semite' in the establishment propaganda sheet, the London *Guardian*, with no supporting evidence. The

Sabbatian Anti-Semitism Industry said so and who are they to question that? They wouldn't dare. Ironically 'Semitic' refers to a group of languages in the Middle East that are almost entirely Arabic. 'Anti-Semitism' becomes 'anti-Arab' which if the consequences of this misunderstanding were not so grave would be hilarious. Don't bother telling Quinn and Bland. I don't want to confuse them, bless 'em. One reason I am dubbed 'anti-Semitic' is that I wrote in the 1990s that Jewish operatives (Sabbatians) were heavily involved in the Russian Revolution when Sabbatians overthrew the Romanov dynasty. This apparently made me 'anti-Semitic'. Oh, really? Here is a section from *The Trigger*:

British journalist Robert Wilton confirmed these themes in his 1920 book *The Last Days of the Romanovs* when he studied official documents from the Russian government to identify the members of the Bolshevik ruling elite between 1917 and 1919. The Central Committee included 41 Jews among 62 members; the Council of the People's Commissars had 17 Jews out of 22 members; and 458 of the 556 most important Bolshevik positions between 1918 and 1919 were occupied by Jewish people. Only 17 were Russian. Then there were the 23 Jews among the 36 members of the vicious Cheka Soviet secret police established in 1917 who would soon appear all across the country.

Professor Robert Service of Oxford University, an expert on 20th century Russian history, found evidence that ['Jewish'] Leon Trotsky had sought to make sure that Jews were enrolled in the Red Army and were disproportionately represented in the Soviet civil bureaucracy that included the Cheka which performed mass arrests, imprisonment and executions of 'enemies of the people'. A US State Department Decimal File (861.00/5339) dated November 13th, 1918, names [Rothschild banking agent in America] Jacob Schiff and a list of ultra-Zionists as funders of the Russian Revolution leading to claims of a 'Jewish plot', but the key point missed by all is they were not 'Jews' – they were Sabbatian-Frankists.

Britain's Winston Churchill made the same error by mistake or otherwise. He wrote in a 1920 edition of the *Illustrated Sunday Herald* that those behind the Russian revolution were part of a 'worldwide conspiracy for the overthrow of civilisation and for the reconstitution of society on the basis of arrested development, of envious malevolence, and impossible equality' (see 'Woke' today because that has been created by the same network). Churchill said there was no need to exaggerate the part played in the creation of Bolshevism and in the actual bringing about of the Russian

Revolution 'by these international and for the most part atheistical Jews' ['atheistical Jews' = Sabbatians]. Churchill said it is certainly a very great one and probably outweighs all others: 'With the notable exception of Lenin, the majority of the leading figures are Jews.' He went on to describe, knowingly or not, the Sabbatian modus operandi of placing puppet leaders nominally in power while they control from the background:

> Moreover, the principal inspiration and driving power comes from the Jewish leaders. Thus Tchitcherin, a pure Russian, is eclipsed by his nominal subordinate, Litvinoff, and the influence of Russians like Bukharin or Lunacharski cannot be compared with the power of Trotsky, or of Zinovieff, the Dictator of the Red Citadel (Petrograd), or of Krassin or Radek – all Jews. In the Soviet institutions the predominance of Jews is even more astonishing. And the prominent, if not indeed the principal, part in the system of terrorism applied by the Extraordinary Commissions for Combatting Counter-Revolution has been taken by Jews, and in some notable cases by Jewesses.

What I said about seriously disproportionate involvement in the Russian Revolution by Jewish 'revolutionaries' (Sabbatians) is provable fact, but truth is no defence against the Sabbatian Anti-Semitism Industry, its repeater parrots like Quinn and Bland, and the now breathtaking network of so-called 'Woke' 'anti-hate' groups with interlocking leaderships and funding which have the role of discrediting and silencing anyone who gets too close to exposing the Sabbatians. We have seen 'truth is no defence' confirmed in legal judgements with the Saskatchewan Human Rights Commission in Canada decreeing this: 'Truthful statements can be presented in a manner that would meet the definition of hate speech, and not all truthful statements must be free from restriction.' Most 'anti-hate' activists, who are themselves consumed by hatred, are too stupid and ignorant of the world to know how they are being used. They are far too far up their own virtue-signalling arses and it's far too dark for them to see anything.

The 'revolution' game

The background and methods of the 'Russian' Revolution are straight from the Sabbatian playbook seen in the French Revolution

and endless others around the world that appear to start as a revolution of the people against tyrannical rule and end up with a regime change to more tyrannical rule overtly or covertly. Wars, terror attacks and regime overthrows follow the Sabbatian cult through history with its agents creating them as Problem-Reaction-Solutions to remove opposition on the road to world domination. Sabbatian dots connect the Rothschilds with the Illuminati, Jacobins of the French Revolution, the 'Bund' or League of the Just, the International Communist Party, Communist League and the Communist Manifesto of Karl Marx and Friedrich Engels that would lead to the Rothschild-funded Russian Revolution. The sequence comes under the heading of 'creative destruction' when you advance to your global goal by continually destroying the status quo to install a new status quo which you then also destroy. The two world wars come to mind. With each new status quo you move closer to your planned outcome. Wars and mass murder are to Sabbatians a collective blood sacrifice ritual. They are obsessed with death for many reasons and one is that death is an inversion of life. Satanists and Sabbatians are obsessed with death and often target churches and churchyards for their rituals. Inversion-obsessed Sabbatians explain the use of inverted symbolism including the *inverted* pentagram and *inverted* cross. The inversion of the cross has been related to targeting Christianity, but the cross was a religious symbol long before Christianity and its inversion is a statement about the Sabbatian mentality and goals more than any single religion.

Sabbatians operating in Germany were behind the rise of the occult-obsessed Nazis and the subsequent Jewish exodus from Germany and Europe to Palestine and the United States after World War Two. The Rothschild dynasty was at the forefront of this both as political manipulators and by funding the operation. Why would Sabbatians help to orchestrate the horrors inflicted on Jews by the Nazis and by Stalin after they organised the Russian Revolution? Sabbatians hate Jews and their religion, that's why. They pose as Jews and secure positions of control within Jewish society and play the 'anti-Semitism' card to protect themselves from exposure

through a global network of organisations answering to the Sabbatian-created-and-controlled globe-spanning intelligence network that involves a stunning web of military-intelligence operatives and operations for a tiny country of just nine million. Among them are Jewish assets who are not Sabbatians but have been convinced by them that what they are doing is for the good of Israel and the Jewish community to protect them from what they have been programmed since childhood to believe is a Jew-hating hostile world. The Jewish community is just a highly convenient cover to hide the true nature of Sabbatians. Anyone getting close to exposing their game is accused by Sabbatian place-people and gofers of 'anti-Semitism' and claiming that all Jews are part of a plot to take over the world. I am not saying that. I am saying that Sabbatians – the *real* Jew-haters – have infiltrated the Jewish community to use them both as a cover and an 'anti-Semitic' defence against exposure. Thus we have the Anti-Semitism Industry targeted researchers in this way and most Jewish people think this is justified and genuine. They don't know that their 'Jewish' leaders and institutions of state, intelligence and military are not controlled by Jews at all, but cultists and stooges of Sabbatian-Frankism. I once added my name to a pro-Jewish freedom petition online and the next time I looked my name was gone and text had been added to the petition blurb to attack me as an 'anti-Semite' such is the scale of perceptual programming.

Moving on America

I tell the story in *The Trigger* and a chapter called 'Atlantic Crossing' how particularly after Israel was established the Sabbatians moved in on the United States and eventually grasped control of government administration, the political system via both Democrats and Republicans, the intelligence community like the CIA and National Security Agency (NSA), the Pentagon and mass media. Through this seriously compartmentalised network Sabbatians and their operatives in Mossad, Israeli Defense Forces (IDF) and US agencies pulled off 9/11 and blamed it on 19 'Al-Qaeda hijackers' dominated by men from, or connected to, Sabbatian-ruled Saudi

Arabia. The '19' were not even on the planes let alone flew those big passenger jets into buildings while being largely incompetent at piloting one-engine light aircraft. 'Hijacker' Hani Hanjour who is said to have flown American Airlines Flight 77 into the Pentagon with a turn and manoeuvre most professional pilots said they would have struggled to do was banned from renting a small plane by instructors at the Freeway Airport in Bowie, Maryland, just *six weeks* earlier on the grounds that he was an incompetent pilot. The Jewish population of the world is just 0.2 percent with even that almost entirely concentrated in Israel (75 percent Jewish) and the United States (around two percent). This two percent and globally 0.2 percent refers to *Jewish* people and not Sabbatian interlopers who are a fraction of that fraction. What a sobering thought when you think of the fantastic influence on world affairs of tiny Israel and that the Project for the New America Century (PNAC) which laid out the blueprint in September, 2000, for America's war on terror and regime change wars in Iraq, Libya and Syria was founded and dominated by Sabbatians known as 'Neocons'. The document conceded that this plan would not be supported politically or publicly without a major attack on American soil and a Problem-Reaction-Solution excuse to send troops to war across the Middle East. Sabbatian Neocons said:

> ... [The] process of transformation ... [war and regime change] ... is likely to be a long one, absent some catastrophic and catalysing event – like a new Pearl Harbor.

Four months later many of those who produced that document came to power with their inane puppet George Bush from the long-time Sabbatian Bush family. They included Sabbatian Dick Cheney who was officially vice-president, but really de-facto president for the entirety of the 'Bush' government. Nine months after the 'Bush' inauguration came what Bush called at the time 'the Pearl Harbor of the 21st century' and with typical Sabbatian timing and symbolism 2001 was the 60th anniversary of the attack in 1941 by the Japanese Air Force on Pearl Harbor, Hawaii, which allowed President Franklin Delano Roosevelt to take the United States into a Sabbatian-

instigated Second World War that he said in his election campaign that he never would. The evidence is overwhelming that Roosevelt and his military and intelligence networks knew the attack was coming and did nothing to stop it, but they did make sure that America's most essential naval ships were not in Hawaii at the time. Three thousand Americans died in the Pearl Harbor attacks as they did on September 11th. By the 9/11 year of 2001 Sabbatians had widely infiltrated the US government, military and intelligence operations and used their compartmentalised assets to pull off the 'Al-Qaeda' attacks. If you read *The Trigger* it will blow your mind to see the utterly staggering concentration of 'Jewish' operatives (Sabbatian infiltrators) in essential positions of political, security, legal, law enforcement, financial and business power before, during, and after the attacks to make them happen, carry them out, and then cover their tracks – and I do mean *staggering* when you think of that 0.2 percent of the world population and two percent of Americans which are Jewish while Sabbatian infiltrators are a fraction of that. A central foundation of the 9/11 conspiracy was the hijacking of government, military, Air Force and intelligence computer systems in real time through 'back-door' access made possible by Israeli (Sabbatian) 'cyber security' software. Sabbatian-controlled Israel is on the way to rivalling Silicon Valley for domination of cyberspace and is becoming the dominant force in cyber-security which gives them access to entire computer systems and their passcodes across the world. Then add to this that Zionists head (officially) Silicon Valley giants like Google (Larry Page and Sergey Brin), Google-owned YouTube (Susan Wojcicki), Facebook (Mark Zuckerberg and Sheryl Sandberg), and Apple (Chairman Arthur D. Levinson), and that ultra-Zionist hedge fund billionaire Paul Singer has a $1 billion stake in Twitter which is only nominally headed by 'CEO' pothead Jack Dorsey. As cable news host Tucker Carlson said of Dorsey: 'There used to be debate in the medical community whether dropping a ton of acid had permanent effects and I think that debate has now ended.' Carlson made the comment after Dorsey told a hearing on Capitol Hill (if you cut through his bullshit) that he

believed in free speech so long as he got to decide what you can hear and see. These 'big names' of Silicon Valley are only front men and women for the Global Cult, not least the Sabbatians, who are the true controllers of these corporations. Does anyone still wonder why these same people and companies have been ferociously censoring and banning people (like me) for exposing any aspect of the Cult agenda and especially the truth about the 'Covid' hoax which Sabbatians have orchestrated?

The Jeffrey Epstein paedophile ring was a Sabbatian operation. He was officially 'Jewish' but he was a Sabbatian and women abused by the ring have told me about the high number of 'Jewish' people involved. The Epstein horror has Sabbatian written all over it and matches perfectly their modus operandi and obsession with sex and ritual. Epstein was running a Sabbatian blackmail ring in which famous people with political and other influence were provided with young girls for sex while everything was being filmed and recorded on hidden cameras and microphones at his New York house, Caribbean island and other properties. Epstein survivors have described this surveillance system to me and some have gone public. Once the famous politician or other figure knew he or she was on video they tended to do whatever they were told. Here we go again …when you've got them by the balls their hearts and minds will follow. Sabbatians use this blackmail technique on a wide scale across the world to entrap politicians and others they need to act as demanded. Epstein's private plane, the infamous 'Lolita Express', had many well-known passengers including Bill Clinton while Bill Gates has flown on an Epstein plane and met with him four years after Epstein had been jailed for paedophilia. They subsequently met many times at Epstein's home in New York according to a witness who was there. Epstein's infamous side-kick was Ghislaine Maxwell, daughter of Mossad agent and ultra-Zionist mega-crooked British businessman, Bob Maxwell, who at one time owned the *Daily Mirror* newspaper. Maxwell was murdered at sea on his boat in 1991 by Sabbatian-controlled Mossad when he became a liability with his

business empire collapsing as a former Mossad operative has confirmed (see *The Trigger*).

Money, money, money, funny money ...

Before I come to the Sabbatian connection with the last three US presidents I will lay out the crucial importance to Sabbatians of controlling banking and finance. Sabbatian Mayer Amschel Rothschild set out to dominate this arena in his family's quest for total global control. What is freedom? It is, in effect, choice. The more choices you have the freer you are and the fewer your choices the more you are enslaved. In the global structure created over centuries by Sabbatians the biggest decider and restrictor of choice is … money. Across the world if you ask people what they would like to do with their lives and why they are not doing that they will reply 'I don't have the money'. This is the idea. A global elite of multi-billionaires are described as 'greedy' and that is true on one level; but control of money – who has it and who doesn't – is not primarily about greed. It's about control. Sabbatians have seized ever more control of finance and sucked the wealth of the world out of the hands of the population. We talk now, after all, about the 'One-percent' and even then the wealthiest are a lot fewer even than that. This has been made possible by a money scam so outrageous and so vast it could rightly be called the scam of scams founded on creating 'money' out of nothing and 'loaning' that with interest to the population. Money out of nothing is called 'credit'. Sabbatians have asserted control over governments and banking ever more completely through the centuries and secured financial laws that allow banks to lend hugely more than they have on deposit in a confidence trick known as fractional reserve lending. Imagine if you could lend money that doesn't exist and charge the recipient interest for doing so. You would end up in jail. Bankers by contrast end up in mansions, private jets, Malibu and Monaco.

Banks are only required to keep a fraction of their deposits and wealth in their vaults and they are allowed to lend 'money' they don't have called 'credit. Go into a bank for a loan and if you succeed

the banker will not move any real wealth into your account. They will type into your account the amount of the agreed 'loan' – say £100,000. This is not wealth that really exists; it is non-existent, fresh-air, created-out-of-nothing 'credit' which has never, does not, and will never exist except in theory. Credit is backed by nothing except wind and only has buying power because people think that it has buying power and accept it in return for property, goods and services. I have described this situation as like those cartoon characters you see chasing each other and when they run over the edge of a cliff they keep running forward on fresh air until one of them looks down, realises what's happened, and they all crash into the ravine. The whole foundation of the Sabbatian financial system is to stop people looking down except for periodic moments when they want to crash the system (as in 2008 and 2020 ongoing) and reap the rewards from all the property, businesses and wealth their borrowers had signed over as 'collateral' in return for a 'loan' of fresh air. Most people think that money is somehow created by governments when it comes into existence from the start as a debt through banks 'lending' illusory money called credit. Yes, the very currency of exchange is a *debt* from day one issued as an interest-bearing loan. Why don't governments create money interest-free and lend it to their people interest-free? Governments are controlled by Sabbatians and the financial system is controlled by Sabbatians for whom interest-free money would be a nightmare come true. Sabbatians underpin their financial domination through their global network of central banks, including the privately-owned US Federal Reserve and Britain's Bank of England, and this is orchestrated by a privately-owned central bank coordination body called the Bank for International Settlements in Basle, Switzerland, created by the usual suspects including the Rockefellers and Rothschilds. Central bank chiefs don't answer to governments or the people. They answer to the Bank for International Settlements or, in other words, the Global Cult which is dominated today by Sabbatians.

Built-in disaster

There are so many constituent scams within the overall banking scam. When you take out a loan of thin-air credit only the amount of that loan is theoretically brought into circulation to add to the amount in circulation; but you are paying back the principle plus interest. The additional interest is not created and this means that with every 'loan' there is a shortfall in the money in circulation between what is borrowed and what has to be paid back. There is never even close to enough money in circulation to repay all outstanding public and private debt including interest. Coldly weaved in the very fabric of the system is the certainty that some will lose their homes, businesses and possessions to the banking 'lender'. This is less obvious in times of 'boom' when the amount of money in circulation (and the debt) is expanding through more people wanting and getting loans. When a downturn comes and the money supply contracts it becomes painfully obvious that there is not enough money to service all debt and interest. This is less obvious in times of 'boom' when the amount of money in circulation (and the debt) is expanding through more people wanting and getting loans. When a downturn comes and the money supply contracts and it becomes painfully obvious – as in 2008 and currently – that there is not enough money to service all debt and interest. Sabbatian banksters have been leading the human population through a calculated series of booms (more debt incurred) and busts (when the debt can't be repaid and the banks get the debtor's tangible wealth in exchange for non-existent 'credit'). With each 'bust' Sabbatian bankers have absorbed more of the world's tangible wealth and we end up with the One-percent. Governments are in bankruptcy levels of debt to the same system and are therefore owned by a system they do not control. The Federal Reserve, 'America's central bank', is privately-owned and American presidents only nominally appoint its chairman or woman to maintain the illusion that it's an arm of government. It's not. The 'Fed' is a cartel of private banks which handed billions to its associates and friends after the crash of 2008 and has been Sabbatian-controlled since it was manipulated into being in 1913 through the covert trickery of Rothschild banking agents Jacob Schiff and Paul

Warburg, and the Sabbatian Rockefeller family. Somehow from a Jewish population of two-percent and globally 0.2 percent (Sabbatian interlopers remember are far smaller) ultra-Zionists headed the Federal Reserve for 31 years between 1987 and 2018 in the form of Alan Greenspan, Bernard Bernanke and Janet Yellen (now Biden's Treasury Secretary) with Yellen's deputy chairman a Israeli-American duel citizen and ultra-Zionist Stanley Fischer, a former governor of the Bank of Israel. Ultra-Zionist Fed chiefs spanned the presidencies of Ronald Reagan ('Republican'), Father George Bush ('Republican'), Bill Clinton ('Democrat'), Boy George Bush ('Republican') and Barack Obama ('Democrat'). We should really add the pre-Greenspan chairman, Paul Adolph Volcker, 'appointed' by Jimmy Carter ('Democrat') who ran the Fed between 1979 and 1987 during the Carter and Reagan administrations before Greenspan took over. Volcker was a long-time associate and business partner of the Rothschilds. No matter what the 'party' officially in power the United States economy was directed by the same force. Here are members of the Obama, Trump and Biden administrations and see if you can make out a common theme.

Barack Obama ('Democrat')

Ultra-Zionists Robert Rubin, Larry Summers, and Timothy Geithner ran the US Treasury in the Clinton administration and two of them reappeared with Obama. Ultra-Zionist Fed chairman Alan Greenspan had manipulated the crash of 2008 through deregulation and jumped ship just before the disaster to make way for ultra-Zionist Bernard Bernanke to hand out trillions to Sabbatian 'too big to fail' banks and businesses, including the ubiquitous ultra-Zionist Goldman Sachs which has an ongoing staff revolving door operation between itself and major financial positions in government worldwide. Obama inherited the fallout of the crash when he took office in January, 2009, and fortunately he had the support of his ultra-Zionist White House Chief of Staff Rahm Emmanuel, son of a terrorist who helped to bomb Israel into being in 1948, and his ultra-Zionist senior adviser David Axelrod, chief strategist in Obama's two

successful presidential campaigns. Emmanuel, later mayor of Chicago and former senior fundraiser and strategist for Bill Clinton, is an example of the Sabbatian policy after Israel was established of migrating insider families to America so their children would be born American citizens. 'Obama' chose this financial team throughout his administration to respond to the Sabbatian-instigated crisis:

Timothy Geithner (ultra-Zionist) Treasury Secretary; Jacob J. Lew, Treasury Secretary; Larry Summers (ultra-Zionist), director of the White House National Economic Council; Paul Adolph Volcker (Rothschild business partner), chairman of the Economic Recovery Advisory Board; Peter Orszag (ultra-Zionist), director of the Office of Management and Budget overseeing all government spending; Penny Pritzker (ultra-Zionist), Commerce Secretary; Jared Bernstein (ultra-Zionist), chief economist and economic policy adviser to Vice President Joe Biden; Mary Schapiro (ultra-Zionist), chair of the Securities and Exchange Commission (SEC); Gary Gensler (ultra-Zionist), chairman of the Commodity Futures Trading Commission (CFTC); Sheila Bair (ultra-Zionist), chair of the Federal Deposit Insurance Corporation (FDIC); Karen Mills (ultra-Zionist), head of the Small Business Administration (SBA); Kenneth Feinberg (ultra-Zionist), Special Master for Executive [bail-out] Compensation. Feinberg would be appointed to oversee compensation (with strings) to 9/11 victims and families in a campaign to stop them having their day in court to question the official story. At the same time ultra-Zionist Bernard Bernanke was chairman of the Federal Reserve and these are only some of the ultra-Zionists with allegiance to Sabbatian-controlled Israel in the Obama government. Obama's biggest corporate donor was ultra-Zionist Goldman Sachs which had employed many in his administration.

Donald Trump ('Republican')

Trump claimed to be an outsider (he wasn't) who had come to 'drain the swamp'. He embarked on this goal by immediately appointing ultra-Zionist Steve Mnuchin, a Goldman Sachs employee for 17

years, as his Treasury Secretary. Others included Gary Cohn (ultra-Zionist), chief operating officer of Goldman Sachs, his first Director of the National Economic Council and chief economic adviser, who was later replaced by Larry Kudlow (ultra-Zionist). Trump's senior adviser throughout his four years in the White House was his sinister son-in-law Jared Kushner, a life-long friend of Israel Prime Minister Benjamin Netanyahu. Kushner is the son of a convicted crook who was pardoned by Trump in his last days in office. Other ultra-Zionists in the Trump administration included: Stephen Miller, Senior Policy Adviser; Avrahm Berkowitz, Deputy Adviser to Trump and his Senior Adviser Jared Kushner; Ivanka Trump, Adviser to the President, who converted to Judaism when she married Jared Kushner; David Friedman, Trump lawyer and Ambassador to Israel; Jason Greenblatt, Trump Organization executive vice president and chief legal officer, who was made Special Representative for International Negotiations and the Israeli-Palestinian Conflict; Rod Rosenstein, Deputy Attorney General; Elliot Abrams, Special Representative for Venezuela, then Iran; John Eisenberg, National Security Council Legal Adviser and Deputy Council to the President for National Security Affairs; Anne Neuberger, Deputy National Manager, National Security Agency; Ezra Cohen-Watnick, Acting Under Secretary of Defense for Intelligence; Elan Carr, Special Envoy to monitor and combat anti-Semitism; Len Khodorkovsky, Deputy Special Envoy to monitor and combat anti-Semitism; Reed Cordish, Assistant to the President, Intragovernmental and Technology Initiatives. Trump Vice President Mike Pence and Secretary of State Mike Pompeo, both Christian Zionists, were also vehement supporters of Israel and its goals and ambitions.

Donald 'free-speech believer' Trump pardoned a number of financial and violent criminals while ignoring calls to pardon Julian Assange and Edward Snowden whose crimes are revealing highly relevant information about government manipulation and corruption and the widespread illegal surveillance of the American people by US 'security' agencies. It's so good to know that Trump is on the side of freedom and justice and not mega-criminals with

allegiance to Sabbatian-controlled Israel. These included a pardon for Israeli spy Jonathan Pollard who was jailed for life in 1987 under the Espionage Act. Aviem Sella, the Mossad agent who recruited Pollard, was also pardoned by Trump while Assange sat in jail and Snowden remained in exile in Russia. Sella had 'fled' (was helped to escape) to Israel in 1987 and was never extradited despite being charged under the Espionage Act. A Trump White House statement said that Sella's clemency had been 'supported by Benjamin Netanyahu, Ron Dermer, Israel's US Ambassador, David Friedman, US Ambassador to Israel and Miriam Adelson, wife of leading Trump donor Sheldon Adelson who died shortly before. Other friends of Jared Kushner were pardoned along with Sholom Weiss who was believed to be serving the longest-ever white-collar prison sentence of more than 800 years in 2000. The sentence was commuted of Ponzi-schemer Eliyahu Weinstein who defrauded Jews and others out of $200 million. I did mention that Assange and Snowden were ignored, right? Trump gave Sabbatians almost everything they asked for in military and political support, moving the US Embassy from Tel Aviv to Jerusalem with its critical symbolic and literal implications for Palestinian statehood, and the 'deal of the Century' designed by Jared Kushner and David Friedman which gave the Sabbatian Israeli government the green light to substantially expand its already widespread program of building illegal Jewish-only settlements in the occupied land of the West Bank. This made a two-state 'solution' impossible by seizing all the land of a potential Palestinian homeland and that had been the plan since 1948 and then 1967 when the Arab-controlled Gaza Strip, West Bank, Sinai Peninsula and Syrian Golan Heights were occupied by Israel. All the talks about talks and road maps and delays have been buying time until the West Bank was physically occupied by Israeli real estate. Trump would have to be a monumentally ill-informed idiot not to see that this was the plan he was helping to complete. The Trump administration was in so many ways the Kushner administration which means the Netanyahu administration which means the Sabbatian administration. I understand why many opposing Cult fascism in all its forms gravitated to Trump, but he

was a crucial part of the Sabbatian plan and I will deal with this in the next chapter.

Joe Biden ('Democrat')

A barely cognitive Joe Biden took over the presidency in January, 2021, along with his fellow empty shell, Vice-President Kamala Harris, as the latest Sabbatian gofers to enter the White House. Names on the door may have changed and the 'party' – the force behind them remained the same as Zionists were appointed to a stream of pivotal areas relating to Sabbatian plans and policy. They included: Janet Yellen, Treasury Secretary, former head of the Federal Reserve, and still another ultra-Zionist running the US Treasury after Mnuchin (Trump), Lew and Geithner (Obama), and Summers and Rubin (Clinton); Anthony Blinken, Secretary of State; Wendy Sherman, Deputy Secretary of State (so that's 'Biden's' Sabbatian foreign policy sorted); Jeff Zients, White House coronavirus coordinator; Rochelle Walensky, head of the Centers for Disease Control; Rachel Levine, transgender deputy health secretary (that's 'Covid' hoax policy under control); Merrick Garland, Attorney General; Alejandro Mayorkas, Secretary of Homeland Security; Cass Sunstein, Homeland Security with responsibility for new immigration laws; Avril Haines, Director of National Intelligence; Anne Neuberger, National Security Agency cybersecurity director (note, cybersecurity); David Cohen, CIA Deputy Director; Ronald Klain, Biden's Chief of Staff (see Rahm Emanuel); Eric Lander, a 'leading geneticist', Office of Science and Technology Policy director (see Smart Grid, synthetic biology agenda); Jessica Rosenworcel, acting head of the Federal Communications Commission (FCC) which controls Smart Grid technology policy and electromagnetic communication systems including 5G. How can it be that so many pivotal positions are held by two-percent of the American population and 0.2 percent of the world population administration after administration no matter who is the president and what is the party? It's a coincidence? Of course it's not and this is why Sabbatians have built their colossal global web of interlocking 'anti-

hate' hate groups to condemn anyone who asks these glaring questions as an 'anti-Semite'. The way that Jewish people horrifically abused in Sabbatian-backed Nazi Germany are exploited to this end is stomach-turning and disgusting beyond words.

Political fusion

Sabbatian manipulation has reversed the roles of Republicans and Democrats and the same has happened in Britain with the Conservative and Labour Parties. Republicans and Conservatives were always labelled the 'right' and Democrats and Labour the 'left', but look at the policy positions now and the Democrat-Labour 'left' has moved further to the 'right' than Republicans and Conservatives under the banner of 'Woke', the Cult-created far-right tyranny. Where once the Democrat-Labour 'left' defended free speech and human rights they now seek to delete them and as I said earlier despite the 'Covid' fascism of the Jackboot Johnson Conservative government in the UK the Labour Party of leader Keir Starmer demanded even more extreme measures. The Labour Party has been very publicly absorbed by Sabbatians after a political and media onslaught against the previous leader, the weak and inept Jeremy Corbyn, over made-up allegations of 'anti-Semitism' both by him and his party. The plan was clear with this 'anti-Semite' propaganda and what was required in response was a swift and decisive 'fuck off' from Corbyn and a statement to expose the Anti-Semitism Industry (Sabbatian) attempt to silence Labour criticism of the Israeli government (Sabbatians) and purge the party of all dissent against the extremes of ultra-Zionism (Sabbatians). Instead Corbyn and his party fell to their knees and appeased the abusers which, by definition, is impossible. Appeasing one demand leads only to a new demand to be appeased until takeover is complete. Like I say – 'fuck off' would have been a much more effective policy and I have used it myself with great effect over the years when Sabbatians are on my case which is most of the time. I consider that fact a great compliment, by the way. The outcome of the Labour Party capitulation is that we now have a Sabbatian-controlled

Conservative Party 'opposed' by a Sabbatian-controlled Labour Party in a one-party Sabbatian state that hurtles towards the extremes of tyranny (the Sabbatian cult agenda). In America the situation is the same. Labour's Keir Starmer spends his days on his knees with his tongue out pointing to Tel Aviv, or I guess now Jerusalem, while Boris Johnson has an 'anti-Semitism czar' in the form of former Labour MP John Mann who keeps Starmer company on his prayer mat.

Sabbatian influence can be seen in Jewish members of the Labour Party who have been ejected for criticism of Israel including those from families that suffered in Nazi Germany. Sabbatians despise real Jewish people and target them even more harshly because it is so much more difficult to dub them 'anti-Semitic' although in their desperation they do try.

CHAPTER THREE

The Pushbacker sting

Until you realize how easy it is for your mind to be manipulated, you remain the puppet of someone else's game
Evita Ochel

I will use the presidencies of Trump and Biden to show how the manipulation of the one-party state plays out behind the illusion of political choice across the world. No two presidencies could – on the face of it – be more different and apparently at odds in terms of direction and policy.

A Renegade Mind sees beyond the obvious and focuses on outcomes and consequences and not image, words and waffle. The Cult embarked on a campaign to divide America between those who blindly support its agenda (the mentality known as 'Woke') and those who are pushing back on where the Cult and its Sabbatians want to go. This presents infinite possibilities for dividing and ruling the population by setting them at war with each other and allows a perceptual ring fence of demonisation to encircle the Pushbackers in a modern version of the Little Big Horn in 1876 when American cavalry led by Lieutenant Colonel George Custer were drawn into a trap, surrounded and killed by Native American tribes defending their land of thousands of years from being seized by the government. In this modern version the roles are reversed and it's those defending themselves from the Sabbatian government who are surrounded and the government that's seeking to destroy them. This trap was set years ago and to explain how we must return to 2016

and the emergence of Donald Trump as a candidate to be President of the United States. He set out to overcome the best part of 20 other candidates in the Republican Party before and during the primaries and was not considered by many in those early stages to have a prayer of living in the White House. The Republican Party was said to have great reservations about Trump and yet somehow he won the nomination. When you know how American politics works – politics in general – there is no way that Trump could have become the party's candidate unless the Sabbatian-controlled 'Neocons' that run the Republican Party wanted that to happen. We saw the proof in emails and documents made public by WikiLeaks that the Democratic Party hierarchy, or Democons, systematically undermined the campaign of Bernie Sanders to make sure that Sabbatian gofer Hillary Clinton won the nomination to be their presidential candidate. If the Democons could do that then the Neocons in the Republican Party could have derailed Trump in the same way. But they didn't and at that stage I began to conclude that Trump could well be the one chosen to be president. If that was the case the 'why' was pretty clear to see – the goal of dividing America between Cult agenda-supporting Wokers and Pushbackers who gravitated to Trump because he was telling them what they wanted to hear. His constituency of support had been increasingly ignored and voiceless for decades and profoundly through the eight years of Sabbatian puppet Barack Obama. Now here was someone speaking their language of pulling back from the incessant globalisation of political and economic power, the exporting of American jobs to China and elsewhere by 'American' (Sabbatian) corporations, the deletion of free speech, and the mass immigration policies that had further devastated job opportunities for the urban working class of all races and the once American heartlands of the Midwest.

Beware the forked tongue

Those people collectively sighed with relief that at last a political leader was apparently on their side, but another trait of the Renegade Mind is that you look even harder at people telling you

what you want to hear than those who are telling you otherwise. Obviously as I said earlier people wish what they want to hear to be true and genuine and they are much more likely to believe that than someone saying what they don't want to here and don't want to be true. Sales people are taught to be skilled in eliciting by calculated questioning what their customers want to hear and repeating that back to them as their own opinion to get their targets to like and trust them. Assets of the Cult are also sales people in the sense of selling perception. To read Cult manipulation you have to play the long and expanded game and not fall for the Vaudeville show of party politics. Both American parties are vehicles for the Cult and they exploit them in different ways depending on what the agenda requires at that moment. Trump and the Republicans were used to be the focus of dividing America and isolating Pushbackers to open the way for a Biden presidency to become the most extreme in American history by advancing the full-blown Woke (Cult) agenda with the aim of destroying and silencing Pushbackers now labelled Nazi Trump supporters and white supremacists.

Sabbatians wanted Trump in office for the reasons described by ultra-Zionist Saul Alinsky (1909-1972) who was promoting the Woke philosophy through 'community organising' long before anyone had heard of it. In those days it still went by its traditional name of Marxism. The reason for the manipulated Trump phenomenon was laid out in Alinsky's 1971 book, *Rules for Radicals*, which was his blueprint for overthrowing democratic and other regimes and replacing them with Sabbatian Marxism. Not surprisingly his to-do list was evident in the Sabbatian French and Russian 'Revolutions' and that in China which will become very relevant in the next chapter about the 'Covid' hoax. Among Alinsky's followers have been the deeply corrupt Barack Obama, House Speaker Nancy Pelosi and Hillary Clinton who described him as a 'hero'. All three are Sabbatian stooges with Pelosi personifying the arrogant corrupt idiocy that so widely fronts up for the Cult inner core. Predictably as a Sabbatian advocate of the 'light-bringer' Alinsky features Lucifer on the dedication page of his book as the original radical who gained

his own kingdom ('Earth' as we shall see). One of Alinsky's golden radical rules was to pick an individual and focus all attention, hatred and blame on them and not to target faceless bureaucracies and corporations. *Rules for Radicals* is really a Sabbatian handbook with its contents repeatedly employed all over the world for centuries and why wouldn't Sabbatians bring to power their designer-villain to be used as the individual on which all attention, hatred and blame was bestowed? This is what they did and the only question for me is how much Trump knew that and how much he was manipulated. A bit of both, I suspect. This was Alinsky's Trump technique from a man who died in 1972. The technique has spanned history:

> Pick the target, freeze it, personalize it, polarize it. Don't try to attack abstract corporations or bureaucracies. Identify a responsible individual. Ignore attempts to shift or spread the blame.

From the moment Trump came to illusory power everything was about him. It wasn't about Republican policy or opinion, but all about Trump. Everything he did was presented in negative, derogatory and abusive terms by the Sabbatian-dominated media led by Cult operations such as CNN, MSNBC, *The New York Times* and the Jeff Bezos-owned *Washington Post* – 'Pick the target, freeze it, personalize it, polarize it.' Trump was turned into a demon to be vilified by those who hated him and a demi-god loved by those who worshipped him. This, in turn, had his supporters, too, presented as equally demonic in preparation for the punchline later down the line when Biden was about to take office. It was here's a Trump, there's a Trump, everywhere a Trump, Trump. Virtually every news story or happening was filtered through the lens of 'The Donald'. You loved him or hated him and which one you chose was said to define you as Satan's spawn or a paragon of virtue. Even supporting some Trump policies or statements and not others was enough for an assault on your character. No shades of grey were or are allowed. Everything is black and white (literally and figuratively). A Californian I knew had her head utterly scrambled by her hatred for Trump while telling people they should love each other. She was so totally consumed by

Trump Derangement Syndrome as it became to be known that this glaring contradiction would never have occurred to her. By definition anyone who criticised Trump or praised his opponents was a hero and this lady described Joe Biden as 'a kind, honest gentleman' when he's a provable liar, mega-crook and vicious piece of work to boot. Sabbatians had indeed divided America using Trump as the fall-guy and all along the clock was ticking on the consequences for his supporters.

In hock to his masters

Trump gave Sabbatians via Israel almost everything they wanted in his four years. Ask and you shall receive was the dynamic between himself and Benjamin Netanyahu orchestrated by Trump's ultra-Zionist son-in-law Jared Kushner, his ultra-Zionist Ambassador to Israel, David Friedman, and ultra-Zionist 'Israel adviser', Jason Greenblatt. The last two were central to the running and protecting from collapse of his business empire, the Trump Organisation, and colossal business failures made him forever beholding to Sabbatian networks that bailed him out. By the start of the 1990s Trump owed $4 billion to banks that he couldn't pay and almost $1billion of that was down to him personally and not his companies. This mega-disaster was the result of building two new casinos in Atlantic City and buying the enormous Taj Mahal operation which led to crippling debt payments. He had borrowed fantastic sums from 72 banks with major Sabbatian connections and although the scale of debt should have had him living in a tent alongside the highway they never foreclosed. A plan was devised to lift Trump from the mire by BT Securities Corporation and Rothschild Inc. and the case was handled by Wilber Ross who had worked for the Rothschilds for 27 years. Ross would be named US Commerce Secretary after Trump's election. Another crucial figure in saving Trump was ultra-Zionist 'investor' Carl Icahn who bought the Taj Mahal casino. Icahn was made special economic adviser on financial regulation in the Trump administration. He didn't stay long but still managed to find time to make a tidy sum of a reported $31.3 million when he sold his

holdings affected by the price of steel three days before Trump imposed a 235 percent tariff on steel imports. What amazing bits of luck these people have. Trump and Sabbatian operatives have long had a close association and his mentor and legal adviser from the early 1970s until 1986 was the dark and genetically corrupt ultra-Zionist Roy Cohn who was chief counsel to Senator Joseph McCarthy's 'communist' witch-hunt in the 1950s. *Esquire* magazine published an article about Cohn with the headline 'Don't mess with Roy Cohn'. He was described as the most feared lawyer in New York and 'a ruthless master of dirty tricks ... [with] ... more than one Mafia Don on speed dial'. Cohn's influence, contacts, support and protection made Trump a front man for Sabbatians in New York with their connections to one of Cohn's many criminal employers, the 'Russian' Sabbatian Mafia. Israel-centric media mogul Rupert Murdoch was introduced to Trump by Cohn and they started a long friendship. Cohn died in 1986 weeks after being disbarred for unethical conduct by the Appellate Division of the New York State Supreme Court. The wheels of justice do indeed run slow given the length of Cohn's crooked career.

QAnon-sense

We are asked to believe that Donald Trump with his fundamental connections to Sabbatian networks and operatives has been leading the fight to stop the Sabbatian agenda for the fascistic control of America and the world. Sure he has. A man entrapped during his years in the White House by Sabbatian operatives and whose biggest financial donor was casino billionaire Sheldon Adelson who was Sabbatian to his DNA?? Oh, do come on. Trump has been used to divide America and isolate Pushbackers on the Cult agenda under the heading of 'Trump supporters', 'insurrectionists' and 'white supremacists'. The US Intelligence/Mossad Psyop or psychological operation known as QAnon emerged during the Trump years as a central pillar in the Sabbatian campaign to lead Pushbackers into the trap set by those that wished to destroy them. I knew from the start that QAnon was a scam because I had seen the same scenario many

times before over 30 years under different names and I had written about one in particular in the books. 'Not again' was my reaction when QAnon came to the fore. The same script is pulled out every few years and a new name added to the letterhead. The story always takes the same form: 'Insiders' or 'the good guys' in the government-intelligence-military 'Deep State' apparatus were going to instigate mass arrests of the 'bad guys' which would include the Rockefellers, Rothschilds, Barack Obama, Hillary Clinton, George Soros, etc., etc. Dates are given for when the 'good guys' are going to move in, but the dates pass without incident and new dates are given which pass without incident. The central message to Pushbackers in each case is that they don't have to do anything because there is 'a plan' and it is all going to be sorted by the 'good guys' on the inside. 'Trust the plan' was a QAnon mantra when the only plan was to misdirect Pushbackers into putting their trust in a Psyop they believed to be real. Beware, beware, those who tell you what you want to hear and always check it out. Right up to Biden's inauguration QAnon was still claiming that 'the Storm' was coming and Trump would stay on as president when Biden and his cronies were arrested and jailed. It was never going to happen and of course it didn't, but what did happen as a result provided that punchline to the Sabbatian Trump/QAnon Psyop.

On January 6th, 2021, a very big crowd of Trump supporters gathered in the National Mall in Washington DC down from the Capitol Building to protest at what they believed to be widespread corruption and vote fraud that stopped Trump being re-elected for a second term as president in November, 2020. I say as someone that does not support Trump or Biden that the evidence is clear that major vote-fixing went on to favour Biden, a man with cognitive problems so advanced he can often hardly string a sentence together without reading the words written for him on the Teleprompter. Glaring ballot discrepancies included serious questions about electronic voting machines that make vote rigging a comparative cinch and hundreds of thousands of paper votes that suddenly appeared during already advanced vote counts and virtually all of

them for Biden. Early Trump leads in crucial swing states suddenly began to close and disappear. The pandemic hoax was used as the excuse to issue almost limitless numbers of mail-in ballots with no checks to establish that the recipients were still alive or lived at that address. They were sent to streams of people who had not even asked for them. Private organisations were employed to gather these ballots and who knows what they did with them before they turned up at the counts. The American election system has been manipulated over decades to become a sick joke with more holes than a Swiss cheese for the express purpose of dictating the results. Then there was the criminal manipulation of information by Sabbatian tech giants like Facebook, Twitter and Google-owned YouTube which deleted pro-Trump, anti-Biden accounts and posts while everything in support of Biden was left alone. Sabbatians wanted Biden to win because after the dividing of America it was time for full-on Woke and every aspect of the Cult agenda to be unleashed.

Hunter gatherer

Extreme Silicon Valley bias included blocking information by the *New York Post* exposing a Biden scandal that should have ended his bid for president in the final weeks of the campaign. Hunter Biden, his monumentally corrupt son, is reported to have sent a laptop to be repaired at a local store and failed to return for it. Time passed until the laptop became the property of the store for non-payment of the bill. When the owner saw what was on the hard drive he gave a copy to the FBI who did nothing even though it confirmed widespread corruption in which the Joe Biden family were using his political position, especially when he was vice president to Obama, to make multiple millions in countries around the world and most notably Ukraine and China. Hunter Biden's one-time business partner Tony Bobulinski went public when the story broke in the *New York Post* to confirm the corruption he saw and that Joe Biden not only knew what was going on he also profited from the spoils. Millions were handed over by a Chinese company with close

connections – like all major businesses in China – to the Chinese communist party of President Xi Jinping. Joe Biden even boasted at a meeting of the Cult's World Economic Forum that as vice president he had ordered the government of Ukraine to fire a prosecutor. What he didn't mention was that the same man just happened to be investigating an energy company which was part of Hunter Biden's corrupt portfolio. The company was paying him big bucks for no other reason than the influence his father had. Overnight Biden's presidential campaign should have been over given that he had lied publicly about not knowing what his son was doing. Instead almost the entire Sabbatian-owned mainstream media and Sabbatian-owned Silicon Valley suppressed circulation of the story. This alone went a mighty way to rigging the election of 2020. Cult assets like Mark Zuckerberg at Facebook also spent hundreds of millions to be used in support of Biden and vote 'administration'.

The Cult had used Trump as the focus to divide America and was now desperate to bring in moronic, pliable, corrupt Biden to complete the double-whammy. No way were they going to let little things like the will of the people thwart their plan. Silicon Valley widely censored claims that the election was rigged because it *was* rigged. For the same reason anyone claiming it was rigged was denounced as a 'white supremacist' including the pathetically few Republican politicians willing to say so. Right across the media where the claim was mentioned it was described as a 'false claim' even though these excuses for 'journalists' would have done no research into the subject whatsoever. Trump won seven million more votes than any sitting president had ever achieved while somehow a cognitively-challenged soon to be 78-year-old who was hidden away from the public for most of the campaign managed to win more votes than any presidential candidate in history. It makes no sense. You only had to see election rallies for both candidates to witness the enthusiasm for Trump and the apathy for Biden. Tens of thousands would attend Trump events while Biden was speaking in empty car parks with often only television crews attending and framing their shots to hide the fact that no one was there. It was pathetic to see

footage come to light of Biden standing at a podium making speeches only to TV crews and party fixers while reading the words written for him on massive Teleprompter screens. So, yes, those protestors on January 6th had a point about election rigging, but some were about to walk into a trap laid for them in Washington by the Cult Deep State and its QAnon Psyop. This was the Capitol Hill riot ludicrously dubbed an 'insurrection'.

The spider and the fly

Renegade Minds know there are not two 'sides' in politics, only one side, the Cult, working through all 'sides'. It's a stage show, a puppet show, to direct the perceptions of the population into focusing on diversions like parties and candidates while missing the puppeteers with their hands holding all the strings. The Capitol Hill 'insurrection' brings us back to the Little Big Horn. Having created two distinct opposing groupings – Woke and Pushbackers – the trap was about to be sprung. Pushbackers were to be encircled and isolated by associating them all in the public mind with Trump and then labelling Trump as some sort of Confederate leader. I knew immediately that the Capitol riot was a set-up because of two things. One was how easy the rioters got into the building with virtually no credible resistance and secondly I could see – as with the 'Covid' hoax in the West at the start of 2020 – how the Cult could exploit the situation to move its agenda forward with great speed. My experience of Cult techniques and activities over more than 30 years has showed me that while they do exploit situations they haven't themselves created this never happens with events of fundamental agenda significance. Every time major events giving cultists the excuse to rapidly advance their plan you find they are manipulated into being for the specific reason of providing that excuse – Problem-Reaction-Solution. Only a tiny minority of the huge crowd of Washington protestors sought to gain entry to the Capitol by smashing windows and breaching doors. That didn't matter. The whole crowd and all Pushbackers, even if they did not support Trump, were going to be lumped together as dangerous

insurrectionists and conspiracy theorists. The latter term came into widespread use through a CIA memo in the 1960s aimed at discrediting those questioning the nonsensical official story of the Kennedy assassination and it subsequently became widely employed by the media. It's still being used by inept 'journalists' with no idea of its origin to discredit anyone questioning anything that authority claims to be true. When you are perpetrating a conspiracy you need to discredit the very word itself even though the dictionary definition of conspiracy is merely 'the activity of secretly planning with other people to do something bad or illegal' and 'a general agreement to keep silent about a subject for the purpose of keeping it secret'. On that basis there are conspiracies almost wherever you look. For obvious reasons the Cult and its lapdog media have to claim there are no conspiracies even though the word appears in state laws as with conspiracy to defraud, to murder, and to corrupt public morals.

Agent provocateurs are widely used by the Cult Deep State to manipulate genuine people into acting in ways that suit the desired outcome. By genuine in this case I mean protestors genuinely supporting Trump and claims that the election was stolen. In among them, however, were agents of the state wearing the garb of Trump supporters and QAnon to pump-prime the Capital riot which some genuine Trump supporters naively fell for. I described the situation as 'Come into my parlour said the spider to the fly'. Leaflets appeared through the Woke paramilitary arm Antifa, the anti-fascist fascists, calling on supporters to turn up in Washington looking like Trump supporters even though they hated him. Some of those arrested for breaching the Capitol Building were sourced to Antifa and its stable mate Black Lives Matter. Both organisations are funded by Cult billionaires and corporations. One man charged for the riot was according to his lawyer a former FBI agent who had held top secret security clearance for 40 years. Attorney Thomas Plofchan said of his client, 66-year-old Thomas Edward Caldwell:

He has held a Top Secret Security Clearance since 1979 and has undergone multiple Special Background Investigations in support of his clearances. After retiring from the Navy, he

worked as a section chief for the Federal Bureau of Investigation from 2009-2010 as a GS-12 [mid-level employee].

He also formed and operated a consulting firm performing work, often classified, for U.S government customers including the US. Drug Enforcement Agency, Department of Housing and Urban Development, the US Coast Guard, and the US Army Personnel Command.

A judge later released Caldwell pending trial in the absence of evidence about a conspiracy or that he tried to force his way into the building. *The New York Post* reported a 'law enforcement source' as saying that 'at least two known Antifa members were spotted' on camera among Trump supporters during the riot while one of the rioters arrested was John Earle Sullivan, a seriously extreme Black Lives Matter Trump-hater from Utah who was previously arrested and charged in July, 2020, over a BLM-Antifa riot in which drivers were threatened and one was shot. Sullivan is the founder of Utah-based Insurgence USA which is an affiliate of the Cult-created-and-funded Black Lives Matter movement. Footage appeared and was then deleted by Twitter of Trump supporters calling out Antifa infiltrators and a group was filmed changing into pro-Trump clothing before the riot. Security at the building was *pathetic* – as planned. Colonel Leroy Fletcher Prouty, a man with long experience in covert operations working with the US security apparatus, once described the tell-tale sign to identify who is involved in an assassination. He said:

No one has to direct an assassination – it happens. The active role is played secretly by permitting it to happen. This is the greatest single clue. Who has the power to call off or reduce the usual security precautions?

This principle applies to many other situations and certainly to the Capitol riot of January 6th, 2021.

The sting

With such a big and potentially angry crowd known to be gathering near the Capitol the security apparatus would have had a major police detail to defend the building with National Guard troops on

standby given the strength of feeling among people arriving from all over America encouraged by the QAnon Psyop and statements by Donald Trump. Instead Capitol Police 'security' was flimsy, weak, and easily breached. The same number of officers was deployed as on a regular day and that is a blatant red flag. They were not staffed or equipped for a possible riot that had been an obvious possibility in the circumstances. No protective and effective fencing worth the name was put in place and there were no contingency plans. The whole thing was basically a case of standing aside and waving people in. Once inside police mostly backed off apart from one Capitol police officer who ridiculously shot dead unarmed Air Force veteran protestor Ashli Babbitt without a warning as she climbed through a broken window. The 'investigation' refused to name or charge the officer after what must surely be considered a murder in the circumstances. They just lifted a carpet and swept. The story was endlessly repeated about five people dying in the 'armed insurrection' when there was no report of rioters using weapons. Apart from Babbitt the other four died from a heart attack, strokes and apparently a drug overdose. Capitol police officer Brian Sicknick was reported to have died after being bludgeoned with a fire extinguisher when he was alive after the riot was over and died later of what the Washington Medical Examiner's Office said was a stroke. Sicknick had no external injuries. The lies were delivered like rapid fire. There was a narrative to build with incessant repetition of the lie until the lie became the accepted 'everybody knows that' truth. The 'Big Lie' technique of Nazi Propaganda Minister Joseph Goebbels is constantly used by the Cult which was behind the Nazis and is today behind the 'Covid' and 'climate change' hoaxes. Goebbels said:

> If you tell a lie big enough and keep repeating it, people will eventually come to believe it. The lie can be maintained only for such time as the State can shield the people from the political, economic and/or military consequences of the lie. It thus becomes vitally important for the State to use all of its powers to repress dissent, for the truth is the mortal enemy of the lie, and thus by extension, the truth is the greatest enemy of the State.

Most protestors had a free run of the Capitol Building. This allowed pictures to be taken of rioters in iconic parts of the building including the Senate chamber which could be used as propaganda images against all Pushbackers. One Congresswoman described the scene as 'the worst kind of non-security anybody could ever imagine'. Well, the first part was true, but someone obviously did imagine it and made sure it happened. Some photographs most widely circulated featured people wearing QAnon symbols and now the Psyop would be used to dub all QAnon followers with the ubiquitous fit-all label of 'white supremacist' and 'insurrectionists'. When a Muslim extremist called Noah Green drove his car at two police officers at the Capitol Building killing one in April, 2021, there was no such political and media hysteria. They were just disappointed he wasn't white.

The witch-hunt

Government prosecutor Michael Sherwin, an aggressive, dark-eyed, professional Rottweiler led the 'investigation' and to call it over the top would be to understate reality a thousand fold. Hundreds were tracked down and arrested for the crime of having the wrong political views and people were jailed who had done nothing more than walk in the building, committed no violence or damage to property, took a few pictures and left. They were labelled a 'threat to the Republic' while Biden sat in the White House signing executive orders written for him that were dismantling 'the Republic'. Even when judges ruled that a mother and son should not be in jail the government kept them there. Some of those arrested have been badly beaten by prison guards in Washington and lawyers for one man said he suffered a fractured skull and was made blind in one eye. Meanwhile a woman is shot dead for no reason by a Capitol Police officer and we are not allowed to know who he is never mind what has happened to him although that will be *nothing*. The Cult's QAnon/Trump sting to identify and isolate Pushbackers and then target them on the road to crushing and deleting them was a resounding success. You would have thought the Russians had

invaded the building at gunpoint and lined up senators for a firing squad to see the political and media reaction. Congresswoman Alexandria Ocasio-Cortez is a child in a woman's body, a terrible-twos, me, me, me, Woker narcissist of such proportions that words have no meaning. She said she thought she was going to die when 'insurrectionists' banged on her office door. It turned out she wasn't even in the Capitol Building when the riot was happening and the 'banging' was a Capitol Police officer. She referred to herself as a 'survivor' which is an insult to all those true survivors of violent and sexual abuse while she lives her pampered and privileged life talking drivel for a living. Her Woke colleague and fellow mega-narcissist Rashida Tlaib broke down describing the devastating effect on her, too, of *not being* in the building when the rioters were there. Ocasio-Cortez and Tlaib are members of a fully-Woke group of Congresswomen known as 'The Squad' along with Ilhan Omar and Ayanna Pressley. The Squad from what I can see can be identified by its vehement anti-white racism, anti-white men agenda, and, as always in these cases, the absence of brain cells on active duty.

The usual suspects were on the riot case immediately in the form of Democrat ultra-Zionist senators and operatives Chuck Schumer and Adam Schiff demanding that Trump be impeached for 'his part in the insurrection'. The same pair of prats had led the failed impeachment of Trump over the invented 'Russia collusion' nonsense which claimed Russia had helped Trump win the 2016 election. I didn't realise that Tel Aviv had been relocated just outside Moscow. I must find an up-to-date map. The Russia hoax was a Sabbatian operation to keep Trump occupied and impotent and to stop any rapport with Russia which the Cult wants to retain as a perceptual enemy to be pulled out at will. Puppet Biden began attacking Russia when he came to office as the Cult seeks more upheaval, division and war across the world. A two-year stage show 'Russia collusion inquiry' headed by the not-very-bright former 9/11 FBI chief Robert Mueller, with support from 19 lawyers, 40 FBI agents plus intelligence analysts, forensic accountants and other

staff, devoured tens of millions of dollars and found no evidence of Russia collusion which a ten-year-old could have told them on day one. Now the same moronic Schumer and Schiff wanted a second impeachment of Trump over the Capitol 'insurrection' (riot) which the arrested development of Schumer called another 'Pearl Harbor' while others compared it with 9/11 in which 3,000 died and, in the case of CNN, with the Rwandan genocide in the 1990s in which an estimated 500,000 to 600,000 were murdered, between 250, 000 and 500,000 women were raped, and populations of whole towns were hacked to death with machetes. To make those comparisons purely for Cult political reasons is beyond insulting to those that suffered and lost their lives and confirms yet again the callous inhumanity that we are dealing with. Schumer is a monumental idiot and so is Schiff, but they serve the Cult agenda and do whatever they're told so they get looked after. Talking of idiots – another inane man who spanned the Russia and Capitol impeachment attempts was Senator Eric Swalwell who had the nerve to accuse Trump of collusion with the Russians while sleeping with a Chinese spy called Christine Fang or 'Fang Fang' which is straight out of a Bond film no doubt starring Klaus Schwab as the bloke living on a secret island and controlling laser weapons positioned in space and pointing at world capitals. Fang Fang plays the part of Bond's infiltrator girlfriend which I'm sure she would enjoy rather more than sharing a bed with the brainless Swalwell, lying back and thinking of China. The FBI eventually warned Swalwell about Fang Fang which gave her time to escape back to the Chinese dictatorship. How very thoughtful of them. The second Trump impeachment also failed and hardly surprising when an impeachment is supposed to remove a sitting president and by the time it happened Trump was no longer president. These people are running your country America, well, officially anyway. Terrifying isn't it?

Outcomes tell the story - always

The outcome of all this – and it's the *outcome* on which Renegade Minds focus, not the words – was that a vicious, hysterical and

obviously pre-planned assault was launched on Pushbackers to censor, silence and discredit them and even targeted their right to earn a living. They have since been condemned as ‘domestic terrorists’ that need to be treated like Al-Qaeda and Islamic State. ‘Domestic terrorists’ is a label the Cult has been trying to make stick since the period of the Oklahoma bombing in 1995 which was blamed on ‘far-right domestic terrorists’. If you read *The Trigger* you will see that the bombing was clearly a Problem-Reaction-Solution carried out by the Deep State during a Bill Clinton administration so corrupt that no dictionary definition of the term would even nearly suffice. Nearly 30, 000 troops were deployed from all over America to the empty streets of Washington for Biden’s inauguration. Ten thousand of them stayed on with the pretext of protecting the capital from insurrectionists when it was more psychological programming to normalise the use of the military in domestic law enforcement in support of the Cult plan for a police-military state. Biden’s fascist administration began a purge of ‘wrong-thinkers’ in the military which means anyone that is not on board with Woke. The Capitol Building was surrounded by a fence with razor wire and the Land of the Free was further symbolically and literally dismantled. The circle was completed with the installation of Biden and the exploitation of the QAnon Psyop.

America had never been so divided since the civil war of the 19th century, Pushbackers were isolated and dubbed terrorists and now, as was always going to happen, the Cult immediately set about deleting what little was left of freedom and transforming American society through a swish of the hand of the most controlled ‘president’ in American history leading (officially at least) the most extreme regime since the country was declared an independent state on July 4th, 1776. Biden issued undebated, dictatorial executive orders almost by the hour in his opening days in office across the whole spectrum of the Cult wish-list including diluting controls on the border with Mexico allowing thousands of migrants to illegally enter the United States to transform the demographics of America and import an election-changing number of perceived Democrat

voters. Then there were Biden deportation amnesties for the already illegally resident (estimated to be as high as 20 or even 30 million). A bill before Congress awarded American citizenship to anyone who could prove they had worked in agriculture for just 180 days in the previous two years as 'Big Ag' secured its slave labour long-term. There were the plans to add new states to the union such as Puerto Rico and making Washington DC a state. They are all parts of a plan to ensure that the Cult-owned Woke Democrats would be permanently in power.

Border – what border?

I have exposed in detail in other books how mass immigration into the United States and Europe is the work of Cult networks fuelled by the tens of billions spent to this and other ends by George Soros and his global Open Society (open borders) Foundations. The impact can be seen in America alone where the population has increased by *100 million* in little more than 30 years mostly through immigration. I wrote in *The Answer* that the plan was to have so many people crossing the southern border that the numbers become unstoppable and we are now there under Cult-owned Biden. El Salvador in Central America puts the scale of what is happening into context. A third of the population now lives in the United States, much of it illegally, and many more are on the way. The methodology is to crush Central and South American countries economically and spread violence through machete-wielding psychopathic gangs like MS-13 based in El Salvador and now operating in many American cities. Biden-imposed lax security at the southern border means that it is all but open. He said before his 'election' that he wanted to see a surge towards the border if he became president and that was the green light for people to do just that after election day to create the human disaster that followed for both America and the migrants. When that surge came the imbecilic Alexandria Ocasio-Cortez said it wasn't a 'surge' because they are 'children, not insurgents' and the term 'surge' (used by Biden) was a claim of 'white supremacists'.

This disingenuous lady may one day enter the realm of the most basic intelligence, but it won't be any time soon.

Sabbatians and the Cult are in the process of destroying America by importing violent people and gangs in among the genuine to terrorise American cities and by overwhelming services that cannot cope with the sheer volume of new arrivals. Something similar is happening in Europe as Western society in general is targeted for demographic and cultural transformation and upheaval. The plan demands violence and crime to create an environment of intimidation, fear and division and Soros has been funding the election of district attorneys across America who then stop prosecuting many crimes, reduce sentences for violent crimes and free as many violent criminals as they can. Sabbatians are creating the chaos from which order – their order – can respond in a classic Problem-Reaction-Solution. A Freemasonic moto says 'Ordo Ab Chao' (Order out of Chaos) and this is why the Cult is constantly creating chaos to impose a new 'order'. Here you have the reason the Cult is constantly creating chaos. The 'Covid' hoax can be seen with those entering the United States by plane being forced to take a 'Covid' test while migrants flooding through southern border processing facilities do not. Nothing is put in the way of mass migration and if that means ignoring the government's own 'Covid' rules then so be it. They know it's all bullshit anyway. Any pushback on this is denounced as 'racist' by Wokers and Sabbatian fronts like the ultra-Zionist Anti-Defamation League headed by the appalling Jonathan Greenblatt which at the same time argues that Israel should not give citizenship and voting rights to more Palestinian Arabs or the 'Jewish population' (in truth the Sabbatian network) will lose control of the country.

Society-changing numbers

Biden's masters have declared that countries like El Salvador are so dangerous that their people must be allowed into the United States for humanitarian reasons when there are fewer murders in large parts of many Central American countries than in US cities like

Baltimore. That is not to say Central America cannot be a dangerous place and Cult-controlled American governments have been making it so since way back, along with the dismantling of economies, in a long-term plan to drive people north into the United States. Parts of Central America are very dangerous, but in other areas the story is being greatly exaggerated to justify relaxing immigration criteria. Migrants are being offered free healthcare and education in the United States as another incentive to head for the border and there is no requirement to be financially independent before you can enter to prevent the resources of America being drained. You can't blame migrants for seeking what they believe will be a better life, but they are being played by the Cult for dark and nefarious ends. The numbers since Biden took office are huge. In February, 2021, more than 100,000 people were known to have tried to enter the US illegally through the southern border (it was 34,000 in the same month in 2020) and in March it was 170,000 – a 418 percent increase on March, 2020. These numbers are only known people, not the ones who get in unseen. The true figure for migrants illegally crossing the border in a single month was estimated by one congressman at 250,000 and that number will only rise under Biden's current policy. Gangs of murdering drug-running thugs that control the Mexican side of the border demand money – thousands of dollars – to let migrants cross the Rio Grande into America. At the same time gun battles are breaking out on the border several times a week between rival Mexican drug gangs (which now operate globally) who are equipped with sophisticated military-grade weapons, grenades and armoured vehicles. While the Capitol Building was being 'protected' from a non-existent 'threat' by thousands of troops, and others were still deployed at the time in the Cult Neocon war in Afghanistan, the southern border of America was left to its fate. This is not incompetence, it is cold calculation.

By March, 2021, there were 17,000 unaccompanied children held at border facilities and many of them are ensnared by people traffickers for paedophile rings and raped on their journey north to America. This is not conjecture – this is fact. Many of those designated

children are in reality teenage boys or older. Meanwhile Wokers posture their self-purity for encouraging poor and tragic people to come to America and face this nightmare both on the journey and at the border with the disgusting figure of House Speaker Nancy Pelosi giving disingenuous speeches about caring for migrants. The woman's evil. Wokers condemned Trump for having children in cages at the border (so did Obama, *Shhhh*), but now they are sleeping on the floor without access to a shower with one border facility 729 percent over capacity. The Biden insanity even proposed flying migrants from the southern border to the northern border with Canada for 'processing'. The whole shambles is being overseen by ultra-Zionist Secretary of Homeland Security, the moronic liar Alejandro Mayorkas, who banned news cameras at border facilities to stop Americans seeing what was happening. Mayorkas said there was not a ban on news crews; it was just that they were not allowed to film. Alongside him at Homeland Security is another ultra-Zionist Cass Sunstein appointed by Biden to oversee new immigration laws. Sunstein despises conspiracy researchers to the point where he suggests they should be banned or *taxed* for having such views. The man is not bonkers or anything. He's perfectly well-adjusted, but adjusted to what is the question. Criticise what is happening and you are a 'white supremacist' when earlier non-white immigrants also oppose the numbers which effect their lives and opportunities. Black people in poor areas are particularly damaged by uncontrolled immigration and the increased competition for work opportunities with those who will work for less. They are also losing voting power as Hispanics become more dominant in former black areas. It's a downward spiral for them while the billionaires behind the policy drone on about how much they care about black people and 'racism'. None of this is about compassion for migrants or black people – that's just wind and air. Migrants are instead being mercilessly exploited to transform America while the countries they leave are losing their future and the same is true in Europe. Mass immigration may now be the work of Woke Democrats, but it can be traced back to the 1986 Immigration Reform and Control Act (it

wasn't) signed into law by Republican hero President Ronald Reagan which gave amnesty to millions living in the United States illegally and other incentives for people to head for the southern border. Here we have the one-party state at work again.

Save me syndrome

Almost every aspect of what I have been exposing as the Cult agenda was on display in even the first days of 'Biden' with silencing of Pushbackers at the forefront of everything. A Renegade Mind will view the Trump years and QAnon in a very different light to their supporters and advocates as the dots are connected. The QAnon/Trump Psyop has given the Cult all it was looking for. We may not know how much, or little, that Trump realised he was being used, but that's a side issue. This pincer movement produced the desired outcome of dividing America and having Pushbackers isolated. To turn this around we have to look at new routes to empowerment which do not include handing our power to other people and groups through what I will call the 'Save Me Syndrome' – 'I want someone else to do it so that I don't have to'. We have seen this at work throughout human history and the QAnon/Trump Psyop is only the latest incarnation alongside all the others. Religion is an obvious expression of this when people look to a 'god' or priest to save them or tell them how to be saved and then there are 'save me' politicians like Trump. Politics is a diversion and not a 'saviour'. It is a means to block positive change, not make it possible.

Save Me Syndrome always comes with the same repeating theme of handing your power to whom or what you believe will save you while your real 'saviour' stares back from the mirror every morning. Renegade Minds are constantly vigilant in this regard and always asking the question 'What can I do?' rather than 'What can someone else do for me?' Gandhi was right when he said: 'You must be the change you want to see in the world.' We are indeed the people we have been waiting for. We are presented with a constant raft of reasons to concede that power to others and forget where the real power is. Humanity has the numbers and the Cult does not. It has to

use diversion and division to target the unstoppable power that comes from unity. Religions, governments, politicians, corporations, media, QAnon, are all different manifestations of this power-diversion and dilution. Refusing to give your power to governments and instead handing it to Trump and QAnon is not to take a new direction, but merely to recycle the old one with new names on the posters. I will explore this phenomenon as we proceed and how to break the cycles and recycles that got us here through the mists of repeating perception and so repeating history.

For now we shall turn to the most potent example in the entire human story of the consequences that follow when you give your power away. I am talking, of course, of the 'Covid' hoax.

CHAPTER FOUR

'Covid': Calculated catastrophe

Facts are threatening to those invested in fraud
DaShanne Stokes

We can easily unravel the real reason for the 'Covid pandemic' hoax by employing the Renegade Mind methodology that I have outlined this far. We'll start by comparing the long-planned Cult outcome with the 'Covid pandemic' outcome. Know the outcome and you'll see the journey.

I have highlighted the plan for the Hunger Games Society which has been in my books for so many years with the very few controlling the very many through ongoing dependency. To create this dependency it is essential to destroy independent livelihoods, businesses and employment to make the population reliant on the state (the Cult) for even the basics of life through a guaranteed pittance income. While independence of income remained these Cult ambitions would be thwarted. With this knowledge it was easy to see where the 'pandemic' hoax was going once talk of 'lockdowns' began and the closing of all but perceived 'essential' businesses to 'save' us from an alleged 'deadly virus'. Cult corporations like Amazon and Walmart were naturally considered 'essential' while mom and pop shops and stores had their doors closed by fascist decree. As a result with every new lockdown and new regulation more small and medium, even large businesses not owned by the Cult, went to the wall while Cult giants and their frontmen and women grew financially fatter by the second. Mom and pop were

denied an income and the right to earn a living and the wealth of people like Jeff Bezos (Amazon), Mark Zuckerberg (Facebook) and Sergei Brin and Larry Page (Google/Alphabet) have reached record levels. The Cult was increasing its own power through further dramatic concentrations of wealth while the competition was being destroyed and brought into a state of dependency. Lockdowns have been instigated to secure that very end and were never anything to do with health. My brother Paul spent 45 years building up a bus repair business, but lockdowns meant buses were running at a fraction of normal levels for months on end. Similar stories can told in their hundreds of millions worldwide. Efforts of a lifetime coldly destroyed by Cult multi-billionaires and their lackeys in government and law enforcement who continued to earn their living from the taxation of the people while denying the right of the same people to earn theirs. How different it would have been if those making and enforcing these decisions had to face the same financial hardships of those they affected, but they never do.

Gates of Hell

Behind it all in the full knowledge of what he is doing and why is the psychopathic figure of Cult operative Bill Gates. His puppet Tedros at the World Health Organization declared 'Covid' a pandemic in March, 2020. The WHO had changed the definition of a 'pandemic' in 2009 just a month before declaring the 'swine flu pandemic' which would not have been so under the previous definition. The same applies to 'Covid'. The definition had included… 'an infection by an infectious agent, occurring simultaneously in different countries, with a significant mortality rate relative to the proportion of the population infected'. The new definition removed the need for 'significant mortality'. The 'pandemic' has been fraudulent even down to the definition, but Gates demanded economy-destroying lockdowns, school closures, social distancing, mandatory masks, a 'vaccination' for every man, woman and child on the planet and severe consequences and restrictions for those that refused. Who gave him this power? The

Cult did which he serves like a little boy in short trousers doing what his daddy tells him. He and his psychopathic missus even smiled when they said that much worse was to come (what they knew was planned to come). Gates responded in the matter-of-fact way of all psychopaths to a question about the effect on the world economy of what he was doing:

> Well, it won't go to zero but it will shrink. Global GDP is probably going to take the biggest hit ever [Gates was smiling as he said this] … in my lifetime this will be the greatest economic hit. But you don't have a choice. People act as if you have a choice. People don't feel like going to the stadium when they might get infected … People are deeply affected by seeing these stats, by knowing they could be part of the transmission chain, old people, their parents and grandparents, could be affected by this, and so you don't get to say ignore what is going on here.
>
> There will be the ability to open up, particularly in rich countries, if things are done well over the next few months, but for the world at large normalcy only returns when we have largely vaccinated the entire population.

The man has no compassion or empathy. How could he when he's a psychopath like all Cult players? My own view is that even beyond that he is very seriously mentally ill. Look in his eyes and you can see this along with his crazy flailing arms. You don't do what he has done to the world population since the start of 2020 unless you are mentally ill and at the most extreme end of psychopathic. You especially don't do it when to you know, as we shall see, that cases and deaths from 'Covid' are fakery and a product of monumental figure massaging. 'These stats' that Gates referred to are based on a 'test' that's not testing for the 'virus' as he has known all along. He made his fortune with big Cult support as an infamously ruthless software salesman and now buys global control of 'health' (death) policy without the population he affects having any say. It's a breathtaking outrage. Gates talked about people being deeply affected by fear of 'Covid' when that was because of *him* and his global network lying to them minute-by-minute supported by a lying media that he seriously influences and funds to the tune of hundreds of millions. He's handed big sums to media operations including the BBC, NBC, Al Jazeera, Univision, *PBS NewsHour,*

ProPublica, National Journal, The Guardian, The Financial Times, The Atlantic, Texas Tribune, USA Today publisher Gannett, *Washington Monthly, Le Monde,* Center for Investigative Reporting, Pulitzer Center on Crisis Reporting, National Press Foundation, International Center for Journalists, Solutions Journalism Network, the Poynter Institute for Media Studies, and many more. Gates is everywhere in the 'Covid' hoax and the man must go to prison – or a mental facility – for the rest of his life and his money distributed to those he has taken such enormous psychopathic pleasure in crushing.

The Muscle

The Hunger Games global structure demands a police-military state – a fusion of the two into one force – which viciously imposes the will of the Cult on the population and protects the Cult from public rebellion. In that regard, too, the 'Covid' hoax just keeps on giving. Often unlawful, ridiculous and contradictory 'Covid' rules and regulations have been policed across the world by moronic automatons and psychopaths made faceless by face-nappy masks and acting like the Nazi SS and fascist blackshirts and brownshirts of Hitler and Mussolini. The smallest departure from the rules decreed by the psychos in government and their clueless gofers were jumped upon by the face-nappy fascists. Brutality against public protestors soon became commonplace even on girls, women and old people as the brave men with the batons – the Face-Nappies as I call them – broke up peaceful protests and handed out fines like confetti to people who couldn't earn a living let alone pay hundreds of pounds for what was once an accepted human right. Robot Face-Nappies of Nottingham police in the English East Midlands fined one group £11,000 for attending a child's birthday party. For decades I charted the transformation of law enforcement as genuine, decent officers were replaced with psychopaths and the brain dead who would happily and brutally do whatever their masters told them. Now they were let loose on the public and I would emphasise the point that none of this just happened. The step-by-step change in the dynamic between police and public was orchestrated from the shadows by

those who knew where this was all going and the same with the perceptual reframing of those in all levels of authority and official administration through ‘training courses’ by organisations such as Common Purpose which was created in the late 1980s and given a massive boost in Blair era Britain until it became a global phenomenon. Supposed public ‘servants’ began to view the population as the enemy and the same was true of the police. This was the start of the explosion of behaviour manipulation organisations and networks preparing for the all-war on the human psyche unleashed with the dawn of 2020. I will go into more detail about this later in the book because it is a core part of what is happening.

Police desecrated beauty spots to deter people gathering and arrested women for walking in the countryside alone ‘too far’ from their homes. We had arrogant, clueless sergeants in the Isle of Wight police where I live posting on Facebook what they insisted the population must do or else. A schoolmaster sergeant called Radford looked young enough for me to ask if his mother knew he was out, but he was posting what he *expected* people to do while a Sergeant Wilkinson boasted about fining lads for meeting in a McDonald’s car park where they went to get a lockdown takeaway. Wilkinson added that he had even cancelled their order. What a pair of prats these people are and yet they have increasingly become the norm among Jackboot Johnson’s Yellowshirts once known as the British police. This was the theme all over the world with police savagery common during lockdown protests in the United States, the Netherlands, and the fascist state of Victoria in Australia under its tyrannical and again moronic premier Daniel Andrews. Amazing how tyrannical and moronic tend to work as a team and the same combination could be seen across America as arrogant, narcissistic Woke governors and mayors such as Gavin Newsom (California), Andrew Cuomo (New York), Gretchen Whitmer (Michigan), Lori Lightfoot (Chicago) and Eric Garcetti (Los Angeles) did their Nazi and Stalin impressions with the full support of the compliant brutality of their enforcers in uniform as they arrested small business owners defying

fascist shutdown orders and took them to jail in ankle shackles and handcuffs. This happened to bistro owner Marlena Pavlos-Hackney in Gretchen Whitmer's fascist state of Michigan when police arrived to enforce an order by a state-owned judge for 'putting the community at risk' at a time when other states like Texas were dropping restrictions and migrants were pouring across the southern border without any 'Covid' questions at all. I'm sure there are many officers appalled by what they are ordered to do, but not nearly enough of them. If they were truly appalled they would not do it. As the months passed every opportunity was taken to have the military involved to make their presence on the streets ever more familiar and 'normal' for the longer-term goal of police-military fusion.

Another crucial element to the Hunger Games enforcement network has been encouraging the public to report neighbours and others for 'breaking the lockdown rules'. The group faced with £11,000 in fines at the child's birthday party would have been dobbed-in by a neighbour with a brain the size of a pea. The technique was most famously employed by the Stasi secret police in communist East Germany who had public informants placed throughout the population. A police chief in the UK says his force doesn't need to carry out 'Covid' patrols when they are flooded with so many calls from the public reporting other people for visiting the beach. Dorset police chief James Vaughan said people were so enthusiastic about snitching on their fellow humans they were now operating as an auxiliary arm of the police: 'We are still getting around 400 reports a week from the public, so we will respond to reports …We won't need to be doing hotspot patrols because people are very quick to pick the phone up and tell us.' Vaughan didn't say that this is a pillar of all tyrannies of whatever complexion and the means to hugely extend the reach of enforcement while spreading distrust among the people and making them wary of doing anything that might get them reported. Those narcissistic Isle of Wight sergeants Radford and Wilkinson never fail to add a link to their Facebook posts where the public can inform on their fellow slaves.

Neither would be self-aware enough to realise they were imitating the Stasi which they might well never have heard of. Government psychologists that I will expose later laid out a policy to turn communities against each other in the same way.

A coincidence? Yep, and I can knit fog

I knew from the start of the alleged pandemic that this was a Cult operation. It presented limitless potential to rapidly advance the Cult agenda and exploit manipulated fear to demand that every man, woman and child on the planet was 'vaccinated' in a process never used on humans before which infuses self-replicating *synthetic* material into human cells. Remember the plan to transform the human body from a biological to a synthetic biological state. I'll deal with the 'vaccine' (that's not actually a vaccine) when I focus on the genetic agenda. Enough to say here that mass global 'vaccination' justified by this 'new virus' set alarms ringing after 30 years of tracking these people and their methods. The 'Covid' hoax officially beginning in China was also a big red flag for reasons I will be explaining. The agenda potential was so enormous that I could dismiss any idea that the 'virus' appeared naturally. Major happenings with major agenda implications never occur without Cult involvement in making them happen. My questions were twofold in early 2020 as the media began its campaign to induce global fear and hysteria: Was this alleged infectious agent released on purpose by the Cult or did it even exist at all? I then did what I always do in these situations. I sat, observed and waited to see where the evidence and information would take me. By March and early April synchronicity was strongly – and ever more so since then – pointing me in the direction of *there is no 'virus'*. I went public on that with derision even from swathes of the alternative media that voiced a scenario that the Chinese government released the 'virus' in league with Deep State elements in the United States from a top-level bio-lab in Wuhan where the 'virus' is said to have first appeared. I looked at that possibility, but I didn't buy it for several reasons. Deaths from the 'virus' did not in any way match what they

would have been with a 'deadly bioweapon' and it is much more effective if you sell the *illusion* of an infectious agent rather than having a real one unless you can control through injection who has it and who doesn't. Otherwise you lose control of events. A made-up 'virus' gives you a blank sheet of paper on which you can make it do whatever you like and have any symptoms or mutant 'variants' you choose to add while a real infectious agent would limit you to what it actually does. A phantom disease allows you to have endless ludicrous 'studies' on the 'Covid' dollar to widen the perceived impact by inventing ever more 'at risk' groups including one study which said those who walk slowly may be almost four times more likely to die from the 'virus'. People are in psychiatric wards for less.

A real 'deadly bioweapon' can take out people in the hierarchy that are not part of the Cult, but essential to its operation. Obviously they don't want that. Releasing a real disease means you immediately lose control of it. Releasing an illusory one means you don't. Again it's vital that people are extra careful when dealing with what they want to hear. A bioweapon unleashed from a Chinese laboratory in collusion with the American Deep State may fit a conspiracy narrative, but is it true? Would it not be far more effective to use the excuse of a 'virus' to justify the real bioweapon – the 'vaccine'? That way your disease agent does not have to be transmitted and arrives directly through a syringe. I saw a French virologist Luc Montagnier quoted in the alternative media as saying he had discovered that the alleged 'new' severe acute respiratory syndrome coronavirus , or SARS-CoV-2, was made artificially and included elements of the human immunodeficiency 'virus' (HIV) and a parasite that causes malaria. SARS-CoV-2 is alleged to trigger an alleged illness called Covid-19. I remembered Montagnier's name from my research years before into claims that an HIV 'retrovirus' causes AIDs – claims that were demolished by Berkeley virologist Peter Duesberg who showed that no one had ever proved that HIV causes acquired immunodeficiency syndrome or AIDS. Claims that become accepted as fact, publicly and medically, with no proof whatsoever are an ever-recurring story that profoundly applies to

'Covid'. Nevertheless, despite the lack of proof, Montagnier's team at the Pasteur Institute in Paris had a long dispute with American researcher Robert Gallo over which of them discovered and isolated the HIV 'virus' and with *no evidence* found it to cause AIDS. You will see later that there is also no evidence that any 'virus' causes any disease or that there is even such a thing as a 'virus' in the way it is said to exist. The claim to have 'isolated' the HIV 'virus' will be presented in its real context as we come to the shocking story – and it is a story – of SARS-CoV-2 and so will Montagnier's assertion that he identified the full SARS-CoV-2 genome.

Hoax in the making

We can pick up the 'Covid' story in 2010 and the publication by the Rockefeller Foundation of a document called 'Scenarios for the Future of Technology and International Development'. The inner circle of the Rockefeller family has been serving the Cult since John D. Rockefeller (1839-1937) made his fortune with Standard Oil. It is less well known that the same Rockefeller – the Bill Gates of his day – was responsible for establishing what is now referred to as 'Big Pharma', the global network of pharmaceutical companies that make outrageous profits dispensing scalpel and drug 'medicine' and are obsessed with pumping vaccines in ever-increasing number into as many human arms and backsides as possible. John D. Rockefeller was the driving force behind the creation of the 'education' system in the United States and elsewhere specifically designed to program the perceptions of generations thereafter. The Rockefeller family donated exceptionally valuable land in New York for the United Nations building and were central in establishing the World Health Organization in 1948 as an agency of the UN which was created from the start as a Trojan horse and stalking horse for world government. Now enter Bill Gates. His family and the Rockefellers have long been extremely close and I have seen genealogy which claims that if you go back far enough the two families fuse into the same bloodline. Gates has said that the Bill and Melinda Gates Foundation was inspired by the Rockefeller Foundation and why not

when both are serving the same Cult? Major tax-exempt foundations are overwhelmingly criminal enterprises in which Cult assets fund the Cult agenda in the guise of 'philanthropy' while avoiding tax in the process. Cult operatives can become mega-rich in their role of front men and women for the psychopaths at the inner core and they, too, have to be psychopaths to knowingly serve such evil. Part of the deal is that a big percentage of the wealth gleaned from representing the Cult has to be spent advancing the ambitions of the Cult and hence you have the Rockefeller Foundation, Bill and Melinda Gates Foundation (and *so* many more) and people like George Soros with his global Open Society Foundations spending their billions in pursuit of global Cult control. Gates is a global public face of the Cult with his interventions in world affairs including Big Tech influence; a central role in the 'Covid' and 'vaccine' scam; promotion of the climate change shakedown; manipulation of education; geoengineering of the skies; and his food-control agenda as the biggest owner of farmland in America, his GMO promotion and through other means. As one writer said: 'Gates monopolizes or wields disproportionate influence over the tech industry, global health and vaccines, agriculture and food policy (including biopiracy and fake food), weather modification and other climate technologies, surveillance, education and media.' The almost limitless wealth secured through Microsoft and other not-allowed-to-fail ventures (including vaccines) has been ploughed into a long, long list of Cult projects designed to enslave the entire human race. Gates and the Rockefellers have been working as one unit with the Rockefeller-established World Health Organization leading global 'Covid' policy controlled by Gates through his mouth-piece Tedros. Gates became the WHO's biggest funder when Trump announced that the American government would cease its donations, but Biden immediately said he would restore the money when he took office in January, 2021. The Gates Foundation (the Cult) owns through limitless funding the world health system and the major players across the globe in the 'Covid' hoax.

Okay, with that background we return to that Rockefeller Foundation document of 2010 headed 'Scenarios for the Future of Technology and International Development' and its 'imaginary' epidemic of a virulent and deadly influenza strain which infected 20 percent of the global population and killed eight million in seven months. The Rockefeller scenario was that the epidemic destroyed economies, closed shops, offices and other businesses and led to governments imposing fierce rules and restrictions that included mandatory wearing of face masks and body-temperature checks to enter communal spaces like railway stations and supermarkets. The document predicted that even after the height of the Rockefeller-envisaged epidemic the authoritarian rule would continue to deal with further pandemics, transnational terrorism, environmental crises and rising poverty. Now you may think that the Rockefellers are our modern-day seers or alternatively, and rather more likely, that they well knew what was planned a few years further on. Fascism had to be imposed, you see, to 'protect citizens from risk and exposure'. The Rockefeller scenario document said:

During the pandemic, national leaders around the world flexed their authority and imposed airtight rules and restrictions, from the mandatory wearing of face masks to body-temperature checks at the entries to communal spaces like train stations and supermarkets. Even after the pandemic faded, this more authoritarian control and oversight of citizens and their activities stuck and even intensified. In order to protect themselves from the spread of increasingly global problems – from pandemics and transnational terrorism to environmental crises and rising poverty – leaders around the world took a firmer grip on power.

At first, the notion of a more controlled world gained wide acceptance and approval. Citizens willingly gave up some of their sovereignty – and their privacy – to more paternalistic states in exchange for greater safety and stability. Citizens were more tolerant, and even eager, for top-down direction and oversight, and national leaders had more latitude to impose order in the ways they saw fit.

In developed countries, this heightened oversight took many forms: biometric IDs for all citizens, for example, and tighter regulation of key industries whose stability was deemed vital to national interests. In many developed countries, enforced cooperation with a suite of new regulations and agreements slowly but steadily restored both order and, importantly, economic growth.

There we have the prophetic Rockefellers in 2010 and three years later came their paper for the Global Health Summit in Beijing, China, when government representatives, the private sector, international organisations and groups met to discuss the next 100 years of 'global health'. The Rockefeller Foundation-funded paper was called 'Dreaming the Future of Health for the Next 100 Years and more prophecy ensued as it described a dystopian future: 'The abundance of data, digitally tracking and linking people may mean the 'death of privacy' and may replace physical interaction with transient, virtual connection, generating isolation and raising questions of how values are shaped in virtual networks.' Next in the 'Covid' hoax preparation sequence came a 'table top' simulation in 2018 for another 'imaginary' pandemic of a disease called Clade X which was said to kill 900 million people. The exercise was organised by the Gates-funded Johns Hopkins University's Center for Health Security in the United States and this is the very same university that has been compiling the disgustingly and systematically erroneous global figures for 'Covid' cases and deaths. Similar Johns Hopkins health crisis scenarios have included the Dark Winter exercise in 2001 and Atlantic Storm in 2005.

Nostradamus 201

For sheer predictive genius look no further prophecy-watchers than the Bill Gates-funded Event 201 held only six weeks before the 'coronavirus pandemic' is supposed to have broken out in China and Event 201 was based on a scenario of a global 'coronavirus pandemic'. Melinda Gates, the great man's missus, told the BBC that he had 'prepared for years' for a coronavirus pandemic which told us what we already knew. Nostradamugates had predicted in a TED talk in 2015 that a pandemic was coming that would kill a lot of people and demolish the world economy. My god, the man is a machine – possibly even literally. Now here he was only weeks before the real thing funding just such a simulated scenario and involving his friends and associates at Johns Hopkins, the World Economic Forum Cult-front of Klaus Schwab, the United Nations,

Johnson & Johnson, major banks, and officials from China and the Centers for Disease Control in the United States. What synchronicity – Johns Hopkins would go on to compile the fraudulent 'Covid' figures, the World Economic Forum and Schwab would push the 'Great Reset' in response to 'Covid', the Centers for Disease Control would be at the forefront of 'Covid' policy in the United States, Johnson & Johnson would produce a 'Covid vaccine', and everything would officially start just weeks later in China. Spooky, eh? They were even accurate in creating a simulation of a 'virus' pandemic because the 'real thing' would also be a simulation. Event 201 was not an exercise preparing for something that might happen; it was a rehearsal for what those in control knew was *going* to happen and very shortly. Hours of this simulation were posted on the Internet and the various themes and responses mirrored what would soon be imposed to transform human society. News stories were inserted and what they said would be commonplace a few weeks later with still more prophecy perfection. Much discussion focused on the need to deal with misinformation and the 'anti-vax movement' which is exactly what happened when the 'virus' arrived – was said to have arrived – in the West.

Cult-owned social media banned criticism and exposure of the official 'virus' narrative and when I said there *was* no 'virus' in early April, 2020, I was banned by one platform after another including YouTube, Facebook and later Twitter. The mainstream broadcast media in Britain was in effect banned from interviewing me by the Tony-Blair-created government broadcasting censor Ofcom headed by career government bureaucrat Melanie Dawes who was appointed just as the 'virus' hoax was about to play out in January, 2020. At the same time the Ickonic media platform was using Vimeo, another ultra-Zionist-owned operation, while our own player was being created and they deleted in an instant hundreds of videos, documentaries, series and shows to confirm their unbelievable vindictiveness. We had copies, of course, and they had to be restored one by one when our player was ready. These people have no class. Sabbatian Facebook promised free advertisements for the Gates-

controlled World Health Organization narrative while deleting 'false claims and conspiracy theories' to stop 'misinformation' about the alleged coronavirus. All these responses could be seen just a short while earlier in the scenarios of Event 201. Extreme censorship was absolutely crucial for the Cult because the official story was so ridiculous and unsupportable by the evidence that it could never survive open debate and the free-flow of information and opinion. If you can't win a debate then don't have one is the Cult's approach throughout history. Facebook's little boy front man – front boy – Mark Zuckerberg equated 'credible and accurate information' with official sources and exposing their lies with 'misinformation'.

Silencing those that can see

The censorship dynamic of Event 201 is now the norm with an army of narrative-supporting 'fact-checker' organisations whose entire reason for being is to tell the public that official narratives are true and those exposing them are lying. One of the most appalling of these 'fact-checkers' is called NewsGuard founded by ultra-Zionist Americans Gordon Crovitz and Steven Brill. Crovitz is a former publisher of *The Wall Street Journal*, former Executive Vice President of Dow Jones, a member of the Council on Foreign Relations (CFR), and on the board of the American Association of Rhodes Scholars. The CFR and Rhodes Scholarships, named after Rothschild agent Cecil Rhodes who plundered the gold and diamonds of South Africa for his masters and the Cult, have featured widely in my books. NewsGuard don't seem to like me for some reason – I really can't think why – and they have done all they can to have me censored and discredited which is, to quote an old British politician, like being savaged by a dead sheep. They are, however, like all in the censorship network, very well connected and funded by organisations themselves funded by, or connected to, Bill Gates. As you would expect with anything associated with Gates NewsGuard has an offshoot called HealthGuard which 'fights online health care hoaxes'. How very kind. Somehow the NewsGuard European Managing Director Anna-Sophie Harling, a remarkably young-

looking woman with no broadcasting experience and little hands-on work in journalism, has somehow secured a position on the 'Content Board' of UK government broadcast censor Ofcom. An executive of an organisation seeking to discredit dissidents of the official narratives is making decisions for the government broadcast 'regulator' about content?? Another appalling 'fact-checker' is Full Fact funded by George Soros and global censors Google and Facebook.

It's amazing how many activists in the 'fact-checking', 'anti-hate', arena turn up in government-related positions – people like UK Labour Party activist Imran Ahmed who heads the Center for Countering Digital Hate founded by people like Morgan McSweeney, now chief of staff to the Labour Party's hapless and useless 'leader' Keir Starmer. Digital Hate – which is what it really is – uses the American spelling of Center to betray its connection to a transatlantic network of similar organisations which in 2020 shapeshifted from attacking people for 'hate' to attacking them for questioning the 'Covid' hoax and the dangers of the 'Covid vaccine'. It's just a coincidence, you understand. This is one of Imran Ahmed's hysterical statements: 'I would go beyond calling anti-vaxxers conspiracy theorists to say they are an extremist group that pose a national security risk.' No one could ever accuse this prat of understatement and he's including in that those parents who are now against vaccines after their children were damaged for life or killed by them. He's such a nice man. Ahmed does the rounds of the Woke media getting soft-ball questions from spineless 'journalists' who never ask what right he has to campaign to destroy the freedom of speech of others while he demands it for himself. There also seems to be an overrepresentation in Ofcom of people connected to the narrative-worshipping BBC. This incredible global network of narrative-support was super-vital when the 'Covid' hoax was played in the light of the mega-whopper lies that have to be defended from the spotlight cast by the most basic intelligence.

Setting the scene

The Cult plays the long game and proceeds step-by-step ensuring that everything is in place before major cards are played and they don't come any bigger than the 'Covid' hoax. The psychopaths can't handle events where the outcome isn't certain and as little as possible – preferably nothing – is left to chance. Politicians, government and medical officials who would follow direction were brought to illusory power in advance by the Cult web whether on the national stage or others like state governors and mayors of America. For decades the dynamic between officialdom, law enforcement and the public was changed from one of service to one of control and dictatorship. Behaviour manipulation networks established within government were waiting to impose the coming 'Covid' rules and regulations specifically designed to subdue and rewire the psyche of the people in the guise of protecting health. These included in the UK the Behavioural Insights Team part-owned by the British government Cabinet Office; the Scientific Pandemic Insights Group on Behaviours (SPI-B); and a whole web of intelligence and military groups seeking to direct the conversation on social media and control the narrative. Among them are the cyberwarfare (on the people) 77th Brigade of the British military which is also coordinated through the Cabinet Office as civilian and military leadership continues to combine in what they call the Fusion Doctrine. The 77th Brigade is a British equivalent of the infamous Israeli (Sabbatian) military cyberwarfare and Internet manipulation operation Unit 8200 which I expose at length in *The Trigger*. Also carefully in place were the medical and science advisers to government – many on the payroll past or present of Bill Gates – and a whole alternative structure of unelected government stood by to take control when elected parliaments were effectively closed down once the 'Covid' card was slammed on the table. The structure I have described here and so much more was installed in every major country through the Cult networks. The top-down control hierarchy looks like this: The Cult – Cult-owned Gates – the World Health Organization and Tedros – Gates-funded or controlled chief medical officers and science 'advisers' (dictators) in each country –

political 'leaders'– law enforcement – The People. Through this simple global communication and enforcement structure the policy of the Cult could be imposed on virtually the entire human population so long as they acquiesced to the fascism. With everything in place it was time for the button to be pressed in late 2019/early 2020.

These were the prime goals the Cult had to secure for its will to prevail:

1) Locking down economies, closing all but designated 'essential' businesses (Cult-owned corporations were 'essential'), and putting the population under house arrest was an imperative to destroy independent income and employment and ensure dependency on the Cult-controlled state in the Hunger Games Society. Lockdowns had to be established as the global blueprint from the start to respond to the 'virus' and followed by pretty much the entire world.

2) The global population had to be terrified into believing in a deadly 'virus' that didn't actually exist so they would unquestioningly obey authority in the belief that authority must know how best to protect them and their families. Software salesman Gates would suddenly morph into the world's health expert and be promoted as such by the Cult-owned media.

3) A method of testing that wasn't testing for the 'virus', but was only claimed to be, had to be in place to provide the illusion of 'cases' and subsequent 'deaths' that had a very different cause to the 'Covid-19' that would be scribbled on the death certificate.

4) Because there was no 'virus' and the great majority testing positive with a test not testing for the 'virus' would have no symptoms of anything the lie had to be sold that people without symptoms (without the 'virus') could still pass it on to others. This was crucial to justify for the first time quarantining – house arresting – healthy people. Without this the economy-destroying lockdown of *everybody* could not have been credibly sold.

5) The 'saviour' had to be seen as a vaccine which beyond evil drug companies were working like angels of mercy to develop as quickly as possible, with all corners cut, to save the day. The public must absolutely not know that the 'vaccine' had nothing to do with a 'virus' or that the contents were ready and waiting with a very different motive long before the 'Covid' card was even lifted from the pack.

I said in March, 2020, that the 'vaccine' would have been created way ahead of the 'Covid' hoax which justified its use and the following December an article in the New York *Intelligencer* magazine said the Moderna 'vaccine' had been 'designed' by

January, 2020. This was 'before China had even acknowledged that the disease could be transmitted from human to human, more than a week before the first confirmed coronavirus case in the United States'. The article said that by the time the first American death was announced a month later 'the vaccine had already been manufactured and shipped to the National Institutes of Health for the beginning of its Phase I clinical trial'. The 'vaccine' was actually 'designed' long before that although even with this timescale you would expect the article to ask how on earth it could have been done that quickly. Instead it asked why the 'vaccine' had not been rolled out then and not months later. Journalism in the mainstream is truly dead. I am going to detail in the next chapter why the 'virus' has never existed and how a hoax on that scale was possible, but first the foundation on which the Big Lie of 'Covid' was built.

The test that doesn't test

Fraudulent 'testing' is the bottom line of the whole 'Covid' hoax and was the means by which a 'virus' that did not exist *appeared* to exist. They could only achieve this magic trick by using a test not testing for the 'virus'. To use a test that *was* testing for the 'virus' would mean that every test would come back negative given there was no 'virus'. They chose to exploit something called the RT-PCR test invented by American biochemist Kary Mullis in the 1980s who said publicly that his PCR test … *cannot detect infectious disease*. Yes, the 'test' used worldwide to detect infectious 'Covid' to produce all the illusory 'cases' and 'deaths' compiled by Johns Hopkins and others *cannot detect infectious disease*. This fact came from the mouth of the man who invented PCR and was awarded the Nobel Prize in Chemistry in 1993 for doing so. Sadly, and incredibly conveniently for the Cult, Mullis died in August, 2019, at the age of 74 just before his test would be fraudulently used to unleash fascism on the world. He was said to have died from pneumonia which was an irony in itself. A few months later he would have had 'Covid-19' on his death certificate. I say the timing of his death was convenient because had he lived Mullis, a brilliant, honest and decent man, would have been

vociferously speaking out against the use of his test to detect 'Covid' when it was never designed, or able, to do that. I know that to be true given that Mullis made the same point when his test was used to 'detect' – not detect – HIV. He had been seriously critical of the Gallo/Montagnier claim to have isolated the HIV 'virus' and shown it to cause AIDS for which Mullis said there was no evidence. AIDS is actually not a disease but a series of diseases from which people die all the time. When they die from those *same diseases* after a positive 'test' for HIV then AIDS goes on their death certificate. I think I've heard that before somewhere. Countries instigated a policy with 'Covid' that anyone who tested positive with a test not testing for the 'virus' and died of any other cause within 28 days and even longer 'Covid-19' had to go on the death certificate. Cases have come from the test that can't test for infectious disease and the deaths are those who have died of *anything* after testing positive with a test not testing for the 'virus'. I'll have much more later about the death certificate scandal.

Mullis was deeply dismissive of the now US 'Covid' star Anthony Fauci who he said was a liar who didn't know anything about anything – 'and I would say that to his face – nothing.' He said of Fauci: 'The man thinks he can take a blood sample, put it in an electron microscope and if it's got a virus in there you'll know it – he doesn't understand electron microscopy and he doesn't understand medicine and shouldn't be in a position like he's in.' That position, terrifyingly, has made him the decider of 'Covid' fascism policy on behalf of the Cult in his role as director since 1984 of the National Institute of Allergy and Infectious Diseases (NIAID) while his record of being wrong is laughable; but being wrong, so long as it's the *right kind* of wrong, is why the Cult loves him. He'll say anything the Cult tells him to say. Fauci was made Chief Medical Adviser to the President immediately Biden took office. Biden was installed in the White House by Cult manipulation and one of his first decisions was to elevate Fauci to a position of even more control. This is a coincidence? Yes, and I identify as a flamenco dancer called Lola. How does such an incompetent criminal like Fauci remain in that

pivotal position in American health since *the 1980s*? When you serve the Cult it looks after you until you are surplus to requirements. Kary Mullis said prophetically of Fauci and his like: 'Those guys have an agenda and it's not an agenda we would like them to have … they make their own rules, they change them when they want to, and Tony Fauci does not mind going on television in front of the people who pay his salary and lie directly into the camera.' Fauci has done that almost daily since the 'Covid' hoax began. Lying is in Fauci's DNA. To make the situation crystal clear about the PCR test this is a direct quote from its inventor Kary Mullis:

> It [the PCR test] doesn't tell you that you're sick and doesn't tell you that the thing you ended up with was really going to hurt you …'

Ask yourself why governments and medical systems the world over have been using this very test to decide who is 'infected' with the SARS-CoV-2 'virus' and the alleged disease it allegedly causes, 'Covid-19'. The answer to that question will tell you what has been going on. By the way, here's a little show-stopper – the 'new' SARS-CoV-2 'virus' was 'identified' as such right from the start using … *the PCR test not testing for the 'virus'*. If you are new to this and find that shocking then stick around. I have hardly started yet. Even worse, other 'tests', like the 'Lateral Flow Device' (LFD), are considered so useless that they have to be *confirmed* by the PCR test! Leaked emails written by Ben Dyson, adviser to UK 'Health' Secretary Matt Hancock, said they were 'dangerously unreliable'. Dyson, executive director of strategy at the Department of Health, wrote: 'As of today, someone who gets a positive LFD result in (say) London has at best a 25 per cent chance of it being a true positive, but if it is a self-reported test potentially as low as 10 per cent (on an optimistic assumption about specificity) or as low as 2 per cent (on a more pessimistic assumption).' These are the 'tests' that schoolchildren and the public are being urged to have twice a week or more and have to isolate if they get a positive. Each fake positive goes in the statistics as a 'case' no matter how ludicrously inaccurate and the

‘cases’ drive lockdown, masks and the pressure to ‘vaccinate’. The government said in response to the email leak that the ‘tests’ were accurate which confirmed yet again what shocking bloody liars they are. The real false positive rate is *100 percent* as we’ll see. In another ‘you couldn’t make it up’ the UK government agreed to pay £2.8 billion to California’s Innova Medical Group to supply the irrelevant lateral flow tests. The company’s primary test-making centre is in China. Innova Medical Group, established in March, 2020, is owned by Pasaca Capital Inc, chaired by Chinese-American millionaire Charles Huang who was born in Wuhan.

How it works – and how it doesn’t

The RT-PCR test, known by its full title of Polymerase chain reaction, is used across the world to make millions, even billions, of copies of a DNA/RNA genetic information sample. The process is called ‘amplification’ and means that a tiny sample of genetic material is amplified to bring out the detailed content. I stress that it is not testing for an infectious disease. It is simply amplifying a sample of genetic material. In the words of Kary Mullis: ‘PCR is … just a process that’s used to make a whole lot of something out of something.’ To emphasise the point companies that make the PCR tests circulated around the world to ‘test’ for ‘Covid’ warn on the box that it can’t be used to detect ‘Covid’ or infectious disease and is for research purposes only. It’s okay, rest for a minute and you’ll be fine. This is the test that produces the ‘cases’ and ‘deaths’ that have been used to destroy human society. All those global and national medical and scientific ‘experts’ demanding this destruction to ‘save us’ *KNOW* that the test is not testing for the ‘virus’ and the cases and deaths they claim to be real are an almost unimaginable fraud. Every one of them and so many others including politicians and psychopaths like Gates and Tedros must be brought before Nuremburg-type trials and jailed for the rest of their lives. The more the genetic sample is amplified by PCR the more elements of that material become sensitive to the test and by that I don’t mean sensitive for a ‘virus’ but for elements of the genetic material which

is *naturally* in the body or relates to remnants of old conditions of various kinds lying dormant and causing no disease. Once the amplification of the PCR reaches a certain level *everyone* will test positive. So much of the material has been made sensitive to the test that everyone will have some part of it in their body. Even lying criminals like Fauci have said that once PCR amplifications pass 35 cycles everything will be a false positive that cannot be trusted for the reasons I have described. I say, like many proper doctors and scientists, that 100 percent of the 'positives' are false, but let's just go with Fauci for a moment.

He says that any amplification over 35 cycles will produce false positives and yet the US Centers for Disease Control (CDC) and Food and Drug Administration (FDA) have recommended up to *40 cycles* and the National Health Service (NHS) in Britain admitted in an internal document for staff that it was using *45 cycles* of amplification. A long list of other countries has been doing the same and at least one 'testing' laboratory has been using *50 cycles*. Have you ever heard a doctor, medical 'expert' or the media ask what level of amplification has been used to claim a 'positive'. The 'test' comes back 'positive' and so you have the 'virus', end of story. Now we can see how the government in Tanzania could send off samples from a goat and a pawpaw fruit under human names and both came back positive for 'Covid-19'. Tanzania president John Magufuli mocked the 'Covid' hysteria, the PCR test and masks and refused to import the DNA-manipulating 'vaccine'. The Cult hated him and an article sponsored by the Bill Gates Foundation appeared in the London *Guardian* in February, 2021, headed 'It's time for Africa to rein in Tanzania's anti-vaxxer president'. Well, 'reined in' he shortly was. Magufuli appeared in good health, but then, in March, 2021, he was dead at 61 from 'heart failure'. He was replaced by Samia Hassan Suhulu who is connected to Klaus Schwab's World Economic Forum and she immediately reversed Magufuli's 'Covid' policy. A sample of cola tested positive for 'Covid' with the PCR test in Germany while American actress and singer-songwriter Erykah Badu tested positive in one nostril and negative in the other. Footballer Ronaldo called

the PCR test 'bullshit' after testing positive three times and being forced to quarantine and miss matches when there was nothing wrong with him. The mantra from Tedros at the World Health Organization and national governments (same thing) has been test, test, test. They know that the more tests they can generate the more fake 'cases' they have which go on to become 'deaths' in ways I am coming to. The UK government has its Operation Moonshot planned to test multiple millions every day in workplaces and schools with free tests for everyone to use twice a week at home in line with the Cult plan from the start to make testing part of life. A government advertisement for an 'Interim Head of Asymptomatic Testing Communication' said the job included responsibility for delivering a 'communications strategy' (propaganda) 'to support the expansion of asymptomatic testing that *'normalises testing as part of everyday life'*. More tests means more fake 'cases', 'deaths' and fascism. I have heard of, and from, many people who booked a test, couldn't turn up, and yet got a positive result through the post for a test they'd never even had. The whole thing is crazy, but for the Cult there's method in the madness. Controlling and manipulating the level of amplification of the test means the authorities can control whenever they want the number of apparent 'cases' and 'deaths'. If they want to justify more fascist lockdown and destruction of livelihoods they keep the amplification high. If they want to give the illusion that lockdowns and the 'vaccine' are working then they lower the amplification and 'cases' and 'deaths' will appear to fall. In January, 2021, the Cult-owned World Health Organization suddenly warned laboratories about over-amplification of the test and to lower the threshold. Suddenly headlines began appearing such as: 'Why ARE "Covid" cases plummeting?' This was just when the vaccine rollout was underway and I had predicted months before they would make cases appear to fall through amplification tampering when the 'vaccine' came. These people are so predictable.

Cow vaccines?

The question must be asked of what is on the test swabs being poked far up the nose of the population to the base of the brain? A nasal swab punctured one woman's brain and caused it to leak fluid. Most of these procedures are being done by people with little training or medical knowledge. Dr Lorraine Day, former orthopaedic trauma surgeon and Chief of Orthopaedic Surgery at San Francisco General Hospital, says the tests are really a *'vaccine'*. Cows have long been vaccinated this way. She points out that masks have to cover the nose and the mouth where it is claimed the 'virus' exists in saliva. Why then don't they take saliva from the mouth as they do with a DNA test instead of pushing a long swab up the nose towards the brain? The ethmoid bone separates the nasal cavity from the brain and within that bone is the cribriform plate. Dr Day says that when the swab is pushed up against this plate and twisted the procedure is 'depositing things back there'. She claims that among these 'things' are nanoparticles that can enter the brain. Researchers have noted that a team at the Gates-funded Johns Hopkins have designed tiny, star-shaped micro-devices that can latch onto intestinal mucosa and release drugs into the body. Mucosa is the thin skin that covers the inside surface of parts of the body such as *the nose* and mouth and produces mucus to protect them. The Johns Hopkins micro-devices are called 'theragrippers' and were 'inspired' by a parasitic worm that digs its sharp teeth into a host's intestines. Nasal swabs are also coated in the sterilisation agent ethylene oxide. The US National Cancer Institute posts this explanation on its website:

> At room temperature, ethylene oxide is a flammable colorless gas with a sweet odor. It is used primarily to produce other chemicals, including antifreeze. In smaller amounts, ethylene oxide is used as a pesticide and a sterilizing agent. The ability of ethylene oxide to damage DNA makes it an effective sterilizing agent but also accounts for its cancer-causing activity.

The Institute mentions lymphoma and leukaemia as cancers most frequently reported to be associated with occupational exposure to ethylene oxide along with stomach and breast cancers. How does anyone think this is going to work out with the constant testing

regime being inflicted on adults and children at home and at school that will accumulate in the body anything that's on the swab?

Doctors know best

It is vital for people to realise that 'hero' doctors 'know' only what the Big Pharma-dominated medical authorities tell them to 'know' and if they refuse to 'know' what they are told to 'know' they are out the door. They are mostly not physicians or healers, but repeaters of the official narrative – or else. I have seen alleged professional doctors on British television make shocking statements that we are supposed to take seriously. One called 'Dr' Amir Khan, who is actually telling patients how to respond to illness, said that men could take the birth pill to 'help slow down the effects of Covid-19'. In March, 2021, another ridiculous 'Covid study' by an American doctor proposed injecting men with the female sex hormone progesterone as a 'Covid' treatment. British doctor Nighat Arif told the BBC that face coverings were now going to be part of ongoing normal. Yes, the vaccine protects you, she said (evidence?) … but the way to deal with viruses in the community was always going to come down to hand washing, face covering and keeping a physical distance. That's not what we were told before the 'vaccine' was circulating. Arif said she couldn't imagine ever again going on the underground or in a lift without a mask. I was just thanking my good luck that she was not my doctor when she said – in March, 2021 – that if 'we are *behaving* and we are doing all the right things' she thought we could 'have our nearest and dearest around us at home … around *Christmas* and N*ew Year!* Her patronising delivery was the usual school teacher talking to six-year-olds as she repeated every government talking point and probably believed them all. If we have learned anything from the 'Covid' experience surely it must be that humanity's perception of doctors needs a fundamental rethink. NHS 'doctor' Sara Kayat told her television audience that the 'Covid vaccine' would '100 percent prevent hospitalisation and death'. Not even Big Pharma claimed that. We have to stop taking 'experts' at their word without question when so many of them are

clueless and only repeating the party line on which their careers depend. That is not to say there are not brilliants doctors – there are and I have spoken to many of them since all this began – but you won't see them in the mainstream media or quoted by the psychopaths and yes-people in government.

Remember the name – Christian Drosten

German virologist Christian Drosten, Director of Charité Institute of Virology in Berlin, became a national star after the pandemic hoax began. He was feted on television and advised the German government on 'Covid' policy. Most importantly to the wider world Drosten led a group that produced the 'Covid' testing protocol for the PCR test. What a remarkable feat given the PCR cannot test for infectious disease and even more so when you think that Drosten said that his method of testing for SARS-CoV-2 was developed 'without having virus material available'. *He developed a test for a 'virus' that he didn't have and had never seen*. Let that sink in as you survey the global devastation that came from what he did. The whole catastrophe of Drosten's 'test' was based on the alleged genetic sequence published by Chinese scientists on the Internet. We will see in the next chapter that this alleged 'genetic sequence' has never been produced by China or anyone and cannot be when there *is no* SARS-CoV-2. Drosten, however, doesn't seem to let little details like that get in the way. He was the lead author with Victor Corman from the same Charité Hospital of the paper 'Detection of 2019 novel coronavirus (2019-nCoV) by real-time PCR' published in a magazine called *Eurosurveillance*. This became known as the Corman-Drosten paper. In November, 2020, with human society devastated by the effects of the Corman-Drosten test baloney, the protocol was publicly challenged by 22 international scientists and independent researchers from Europe, the United States, and Japan. Among them were senior molecular geneticists, biochemists, immunologists, and microbiologists. They produced a document headed 'External peer review of the RTPCR test to detect SARS-Cov-2 Reveals 10 Major Flaws At The Molecular and Methodological Level: Consequences

For False-Positive Results'. The flaws in the Corman-Drosten test included the following:

- The test is non-specific because of erroneous design
- Results are enormously variable
- The test is unable to discriminate between the whole 'virus' and viral fragments
- It doesn't have positive or negative controls
- The test lacks a standard operating procedure
- It is unsupported by proper peer view

The scientists said the PCR 'Covid' testing protocol was not founded on science and they demanded the Corman-Drosten paper be retracted by *Eurosurveillance*. They said all present and previous Covid deaths, cases, and 'infection rates' should be subject to a massive retroactive inquiry. Lockdowns and travel restrictions should be reviewed and relaxed and those diagnosed through PCR to have 'Covid-19' should not be forced to isolate. Dr Kevin Corbett, a health researcher and nurse educator with a long academic career producing a stream of peer-reviewed publications at many UK universities, made the same point about the PCR test debacle. He said of the scientists' conclusions: 'Every scientific rationale for the development of that test has been totally destroyed by this paper. It's like Hiroshima/Nagasaki to the Covid test.' He said that China hadn't given them an isolated 'virus' when Drosten developed the test. Instead they had developed the test from *a sequence in a gene bank*.' Put another way … *they made it up*! The scientists were supported in this contention by a Portuguese appeals court which ruled in November, 2020, that PCR tests are unreliable and it is unlawful to quarantine people based solely on a PCR test. The point about China not providing an isolated virus must be true when the 'virus' has never been isolated to this day and the consequences of that will become clear. Drosten and company produced this useless 'protocol' right on cue in January, 2020, just as the 'virus' was said to

be moving westward and it somehow managed to successfully pass a peer-review in 24 hours. In other words there was no peer-review for a test that would be used to decide who had 'Covid' and who didn't across the world. The Cult-created, Gates-controlled World Health Organization immediately recommended all its nearly 200 member countries to use the Drosten PCR protocol to detect 'cases' and 'deaths'. The sting was underway and it continues to this day.

So who is this Christian Drosten that produced the means through which death, destruction and economic catastrophe would be justified? His education background, including his doctoral thesis, would appear to be somewhat shrouded in mystery and his track record is dire as with another essential player in the 'Covid' hoax, the Gates-funded Professor Neil Ferguson at the Gates-funded Imperial College in London of whom more shortly. Drosten predicted in 2003 that the alleged original SARS 'virus' (SARS-1') was an epidemic that could have serious effects on economies and an effective vaccine would take at least two years to produce. Drosten's answer to every alleged 'outbreak' is a vaccine which you won't be shocked to know. What followed were just 774 official deaths worldwide and none in Germany where there were only nine cases. That is even if you believe there ever was a SARS 'virus' when the evidence is zilch and I will expand on this in the next chapter. Drosten claims to be co-discoverer of 'SARS-1' and developed a test for it in 2003. He was screaming warnings about 'swine flu' in 2009 and how it was a widespread infection far more severe than any dangers from a vaccine could be and people should get vaccinated. It would be helpful for Drosten's vocal chords if he simply recorded the words 'the virus is deadly and you need to get vaccinated' and copies could be handed out whenever the latest made-up threat comes along. Drosten's swine flu epidemic never happened, but Big Pharma didn't mind with governments spending hundreds of millions on vaccines that hardly anyone bothered to use and many who did wished they hadn't. A study in 2010 revealed that the risk of dying from swine flu, or H1N1, was no higher than that of the annual seasonal flu which is what at least most of 'it' really was as in

the case of 'Covid-19'. A media investigation into Drosten asked how with such a record of inaccuracy he could be *the* government adviser on these issues. The answer to that question is the same with Drosten, Ferguson and Fauci – they keep on giving the authorities the 'conclusions' and 'advice' they want to hear. Drosten certainly produced the goods for them in January, 2020, with his PCR protocol garbage and provided the foundation of what German internal medicine specialist Dr Claus Köhnlein, co-author of *Virus Mania*, called the 'test pandemic'. The 22 scientists in the *Eurosurveillance* challenge called out conflicts of interest within the Drosten 'protocol' group and with good reason. Olfert Landt, a regular co-author of Drosten 'studies', owns the biotech company TIB Molbiol Syntheselabor GmbH in Berlin which manufactures and sells the tests that Drosten and his mates come up with. They have done this with SARS, Enterotoxigenic E. coli (ETEC), MERS, Zika 'virus', yellow fever, and now 'Covid'. Landt told the *Berliner Zeitung* newspaper:

> The testing, design and development came from the Charité [Drosten and Corman]. We simply implemented it immediately in the form of a kit. And if we don't have the virus, which originally only existed in Wuhan, we can make a synthetic gene to simulate the genome of the virus. That's what we did very quickly.

This is more confirmation that the Drosten test was designed without access to the 'virus' and only a synthetic simulation which is what SARS-CoV-2 really is – a computer-generated synthetic fiction. It's quite an enterprise they have going here. A Drosten team decides what the test for something should be and Landt's biotech company flogs it to governments and medical systems across the world. His company must have made an absolute fortune since the 'Covid' hoax began. Dr Reiner Fuellmich, a prominent German consumer protection trial lawyer in Germany and California, is on Drosten's case and that of Tedros at the World Health Organization for crimes against humanity with a class-action lawsuit being prepared in the United States and other legal action in Germany.

Why China?

Scamming the world with a 'virus' that doesn't exist would seem impossible on the face of it, but not if you have control of the relatively few people that make policy decisions and the great majority of the global media. Remember it's not about changing 'real' reality it's about controlling *perception* of reality. You don't have to make something happen you only have make people *believe* that it's happening. Renegade Minds understand this and are therefore much harder to swindle. 'Covid-19' is not a 'real' 'virus'. It's a mind virus, like a computer virus, which has infected the minds, not the bodies, of billions. It all started, publically at least, in China and that alone is of central significance. The Cult was behind the revolution led by its asset Mao Zedong, or Chairman Mao, which established the People's Republic of China on October 1st, 1949. It should have been called The Cult's Republic of China, but the name had to reflect the recurring illusion that vicious dictatorships are run by and for the people (see all the 'Democratic Republics' controlled by tyrants). In the same way we have the 'Biden' Democratic Republic of America officially ruled by a puppet tyrant (at least temporarily) on behalf of Cult tyrants. The creation of Mao's merciless communist/fascist dictatorship was part of a frenzy of activity by the Cult at the conclusion of World War Two which, like the First World War, it had instigated through its assets in Germany, Britain, France, the United States and elsewhere. Israel was formed in 1948; the Soviet Union expanded its 'Iron Curtain' control, influence and military power with the Warsaw Pact communist alliance in 1955; the United Nations was formed in 1945 as a Cult precursor to world government; and a long list of world bodies would be established including the World Health Organization (1948), World Trade Organization (1948 under another name until 1995), International Monetary Fund (1945) and World Bank (1944). Human society was redrawn and hugely centralised in the global Problem-Reaction-Solution that was World War Two. All these changes were significant. Israel would become the headquarters of the Sabbatians

and the revolution in China would prepare the ground and control system for the events of 2019/2020.

Renegade Minds know there are no borders except for public consumption. The Cult is a seamless, borderless global entity and to understand the game we need to put aside labels like borders, nations, countries, communism, fascism and democracy. These delude the population into believing that countries are ruled within their borders by a government of whatever shade when these are mere agencies of a global power. America's illusion of democracy and China's communism/fascism are subsidiaries – vehicles – for the same agenda. We may hear about conflict and competition between America and China and on the lower levels that will be true; but at the Cult level they are branches of the same company in the way of the McDonald's example I gave earlier. I have tracked in the books over the years support by US governments of both parties for Chinese Communist Party infiltration of American society through allowing the sale of land, even military facilities, and the acquisition of American business and university influence. All this is underpinned by the infamous stealing of intellectual property and technological know-how. Cult-owned Silicon Valley corporations waive their fraudulent 'morality' to do business with human-rights-free China; Cult-controlled Disney has become China's PR department; and China in effect owns 'American' sports such as basketball which depends for much of its income on Chinese audiences. As a result any sports player, coach or official speaking out against China's horrific human rights record is immediately condemned or fired by the China-worshipping National Basketball Association. One of the first acts of China-controlled Biden was to issue an executive order telling federal agencies to stop making references to the 'virus' by the 'geographic location of its origin'. Long-time Congressman Jerry Nadler warned that criticising China, America's biggest rival, leads to hate crimes against Asian people in the United States. So shut up you bigot. China is fast closing in on Israel as a country that must not be criticised which is apt, really, given that Sabbatians control them both. The two countries have

developed close economic, military, technological and strategic ties which include involvement in China's 'Silk Road' transport and economic initiative to connect China with Europe. Israel was the first country in the Middle East to recognise the establishment of Mao's tyranny in 1950 months after it was established.

Project Wuhan – the 'Covid' Psyop

I emphasise again that the Cult plays the long game and what is happening to the world today is the result of centuries of calculated manipulation following a script to take control step-by-step of every aspect of human society. I will discuss later the common force behind all this that has spanned those centuries and thousands of years if the truth be told. Instigating the Mao revolution in China in 1949 with a 2020 'pandemic' in mind is not only how they work – the 71 years between them is really quite short by the Cult's standards of manipulation preparation. The reason for the Cult's Chinese revolution was to create a fiercely-controlled environment within which an extreme structure for human control could be incubated to eventually be unleashed across the world. We have seen this happen since the 'pandemic' emerged from China with the Chinese control-structure founded on AI technology and tyrannical enforcement sweep across the West. Until the moment when the Cult went for broke in the West and put its fascism on public display Western governments had to pay some lip-service to freedom and democracy to not alert too many people to the tyranny-in-the-making. Freedoms were more subtly eroded and power centralised with covert government structures put in place waiting for the arrival of 2020 when that smokescreen of 'freedom' could be dispensed with. The West was not able to move towards tyranny before 2020 anything like as fast as China which was created as a tyranny and had no limits on how fast it could construct the Cult's blueprint for global control. When the time came to impose that structure on the world it was the same Cult-owned Chinese communist/fascist government that provided the excuse – the 'Covid pandemic'. It was absolutely crucial to the Cult plan for the Chinese response to the 'pandemic' –

draconian lockdowns of the entire population – to become the blueprint that Western countries would follow to destroy the livelihoods and freedom of their people. This is why the Cult-owned, Gates-owned, WHO Director-General Tedros said early on:

> The Chinese government is to be congratulated for the extraordinary measures it has taken to contain the outbreak. China is actually setting a new standard for outbreak response and it is not an exaggeration.

Forbes magazine said of China: '… those measures protected untold millions from getting the disease'. The Rockefeller Foundation 'epidemic scenario' document in 2010 said 'prophetically':

> However, a few countries did fare better – China in particular. The Chinese government's quick imposition and enforcement of mandatory quarantine for all citizens, as well as its instant and near-hermetic sealing off of all borders, saved millions of lives, stopping the spread of the virus far earlier than in other countries and enabling a swifter post-pandemic recovery.

Once again – *spooky*.

The first official story was the 'bat theory' or rather the bat diversion. The source of the 'virus outbreak' we were told was a ''wet market' in Wuhan where bats and other animals are bought and eaten in horrifically unhygienic conditions. Then another story emerged through the alternative media that the 'virus' had been released on purpose or by accident from a BSL-4 (biosafety level 4) laboratory in Wuhan not far from the wet market. The lab was reported to create and work with lethal concoctions and bioweapons. Biosafety level 4 is the highest in the World Health Organization system of safety and containment. Renegade Minds are aware of what I call designer manipulation. The ideal for the Cult is for people to buy its prime narrative which in the opening salvoes of the 'pandemic' was the wet market story. It knows, however, that there is now a considerable worldwide alternative media of researchers sceptical of anything governments say and they are often given a version of events in a form they can perceive as credible while misdirecting them from the real truth. In this case let them

think that the conspiracy involved is a 'bioweapon virus' released from the Wuhan lab to keep them from the real conspiracy – *there is no 'virus'*. The WHO's current position on the source of the outbreak at the time of writing appears to be: 'We haven't got a clue, mate.' This is a good position to maintain mystery and bewilderment. The inner circle will know where the 'virus' came from – *nowhere*. The bottom line was to ensure the public believed there *was* a 'virus' and it didn't much matter if they thought it was natural or had been released from a lab. The belief that there was a 'deadly virus' was all that was needed to trigger global panic and fear. The population was terrified into handing their power to authority and doing what they were told. They had to or they were 'all gonna die'.

In March, 2020, information began to come my way from real doctors and scientists and my own additional research which had my intuition screaming: 'Yes, that's it! *There is no virus*.' The 'bioweapon' was not the 'virus'; it was the *'vaccine'* already being talked about that would be the bioweapon. My conclusion was further enhanced by happenings in Wuhan. The 'virus' was said to be sweeping the city and news footage circulated of people collapsing in the street (which they've never done in the West with the same 'virus'). The Chinese government was building 'new hospitals' in a matter of ten days to 'cope with demand' such was the virulent nature of the 'virus'. Yet in what seemed like no time the 'new hospitals' closed – even if they even opened – and China declared itself 'virus-free'. It was back to business as usual. This was more propaganda to promote the Chinese draconian lockdowns in the West as the way to 'beat the virus'. Trouble was that we subsequently had lockdown after lockdown, but never business as usual. As the people of the West and most of the rest of the world were caught in an ever-worsening spiral of lockdown, social distancing, masks, isolated old people, families forced apart, and livelihood destruction, it was party-time in Wuhan. Pictures emerged of thousands of people enjoying pool parties and concerts. It made no sense until you realised there never was a 'virus' and the

whole thing was a Cult set-up to transform human society out of one its major global strongholds – China.

How is it possible to deceive virtually the entire world population into believing there is a deadly virus when there is not even a 'virus' let alone a deadly one? It's nothing like as difficult as you would think and that's clearly true because it happened.

Postscript: See end of book Postscript for more on the 'Wuhan lab virus release' story which the authorities and media were pushing heavily in the summer of 2021 to divert attention from the truth that the 'Covid virus' is pure invention.

CHAPTER FIVE

There *is no* 'virus'

You can fool some of the people all of the time, and all of the people some of the time, but you cannot fool all of the people all of the time
Abraham Lincoln

The greatest form of mind control is repetition. The more you repeat the same mantra of alleged 'facts' the more will accept them to be true. It becomes an 'everyone knows that, mate'. If you can also censor any other version or alternative to your alleged 'facts' you are pretty much home and cooking.

By the start of 2020 the Cult owned the global mainstream media almost in its entirety to spew out its 'Covid' propaganda and ignore or discredit any other information and view. Cult-owned social media platforms in Cult-owned Silicon Valley were poised and ready to unleash a campaign of ferocious censorship to obliterate all but the official narrative. To complete the circle many demands for censorship by Silicon Valley were led by the mainstream media as 'journalists' became full-out enforcers for the Cult both as propagandists and censors. Part of this has been the influx of young people straight out of university who have become 'journalists' in significant positions. They have no experience and a headful of programmed perceptions from their years at school and university at a time when today's young are the most perceptually-targeted generations in known human history given the insidious impact of technology. They enter the media perceptually prepared and ready to repeat the narratives of the system that programmed them to

repeat its narratives. The BBC has a truly pathetic ‘specialist disinformation reporter’ called Marianna Spring who fits this bill perfectly. She is clueless about the world, how it works and what is really going on. Her role is to discredit anyone doing the job that a proper journalist would do and system-serving hacks like Spring wouldn’t dare to do or even see the need to do. They are too busy licking the arse of authority which can never be wrong and, in the case of the BBC propaganda programme, *Panorama*, contacting payments systems such as PayPal to have a donations page taken down for a film company making documentaries questioning vaccines. Even the BBC soap opera *EastEnders* included a disgracefully biased scene in which an inarticulate white working class woman was made to look foolish for questioning the ‘vaccine’ while a well-spoken black man and Asian woman promoted the government narrative. It ticked every BBC box and the fact that the black and minority community was resisting the ‘vaccine’ had nothing to do with the way the scene was written. The BBC has become a disgusting tyrannical propaganda and censorship operation that should be defunded and disbanded and a free media take its place with a brief to stop censorship instead of demanding it. A BBC ‘interview’ with Gates goes something like: ‘Mr Gates, sir, if I can call you sir, would you like to tell our audience why you are such a great man, a wonderful humanitarian philanthropist, and why you should absolutely be allowed as a software salesman to decide health policy for approaching eight billion people? Thank you, sir, please sir.’ Propaganda programming has been incessant and merciless and when all you hear is the same story from the media, repeated by those around you who have only heard the same story, is it any wonder that people on a grand scale believe absolute mendacious garbage to be true? You are about to see, too, why this level of information control is necessary when the official ‘Covid’ narrative is so nonsensical and unsupportable by the evidence.

Structure of Deceit

The pyramid structure through which the ‘Covid’ hoax has been manifested is very simple and has to be to work. As few people as possible have to be involved with full knowledge of what they are doing – and why – or the real story would get out. At the top of the pyramid are the inner core of the Cult which controls Bill Gates who, in turn, controls the World Health Organization through his pivotal funding and his puppet Director-General mouthpiece, Tedros. Before he was appointed Tedros was chair of the Gates-founded Global Fund to ‘fight against AIDS, tuberculosis and malaria’, a board member of the Gates-funded ‘vaccine alliance’ GAVI, and on the board of another Gates-funded organisation. Gates owns him and picked him for a specific reason – Tedros is a crook and worse. ‘Dr’ Tedros (he’s not a medical doctor, the first WHO chief not to be) was a member of the tyrannical Marxist government of Ethiopia for decades with all its human rights abuses. He has faced allegations of corruption and misappropriation of funds and was exposed three times for covering up cholera epidemics while Ethiopia’s health minister. Tedros appointed the mass-murdering genocidal Zimbabwe dictator Robert Mugabe as a WHO goodwill ambassador for public health which, as with Tedros, is like appointing a psychopath to run a peace and love campaign. The move was so ridiculous that he had to drop Mugabe in the face of widespread condemnation. American economist David Steinman, a Nobel peace prize nominee, lodged a complaint with the International Criminal Court in The Hague over alleged genocide by Tedros when he was Ethiopia’s foreign minister. Steinman says Tedros was a ‘crucial decision maker’ who directed the actions of Ethiopia’s security forces from 2013 to 2015 and one of three officials in charge when those security services embarked on the ‘killing’ and ‘torturing’ of Ethiopians. You can see where Tedros is coming from and it’s sobering to think that he has been the vehicle for Gates and the Cult to direct the global response to ‘Covid’. Think about that. A psychopathic Cult dictates to psychopath Gates who dictates to psychopath Tedros who dictates how countries of the world must respond to a ‘Covid virus’ never scientifically shown to exist. At the same time psychopathic Cult-owned Silicon Valley information

giants like Google, YouTube, Facebook and Twitter announced very early on that they would give the Cult/Gates/Tedros/WHO version of the narrative free advertising and censor those who challenged their intelligence-insulting, mendacious story.

The next layer in the global 'medical' structure below the Cult, Gates and Tedros are the chief medical officers and science 'advisers' in each of the WHO member countries which means virtually all of them. Medical officers and arbiters of science (they're not) then take the WHO policy and recommended responses and impose them on their country's population while the political 'leaders' say they are deciding policy (they're clearly not) by 'following the science' on the advice of the 'experts' – the same medical officers and science 'advisers' (dictators). In this way with the rarest of exceptions the entire world followed the same policy of lockdown, people distancing, masks and 'vaccines' dictated by the psychopathic Cult, psychopathic Gates and psychopathic Tedros who we are supposed to believe give a damn about the health of the world population they are seeking to enslave. That, amazingly, is all there is to it in terms of crucial decision-making. Medical staff in each country then follow like sheep the dictates of the shepherds at the top of the national medical hierarchies – chief medical officers and science 'advisers' who themselves follow like sheep the shepherds of the World Health Organization and the Cult. Shepherds at the national level often have major funding and other connections to Gates and his Bill and Melinda Gates Foundation which carefully hands out money like confetti at a wedding to control the entire global medical system from the WHO down.

Follow the money

Christopher Whitty, Chief Medical Adviser to the UK Government at the centre of 'virus' policy, a senior adviser to the government's Scientific Advisory Group for Emergencies (SAGE), and Executive Board member of the World Health Organization, was gifted a grant of $40 million by the Bill and Melinda Gates Foundation for malaria research in Africa. The BBC described the unelected Whitty as 'the

official who will probably have the greatest impact on our everyday lives of any individual policymaker in modern times' and so it turned out. What Gates and Tedros have said Whitty has done like his equivalents around the world. Patrick Vallance, co-chair of SAGE and the government's Chief Scientific Adviser, is a former executive of Big Pharma giant GlaxoSmithKline with its fundamental financial and business connections to Bill Gates. In September, 2020, it was revealed that Vallance owned a deferred bonus of shares in GlaxoSmithKline worth £600,000 while the company was 'developing' a 'Covid vaccine'. Move along now – nothing to see here – what could possibly be wrong with that? Imperial College in London, a major player in 'Covid' policy in Britain and elsewhere with its 'Covid-19' Response Team, is funded by Gates and has big connections to China while the now infamous Professor Neil Ferguson, the useless 'computer modeller' at Imperial College is also funded by Gates. Ferguson delivered the dramatically inaccurate excuse for the first lockdowns (much more in the next chapter). The Institute for Health Metrics and Evaluation (IHME) in the United States, another source of outrageously false 'Covid' computer models to justify lockdowns, is bankrolled by Gates who is a vehement promotor of lockdowns. America's version of Whitty and Vallance, the again now infamous Anthony Fauci, has connections to 'Covid vaccine' maker Moderna as does Bill Gates through funding from the Bill and Melinda Gates Foundation. Fauci is director of the National Institute of Allergy and Infectious Diseases (NIAID), a major recipient of Gates money, and they are very close. Deborah Birx who was appointed White House Coronavirus Response Coordinator in February, 2020, is yet another with ties to Gates. Everywhere you look at the different elements around the world behind the coordination and decision making of the 'Covid' hoax there is Bill Gates and his money. They include the World Health Organization; Centers for Disease Control (CDC) in the United States; National Institutes of Health (NIH) of Anthony Fauci; Imperial College and Neil Ferguson; the London School of Hygiene where Chris Whitty worked; Regulatory agencies like the UK Medicines & Healthcare products Regulatory Agency (MHRA)

which gave emergency approval for 'Covid vaccines'; Wellcome Trust; GAVI, the Vaccine Alliance; the Coalition for Epidemic Preparedness Innovations (CEPI); Johns Hopkins University which has compiled the false 'Covid' figures; and the World Economic Forum. A Nationalfile.com article said:

> Gates has a lot of pull in the medical world, he has a multi-million dollar relationship with Dr. Fauci, and Fauci originally took the Gates line supporting vaccines and casting doubt on [the drug hydroxychloroquine]. Coronavirus response team member Dr. Deborah Birx, appointed by former president Obama to serve as United States Global AIDS Coordinator, also sits on the board of a group that has received billions from Gates' foundation, and Birx reportedly used a disputed Bill Gates-funded model for the White House's Coronavirus effort. Gates is a big proponent for a population lockdown scenario for the Coronavirus outbreak.

Another funder of Moderna is the Defense Advanced Research Projects Agency (DARPA), the technology-development arm of the Pentagon and one of the most sinister organisations on earth. DARPA had a major role with the CIA covert technology-funding operation In-Q-Tel in the development of Google and social media which is now at the centre of global censorship. Fauci and Gates are extremely close and openly admit to talking regularly about 'Covid' policy, but then why wouldn't Gates have a seat at every national 'Covid' table after his Foundation committed $1.75 billion to the 'fight against Covid-19'. When passed through our Orwellian Translation Unit this means that he has bought and paid for the Cult-driven 'Covid' response worldwide. Research the major 'Covid' response personnel in your own country and you will find the same Gates funding and other connections again and again. Medical and science chiefs following World Health Organization 'policy' sit atop a medical hierarchy in their country of administrators, doctors and nursing staff. These 'subordinates' are told they must work and behave in accordance with the policy delivered from the 'top' of the national 'health' pyramid which is largely the policy delivered by the WHO which is the policy delivered by Gates and the Cult. The whole 'Covid' narrative has been imposed on medical staff by a climate of fear although great numbers don't even need that to comply. They do so through breathtaking levels of ignorance and

include doctors who go through life simply repeating what Big Pharma and their hierarchical masters tell them to say and believe. No wonder Big Pharma 'medicine' is one of the biggest killers on Planet Earth.

The same top-down system of intimidation operates with regard to the Cult Big Pharma cartel which also dictates policy through national and global medical systems in this way. The Cult and Big Pharma agendas are the same because the former controls and owns the latter. 'Health' administrators, doctors, and nursing staff are told to support and parrot the dictated policy or they will face consequences which can include being fired. How sad it's been to see medical staff meekly repeating and imposing Cult policy without question and most of those who can see through the deceit are only willing to speak anonymously off the record. They know what will happen if their identity is known. This has left the courageous few to expose the lies about the 'virus', face masks, overwhelmed hospitals that aren't, and the dangers of the 'vaccine' that isn't a vaccine. When these medical professionals and scientists, some renowned in their field, have taken to the Internet to expose the truth their articles, comments and videos have been deleted by Cult-owned Facebook, Twitter and YouTube. What a real head-shaker to see YouTube videos with leading world scientists and highly qualified medical specialists with an added link underneath to the notorious Cult propaganda website *Wikipedia* to find the 'facts' about the same subject.

HIV – the 'Covid' trial-run

I'll give you an example of the consequences for health and truth that come from censorship and unquestioning belief in official narratives. The story was told by PCR inventor Kary Mullis in his book *Dancing Naked in the Mind Field*. He said that in 1984 he accepted as just another scientific fact that Luc Montagnier of France's Pasteur Institute and Robert Gallo of America's National Institutes of Health had independently discovered that a 'retrovirus' dubbed HIV (human immunodeficiency virus) caused AIDS. They

were, after all, Mullis writes, specialists in retroviruses. This is how the medical and science pyramids work. Something is announced or *assumed* and then becomes an everybody-knows-that purely through repetition of the assumption as if it is fact. Complete crap becomes accepted truth with no supporting evidence and only repetition of the crap. This is how a 'virus' that doesn't exist became the 'virus' that changed the world. The HIV-AIDS fairy story became a multi-billion pound industry and the media poured out propaganda terrifying the world about the deadly HIV 'virus' that caused the lethal AIDS. By then Mullis was working at a lab in Santa Monica, California, to detect retroviruses with his PCR test in blood donations received by the Red Cross. In doing so he asked a virologist where he could find a reference for HIV being the cause of AIDS. 'You don't need a reference,' the virologist said … *'Everybody knows it.'* Mullis said he wanted to quote a reference in the report he was doing and he said he felt a little funny about not knowing the source of such an important discovery when everyone else seemed to. The virologist suggested he cite a report by the Centers for Disease Control and Prevention (CDC) on morbidity and mortality. Mullis read the report, but it only said that an organism had been identified and did not say how. The report did not identify the original scientific work. Physicians, however, *assumed* (key recurring theme) that if the CDC was convinced that HIV caused AIDS then proof must exist. Mullis continues:

I did computer searches. Neither Montagnier, Gallo, nor anyone else had published papers describing experiments which led to the conclusion that HIV probably caused AIDS. I read the papers in Science for which they had become well known as AIDS doctors, but all they had said there was that they had found evidence of a past infection by something which was probably HIV in some AIDS patients.

They found antibodies. Antibodies to viruses had always been considered evidence of past disease, not present disease. Antibodies signaled that the virus had been defeated. The patient had saved himself. There was no indication in these papers that this virus caused a disease. They didn't show that everybody with the antibodies had the disease. In fact they found some healthy people with antibodies.

Mullis asked why their work had been published if Montagnier and Gallo hadn't really found this evidence, and why had they been fighting so hard to get credit for the discovery? He says he was hesitant to write 'HIV is the probable cause of AIDS' until he found published evidence to support that. 'Tens of thousands of scientists and researchers were spending billions of dollars a year doing research based on this idea,' Mullis writes. 'The reason had to be there somewhere; otherwise these people would not have allowed their research to settle into one narrow channel of investigation.' He said he lectured about PCR at numerous meetings where people were always talking about HIV and he asked them how they knew that HIV was the cause of AIDS:

> Everyone said something. Everyone had the answer at home, in the office, in some drawer. They all knew, and they would send me the papers as soon as they got back. But I never got any papers. Nobody ever sent me the news about how AIDS was caused by HIV.

Eventually Mullis was able to ask Montagnier himself about the reference proof when he lectured in San Diego at the grand opening of the University of California AIDS Research Center. Mullis says this was the last time he would ask his question without showing anger. Montagnier said he should reference the CDC report. 'I read it', Mullis said, and it didn't answer the question. 'If Montagnier didn't know the answer who the hell did?' Then one night Mullis was driving when an interview came on National Public Radio with Peter Duesberg, a prominent virologist at Berkeley and a California Scientist of the Year. Mullis says he finally understood why he could not find references that connected HIV to AIDS – *there weren't any!* No one had ever proved that HIV causes AIDS even though it had spawned a multi-billion pound global industry and the media was repeating this as fact every day in their articles and broadcasts terrifying the shit out of people about AIDS and giving the impression that a positive test for HIV (see 'Covid') was a death sentence. Duesberg was a threat to the AIDS gravy train and the agenda that underpinned it. He was therefore abused and castigated after he told the Proceedings of the National Academy of Sciences

there was no good evidence implicating the new ‘virus’. Editors rejected his manuscripts and his research funds were deleted. Mullis points out that the CDC has defined AIDS as one of more than 30 diseases *if accompanied* by a positive result on a test that detects antibodies to HIV; but those same diseases are not defined as AIDS cases when antibodies are not detected:

> If an HIV-positive woman develops uterine cancer, for example, she is considered to have AIDS. If she is not HIV positive, she simply has uterine cancer. An HIV-positive man with tuberculosis has AIDS; if he tests negative he simply has tuberculosis. If he lives in Kenya or Colombia, where the test for HIV antibodies is too expensive, he is simply presumed to have the antibodies and therefore AIDS, and therefore he can be treated in the World Health Organization’s clinic. It’s the only medical help available in some places. And it’s free, because the countries that support WHO are worried about AIDS.

Mullis accuses the CDC of continually adding new diseases (see ever more ‘Covid symptoms’) to the grand AIDS definition and of virtually doctoring the books to make it appear as if the disease continued to spread. He cites how in 1993 the CDC enormously broadened its AIDS definition and county health authorities were delighted because they received $2,500 per year from the Federal government for every reported AIDS case. Ladies and gentlemen, I have just described, via Kary Mullis, the ‘Covid pandemic’ of 2020 and beyond. Every element is the same and it’s been pulled off in the same way by the same networks.

The ‘Covid virus’ exists? Okay – prove it. Er … still waiting

What Kary Mullis described with regard to ‘HIV’ has been repeated with ‘Covid’. A claim is made that a new, or ‘novel’, infection has been found and the entire medical system of the world repeats that as fact exactly as they did with HIV and AIDS. No one in the mainstream asks rather relevant questions such as ‘How do you know?’ and ‘Where is your proof?’ The SARS-Cov-2 ‘virus’ and the ‘Covid-19 disease’ became an overnight ‘everybody-knows-that’. The origin could be debated and mulled over, but what you could not suggest was that ‘SARS-Cov-2’ didn’t exist. That would be

ridiculous. ‘Everybody knows’ the ‘virus’ exists. Well, I didn’t for one along with American proper doctors like Andrew Kaufman and Tom Cowan and long-time American proper journalist Jon Rappaport. We dared to pursue the obvious and simple question: ‘Where’s the evidence?’ The overwhelming majority in medicine, journalism and the general public did not think to ask that. After all, *everyone knew* there was a new ‘virus’. Everyone was saying so and I heard it on the BBC. Some would eventually argue that the ‘deadly virus’ was nothing like as deadly as claimed, but few would venture into the realms of its very existence. Had they done so they would have found that the evidence for that claim had gone AWOL as with HIV causes AIDS. In fact, not even that. For something to go AWOL it has to exist in the first place and scientific proof for a ‘SARS-Cov-2’ can be filed under nothing, nowhere and zilch.

Dr Andrew Kaufman is a board-certified forensic psychiatrist in New York State, a Doctor of Medicine and former Assistant Professor and Medical Director of Psychiatry at SUNY Upstate Medical University, and Medical Instructor of Hematology and Oncology at the Medical School of South Carolina. He also studied biology at the Massachusetts Institute of Technology (MIT) and trained in Psychiatry at Duke University. Kaufman is retired from allopathic medicine, but remains a consultant and educator on natural healing, I saw a video of his very early on in the ‘Covid’ hoax in which he questioned claims about the ‘virus’ in the absence of any supporting evidence and with plenty pointing the other way. I did everything I could to circulate his work which I felt was asking the pivotal questions that needed an answer. I can recommend an excellent pull-together interview he did with the website The Last Vagabond entitled *Dr Andrew Kaufman: Virus Isolation, Terrain Theory and Covid-19* and his website is andrewkaufmanmd.com. Kaufman is not only a forensic psychiatrist; he is forensic in all that he does. He always reads original scientific papers, experiments and studies instead of second-third-fourth-hand reports about the ‘virus’ in the media which are repeating the repeated repetition of the narrative. When he did so with the original Chinese ‘virus’ papers Kaufman

realised that there was no evidence of a 'SARS-Cov-2'. They had never – from the start – shown it to exist and every repeat of this claim worldwide was based on the accepted existence of proof that was nowhere to be found – see Kary Mullis and HIV. Here we go again.

Let's postulate

Kaufman discovered that the Chinese authorities immediately concluded that the cause of an illness that broke out among about 200 initial patients in Wuhan was a 'new virus' when there were no grounds to make that conclusion. The alleged 'virus' was not isolated from other genetic material in their samples and then shown through a system known as Koch's postulates to be the causative agent of the illness. The world was told that the SARS-Cov-2 'virus' caused a disease they called 'Covid-19' which had 'flu-like' symptoms and could lead to respiratory problems and pneumonia. If it wasn't so tragic it would almost be funny. *'Flu-like' symptoms'? Pneumonia? Respiratory disease?* What in *CHINA* and particularly in *Wuhan*, one of the most polluted cities in the world with a resulting epidemic of respiratory disease?? Three hundred thousand people get pneumonia in China every year and there are nearly a billion cases worldwide of 'flu-like symptoms'. These have a whole range of causes – including pollution in Wuhan – but no other possibility was credibly considered in late 2019 when the world was told there was a new and deadly 'virus'. The global prevalence of pneumonia and 'flu-like systems' gave the Cult networks unlimited potential to re-diagnose these other causes as the mythical 'Covid-19' and that is what they did from the very start. Kaufman revealed how Chinese medical and science authorities (all subordinates to the Cult-owned communist government) took genetic material from the lungs of only a few of the first patients. The material contained their own cells, bacteria, fungi and other microorganisms living in their bodies. The only way you could prove the existence of the 'virus' and its responsibility for the alleged 'Covid-19' was to isolate the virus from all the other material – a process also known as 'purification' – and

then follow the postulates sequence developed in the late 19th century by German physician and bacteriologist Robert Koch which became the 'gold standard' for connecting an alleged causation agent to a disease:

1. The microorganism (bacteria, fungus, virus, etc.) must be present in every case of the disease and all patients must have the same symptoms. It must also *not be present in healthy individuals*.

2. The microorganism must be isolated from the host with the disease. If the microorganism is a bacteria or fungus it must be grown in a pure culture. If it is a virus, it must be purified (i.e. containing no other material except the virus particles) from a clinical sample.

3. The specific disease, with all of its characteristics, must be reproduced when the infectious agent (the purified virus or a pure culture of bacteria or fungi) is inoculated into a healthy, susceptible host.

4. The microorganism must be recoverable from the experimentally infected host as in step 2.

Not one of these criteria has been met in the case of 'SARS-Cov-2' and 'Covid-19'. Not ONE. *EVER*. Robert Koch refers to bacteria and not viruses. What are called 'viral particles' are so minute (hence masks are useless by any definition) that they could only be seen after the invention of the electron microscope in the 1930s and can still only be observed through that means. American bacteriologist and virologist Thomas Milton Rivers, the so-called 'Father of Modern Virology' who was very significantly director of the Rockefeller Institute for Medical Research in the 1930s, developed a less stringent version of Koch's postulates to identify 'virus' causation known as 'Rivers criteria'. 'Covid' did not pass that process either. Some even doubt whether any 'virus' can be isolated from other particles containing genetic material in the Koch method. Freedom of Information requests in many countries asking for scientific proof that the 'Covid virus' has been purified and isolated and shown to exist have all come back with a 'we don't have that' and when this happened with a request to the UK Department of Health they added this comment:

However, outside of the scope of the [Freedom of Information Act] and on a discretionary basis, the following information has been advised to us, which may be of interest. Most infectious diseases are caused by viruses, bacteria or fungi. Some bacteria or fungi have the capacity to grow on their own in isolation, for example in colonies on a petri dish. Viruses are different in that they are what we call 'obligate pathogens' – that is, they cannot survive or reproduce without infecting a host ...

… For some diseases, it is possible to establish causation between a microorganism and a disease by isolating the pathogen from a patient, growing it in pure culture and reintroducing it to a healthy organism. These are known as 'Koch's postulates' and were developed in 1882. However, as our understanding of disease and different disease-causing agents has advanced, these are no longer the method for determining causation [Andrew Kaufman asks why in that case are there two published articles falsely claiming to satisfy Koch's postulates].

It has long been known that viral diseases cannot be identified in this way as viruses cannot be grown in 'pure culture'. When a patient is tested for a viral illness, this is normally done by looking for the presence of antigens, or viral genetic code in a host with molecular biology techniques [Kaufman asks how you could know the origin of these chemicals without having a pure culture for comparison].

For the record 'antigens' are defined so:

Invading microorganisms have antigens on their surface that the human body can recognise as being foreign – meaning not belonging to it. When the body recognises a foreign antigen, lymphocytes (white blood cells) produce antibodies, which are complementary in shape to the antigen.

Notwithstanding that this is open to question in relation to 'SARS-Cov-2' the presence of 'antibodies' can have many causes and they are found in people that are perfectly well. Kary Mullis said: 'Antibodies … had always been considered evidence of past disease, not present disease.'

'Covid' really is a *computer* 'virus'

Where the UK Department of Health statement says 'viruses' are now 'diagnosed' through a 'viral genetic code in a host with molecular biology techniques', they mean … *the PCR test* which its inventor said cannot test for infectious disease. They have no credible method of connecting a 'virus' to a disease and we will see that there is no scientific proof that any 'virus' causes any disease or there is any such thing as a 'virus' in the way that it is described. Tenacious Canadian researcher Christine Massey and her team made

some 40 Freedom of Information requests to national public health agencies in different countries asking for proof that SARS-CoV-2 has been isolated and not one of them could supply that information. Massey said of her request in Canada: 'Freedom of Information reveals Public Health Agency of Canada has no record of 'SARS-COV-2' isolation performed by anyone, anywhere, ever.' If you accept the comment from the UK Department of Health it's because they can't isolate a 'virus'. Even so many 'science' papers claimed to have isolated the 'Covid virus' until they were questioned and had to admit they hadn't. A reply from the Robert Koch Institute in Germany was typical: 'I am not aware of a paper which purified isolated SARS-CoV-2.' So what the hell was Christian Drosten and his gang using to design the 'Covid' testing protocol that has produced all the illusory Covid' cases and 'Covid' deaths when the head of the Chinese version of the CDC admitted there was a problem right from the start in that the 'virus' had never been isolated/purified? Breathe deeply: What they are calling 'Covid' is actually created by a *computer program* i.e. *they made it up* – er, that's it. They took lung fluid, with many sources of genetic material, from one single person alleged to be infected with Covid-19 by a PCR test which they *claimed*, without clear evidence, contained a 'virus'. They used several computer programs to create a model of a theoretical virus genome sequence from more than fifty-six million small sequences of RNA, each of an unknown source, assembling them like a puzzle with no known solution. The computer filled in the gaps with sequences from bits in the gene bank to make it look like a bat SARS-like coronavirus! A wave of the magic wand and poof, an in silico (computer-generated) genome, a scientific fantasy, was created. UK health researcher Dr Kevin Corbett made the same point with this analogy:

> … It's like giving you a few bones and saying that's your fish. It could be any fish. Not even a skeleton. Here's a few fragments of bones. That's your fish … It's all from gene bank and the bits of the virus sequence that weren't there they made up.
>
> They synthetically created them to fill in the blanks. That's what genetics is; it's a code. So it's ABBBCCDDD and you're missing some what you think is EEE so you put it in. It's all

synthetic. You just manufacture the bits that are missing. This is the end result of the geneticization of virology. This is basically a computer virus.

Further confirmation came in an email exchange between British citizen journalist Frances Leader and the government's Medicines & Healthcare Products Regulatory Agency (the Gates-funded MHRA) which gave emergency permission for untested 'Covid vaccines' to be used. The agency admitted that the 'vaccine' is not based on an isolated 'virus', but comes from a *computer-generated model*. Frances Leader was naturally banned from Cult-owned fascist Twitter for making this exchange public. The process of creating computer-generated alleged 'viruses' is called 'in silico' or 'in silicon' – computer chips – and the term 'in silico' is believed to originate with biological experiments using only a computer in 1989. 'Vaccines' involved with 'Covid' are also produced 'in silico' or by computer not a natural process. If the original 'virus' is nothing more than a made-up computer model how can there be 'new variants' of something that never existed in the first place? They are not new 'variants'; they are new *computer models* only minutely different to the original program and designed to further terrify the population into having the 'vaccine' and submitting to fascism. You want a 'new variant'? Click, click, enter – there you go. Tell the medical profession that you have discovered a 'South African variant', 'UK variants' or a 'Brazilian variant' and in the usual HIV-causes-AIDS manner they will unquestioningly repeat it with no evidence whatsoever to support these claims. They will go on television and warn about the dangers of 'new variants' while doing nothing more than repeating what they have been told to be true and knowing that any deviation from that would be career suicide. Big-time insiders will know it's a hoax, but much of the medical community is clueless about the way they are being played and themselves play the public without even being aware they are doing so. What an interesting 'coincidence' that AstraZeneca and Oxford University were conducting 'Covid vaccine trials' in the three countries – the UK, South Africa and Brazil – where the first three 'variants' were claimed to have 'broken out'.

Here's your 'virus' – it's a unicorn

Dr Andrew Kaufman presented a brilliant analysis describing how the 'virus' was imagined into fake existence when he dissected an article published by *Nature* and written by 19 authors detailing *alleged* 'sequencing of a complete viral genome' of the 'new SARS-CoV-2 virus'. This computer-modelled *in silico* genome was used as a template for all subsequent genome sequencing experiments that resulted in the so-called variants which he said now number more than *6,000*. The fake genome was constructed from more than 56 million individual short strands of RNA. Those little pieces were assembled into longer pieces by finding areas of overlapping sequences. The computer programs created over two million possible combinations from which the authors simply chose the longest one. They then compared this to a 'bat virus' and the computer 'alignment' rearranged the sequence and filled in the gaps! They called this computer-generated abomination the 'complete genome'. Dr Tom Cowan, a fellow medical author and collaborator with Kaufman, said such computer-generation constitutes scientific fraud and he makes this superb analogy:

> Here is an equivalency: A group of researchers claim to have found a unicorn because they found a piece of a hoof, a hair from a tail, and a snippet of a horn. They then add that information into a computer and program it to re-create the unicorn, and they then claim this computer re-creation is the real unicorn. Of course, they had never actually seen a unicorn so could not possibly have examined its genetic makeup to compare their samples with the actual unicorn's hair, hooves and horn.
>
> The researchers claim they decided which is the real genome of SARS-CoV-2 by 'consensus', sort of like a vote. Again, different computer programs will come up with different versions of the imaginary 'unicorn', so they come together as a group and decide which is the real imaginary unicorn.

This is how the 'virus' that has transformed the world was brought into fraudulent 'existence'. Extraordinary, yes, but as the Nazis said the bigger the lie the more will believe it. Cowan, however, wasn't finished and he went on to identify what he called the real blockbuster in the paper. He quotes this section from a paper written

by virologists and published by the CDC and then explains what it means:

> Therefore, we examined the capacity of SARS-CoV-2 to infect and replicate in several common primate and human cell lines, including human adenocarcinoma cells (A549), human liver cells (HUH 7.0), and human embryonic kidney cells (HEK-293T). In addition to Vero E6 and Vero CCL81 cells. ... Each cell line was inoculated at high multiplicity of infection and examined 24h post-infection.
>
> No CPE was observed in any of the cell lines except in Vero cells, which grew to greater than 10 to the 7th power at 24 h post-infection. In contrast, HUH 7.0 and 293T showed only modest viral replication, and A549 cells were incompatible with SARS CoV-2 infection.

Cowan explains that when virologists attempt to prove infection they have three possible 'hosts' or models on which they can test. The first was humans. Exposure to humans was generally not done for ethical reasons and has never been done with SARS-CoV-2 or any coronavirus. The second possible host was animals. Cowan said that forgetting for a moment that they never actually use purified virus when exposing animals they do use solutions that they *claim* contain the virus. Exposure to animals has been done with SARS-CoV-2 in an experiment involving mice and this is what they found: *None of the wild (normal) mice got sick*. In a group of genetically-modified mice, a statistically insignificant number lost weight and had slightly bristled fur, but they experienced nothing like the illness called 'Covid-19'. Cowan said the third method – the one they mostly rely on – is to inoculate solutions they *say* contain the virus onto a variety of tissue cultures. This process had never been shown to kill tissue *unless* the sample material was starved of nutrients and poisoned as *part of the process*. Yes, incredibly, in tissue experiments designed to show the 'virus' is responsible for killing the tissue they starve the tissue of nutrients and add toxic drugs including antibiotics and they do not have control studies to see if it's the starvation and poisoning that is degrading the tissue rather than the 'virus' they allege to be in there somewhere. You want me to pinch you? Yep, I understand. Tom Cowan said this about the whole nonsensical farce as he explains what that quote from the CDC paper really means:

The shocking thing about the above quote is that using their own methods, the virologists found that solutions containing SARS-CoV-2 – even in high amounts – were NOT, I repeat NOT, infective to any of the three human tissue cultures they tested. In plain English, this means they proved, on their terms, that this 'new coronavirus' is not infectious to human beings. It is ONLY infective to monkey kidney cells, and only then when you add two potent drugs (gentamicin and amphotericin), known to be toxic to kidneys, to the mix.

My friends, read this again and again. These virologists, published by the CDC, performed a clear proof, on their terms, showing that the SARS-CoV-2 virus is harmless to human beings. That is the only possible conclusion, but, unfortunately, this result is not even mentioned in their conclusion. They simply say they can provide virus stocks cultured only on monkey Vero cells, thanks for coming.

Cowan concluded: 'If people really understood how this "science" was done, I would hope they would storm the gates and demand honesty, transparency and truth.' Dr Michael Yeadon, former Vice President and Chief Scientific Adviser at drug giant Pfizer has been a vocal critic of the 'Covid vaccine' and its potential for multiple harm. He said in an interview in April, 2021, that 'not one [vaccine] has the virus. He was asked why vaccines normally using a 'dead' version of a disease to activate the immune system were not used for 'Covid' and instead we had the synthetic methods of the 'mRNA Covid vaccine'. Yeadon said that to do the former 'you'd have to have some of [the virus] wouldn't you?' He added: 'No-one's got any – seriously.' Yeadon said that surely they couldn't have fooled the whole world for a year without having a virus, 'but oddly enough ask around – no one's got it'. He didn't know why with all the 'great labs' around the world that the virus had not been isolated – 'Maybe they've been too busy running bad PCR tests and vaccines that people don't need.' What is today called 'science' is not 'science' at all. Science is no longer what is, but whatever people can be manipulated to *believe* that it is. Real science has been hijacked by the Cult to dispense and produce the 'expert scientists' and contentions that suit the agenda of the Cult. How big-time this has happened with the 'Covid' hoax which is entirely based on fake science delivered by fake 'scientists' and fake 'doctors'. The human-caused climate change hoax is also entirely based on fake science delivered by fake 'scientists' and fake 'climate experts'. In both cases real

scientists, climate experts and doctors have their views suppressed and deleted by the Cult-owned science establishment, media and Silicon Valley. This is the 'science' that politicians claim to be 'following' and a common denominator of 'Covid' and climate are Cult psychopaths Bill Gates and his mate Klaus Schwab at the Gates-funded World Economic Forum. But, don't worry, it's all just a coincidence and absolutely nothing to worry about. *Zzzzzzzz*.

What is a 'virus' REALLY?

Dr Tom Cowan is one of many contesting the very existence of viruses let alone that they cause disease. This is understandable when there is no scientific evidence for a disease-causing 'virus'. German virologist Dr Stefan Lanka won a landmark case in 2017 in the German Supreme Court over his contention that there is no such thing as a measles virus. He had offered a big prize for anyone who could prove there is and Lanka won his case when someone sought to claim the money. There is currently a prize of more than 225,000 euros on offer from an Isolate Truth Fund for anyone who can prove the isolation of SARS-CoV-2 and its genetic substance. Lanka wrote in an article headed 'The Misconception Called Virus' that scientists think a 'virus' is causing tissue to become diseased and degraded when in fact it is the *processes they are using* which do that – not a 'virus'. Lanka has done an important job in making this point clear as Cowan did in his analysis of the CDC paper. Lanka says that all claims about viruses as disease-causing pathogens are wrong and based on 'easily recognisable, understandable and verifiable misinterpretations.' Scientists believed they were working with 'viruses' in their laboratories when they were really working with 'typical particles of specific dying tissues or cells …' Lanka said that the tissue decaying process claimed to be caused by a 'virus' still happens when no alleged 'virus' is involved. It's the *process* that does the damage and not a 'virus'. The genetic sample is deprived of nutrients, removed from its energy supply through removal from the body and then doused in toxic antibiotics to remove any bacteria. He confirms again that establishment scientists do not (pinch me)

conduct control experiments to see if this is the case and if they did they would see the claims that 'viruses' are doing the damage is nonsense. He adds that during the measles 'virus' court case he commissioned an independent laboratory to perform just such a control experiment and the result was that the tissues and cells died in the exact same way as with alleged 'infected' material. This is supported by a gathering number of scientists, doctors and researchers who reject what is called 'germ theory' or the belief in the body being infected by contagious sources emitted by other people. Researchers Dawn Lester and David Parker take the same stance in their highly-detailed and sourced book *What Really Makes You Ill – Why everything you thought you knew about disease is wrong* which was recommended to me by a number of medical professionals genuinely seeking the truth. Lester and Parker say there is no provable scientific evidence to show that a 'virus' can be transmitted between people or people and animals or animals and people:

> The definition also claims that viruses are the cause of many diseases, as if this has been definitively proven. But this is not the case; there is no original scientific evidence that definitively demonstrates that any virus is the cause of any disease. The burden of proof for any theory lies with those who proposed it; but none of the existing documents provides 'proof' that supports the claim that 'viruses' are pathogens.

Dr Tom Cowan employs one of his clever analogies to describe the process by which a 'virus' is named as the culprit for a disease when what is called a 'virus' is only material released by cells detoxing themselves from infiltration by chemical or radiation poisoning. The tidal wave of technologically-generated radiation in the 'smart' modern world plus all the toxic food and drink are causing this to happen more than ever. Deluded 'scientists' misread this as a gathering impact of what they wrongly label 'viruses'.

Paper can infect houses

Cowan said in an article for davidicke.com – with his tongue only mildly in his cheek – that he believed he had made a tremendous

discovery that may revolutionise science. He had discovered that small bits of paper are alive, ‘well alive-ish’, can ‘infect’ houses, and then reproduce themselves inside the house. The result was that this explosion of growth in the paper inside the house causes the house to explode, blowing it to smithereens. His evidence for this new theory is that in the past months he had carefully examined many of the houses in his neighbourhood and found almost no scraps of paper on the lawns and surrounds of the house. There was an occasional stray label, but nothing more. Then he would return to these same houses a week or so later and with a few, not all of them, particularly the old and decrepit ones, he found to his shock and surprise they were littered with stray bits of paper. He knew then that the paper had infected these houses, made copies of itself, and blew up the house. A young boy on a bicycle at one of the sites told him he had seen a demolition crew using dynamite to explode the house the previous week, but Cowan dismissed this as the idle thoughts of silly boys because ‘I was on to something big’. He was on to how ‘scientists’ mistake genetic material in the detoxifying process for something they call a ‘virus’. Cowan said of his house and paper story:

> If this sounds crazy to you, it’s because it should. This scenario is obviously nuts. But consider this admittedly embellished, for effect, current viral theory that all scientists, medical doctors and virologists currently believe.

He takes the example of the ‘novel SARS-Cov2’ virus to prove the point. First they take someone with an undefined illness called ‘Covid-19’ and don’t even attempt to find any virus in their sputum. Never mind the scientists still describe how this ‘virus’, which they have not located attaches to a cell receptor, injects its genetic material, in ‘Covid’s’ case, RNA, into the cell. The RNA once inserted exploits the cell to reproduce itself and makes ‘thousands, nay millions, of copies of itself … Then it emerges victorious to claim its next victim’:

If you were to look in the scientific literature for proof, actual scientific proof, that uniform SARS-CoV2 viruses have been properly isolated from the sputum of a sick person, that actual spike proteins could be seen protruding from the virus (which has not been found), you would find that such evidence doesn't exist.

If you go looking in the published scientific literature for actual pictures, proof, that these spike proteins or any viral proteins are ever attached to any receptor embedded in any cell membrane, you would also find that no such evidence exists. If you were to look for a video or documented evidence of the intact virus injecting its genetic material into the body of the cell, reproducing itself and then emerging victorious by budding off the cell membrane, you would find that no such evidence exists.

The closest thing you would find is electron micrograph pictures of cellular particles, possibly attached to cell debris, both of which to be seen were stained by heavy metals, a process that completely distorts their architecture within the living organism. This is like finding bits of paper stuck to the blown-up bricks, thereby proving the paper emerged by taking pieces of the bricks on its way out.

The Enders baloney

Cowan describes the 'Covid' story as being just as make-believe as his paper story and he charts back this fantasy to a Nobel Prize winner called John Enders (1897-1985), an American biomedical scientist who has been dubbed 'The Father of Modern Vaccines'. Enders is claimed to have 'discovered' the process of the viral culture which 'proved' that a 'virus' caused measles. Cowan explains how Enders did this 'by using the EXACT same procedure that has been followed by every virologist to find and characterize every new virus since 1954'. Enders took throat swabs from children with measles and immersed them in 2ml of milk. Penicillin (100u/ml) and the antibiotic streptomycin (50,g/ml) were added and the whole mix was centrifuged – rotated at high speed to separate large cellular debris from small particles and molecules as with milk and cream, for example. Cowan says that if the aim is to find little particles of genetic material ('viruses') in the snot from children with measles it would seem that the last thing you would do is mix the snot with other material – milk –that also has genetic material. 'How are you ever going to know whether whatever you found came from the snot or the milk?' He points out that streptomycin is a 'nephrotoxic' or poisonous-to-the-kidney drug. You will see the relevance of that

shortly. Cowan says that it gets worse, much worse, when Enders describes the culture medium upon which the virus 'grows': 'The culture medium consisted of bovine amniotic fluid (90%), beef embryo extract (5%), horse serum (5%), antibiotics and phenol red as an indicator of cell metabolism.' Cowan asks incredulously: 'Did he just say that the culture medium also contained fluids and tissues that are themselves rich sources of genetic material?' The genetic cocktail, or 'medium', is inoculated onto tissue and cells from rhesus monkey *kidney* tissue. This is where the importance of streptomycin comes in and currently-used antimicrobials and other drugs that are *poisonous to kidneys* and used in ALL modern viral cultures (e.g. gentamicin, streptomycin, and amphotericin). Cowan asks: 'How are you ever going to know from this witch's brew where any genetic material comes from as we now have five different sources of rich genetic material in our mix?' Remember, he says, that all genetic material, whether from monkey kidney tissues, bovine serum, milk, etc., is made from the exact same components. The same central question returns: 'How are you possibly going to know that it was the virus that killed the kidney tissue and not the toxic antibiotic and starvation rations on which you are growing the tissue?' John Enders answered the question himself – *you can't*:

A second agent was obtained from an uninoculated culture of monkey kidney cells. The cytopathic changes [death of the cells] it induced in the unstained preparations could not be distinguished with confidence from the viruses isolated from measles.

The death of the cells ('cytopathic changes') happened in exactly the same manner, whether they inoculated the kidney tissue with the measles snot or not, Cowan says. 'This is evidence that the destruction of the tissue, the very proof of viral causation of illness, was not caused by anything in the snot because they saw the same destructive effect when the snot was not even used … the cytopathic, i.e., cell-killing, changes come from the process of the culture itself, not from any virus in any snot, period.' Enders quotes in his 1957 paper a virologist called Ruckle as reporting similar findings 'and in addition has isolated an agent from monkey kidney tissue that is so

far indistinguishable from human measles virus'. In other words, Cowan says, these particles called 'measles viruses' are simply and clearly breakdown products of the starved and poisoned tissue. For measles 'virus' see all 'viruses' including the so-called 'Covid virus'. Enders, the 'Father of Modern Vaccines', also said:

> There is a potential risk in employing cultures of primate cells for the production of vaccines composed of attenuated virus, since the presence of other agents possibly latent in primate tissues cannot be definitely excluded by any known method.

Cowan further quotes from a paper published in the journal *Viruses* in May, 2020, while the 'Covid pandemic' was well underway in the media if not in reality. 'EVs' here refers to particles of genetic debris from our own tissues, such as exosomes of which more in a moment: 'The remarkable resemblance between EVs and viruses has caused quite a few problems in the studies focused on the analysis of EVs released during viral infections.' Later the paper adds that to date a reliable method that can actually guarantee a complete separation (of EVs from viruses) DOES NOT EXIST. This was published at a time when a fairy tale 'virus' was claimed in total certainty to be causing a fairy tale 'viral disease' called 'Covid-19' – a fairy tale that was already well on the way to transforming human society in the image that the Cult has worked to achieve for so long. Cowan concludes his article:

> To summarize, there is no scientific evidence that pathogenic viruses exist. What we think of as 'viruses' are simply the normal breakdown products of dead and dying tissues and cells. When we are well, we make fewer of these particles; when we are starved, poisoned, suffocated by wearing masks, or afraid, we make more.
>
> There is no engineered virus circulating and making people sick. People in laboratories all over the world are making genetically modified products to make people sick. These are called vaccines. There is no virome, no 'ecosystem' of viruses, viruses are not 8%, 50% or 100 % of our genetic material. These are all simply erroneous ideas based on the misconception called a virus.

What is 'Covid'? Load of bollocks

The background described here by Cowan and Lanka was emphasised in the first video presentation that I saw by Dr Andrew Kaufman when he asked whether the 'Covid virus' was in truth a natural defence mechanism of the body called 'exosomes'. These are released by cells when in states of toxicity – see the same themes returning over and over. They are released ever more profusely as chemical and radiation toxicity increases and think of the potential effect therefore of 5G alone as its destructive frequencies infest the human energetic information field with a gathering pace (5G went online in Wuhan in 2019 as the 'virus' emerged). I'll have more about this later. Exosomes transmit a warning to the rest of the body that 'Houston, we have a problem'. Kaufman presented images of exosomes and compared them with 'Covid' under an electron microscope and the similarity was remarkable. They both attach to the same cell receptors (*claimed* in the case of 'Covid'), contain the same genetic material in the form of RNA or ribonucleic acid, and both are found in 'viral cell cultures' with damaged or dying cells. James Hildreth MD, President and Chief Executive Officer of the Meharry Medical College at Johns Hopkins, said: 'The virus is fully an exosome in every sense of the word.' Kaufman's conclusion was that there is no 'virus': 'This entire pandemic is a completely manufactured crisis … there is no evidence of anyone dying from [this] illness.' Dr Tom Cowan and Sally Fallon Morell, authors of *The Contagion Myth*, published a statement with Dr Kaufman in February, 2021, explaining why the 'virus' does not exist and you can read it that in full in the Appendix.

'Virus' theory can be traced to the 'cell theory' in 1858 of German physician Rudolf Virchow (1821-1920) who contended that disease originates from a single cell infiltrated by a 'virus'. Dr Stefan Lanka said that findings and insights with respect to the structure, function and central importance of tissues in the creation of life, which were already known in 1858, comprehensively refute the cell theory. Virchow ignored them. We have seen the part later played by John Enders in the 1950s and Lanka notes that infection theories were only established as a global dogma through the policies and

eugenics of the Third Reich in Nazi Germany (creation of the same Sabbatian cult behind the 'Covid' hoax). Lanka said: 'Before 1933, scientists dared to contradict this theory; after 1933, these critical scientists were silenced'. Dr Tom Cowan's view is that ill-heath is caused by too much of something, too little of something, or toxification from chemicals and radiation – not contagion. We must also highlight as a major source of the 'virus' theology a man still called the 'Father of Modern Virology' – Thomas Milton Rivers (1888-1962). There is no way given the Cult's long game policy that it was a coincidence for the 'Father of Modern Virology' to be director of the Rockefeller Institute for Medical Research from 1937 to 1956 when he is credited with making the Rockefeller Institute a leader in 'viral research'. Cult Rockefellers were the force behind the creation of Big Pharma 'medicine', established the World Health Organisation in 1948, and have long and close associations with the Gates family that now runs the WHO during the pandemic hoax through mega-rich Cult gofer and psychopath Bill Gates.

Only a Renegade Mind can see through all this bullshit by asking the questions that need to be answered, not taking 'no' or prevarication for an answer, and certainly not hiding from the truth in fear of speaking it. Renegade Minds have always changed the world for the better and they will change this one no matter how bleak it may currently appear to be.

CHAPTER SIX

Sequence of deceit

If you tell the truth, you don't have to remember anything
Mark Twain

Against the background that I have laid out this far the sequence that took us from an invented 'virus' in Cult-owned China in late 2019 to the fascist transformation of human society can be seen and understood in a whole new context.

We were told that a deadly disease had broken out in Wuhan and the world media began its campaign (coordinated by behavioural psychologists as we shall see) to terrify the population into unquestioning compliance. We were shown images of Chinese people collapsing in the street which never happened in the West with what was supposed to be the same condition. In the earliest days when alleged cases and deaths were few the fear register was hysterical in many areas of the media and this would expand into the common media narrative across the world. The real story was rather different, but we were never told that. The Chinese government, one of the Cult's biggest centres of global operation, said they had discovered a new illness with flu-like and pneumonia-type symptoms in a city with such toxic air that it is overwhelmed with flu-like symptoms, pneumonia and respiratory disease. Chinese scientists said it was a new – 'novel' – coronavirus which they called Sars-Cov-2 and that it caused a disease they labelled 'Covid-19'. There was no evidence for this and the 'virus' has never to this day been isolated, purified and its genetic code established from that. It

was from the beginning a computer-generated fiction. Stories of Chinese whistleblowers saying the number of deaths was being supressed or that the 'new disease' was related to the Wuhan bio-lab misdirected mainstream and alternative media into cul-de-sacs to obscure the real truth – there was no 'virus'.

Chinese scientists took genetic material from the lung fluid of just a few people and said they had found a 'new' disease when this material had a wide range of content. There was no evidence for a 'virus' for the very reasons explained in the last two chapters. The 'virus' has never been shown to (a) exist and (b) cause any disease. People were diagnosed on symptoms that are so widespread in Wuhan and polluted China and with a PCR test that can't detect infectious disease. On this farce the whole global scam was sold to the rest of the world which would also diagnose respiratory disease as 'Covid-19' from symptoms alone or with a PCR test not testing for a 'virus'. Flu miraculously disappeared *worldwide* in 2020 and into 2021 as it was redesignated 'Covid-19'. It was really the same old flu with its 'flu-like' symptoms attributed to 'flu-like' 'Covid-19'. At the same time with very few exceptions the Chinese response of draconian lockdown and fascism was the chosen weapon to respond across the West as recommended by the Cult-owned Tedros at the Cult-owned World Health Organization run by the Cult-owned Gates. All was going according to plan. Chinese scientists – everything in China is controlled by the Cult-owned government – compared their contaminated RNA lung-fluid material with other RNA sequences and said it appeared to be just under 80 percent identical to the SARS-CoV-1 'virus' claimed to be the cause of the SARS (severe acute respiratory syndrome) 'outbreak' in 2003. They decreed that because of this the 'new virus' had to be related and they called it SARS-CoV-2. There are some serious problems with this assumption and *assumption* was all it was. Most 'factual' science turns out to be assumptions repeated into everyone-knows-that. A match of under 80-percent is meaningless. Dr Kaufman makes the point that there's a *96 percent* genetic correlation between humans and chimpanzees, but 'no one would say our genetic material is part

of the chimpanzee family'. Yet the Chinese authorities were claiming that a much lower percentage, less than 80 percent, proved the existence of a new 'coronavirus'. For goodness sake human DNA is 60 percent similar to a *banana*.

You are feeling sleepy

The entire 'Covid' hoax is a global Psyop, a psychological operation to program the human mind into believing and fearing a complete fantasy. A crucial aspect of this was what *appeared* to happen in Italy. It was all very well streaming out daily images of an alleged catastrophe in Wuhan, but to the Western mind it was still on the other side of the world in a very different culture and setting. A reaction of 'this could happen to me and my family' was still nothing like as intense enough for the mind-doctors. The Cult needed a Western example to push people over that edge and it chose Italy, one of its major global locations going back to the Roman Empire. An Italian 'Covid' crisis was manufactured in a particular area called Lombardy which just happens to be notorious for its toxic air and therefore respiratory disease. Wuhan, China, déjà vu. An hysterical media told horror stories of Italians dying from 'Covid' in their droves and how Lombardy hospitals were being overrun by a tidal wave of desperately ill people needing treatment after being struck down by the 'deadly virus'. Here was the psychological turning point the Cult had planned. Wow, if this is happening in Italy, the Western mind concluded, this indeed could happen to me and my family. Another point is that Italian authorities responded by following the Chinese blueprint so vehemently recommended by the Cult-owned World Health Organization. They imposed fascistic lockdowns on the whole country viciously policed with the help of surveillance drones sweeping through the streets seeking out anyone who escaped from mass house arrest. Livelihoods were destroyed and psychology unravelled in the way we have witnessed since in all lockdown countries. Crucial to the plan was that Italy responded in this way to set the precedent of suspending freedom and imposing fascism in a 'Western liberal democracy'. I emphasised in an

animated video explanation on davidicke.com posted in the summer of 2020 how important it was to the Cult to expand the Chinese lockdown model across the West. Without this, and the bare-faced lie that non-symptomatic people could still transmit a 'disease' they didn't have, there was no way locking down the whole population, sick and not sick, could be pulled off. At just the right time and with no evidence Cult operatives and gofers claimed that people without symptoms could pass on the 'disease'. In the name of protecting the 'vulnerable' like elderly people, who lockdowns would kill by the tens of thousands, we had for the first time healthy people told to isolate as well as the sick. The great majority of people who tested positive had no symptoms because there was nothing wrong with them. It was just a trick made possible by a test not testing for the 'virus'.

Months after my animated video the Gates-funded Professor Neil Ferguson at the Gates-funded Imperial College confirmed that I was right. He didn't say it in those terms, naturally, but he did say it. Ferguson will enter the story shortly for his outrageously crazy 'computer models' that led to Britain, the United States and many other countries following the Chinese and now Italian methods of response. Put another way, following the Cult script. Ferguson said that SAGE, the UK government's scientific advisory group which has controlled 'Covid' policy from the start, wanted to follow the Chinese lockdown model (while they all continued to work and be paid), but they wondered if they could possibly, in Ferguson's words, 'get away with it in Europe'. 'Get away with it'? Who the hell do these moronic, arrogant people think they are? This appalling man Ferguson said that once Italy went into national lockdown they realised they, too, could mimic China:

It's a communist one-party state, we said. We couldn't get away with it in Europe, we thought … and then Italy did it. And we realised we could. Behind this garbage from Ferguson is a simple fact: Doing the same as China in every country was the plan from the start and Ferguson's 'models' would play a central role in achieving that. It's just a coincidence, of course, and absolutely nothing to worry your little head about.

Oops, sorry, our mistake

Once the Italian segment of the Psyop had done the job it was designed to do a very different story emerged. Italian authorities revealed that 99 percent of those who had 'died from Covid-19' in Italy had one, two, three, or more 'co-morbidities' or illnesses and health problems that could have ended their life. The US Centers for Disease Control and Prevention (CDC) published a figure of 94 percent for Americans dying of 'Covid' while having other serious medical conditions – on average two to three (some five or six) other potential causes of death. In terms of death from an unproven 'virus' I say it is 100 percent. The other one percent in Italy and six percent in the US would presumably have died from 'Covid's' flu-like symptoms with a range of other possible causes in conjunction with a test not testing for the 'virus'. Fox News reported that even more startling figures had emerged in one US county in which 410 of 422 deaths attributed to 'Covid-19' had other potentially deadly health conditions. The Italian National Health Institute said later that the average age of people dying with a 'Covid-19' diagnosis in Italy was about 81. Ninety percent were over 70 with ten percent over 90. In terms of other reasons to die some 80 percent had two or more chronic diseases with half having three or more including cardiovascular problems, diabetes, respiratory problems and cancer. Why is the phantom 'Covid-19' said to kill overwhelmingly old people and hardly affect the young? Old people continually die of many causes and especially respiratory disease which you can re-diagnose 'Covid-19' while young people die in tiny numbers by comparison and rarely of respiratory disease. Old people 'die of Covid' because they die of other things that can be redesignated 'Covid' and it really is that simple.

Flu has flown

The blueprint was in place. Get your illusory 'cases' from a test not testing for the 'virus' and redesignate other causes of death as 'Covid-19'. You have an instant 'pandemic' from something that is nothing more than a computer-generated fiction. With near-on a

billion people having 'flu-like' symptoms every year the potential was limitless and we can see why flu quickly and apparently miraculously disappeared *worldwide* by being diagnosed 'Covid-19'. The painfully bloody obvious was explained away by the childlike media in headlines like this in the UK '*Independent*': 'Not a single case of flu detected by Public Health England this year as Covid restrictions suppress virus'. I kid you not. The masking, social distancing and house arrest that did not make the 'Covid virus' disappear somehow did so with the 'flu virus'. Even worse the article, by a bloke called Samuel Lovett, suggested that maybe the masking, sanitising and other 'Covid' measures should continue to keep the flu away. With a ridiculousness that disturbs your breathing (it's 'Covid-19') the said Lovett wrote: 'With widespread social distancing and mask-wearing measures in place throughout the UK, the usual routes of transmission for influenza have been blocked.' He had absolutely no evidence to support that statement, but look at the consequences of him acknowledging the obvious. With flu not disappearing at all and only being relabelled 'Covid-19' he would have to contemplate that 'Covid' was a hoax on a scale that is hard to imagine. You need guts and commitment to truth to even go there and that's clearly something Samuel Lovett does not have in abundance. He would never have got it through the editors anyway.

Tens of thousands die in the United States alone every winter from flu including many with pneumonia complications. CDC figures record *45 million* Americans diagnosed with flu in 2017-2018 of which 61,000 died and some reports claim 80,000. Where was the same hysteria then that we have seen with 'Covid-19'? Some 250,000 Americans are admitted to hospital with pneumonia every year with about 50,000 cases proving fatal. About 65 million suffer respiratory disease every year and three million deaths makes this the third biggest cause of death worldwide. You only have to redesignate a portion of all these people 'Covid-19' and you have an instant global pandemic or the *appearance* of one. Why would doctors do this? They are told to do this and all but a few dare not refuse those who must be obeyed. Doctors in general are not researching their own

knowledge and instead take it direct and unquestioned from the authorities that own them and their careers. The authorities say they must now diagnose these symptoms 'Covid-19' and not flu, or whatever, and they do it. Dark suits say put 'Covid-19' on death certificates no matter what the cause of death and the doctors do it. Renegade Minds don't fall for the illusion that doctors and medical staff are all highly-intelligent, highly-principled, seekers of medical truth. *Some are*, but not the majority. They are repeaters, gofers, and yes sir, no sir, purveyors of what the system demands they purvey. The 'Covid' con is not merely confined to diseases of the lungs. Instructions to doctors to put 'Covid-19' on death certificates for anyone dying of *anything* within 28 days (or much more) of a positive test not testing for the 'virus' opened the floodgates. The term dying *with* 'Covid' and not *of* 'Covid' was coined to cover the truth. Whether it was a *with* or an *of* they were all added to the death numbers attributed to the 'deadly virus' compiled by national governments and globally by the Gates-funded Johns Hopkins operation in the United States that was so involved in those 'pandemic' simulations. Fraudulent deaths were added to the ever-growing list of fraudulent 'cases' from false positives from a false test. No wonder Professor Walter Ricciardi, scientific advisor to the Italian minister of health, said after the Lombardy hysteria had done its job that 'Covid' death rates were due to Italy having the second oldest population in the world and to *how hospitals record deaths*:

> The way in which we code deaths in our country is very generous in the sense that all the people who die in hospitals with the coronavirus are deemed to be dying of the coronavirus. On re-evaluation by the National Institute of Health, only 12 per cent of death certificates have shown a direct causality from coronavirus, while 88 per cent of patients who have died have at least one pre-morbidity – many had two or three.

This is extraordinary enough when you consider the propaganda campaign to use Italy to terrify the world, but how can they even say twelve percent were genuine when the 'virus' has not been shown to exist, its 'code' is a computer program, and diagnosis comes from a test not testing for it? As in China, and soon the world, 'Covid-19' in

Italy was a redesignation of diagnosis. Lies and corruption were to become the real ‘pandemic’ fuelled by a pathetically-compliant medical system taking its orders from the tiny few at the top of their national hierarchy who answered to the World Health Organization which answers to Gates and the Cult. Doctors were told – ordered – to diagnose a particular set of symptoms ‘Covid-19’ and put that on the death certificate for any cause of death if the patient had tested positive with a test not testing for the virus or had ‘Covid’ symptoms like the flu. The United States even introduced big financial incentives to manipulate the figures with hospitals receiving £4,600 from the Medicare system for diagnosing someone with regular pneumonia, $13,000 if they made the diagnosis from the same symptoms ‘Covid-19’ pneumonia, and $39, 000 if they put a ‘Covid’ diagnosed patient on a ventilator that would almost certainly kill them. A few – painfully and pathetically few – medical whistleblowers revealed (before Cult-owned YouTube deleted their videos) that they had been instructed to ‘let the patient crash’ and put them straight on a ventilator instead of going through a series of far less intrusive and dangerous methods as they would have done before the pandemic hoax began and the financial incentives kicked in. We are talking cold-blooded murder given that ventilators are so damaging to respiratory systems they are usually the last step before heaven awaits. Renegade Minds never fall for the belief that people in white coats are all angels of mercy and cannot be full-on psychopaths. I have explained in detail in *The Answer* how what I am describing here played out across the world coordinated by the World Health Organization through the medical hierarchies in almost every country.

Medical scientist calls it

Information about the non-existence of the ‘virus’ began to emerge for me in late March, 2020, and mushroomed after that. I was sent an email by Sir Julian Rose, a writer, researcher, and organic farming promotor, from a medical scientist friend of his in the United States. Even at that early stage in March the scientist was able to explain

how the ‘Covid’ hoax was being manipulated. He said there were no reliable tests for a specific ‘Covid-19 virus’ and nor were there any reliable agencies or media outlets for reporting numbers of actual ‘Covid-19’ cases. We have seen in the long period since then that he was absolutely right. ‘Every action and reaction to Covid-19 is based on totally flawed data and we simply cannot make accurate assessments,’ he said. Most people diagnosed with ‘Covid-19’ were showing nothing more than cold and flu-like symptoms ‘because most coronavirus strains *are* nothing more than cold/flu-like symptoms’. We had farcical situations like an 84-year-old German man testing positive for ‘Covid-19’ and his nursing home ordered to quarantine only for him to be found to have a common cold. The scientist described back then why PCR tests and what he called the ‘Mickey Mouse test kits’ were useless for what they were claimed to be identifying. ‘The idea these kits can isolate a specific virus like Covid-19 is nonsense,’ he said. Significantly, he pointed out that ‘if you want to create a totally false panic about a totally false pandemic – pick a coronavirus’. This is exactly what the Cult-owned Gates, World Economic Forum and Johns Hopkins University did with their Event 201 ‘simulation’ followed by their real-life simulation called the ‘pandemic’. The scientist said that all you had to do was select the sickest of people with respiratory-type diseases in a single location – ‘say Wuhan’ – and administer PCR tests to them. You can then claim that anyone showing ‘viral sequences’ similar to a coronavirus ‘which will inevitably be quite a few’ is suffering from a ‘new’ disease:

> Since you already selected the sickest flu cases a fairly high proportion of your sample will go on to die. You can then say this ‘new’ virus has a CFR [case fatality rate] higher than the flu and use this to infuse more concern and do more tests which will of course produce more ‘cases’, which expands the testing, which produces yet more ‘cases’ and so on and so on. Before long you have your ‘pandemic’, and all you have done is use a simple test kit trick to convert the worst flu and pneumonia cases into something new that doesn’t ACTUALLY EXIST [my emphasis].

He said that you then ‘just run the same scam in other countries’ and make sure to keep the fear message running high ‘so that people

will feel panicky and less able to think critically'. The only problem to overcome was the fact *there is no* actual new deadly pathogen and only regular sick people. This meant that deaths from the 'new deadly pathogen' were going to be way too low for a real new deadly virus pandemic, but he said this could be overcome in the following ways – all of which would go on to happen:

1. You can claim this is just the beginning and more deaths are imminent [you underpin this with fantasy 'computer projections']. Use this as an excuse to quarantine everyone and then claim the quarantine prevented the expected millions of dead.

2. You can [say that people] 'minimizing' the dangers are irresponsible and bully them into not talking about numbers.

3. You can talk crap about made up numbers hoping to blind people with pseudoscience.

4. You can start testing well people (who, of course, will also likely have shreds of coronavirus [RNA] in them) and thus inflate your 'case figures' with 'asymptomatic carriers' (you will of course have to spin that to sound deadly even though any virologist knows the more symptom-less cases you have the less deadly is your pathogen).

The scientist said that if you take these simple steps 'you can have your own entirely manufactured pandemic up and running in weeks'. His analysis made so early in the hoax was brilliantly prophetic of what would actually unfold. Pulling all the information together in these recent chapters we have this is simple 1, 2, 3, of how you can delude virtually the entire human population into believing in a 'virus' that doesn't exist:

- A 'Covid case' is someone who tests positive with a test not testing for the 'virus'.

- A 'Covid death' is someone who dies of *any cause* within 28 days (or much longer) of testing positive with a test not testing for the 'virus.

- Asymptomatic means there is nothing wrong with you, but they claim you can pass on what you don't have to justify locking

down (quarantining) healthy people in totality.

The foundations of the hoax are that simple. A study involving ten million people in Wuhan, published in November, 2020, demolished the whole lie about those without symptoms passing on the ‘virus’. They found ‘300 asymptomatic cases’ and traced their contacts to find that not one of them was detected with the ‘virus’. ‘Asymptomatic’ patients and their contacts were isolated for no less than two weeks and nothing changed. I know it’s all crap, but if you are going to claim that those without symptoms can transmit ‘the virus’ then you must produce evidence for that and they never have. Even World Health Organization official Dr Maria Van Kerkhove, head of the emerging diseases and zoonosis unit, said as early as June, 2020, that she doubted the validity of asymptomatic transmission. She said that ‘from the data we have, it still seems to be rare that an asymptomatic person actually transmits onward to a secondary individual’ and by ‘rare’ she meant that she couldn’t cite any case of asymptomatic transmission.

The Ferguson factor

The problem for the Cult as it headed into March, 2020, when the script had lockdown due to start, was that despite all the manipulation of the case and death figures they still did not have enough people alleged to have died from ‘Covid’ to justify mass house arrest. This was overcome in the way the scientist described: ‘You can claim this is just the beginning and more deaths are imminent … Use this as an excuse to quarantine everyone and then claim the quarantine prevented the expected millions of dead.’ Enter one Professor Neil Ferguson, the Gates-funded ‘epidemiologist’ at the Gates-funded Imperial College in London. Ferguson is Britain’s Christian Drosten in that he has a dire record of predicting health outcomes, but is still called upon to advise government on the next health outcome when another ‘crisis’ comes along. This may seem to be a strange and ridiculous thing to do. Why would you keep turning for policy guidance to people who have a history of being

monumentally wrong? Ah, but it makes sense from the Cult point of view. These 'experts' keep on producing predictions that suit the Cult agenda for societal transformation and so it was with Neil Ferguson as he revealed his horrific (and clearly insane) computer model predictions that allowed lockdowns to be imposed in Britain, the United States and many other countries. Ferguson does not have even an A-level in biology and would appear to have no formal training in computer modelling, medicine or epidemiology, according to Derek Winton, an MSc in Computational Intelligence. He wrote an article somewhat aghast at what Ferguson did which included taking no account of respiratory disease 'seasonality' which means it is far worse in the winter months. Who would have thought that respiratory disease could be worse in the winter? Well, certainly not Ferguson.

The massively China-connected Imperial College and its bizarre professor provided the excuse for the long-incubated Chinese model of human control to travel westward at lightning speed. Imperial College confirms on its website that it collaborates with the Chinese Research Institute; publishes more than 600 research papers every year with Chinese research institutions; has 225 Chinese staff; 2,600 Chinese students – the biggest international group; 7,000 former students living in China which is the largest group outside the UK; and was selected for a tour by China's President Xi Jinping during his state visit to the UK in 2015. The college takes major donations from China and describes itself as the UK's number one university collaborator with Chinese research institutions. The China communist/fascist government did not appear phased by the woeful predictions of Ferguson and Imperial when during the lockdown that Ferguson induced the college signed a five-year collaboration deal with China tech giant Huawei that will have Huawei's indoor 5G network equipment installed at the college's West London tech campus along with an 'AI cloud platform'. The deal includes Chinese sponsorship of Imperial's Venture Catalyst entrepreneurship competition. Imperial is an example of the enormous influence the Chinese government has within British and North American

universities and research centres – and further afield. Up to 200 academics from more than a dozen UK universities are being investigated on suspicion of 'unintentionally' helping the Chinese government build weapons of mass destruction by 'transferring world-leading research in advanced military technology such as aircraft, missile designs and cyberweapons'. Similar scandals have broken in the United States, but it's all a coincidence. Imperial College serves the agenda in many other ways including the promotion of every aspect of the United Nations Agenda 21/2030 (the Great Reset) and produced computer models to show that human-caused 'climate change' is happening when in the real world it isn't. Imperial College is driving the climate agenda as it drives the 'Covid' agenda (both Cult hoaxes) while Patrick Vallance, the UK government's Chief Scientific Adviser on 'Covid', was named Chief Scientific Adviser to the UN 'climate change' conference known as COP26 hosted by the government in Glasgow, Scotland. 'Covid' and 'climate' are fundamentally connected.

Professor Woeful

From Imperial's bosom came Neil Ferguson still advising government despite his previous disasters and it was announced early on that he and other key people like UK Chief Medical Adviser Chris Whitty had caught the 'virus' as the propaganda story was being sold. Somehow they managed to survive and we had Prime Minister Boris Johnson admitted to hospital with what was said to be a severe version of the 'virus' in this same period. His whole policy and demeanour changed when he returned to Downing Street. It's a small world with these government advisors – especially in their communal connections to Gates – and Ferguson had partnered with Whitty to write a paper called 'Infectious disease: Tough choices to reduce Ebola transmission' which involved another scare-story that didn't happen. Ferguson's 'models' predicted that up to150, 000 could die from 'mad cow disease', or BSE, and its version in sheep if it was transmitted to humans. BSE was not transmitted and instead triggered by an organophosphate pesticide used to treat a pest on

cows. Fewer than 200 deaths followed from the human form. Models by Ferguson and his fellow incompetents led to the unnecessary culling of millions of pigs, cattle and sheep in the foot and mouth outbreak in 2001 which destroyed the lives and livelihoods of farmers and their families who had often spent decades building their herds and flocks. Vast numbers of these animals did not have foot and mouth and had no contact with the infection. Another 'expert' behind the cull was Professor Roy Anderson, a computer modeller at Imperial College specialising in the epidemiology of *human*, not animal, disease. Anderson has served on the Bill and Melinda Gates Grand Challenges in Global Health advisory board and chairs another Gates-funded organisation. Gates is everywhere.

In a precursor to the 'Covid' script Ferguson backed closing schools 'for prolonged periods' over the swine flu 'pandemic' in 2009 and said it would affect a third of the world population if it continued to spread at the speed he claimed to be happening. His mates at Imperial College said much the same and a news report said: 'One of the authors, the epidemiologist and disease modeller Neil Ferguson, who sits on the World Health Organisation's emergency committee for the outbreak, said the virus had "full pandemic potential".' Professor Liam Donaldson, the Chris Whitty of his day as Chief Medical Officer, said the worst case could see 30 percent of the British people infected by swine flu with 65,000 dying. Ferguson and Donaldson were indeed proved correct when at the end of the year the number of deaths attributed to swine flu was 392. The term 'expert' is rather liberally applied unfortunately, not least to complete idiots. Swine flu 'projections' were great for GlaxoSmithKline (GSK) as millions rolled in for its Pandemrix influenza vaccine which led to brain damage with children most affected. The British government (taxpayers) paid out more than £60 million in compensation after GSK was given immunity from prosecution. Yet another 'Covid' déjà vu. Swine flu was supposed to have broken out in Mexico, but Dr Wolfgang Wodarg, a German doctor, former member of parliament and critic of the 'Covid' hoax, observed 'the spread of swine flu' in Mexico City at the time. He

said: 'What we experienced in Mexico City was a very mild flu which did not kill more than usual – which killed even fewer people than usual.' Hyping the fear against all the facts is not unique to 'Covid' and has happened many times before. Ferguson is reported to have over-estimated the projected death toll of bird flu (H5N1) by some three million-fold, but bird flu vaccine makers again made a killing from the scare. This is some of the background to the Neil Ferguson who produced the perfectly-timed computer models in early 2020 predicting that half a million people would die in Britain without draconian lockdown and 2.2 million in the United States. Politicians panicked, people panicked, and lockdowns of alleged short duration were instigated to 'flatten the curve' of cases gleaned from a test not testing for the 'virus'. I said at the time that the public could forget the 'short duration' bit. This was an agenda to destroy the livelihoods of the population and force them into mass control through dependency and there was going to be nothing 'short' about it. American researcher Daniel Horowitz described the consequences of the 'models' spewed out by Gates-funded Ferguson and Imperial College:

> What led our government and the governments of many other countries into panic was a single Imperial College of UK study, funded by global warming activists, that predicted 2.2 million deaths if we didn't lock down the country. In addition, the reported 8-9% death rate in Italy scared us into thinking there was some other mutation of this virus that they got, which might have come here.
>
> Together with the fact that we were finally testing and had the ability to actually report new cases, we thought we were headed for a death spiral. But again … we can't flatten a curve if we don't know when the curve started.

How about it *never* started?

Giving them what they want

An investigation by German news outlet *Welt Am Sonntag (World on Sunday)* revealed how in March, 2020, the German government gathered together 'leading scientists from several research institutes and universities' and 'together, they were to produce a [modelling]

paper that would serve as legitimization for further tough political measures'. The Cult agenda was justified by computer modelling not based on evidence or reality; it was specifically constructed to justify the Cult demand for lockdowns all over the world to destroy the independent livelihoods of the global population. All these modellers and everyone responsible for the 'Covid' hoax have a date with a trial like those in Nuremberg after World War Two when Nazis faced the consequences of their war crimes. These corrupt-beyond-belief 'modellers' wrote the paper according to government instructions and it said that that if lockdown measures were lifted then up to one million Germans would die from 'Covid-19' adding that some would die 'agonizingly at home, gasping for breath' unable to be treated by hospitals that couldn't cope. All lies. No matter – it gave the Cult all that it wanted. What did long-time government 'modeller' Neil Ferguson say? If the UK and the United States didn't lockdown half a million would die in Britain and 2.2 million Americans. Anyone see a theme here? 'Modellers' are such a crucial part of the lockdown strategy that we should look into their background and follow the money. Researcher Rosemary Frei produced an excellent article headlined 'The Modelling-paper Mafiosi'. She highlights a guy called John Edmunds, a British epidemiologist, and professor in the Faculty of Epidemiology and Population Health at the London School of Hygiene & Tropical Medicine. He studied at Imperial College. Edmunds is a member of government 'Covid' advisory bodies which have been dictating policy, the New and Emerging Respiratory Virus Threats Advisory Group (NERVTAG) and the Scientific Advisory Group for Emergencies (SAGE).

Ferguson, another member of NERVTAG and SAGE, led the way with the original 'virus' and Edmunds has followed in the 'variant' stage and especially the so-called UK or Kent variant known as the 'Variant of Concern' (VOC) B.1.1.7. He said in a co-written report for the Centre for Mathematical modelling of Infectious Diseases at the London School of Hygiene and Tropical Medicine, with input from the Centre's 'Covid-19' Working Group, that there was 'a realistic

possibility that VOC B.1.1.7 is associated with an increased risk of death compared to non-VOC viruses'. Fear, fear, fear, get the vaccine, fear, fear, fear, get the vaccine. Rosemary Frei reveals that almost all the paper's authors and members of the modelling centre's 'Covid-19' Working Group receive funding from the Bill and Melinda Gates Foundation and/or the associated Gates-funded Wellcome Trust. The paper was published by e-journal *Medr χiv* which only publishes papers not peer-reviewed and the journal was established by an organisation headed by Facebook's Mark Zuckerberg and his missus. What a small world it is. Frei discovered that Edmunds is on the Scientific Advisory Board of the Coalition for Epidemic Preparedness Innovations (CEPI) which was established by the Bill and Melinda Gates Foundation, Klaus Schwab's Davos World Economic Forum and Big Pharma giant Wellcome. CEPI was 'launched in Davos [in 2017] to develop vaccines to stop future epidemics', according to its website. 'Our mission is to accelerate the development of vaccines against emerging infectious diseases and enable equitable access to these vaccines for people during outbreaks.' What kind people they are. Rosemary Frei reveals that Public Health England (PHE) director Susan Hopkins is an author of her organisation's non-peer-reviewed reports on 'new variants'. Hopkins is a professor of infectious diseases at London's Imperial College which is gifted tens of millions of dollars a year by the Bill and Melinda Gates Foundation. Gates-funded modelling disaster Neil Ferguson also co-authors Public Health England reports and he spoke in December, 2020, about the potential danger of the B.1.1.7. 'UK variant' promoted by Gates-funded modeller John Edmunds. When I come to the 'Covid vaccines' the 'new variants' will be shown for what they are – bollocks.

Connections, connections

All these people and modellers are lockdown-obsessed or, put another way, they demand what the Cult demands. Edmunds said in January, 2021, that to ease lockdowns too soon would be a disaster and they had to 'vaccinate much, much, much more widely than the

elderly'. Rosemary Frei highlights that Edmunds is married to Jeanne Pimenta who is described in a LinkedIn profile as director of epidemiology at GlaxoSmithKline (GSK) and she held shares in the company. Patrick Vallance, co-chair of SAGE and the government's Chief Scientific Adviser, is a former executive of GSK and has a deferred bonus of shares in the company worth £600,000. GSK has serious business connections with Bill Gates and is collaborating with mRNA-'vaccine' company CureVac to make 'vaccines' for the new variants that Edmunds is talking about. GSK is planning a 'Covid vaccine' with drug giant Sanofi. Puppet Prime Minister Boris Johnson announced in the spring of 2021 that up to 60 million vaccine doses were to be made at the GSK facility at Barnard Castle in the English North East. Barnard Castle, with a population of just 6,000, was famously visited in breach of lockdown rules in April, 2020, by Johnson aide Dominic Cummings who said that he drove there 'to test his eyesight' before driving back to London. Cummings would be better advised to test his integrity – not that it would take long. The GSK facility had nothing to do with his visit then although I'm sure Patrick Vallance would have been happy to arrange an introduction and some tea and biscuits. Ruthless psychopath Gates has made yet another fortune from vaccines in collaboration with Big Pharma companies and gushes at the phenomenal profits to be made from vaccines – more than a 20-to-1 return as he told one interviewer. Gates also tweeted in December, 2019, with the foreknowledge of what was coming: 'What's next for our foundation? I'm particularly excited about what the next year could mean for one of the best buys in global health: vaccines.'

Modeller John Edmunds is a big promotor of vaccines as all these people appear to be. He's the dean of the London School of Hygiene & Tropical Medicine's Faculty of Epidemiology and Population Health which is primarily funded by the Bill and Melinda Gates Foundation and the Gates-established and funded GAVI vaccine alliance which is the Gates vehicle to vaccinate the world. The organisation Doctors Without Borders has described GAVI as being 'aimed more at supporting drug-industry desires to promote new

products than at finding the most efficient and sustainable means for fighting the diseases of poverty'. But then that's why the psychopath Gates created it. John Edmunds said in a video that the London School of Hygiene & Tropical Medicine is involved in every aspect of vaccine development including large-scale clinical trials. He contends that mathematical modelling can show that vaccines protect individuals and society. That's on the basis of shit in and shit out, I take it. Edmunds serves on the UK Vaccine Network as does Ferguson and the government's foremost 'Covid' adviser, the grim-faced, dark-eyed Chris Whitty. The Vaccine Network says it works 'to support the government to identify and shortlist targeted investment opportunities for the most promising vaccines and vaccine technologies that will help combat infectious diseases with epidemic potential, and to address structural issues related to the UK's broader vaccine infrastructure'. Ferguson is acting Director of the Imperial College Vaccine Impact Modelling Consortium which has funding from the Bill and Melina Gates Foundation and the Gates-created GAVI 'vaccine alliance'. Anyone wonder why these characters see vaccines as the answer to every problem? Ferguson is wildly enthusiastic in his support for GAVI's campaign to vaccine children en masse in poor countries. You would expect someone like Gates who has constantly talked about the need to reduce the population to want to fund vaccines to keep more people alive. I'm sure that's why he does it. The John Edmunds London School of Hygiene & Tropical Medicine (LSHTM) has a Vaccines Manufacturing Innovation Centre which develops, tests and commercialises vaccines. Rosemary Frei writes:

> The vaccines centre also performs affiliated activities like combating 'vaccine hesitancy'. The latter includes the Vaccine Confidence Project. The project's stated purpose is, among other things, 'to provide analysis and guidance for early response and engagement with the public to ensure sustained confidence in vaccines and immunisation'. The Vaccine Confidence Project's director is LSHTM professor Heidi Larson. For more than a decade she's been researching how to combat vaccine hesitancy.

How the bloody hell can blokes like John Edmunds and Neil Ferguson with those connections and financial ties model 'virus' case

and death projections for the government and especially in a way that gives their paymasters like Gates exactly what they want? It's insane, but this is what you find throughout the world.

'Covid' is not dangerous, oops, wait, yes it is

Only days before Ferguson's nightmare scenario made Jackboot Johnson take Britain into a China-style lockdown to save us from a deadly 'virus' the UK government website gov.uk was reporting something very different to Ferguson on a page of official government guidance for 'high consequence infectious diseases (HCID)'. It said this about 'Covid-19':

> As of 19 March 2020, COVID-19 *is no longer considered to be a high consequence infectious diseases (HCID) in the UK* [my emphasis]. The 4 nations public health HCID group made an interim recommendation in January 2020 to classify COVID-19 as an HCID. This was based on consideration of the UK HCID criteria about the virus and the disease with information available during the early stages of the outbreak.
>
> Now that more is known about COVID-19, the public health bodies in the UK have reviewed the most up to date information about COVID-19 against the UK HCID criteria. They have determined that several features have now changed; in particular, more information is available about mortality rates (low overall), and there is now greater clinical awareness and a specific and sensitive laboratory test, the availability of which continues to increase. The Advisory Committee on Dangerous Pathogens (ACDP) is also of the opinion that COVID-19 should no longer be classified as an HCID.

Soon after the government had been exposed for downgrading the risk they upgraded it again and everyone was back to singing from the same Cult hymn book. Ferguson and his fellow Gates clones indicated that lockdowns and restrictions would have to continue until a Gates-funded vaccine was developed. Gates said the same because Ferguson and his like were repeating the Gates script which is the Cult script. 'Flatten the curve' became an ongoing nightmare of continuing lockdowns with periods in between of severe restrictions in pursuit of destroying independent incomes and had nothing to do with protecting health about which the Cult gives not a shit. Why wouldn't Ferguson be pushing a vaccine 'solution' when he's owned by vaccine-obsessive Gates who makes a fortune from them and

when Ferguson heads the Vaccine Impact Modelling Consortium at Imperial College funded by the Gates Foundation and GAVI, the 'vaccine alliance', created by Gates as his personal vaccine promotion operation? To compound the human catastrophe that Ferguson's 'models' did so much to create he was later exposed for breaking his own lockdown rules by having sexual liaisons with his married girlfriend Antonia Staats at his home while she was living at another location with her husband and children. Staats was a 'climate' activist and senior campaigner at the Soros-funded Avaaz which I wouldn't trust to tell me that grass is green. Ferguson had to resign as a government advisor over this hypocrisy in May, 2020, but after a period of quiet he was back being quoted by the ridiculous media on the need for more lockdowns and a vaccine rollout. Other government-advising 'scientists' from Imperial College' held the fort in his absence and said lockdown could be indefinite until a vaccine was found. The Cult script was being sung by the payrolled choir. I said there was no intention of going back to 'normal' when the 'vaccine' came because the 'vaccine' is part of a very different agenda that I will discuss in Human 2.0. Why would the Cult want to let the world go back to normal when destroying that normal forever was the whole point of what was happening? House arrest, closing businesses and schools through lockdown, (un)social distancing and masks all followed the Ferguson fantasy models. Again as I predicted (these people are so predictable) when the 'vaccine' arrived we were told that house arrest, lockdown, (un)social distancing and masks would still have to continue. I will deal with the masks in the next chapter because they are of fundamental importance.

Where's the 'pandemic'?

Any mildly in-depth assessment of the figures revealed what was really going on. Cult-funded and controlled organisations still have genuine people working within them such is the number involved. So it is with Genevieve Briand, assistant program director of the Applied Economics master's degree program at Johns Hopkins

University. She analysed the impact that 'Covid-19' had on deaths from *all* causes in the United States using official data from the CDC for the period from early February to early September, 2020. She found that allegedly 'Covid' *related*-deaths exceeded those from heart disease which she found strange with heart disease always the biggest cause of fatalities. Her research became even more significant when she noted the sudden decline in 2020 of *all* non-'Covid' deaths: 'This trend is completely contrary to the pattern observed in all previous years … the total decrease in deaths by other causes almost exactly equals the increase in deaths by Covid-19.' This was such a game, set and match in terms of what was happening that Johns Hopkins University deleted the article on the grounds that it 'was being used to support false and dangerous inaccuracies about the impact of the pandemic'. No – because it exposed the scam from official CDC figures and this was confirmed when those figures were published in January, 2021. Here we can see the effect of people dying from heart attacks, cancer, road accidents and gunshot wounds – *anything* – having 'Covid-19' on the death certificate along with those diagnosed from 'symptoms' who had even not tested positive with a test not testing for the 'virus'. I am not kidding with the gunshot wounds, by the way. Brenda Bock, coroner in Grand County, Colorado, revealed that two gunshot victims tested positive for the 'virus' within the previous 30 days and were therefore classified as 'Covid deaths'. Bock said: 'These two people had tested positive for Covid, but that's not what killed them. A gunshot wound is what killed them.' She said she had not even finished her investigation when the state listed the gunshot victims as deaths due to the 'virus'. The death and case figures for 'Covid-19' are an absolute joke and yet they are repeated like parrots by the media, politicians and alleged medical 'experts'. The official Cult narrative is the only show in town.

Genevieve Briand found that deaths from all causes were not exceptional in 2020 compared with previous years and a Spanish magazine published figures that said the same about Spain which was a 'Covid' propaganda hotspot at one point. *Discovery Salud*, a

health and medicine magazine, quoted government figures which showed how 17,000 *fewer* people died in Spain in 2020 than in 2019 and more than 26,000 fewer than in 2018. The age-standardised mortality rate for England and Wales when age distribution is taken into account was significantly lower in 2020 than the 1970s, 80s and 90s, and was only the ninth highest since 2000. Where is the 'pandemic'?

Post mortems and autopsies virtually disappeared for 'Covid' deaths amid claims that 'virus-infected' bodily fluids posed a risk to those carrying out the autopsy. This was rejected by renowned German pathologist and forensic doctor Klaus Püschel who said that he and his staff had by then done 150 autopsies on 'Covid' patients with no problems at all. He said they were needed to know why some 'Covid' patients suffered blood clots and not severe respiratory infections. The 'virus' is, after all, called SARS or 'severe acute respiratory syndrome'. I highlighted in the spring of 2020 this phenomenon and quoted New York intensive care doctor Cameron Kyle-Sidell who posted a soon deleted YouTube video to say that they had been told to prepare to treat an infectious disease called 'Covid-19', but that was not what they were dealing with. Instead he likened the lung condition of the most severely ill patients to what you would expect with cabin depressurisation in a plane at 30,000 feet or someone dropped on the top of Everest without oxygen or acclimatisation. I have never said this is not happening to a small minority of alleged 'Covid' patients – I am saying this is not caused by a phantom 'contagious virus'. Indeed Kyle-Sidell said that 'Covid-19' was not the disease they were told was coming their way. 'We are operating under a medical paradigm that is untrue,' he said, and he believed they were treating the wrong disease: 'These people are being slowly starved of oxygen.' Patients would take off their oxygen masks in a state of fear and stress and while they were blue in the face on the brink of death. They did not look like patients dying of pneumonia. You can see why they don't want autopsies when their virus doesn't exist and there is another condition in some people that they don't wish to be uncovered. I should add here that

the 5G system of millimetre waves was being rapidly introduced around the world in 2020 and even more so now as they fire 5G at the Earth from satellites. At 60 gigahertz within the 5G range that frequency interacts with the oxygen molecule and stops people breathing in sufficient oxygen to be absorbed into the bloodstream. They are installing 5G in schools and hospitals. The world is not mad or anything. 5G can cause major changes to the lungs and blood as I detail in *The Answer* and these consequences are labelled 'Covid-19', the alleged symptoms of which can be caused by 5G and other electromagnetic frequencies as cells respond to radiation poisoning.

The 'Covid death' scam

Dr Scott Jensen, a Minnesota state senator and medical doctor, exposed 'Covid' Medicare payment incentives to hospitals and death certificate manipulation. He said he was sent a seven-page document by the US Department of Health 'coaching' him on how to fill out death certificates which had never happened before. The document said that he didn't need to have a laboratory test for 'Covid-19' to put that on the death certificate and that shocked him when death certificates are supposed to be about facts. Jensen described how doctors had been 'encouraged, if not pressured' to make a diagnosis of 'Covid-19' if they thought it was probable or '*presumed*'. No positive test was necessary – not that this would have mattered anyway. He said doctors were told to diagnose 'Covid' by symptoms when these were the same as colds, allergies, other respiratory problems, and certainly with influenza which 'disappeared' in the 'Covid' era. A common sniffle was enough to get the dreaded verdict. Ontario authorities decreed that a single care home resident with *one* symptom from a long list must lead to the isolation of the entire home. Other courageous doctors like Jensen made the same point about death figure manipulation and how deaths by other causes were falling while 'Covid-19 deaths' were rising at the same rate due to re-diagnosis. Their videos rarely survive long on YouTube with its Cult-supporting algorithms courtesy of CEO Susan Wojcicki and her bosses at Google. Figure-tampering was so glaring

and ubiquitous that even officials were letting it slip or outright saying it. UK chief scientific adviser Patrick Vallance said on one occasion that 'Covid' on the death certificate doesn't mean 'Covid' was the cause of death (so why the hell is it there?) and we had the rare sight of a BBC reporter telling the truth when she said: 'Someone could be successfully treated for Covid, in say April, discharged, and then in June, get run over by a bus and die … That person would still be counted as a Covid death in England.' Yet the BBC and the rest of the world media went on repeating the case and death figures as if they were real. Illinois Public Health Director Dr Ngozi Ezike revealed the deceit while her bosses must have been clenching their buttocks:

> If you were in a hospice and given a few weeks to live and you were then found to have Covid that would be counted as a Covid death. [There might be] a clear alternate cause, but it is still listed as a Covid death. So everyone listed as a Covid death doesn't mean that was the cause of the death, but that they had Covid at the time of death.

Yes, a 'Covid virus' never shown to exist and tested for with a test not testing for the 'virus'. In the first period of the pandemic hoax through the spring of 2020 the process began of designating almost everything a 'Covid' death and this has continued ever since. I sat in a restaurant one night listening to a loud conversation on the next table where a family was discussing in bewilderment how a relative who had no symptoms of 'Covid', and had died of a long-term problem, could have been diagnosed a death by the 'virus'. I could understand their bewilderment. If they read this book they will know why this medical fraud has been perpetrated the world over.

Some media truth shock

The media ignored the evidence of death certificate fraud until eventually one columnist did speak out when she saw it first-hand. Bel Mooney is a long-time national newspaper journalist in Britain currently working for the *Daily Mail*. Her article on February 19th, 2021, carried this headline: 'My dad Ted passed three Covid tests

and died of a chronic illness yet he's officially one of Britain's 120,000 victims of the virus and is far from alone ... so how many more are there?' She told how her 99-year-old father was in a care home with a long-standing chronic obstructive pulmonary disease and vascular dementia. Maybe, but he was still aware enough to tell her from the start that there was no 'virus' and he refused the 'vaccine' for that reason. His death was not unexpected given his chronic health problems and Mooney said she was shocked to find that 'Covid-19' was declared the cause of death on his death certificate. She said this was a 'bizarre and unacceptable untruth' for a man with long-time health problems who had tested negative twice at the home for the 'virus'. I was also shocked by this story although not by what she said. I had been highlighting the death certificate manipulation for ten months. It was the confirmation that a professional full-time journalist only realised this was going on when it affected her directly and neither did she know that whether her dad tested positive or negative was irrelevant with the test not testing for the 'virus'. Where had she been? She said she did not believe in 'conspiracy theories' without knowing I'm sure that this and 'conspiracy theorists' were terms put into widespread circulation by the CIA in the 1960s to discredit those who did not accept the ridiculous official story of the Kennedy assassination. A blanket statement of 'I don't believe in conspiracy theories' is always bizarre. The dictionary definition of the term alone means the world is drowning in conspiracies. What she said was even more daft when her dad had just been affected by the 'Covid' conspiracy. Why else does she think that 'Covid-19' was going on the death certificates of people who died of something else?

To be fair once she saw from personal experience what was happening she didn't mince words. Mooney was called by the care home on the morning of February 9th to be told her father had died in his sleep. When she asked for the official cause of death what came back was 'Covid-19'. Mooney challenged this and was told there had been deaths from Covid on the dementia floor (confirmed by a test not testing for the 'virus') so they considered it 'reasonable

to assume'. 'But doctor,' Mooney rightly protested, 'an assumption isn't a diagnosis.' She said she didn't blame the perfectly decent and sympathetic doctor – 'he was just doing his job'. Sorry, but that's *bullshit*. He wasn't doing his job at all. He was putting a false cause of death on the death certificate and that is a criminal offence for which he should be brought to account and the same with the millions of doctors worldwide who have done the same. They were not doing their job they were following orders and that must not wash at new Nuremberg trials any more than it did at the first ones. Mooney's doctor was 'assuming' (presuming) as he was told to, but 'just following orders' makes no difference to his actions. A doctor's job is to serve the patient and the truth, not follow orders, but that's what they have done all over the world and played a central part in making the 'Covid' hoax possible with all its catastrophic consequences for humanity. Shame on them and they must answer for their actions. Mooney said her disquiet worsened when she registered her father's death by telephone and was told by the registrar there had been very many other cases like hers where 'the deceased' had not tested positive for 'Covid' yet it was recorded as the cause of death. The test may not matter, but those involved at their level *think* it matters and it shows a callous disregard for accurate diagnosis. The pressure to do this is coming from the top of the national 'health' pyramids which in turn obey the World Health Organization which obeys Gates and the Cult. Mooney said the registrar agreed that this must distort the national figures adding that 'the strangest thing is that every winter we record countless deaths from flu, and this winter there have been none. Not one!' She asked if the registrar thought deaths from flu were being misdiagnosed and lumped together with 'Covid' deaths. The answer was a 'puzzled yes'. Mooney said that the funeral director said the same about 'Covid' deaths which had nothing to do with 'Covid'. They had lost count of the number of families upset by this and other funeral companies in different countries have had the same experience. Mooney wrote:

The nightly shroud-waving and shocking close-ups of pain imposed on us by the TV news bewildered and terrified the population into eager compliance with lockdowns. We were invited to 'save the NHS' and to grieve for strangers – the real-life loved ones behind those shocking death counts. Why would the public imagine what I now fear, namely that the way Covid-19 death statistics are compiled might make the numbers seem greater than they are?

Oh, just a little bit – like 100 percent.

Do the maths

Mooney asked why a country would wish to skew its mortality figures by wrongly certifying deaths? What had been going on? Well, if you don't believe in conspiracies you will never find the answer which is that *it's a conspiracy*. She did, however, describe what she had discovered as a 'national scandal'. In reality it's a global scandal and happening everywhere. Pillars of this conspiracy were all put into place before the button was pressed with the Drosten PCR protocol and high amplifications to produce the cases and death certificate changes to secure illusory 'Covid' deaths. Mooney notes that normally two doctors were needed to certify a death, with one having to know the patient, and how the rules were changed in the spring of 2020 to allow one doctor to do this. In the same period 'Covid deaths' were decreed to be all cases where Covid-19 was put on the death certificate even without a positive test or any symptoms. Mooney asked: 'How many of the 30,851 (as of January 15) care home resident deaths with Covid-19 on the certificate (32.4 per cent of all deaths so far) were based on an assumption, like that of my father? And what has that done to our national psyche?'All of them is the answer to the first question and it has devastated and dismantled the national psyche, actually the global psyche, on a colossal scale. In the UK case and death data is compiled by organisations like Public Health England (PHE) and the Office for National Statistics (ONS). Mooney highlights the insane policy of counting a death from any cause as 'Covid-19' if this happens within 28 days of a positive test (with a test not testing for the 'virus') and she points out that ONS statistics reflect deaths 'involving Covid' 'or due to Covid' which meant in practice any

death where 'Covid-19' was mentioned on the death certificate. She described the consequences of this fraud:

> Most people will accept the narrative they are fed, so panicky governments here and in Europe witnessed the harsh measures enacted in totalitarian China and jumped into lockdown. Headlines about Covid deaths tolled like the knell that would bring doomsday to us all. Fear stalked our empty streets. Politicians parroted the frankly ridiculous aim of 'zero Covid' and shut down the economy, while most British people agreed that lockdown was essential and (astonishingly to me, as a patriotic Brit) even wanted more restrictions.
>
> For what? Lies on death certificates? Never mind the grim toll of lives ruined, suicides, schools closed, rising inequality, depression, cancelled hospital treatments, cancer patients in a torture of waiting, poverty, economic devastation, loneliness, families kept apart, and so on. How many lives have been lost as a direct result of lockdown?

She said that we could join in a national chorus of shock and horror at reaching the 120,000 death toll which was surely certain to have been totally skewed all along, but what about the human cost of lockdown justified by these 'death figures'? *The British Medical Journal* had reported a 1,493 percent increase in cases of children taken to Great Ormond Street Hospital with abusive head injuries alone and then there was the effect on families:

> Perhaps the most shocking thing about all this is that families have been kept apart – and obeyed the most irrational, changing rules at the whim of government – because they believed in the statistics. They succumbed to fear, which his generation rejected in that war fought for freedom. Dad (God rest his soul) would be angry. And so am I.

Another theme to watch is that in the winter months when there are more deaths from all causes they focus on 'Covid' deaths and in the summer when the British Lung Foundation says respiratory disease plummets by 80 percent they rage on about 'cases'. Either way fascism on population is always the answer.

Nazi eugenics in the 21st century

Elderly people in care homes have been isolated from their families month after lonely month with no contact with relatives and grandchildren who were banned from seeing them. We were told

that lockdown fascism was to 'protect the vulnerable' like elderly people. At the same time Do Not Resuscitate (DNR) orders were placed on their medical files so that if they needed resuscitation it wasn't done and 'Covid-19' went on their death certificates. Old people were not being 'protected' they were being culled – murdered in truth. DNR orders were being decreed for disabled and young people with learning difficulties or psychological problems. The UK Care Quality Commission, a non-departmental body of the Department of Health and Social Care, found that 34 percent of those working in health and social care were pressured into placing 'do not attempt cardiopulmonary resuscitation' orders on 'Covid' patients who suffered from disabilities and learning difficulties without involving the patient or their families in the decision. UK judges ruled that an elderly woman with dementia should have the DNA-manipulating 'Covid vaccine' against her son's wishes and that a man with severe learning difficulties should have the jab despite his family's objections. Never mind that many had already died. The judiciary always supports doctors and government in fascist dictatorships. They wouldn't dare do otherwise. A horrific video was posted showing fascist officers from Los Angeles police forcibly giving the 'Covid' shot to women with special needs who were screaming that they didn't want it. The same fascists are seen giving the jab to a sleeping elderly woman in a care home. This is straight out of the Nazi playbook. Hitler's Nazis committed mass murder of the mentally ill and physically disabled throughout Germany and occupied territories in the programme that became known as Aktion T4, or just T4. Sabbatian-controlled Hitler and his grotesque crazies set out to kill those they considered useless and unnecessary. The Reich Committee for the Scientific Registering of Hereditary and Congenital Illnesses registered the births of babies identified by physicians to have 'defects'. By 1941 alone more than 5,000 children were murdered by the state and it is estimated that in total the number of innocent people killed in Aktion T4 was between 275,000 and 300,000. Parents were told their children had been sent away for 'special treatment' never to return. It is rather pathetic to see claims about plans for new extermination camps being dismissed today

when the same force behind current events did precisely that 80 years ago. Margaret Sanger was a Cult operative who used 'birth control' to sanitise her programme of eugenics. Organisations she founded became what is now Planned Parenthood. Sanger proposed that 'the whole dysgenic population would have its choice of segregation or sterilization'. These included epileptics, 'feeble-minded', and prostitutes. Sanger opposed charity because it perpetuated 'human waste'. She reveals the Cult mentality and if anyone thinks that extermination camps are a 'conspiracy theory' their naivety is touching if breathtakingly stupid.

If you don't believe that doctors can act with callous disregard for their patients it is worth considering that doctors and medical staff agreed to put government-decreed DNR orders on medical files and do nothing when resuscitation is called for. I don't know what you call such people in your house. In mine they are Nazis from the Josef Mengele School of Medicine. Phenomenal numbers of old people have died worldwide from the effects of lockdown, depression, lack of treatment, the 'vaccine' (more later) and losing the will to live. A common response at the start of the manufactured pandemic was to remove old people from hospital beds and transfer them to nursing homes. The decision would result in a mass cull of elderly people in those homes through lack of treatment – *not* 'Covid'. Care home whistleblowers have told how once the 'Covid' era began doctors would not come to their homes to treat patients and they were begging for drugs like antibiotics that often never came. The most infamous example was ordered by New York governor Andrew Cuomo, brother of a moronic CNN host, who amazingly was given an Emmy Award for his handling of the 'Covid crisis' by the ridiculous Wokers that hand them out. Just how ridiculous could be seen in February, 2021, when a Department of Justice and FBI investigation began into how thousands of old people in New York died in nursing homes after being discharged from hospital to make way for 'Covid' patients on Cuomo's say-so – and how he and his staff covered up these facts. This couldn't have happened to a nicer psychopath. Even then there was a 'Covid' spin. Reports said that

thousands of old people who tested positive for 'Covid' in hospital were transferred to nursing homes to both die of 'Covid' and transmit it to others. No – they were in hospital because they were ill and the fact that they tested positive with a test not testing for the 'virus' is irrelevant. They were ill often with respiratory diseases ubiquitous in old people near the end of their lives. Their transfer out of hospital meant that their treatment stopped and many would go on to die.

They're old. Who gives a damn?

I have exposed in the books for decades the Cult plan to cull the world's old people and even to introduce at some point what they call a 'demise pill' which at a certain age everyone would take and be out of here by law. In March, 2021, Spain legalised euthanasia and assisted suicide following the Netherlands, Belgium, Luxembourg and Canada on the Tiptoe to the demise pill. Treatment of old people by many 'care' homes has been a disgrace in the 'Covid' era. There are many, many, caring staff – I know some. There have, however, been legions of stories about callous treatment of old people and their families. Police were called when families came to take their loved ones home in the light of isolation that was killing them. They became prisoners of the state. Care home residents in insane, fascist Ontario, Canada, were not allowed to leave their *room* once the 'Covid' hoax began. UK staff have even wheeled elderly people away from windows where family members were talking with them. Oriana Criscuolo from Stockport in the English North West dropped off some things for her 80-year-old father who has Parkinson's disease and dementia and she wanted to wave to him through a ground-floor window. She was told that was 'illegal'. When she went anyway they closed the curtains in the middle of the day. Oriana said:

> It's just unbelievable. I cannot understand how care home staff – people who are being paid to care – have become so uncaring. Their behaviour is inhumane and cruel. It's beyond belief.

She was right and this was not a one-off. What a way to end your life in such loveless circumstances. UK registered nurse Nicky Millen, a proper old school nurse for 40 years, said that when she started her career care was based on dignity, choice, compassion and empathy. Now she said 'the things that are important to me have gone out of the window.' She was appalled that people were dying without their loved ones and saying goodbye on iPads. Nicky described how a distressed 89-year-old lady stroked her face and asked her 'how many paracetamol would it take to finish me off'. Life was no longer worth living while not seeing her family. Nicky said she was humiliated in front of the ward staff and patients for letting the lady stroke her face and giving her a cuddle. Such is the dehumanisation that the 'Covid' hoax has brought to the surface. Nicky worked in care homes where patients told her they were being held prisoner. 'I want to live until I die', one said to her. 'I had a lady in tears because she hadn't seen her great-grandson.' Nicky was compassionate old school meeting psychopathic New Normal. She also said she had worked on a 'Covid' ward with no 'Covid' patients. Jewish writer Shai Held wrote an article in March, 2020, which was headlined 'The Staggering, Heartless Cruelty Toward the Elderly'. What he described was happening from the earliest days of lockdown. He said 'the elderly' were considered a group and not unique individuals (the way of the Woke). Shai Held said:

> Notice how the all-too-familiar rhetoric of dehumanization works: 'The elderly' are bunched together as a faceless mass, all of them considered culprits and thus effectively deserving of the suffering the pandemic will inflict upon them. Lost entirely is the fact that the elderly are individual human beings, each with a distinctive face and voice, each with hopes and dreams, memories and regrets, friendships and marriages, loves lost and loves sustained.

'The elderly' have become another dehumanised group for which anything goes and for many that has resulted in cold disregard for their rights and their life. The distinctive face that Held talks about is designed to be deleted by masks until everyone is part of a faceless mass.

'War-zone' hospitals myth

Again and again medical professionals have told me what was really going on and how hospitals 'overrun like war zones' according to the media were virtually empty. The mantra from medical whistleblowers was please don't use my name or my career is over. Citizen journalists around the world sneaked into hospitals to film evidence exposing the 'war-zone' lie. They really *were* largely empty with closed wards and operating theatres. I met a hospital worker in my town on the Isle of Wight during the first lockdown in 2020 who said the only island hospital had never been so quiet. Lockdown was justified by the psychopaths to stop hospitals being overrun. At the same time that the island hospital was near-empty the military arrived here to provide *extra beds*. It was all propaganda to ramp up the fear to ensure compliance with fascism as were never-used temporary hospitals with thousands of beds known as Nightingales and never-used make-shift mortuaries opened by the criminal UK government. A man who helped to install those extra island beds attributed to the army said they were never used and the hospital was empty. Doctors and nurses 'stood around talking or on their phones, wandering down to us to see what we were doing'. There were no masks or social distancing. He accused the useless local island paper, the *County Press*, of 'pumping the fear as if our hospital was overrun and we only have one so it should have been'. He described ambulances parked up with crews outside in deck chairs. When his brother called an ambulance he was told there was a two-hour backlog which he called 'bullshit'. An old lady on the island fell 'and was in a bad way', but a caller who rang for an ambulance was told the situation wasn't urgent enough. Ambulance stations were working under capacity while people would hear ambulances with sirens blaring driving through the streets. When those living near the stations realised what was going on they would follow them as they left, circulated around an urban area with the sirens going, and then came back without stopping. All this was to increase levels of fear and the same goes for the 'ventilator shortage crisis' that cost tens of millions for hastily produced ventilators never to be used.

Ambulance crews that agreed to be exploited in this way for fear propaganda might find themselves a mirror. I wish them well with that. Empty hospitals were the obvious consequence of treatment and diagnoses of non-'Covid' conditions cancelled and those involved handed a death sentence. People have been dying at home from undiagnosed and untreated cancer, heart disease and other life-threatening conditions to allow empty hospitals to deal with a 'pandemic' that wasn't happening.

Death of the innocent

'War-zones' have been laying off nursing staff, even doctors where they can. There was no work for them. Lockdown was justified by saving lives and protecting the vulnerable they were actually killing with DNR orders and preventing empty hospitals being 'overrun'. In Britain the mantra of stay at home to 'save the NHS' was everywhere and across the world the same story was being sold when it was all lies. Two California doctors, Dan Erickson and Artin Massihi at Accelerated Urgent Care in Bakersfield, held a news conference in April, 2020, to say that intensive care units in California were 'empty, essentially', with hospitals shutting floors, not treating patients and laying off doctors. The California health system was working at minimum capacity 'getting rid of doctors because we just don't have the volume'. They said that people with conditions such as heart disease and cancer were not coming to hospital out of fear of 'Covid-19'. Their video was deleted by Susan Wojcicki's Cult-owned YouTube after reaching five million views. Florida governor Ron Desantis, who rejected the severe lockdowns of other states and is being targeted for doing so, said that in March, 2020, every US governor was given models claiming they would run out of hospital beds in days. That was never going to happen and the 'modellers' knew it. Deceit can be found at every level of the system. Urgent children's operations were cancelled including fracture repairs and biopsies to spot cancer. Eric Nicholls, a consultant paediatrician, said 'this is obviously concerning and we need to return to normal operating and to increase capacity as soon as possible'. Psychopaths

in power were rather less concerned *because* they are psychopaths. Deletion of urgent care and diagnosis has been happening all over the world and how many kids and others have died as a result of the actions of these cold and heartless lunatics dictating 'health' policy? The number must be stratospheric. Richard Sullivan, professor of cancer and global health at King's College London, said people feared 'Covid' more than cancer such was the campaign of fear. 'Years of lost life will be quite dramatic', Sullivan said, with 'a huge amount of avoidable mortality'. Sarah Woolnough, executive director for policy at Cancer Research UK, said there had been a 75 percent drop in urgent referrals to hospitals by family doctors of people with suspected cancer. Sullivan said that 'a lot of services have had to scale back – we've seen a dramatic decrease in the amount of elective cancer surgery'. Lockdown deaths worldwide has been absolutely fantastic with the *New York Post* reporting how data confirmed that 'lockdowns end more lives than they save':

> There was a sharp decline in visits to emergency rooms and an increase in fatal heart attacks because patients didn't receive prompt treatment. Many fewer people were screened for cancer. Social isolation contributed to excess deaths from dementia and Alzheimer's.
>
> Researchers predicted that the social and economic upheaval would lead to tens of thousands of "deaths of despair" from drug overdoses, alcoholism and suicide. As unemployment surged and mental-health and substance-abuse treatment programs were interrupted, the reported levels of anxiety, depression and suicidal thoughts increased dramatically, as did alcohol sales and fatal drug overdoses.

This has been happening while nurses and other staff had so much time on their hands in the 'war-zones' that Tic-Tok dancing videos began appearing across the Internet with medical staff dancing around in empty wards and corridors as people died at home from causes that would normally have been treated in hospital.

Mentions in dispatches

One brave and truth-committed whistleblower was Louise Hampton, a call handler with the UK NHS who made a viral Internet video saying she had done 'fuck all' during the 'pandemic'

which was ‘a load of bollocks’. She said that ‘Covid-19’ was rebranded flu and of course she lost her job. This is what happens in the medical and endless other professions now when you tell the truth. Louise filmed inside ‘war-zone’ accident and emergency departments to show they were empty and I mean *empty* as in no one there. The mainstream media could have done the same and blown the gaff on the whole conspiracy. They haven’t to their eternal shame. Not that most ‘journalists’ seem capable of manifesting shame as with the psychopaths they slavishly repeat without question. The relative few who were admitted with serious health problems were left to die alone with no loved ones allowed to see them because of ‘Covid’ rules and they included kids dying without the comfort of mum and dad at their bedside while the evil behind this couldn’t give a damn. It was all good fun to them. A Scottish NHS staff nurse publicly quit in the spring of 2021 saying: ‘I can no longer be part of the lies and the corruption by the government.’ She said hospitals ‘aren’t full, the beds aren’t full, beds have been shut, wards have been shut’. Hospitals were never busy throughout ‘Covid’. The staff nurse said that Nicola Sturgeon, tragically the leader of the Scottish government, was on television saying save the hospitals and the NHS – ‘but the beds are empty’ and ‘we’ve not seen flu, we always see flu every year’. She wrote to government and spoke with her union Unison (the unions are Cult-compromised and *useless*, but nothing changed. Many of her colleagues were scared of losing their jobs if they spoke out as they wanted to. She said nursing staff were being affected by wearing masks all day and ‘my head is splitting every shift from wearing a mask’. The NHS is part of the fascist tyranny and must be dismantled so we can start again with human beings in charge. (Ironically, hospitals were reported to be busier again when official ‘Covid’ cases *fell* in spring/summer of 2021 and many other conditions required treatment at the same time as *the fake vaccine rollout*.)

I will cover the ‘Covid vaccine’ scam in detail later, but it is another indicator of the sickening disregard for human life that I am highlighting here. The DNA-manipulating concoctions do not fulfil

the definition of a ‘vaccine’, have never been used on humans before and were given only emergency approval because trials were not completed and they continued using the unknowing public. The result was what a NHS senior nurse with responsibility for ‘vaccine’ procedure said was ‘genocide’. She said the ‘vaccines’ were not ‘vaccines’. They had not been shown to be safe and claims about their effectiveness by drug companies were ‘poetic licence’. She described what was happening as a ‘horrid act of human annihilation’. The nurse said that management had instigated a policy of not providing a Patient Information Leaflet (PIL) before people were ‘vaccinated’ even though health care professionals are supposed to do this according to protocol. Patients should also be told that they are taking part in an ongoing clinical trial. Her challenges to what is happening had seen her excluded from meetings and ridiculed in others. She said she was told to ‘watch my step … or I would find myself surplus to requirements’. The nurse, who spoke anonymously in fear of her career, said she asked her NHS manager why he/she was content with taking part in genocide against those having the ‘vaccines’. The reply was that everyone had to play their part and to ‘put up, shut up, and get it done’. Government was ‘leaning heavily’ on NHS management which was clearly leaning heavily on staff. This is how the global ‘medical’ hierarchy operates and it starts with the Cult and its World Health Organization.

She told the story of a doctor who had the Pfizer jab and when questioned had no idea what was in it. The doctor had never read the literature. We have to stop treating doctors as intellectual giants when so many are moral and medical pygmies. The doctor did not even know that the ‘vaccines’ were not fully approved or that their trials were ongoing. They were, however, asking their patients if they minded taking part in follow-ups for research purposes – yes, the *ongoing clinical trial*. The nurse said the doctor’s ignorance was not rare and she had spoken to a hospital consultant who had the jab without any idea of the background or that the ‘trials’ had not been completed. Nurses and pharmacists had shown the same ignorance.

'My NHS colleagues have forsaken their duty of care, broken their code of conduct – Hippocratic Oath – and have been brainwashed just the same as the majority of the UK public through propaganda …' She said she had not been able to recruit a single NHS colleague, doctor, nurse or pharmacist to stand with her and speak out. Her union had refused to help. She said that if the genocide came to light she would not hesitate to give evidence at a Nuremberg-type trial against those in power who could have affected the outcomes but didn't.

And all for what?

To put the nonsense into perspective let's say the 'virus' does exist and let's go completely crazy and accept that the official manipulated figures for cases and deaths are accurate. *Even then* a study by Stanford University epidemiologist Dr John Ioannidis published on the World Health Organization website produced an average infection to fatality rate of … *0.23 percent!* Ioannidis said: 'If one could sample equally from all locations globally, the median infection fatality rate might even be substantially lower than the 0.23% observed in my analysis.' For healthy people under 70 it was … *0.05 percent*! This compares with the 3.4 percent claimed by the Cult-owned World Health Organization when the hoax was first played and maximum fear needed to be generated. An updated Stanford study in April, 2021, put the 'infection' to 'fatality' rate at just 0.15 percent. Another team of scientists led by Megan O'Driscoll and Henrik Salje studied data from 45 countries and published their findings on the Nature website. For children and young people the figure is so small it virtually does not register although authorities will be hyping dangers to the young when they introduce DNA-manipulating 'vaccines' for children. The O'Driscoll study produced an average infection-fatality figure of 0.003 for children from birth to four; 0.001 for 5 to 14; 0.003 for 15 to 19; and it was still only 0.456 up to 64. To claim that children must be 'vaccinated' to protect them from 'Covid' is an obvious lie and so there must be another reason and there is. What's more the average age of a 'Covid' death is akin

to the average age that people die in general. The average age of death in England is about 80 for men and 83 for women. The average age of death from alleged 'Covid' is between 82 and 83. California doctors, Dan Erickson and Artin Massihi, said at their April media conference that projection models of millions of deaths had been 'woefully inaccurate'. They produced detailed figures showing that Californians had a 0.03 chance of dying from 'Covid' based on the number of people who tested positive (with a test not testing for the 'virus'). Erickson said there was a 0.1 percent chance of dying from 'Covid' in the *state* of New York, not just the city, and a 0.05 percent chance in Spain, a centre of 'Covid-19' hysteria at one stage. The Stanford studies supported the doctors' data with fatality rate estimates of 0.23 and 0.15 percent. How close are these figures to my estimate of *zero*? Death-rate figures claimed by the World Health Organization at the start of the hoax were some 15 times higher. The California doctors said there was no justification for lockdowns and the economic devastation they caused. Everything they had ever learned about quarantine was that you quarantine the *sick* and not the healthy. They had never seen this before and it made no medical sense.

Why in the in the light of all this would governments and medical systems the world over say that billions must go under house arrest; lose their livelihood; in many cases lose their mind, their health and their life; force people to wear masks dangerous to health and psychology; make human interaction and even family interaction a criminal offence; ban travel; close restaurants, bars, watching live sport, concerts, theatre, and any activity involving human togetherness and discourse; and closing schools to isolate children from their friends and cause many to commit suicide in acts of hopelessness and despair? The California doctors said lockdown consequences included increased child abuse, partner abuse, alcoholism, depression, and other impacts they were seeing every day. Who would do that to the entire human race if not mentally-ill psychopaths of almost unimaginable extremes like Bill Gates? We must face the reality of what we are dealing with and come out of

denial. Fascism and tyranny are made possible only by the target population submitting and acquiescing to fascism and tyranny. The whole of human history shows that to be true. Most people naively and unquestioning believed what they were told about a 'deadly virus' and meekly and weakly submitted to house arrest. Those who didn't believe it – at least in total – still submitted in fear of the consequences of not doing so. For the rest who wouldn't submit draconian fines have been imposed, brutal policing by psychopaths *for* psychopaths, and condemnation from the meek and weak who condemn the Pushbackers on behalf of the very force that has them, too, in its gunsights. 'Pathetic' does not even begin to suffice. Britain's brainless 'Health' Secretary Matt Hancock warned anyone lying to border officials about returning from a list of 'hotspot' countries could face a jail sentence of up to ten years which is more than for racially-aggravated assault, incest and attempting to have sex with a child under 13. Hancock is a lunatic, but he has the state apparatus behind him in a Cult-led chain reaction and the same with UK 'Vaccine Minister' Nadhim Zahawi, a prominent member of the mega-Cult secret society, Le Cercle, which featured in my earlier books. The Cult enforces its will on governments and medical systems; government and medical systems enforce their will on business and police; business enforces its will on staff who enforce it on customers; police enforce the will of the Cult on the population and play their essential part in creating a world of fascist control that their own children and grandchildren will have to live in their entire lives. It is a hierarchical pyramid of imposition and acquiescence and, yes indeedy, of clinical insanity.

Does anyone bright enough to read this book have to ask what the answer is? I think not, but I will reveal it anyway in the fewest of syllables: Tell the psychos and their moronic lackeys to fuck off and let's get on with our lives. We are many – They are few.

CHAPTER SEVEN

War on your mind

One believes things because one has been conditioned to believe them
Aldous Huxley, *Brave New World*

I have described the 'Covid' hoax as a 'Psyop' and that is true in every sense and on every level in accordance with the definition of that term which is psychological warfare. Break down the 'Covid pandemic' to the foundation themes and it is psychological warfare on the human individual and collective mind.

The same can be said for the entire human belief system involving every subject you can imagine. Huxley was right in his contention that people believe what they are conditioned to believe and this comes from the repetition throughout their lives of the same falsehoods. They spew from government, corporations, media and endless streams of 'experts' telling you what the Cult wants you to believe and often believing it themselves (although *far* from always). 'Experts' are rewarded with 'prestigious' jobs and titles and as agents of perceptual programming with regular access to the media. The Cult has to control the narrative – control *information* – or they lose control of the vital, crucial, without-which-they-cannot-prevail public perception of reality. The foundation of that control today is the Internet made possible by the Defense Advanced Research Projects Agency (DARPA), the incredibly sinister technological arm of the Pentagon. The Internet is the result of military technology.

DARPA openly brags about establishing the Internet which has been a long-term project to lasso the minds of the global population. I have said for decades the plan is to control information to such an extreme that eventually no one would see or hear anything that the Cult does not approve. We are closing in on that end with ferocious censorship since the 'Covid' hoax began and in my case it started back in the 1990s in terms of books and speaking venues. I had to create my own publishing company in 1995 precisely because no one else would publish my books even then. I think they're all still running.

Cult Internet

To secure total control of information they needed the Internet in which pre-programmed algorithms can seek out 'unclean' content for deletion and even stop it being posted in the first place. The Cult had to dismantle print and non-Internet broadcast media to ensure the transfer of information to the appropriate-named 'Web' – a critical expression of the *Cult* web. We've seen the ever-quickening demise of traditional media and control of what is left by a tiny number of corporations operating worldwide. Independent journalism in the mainstream is already dead and never was that more obvious than since the turn of 2020. The Cult wants all information communicated via the Internet to globally censor and allow the plug to be pulled any time. Lockdowns and forced isolation has meant that communication between people has been through electronic means and no longer through face-to-face discourse and discussion. Cult psychopaths have targeted the bars, restaurants, sport, venues and meeting places in general for this reason. None of this is by chance and it's to stop people gathering in any kind of privacy or number while being able to track and monitor all Internet communications and block them as necessary. Even private messages between individuals have been censored by these fascists that control Cult fronts like Facebook, Twitter, Google and YouTube which are all officially run by Sabbatian place-people and from the background by higher-level Sabbatian place people.

Facebook, Google, Amazon and their like were seed-funded and supported into existence with money-no-object infusions of funds either directly or indirectly from DARPA and CIA technology arm In-Q-Tel. The Cult plays the long game and prepares very carefully for big plays like 'Covid'. Amazon is another front in the psychological war and pretty much controls the global market in book sales and increasingly publishing. Amazon's limitless funds have deleted fantastic numbers of independent publishers to seize global domination on the way to deciding which books can be sold and circulated and which cannot. Moves in that direction are already happening. Amazon's leading light Jeff Bezos is the grandson of Lawrence Preston Gise who worked with DARPA predecessor ARPA. Amazon has big connections to the CIA and the Pentagon. The plan I have long described went like this:

1. Employ military technology to establish the Internet.

2. Sell the Internet as a place where people can freely communicate without censorship and allow that to happen until the Net becomes the central and irreversible pillar of human society. If the Internet had been highly censored from the start many would have rejected it.

3. Fund and manipulate major corporations into being to control the circulation of information on your Internet using cover stories about geeks in garages to explain how they came about. Give them unlimited funds to expand rapidly with no need to make a profit for years while non-Cult companies who need to balance the books cannot compete. You know that in these circumstances your Googles, YouTubes, Facebooks and Amazons are going to secure near monopolies by either crushing or buying up the opposition.

4. Allow freedom of expression on both the Internet and communication platforms to draw people in until the Internet is the central and irreversible pillar of human society and your communication corporations have reached a stage of near monopoly domination.

5. Then unleash your always-planned frenzy of censorship on the basis of 'where else are you going to go?' and continue to expand that until nothing remains that the Cult does not want its human targets to see.

The process was timed to hit the 'Covid' hoax to ensure the best chance possible of controlling the narrative which they knew they had to do at all costs. They were, after all, about to unleash a 'deadly virus' that didn't really exist. If you do that in an environment of free-flowing information and opinion you would be dead in the

water before you could say Gates is a psychopath. The network was in place through which the Cult-created-and-owned World Health Organization could dictate the 'Covid' narrative and response policy slavishly supported by Cult-owned Internet communication giants and mainstream media while those telling a different story were censored. Google, YouTube, Facebook and Twitter openly announced that they would do this. What else would we expect from Cult-owned operations like Facebook which former executives have confirmed set out to make the platform more addictive than cigarettes and coldly manipulates emotions of its users to sow division between people and groups and scramble the minds of the young? If Zuckerberg lives out the rest of his life without going to jail for crimes against humanity, and most emphatically against the young, it will be a travesty of justice. Still, no matter, cause and effect will catch up with him eventually and the same with Sergey Brin and Larry Page at Google with its CEO Sundar Pichai who fix the Google search results to promote Cult narratives and hide the opposition. Put the same key words into Google and other search engines like DuckDuckGo and you will see how different results can be. Wikipedia is another intensely biased 'encyclopaedia' which skews its content to the Cult agenda. YouTube links to Wikipedia's version of 'Covid' and 'climate change' on video pages in which experts in their field offer a different opinion (even that is increasingly rare with Wojcicki censorship). Into this 'Covid' silence-them network must be added government media censors, sorry 'regulators', such as Ofcom in the UK which imposed tyrannical restrictions on British broadcasters that had the effect of banning me from ever appearing. Just to debate with me about my evidence and views on 'Covid' would mean breaking the fascistic impositions of Ofcom and its CEO career government bureaucrat Melanie Dawes. Gutless British broadcasters tremble at the very thought of fascist Ofcom.

Psychos behind 'Covid'

The reason for the 'Covid' catastrophe in all its facets and forms can be seen by whom and what is driving the policies worldwide in such a coordinated way. Decisions are not being made to protect health, but to target psychology. The dominant group guiding and 'advising' government policy are not medical professionals. They are psychologists and behavioural scientists. Every major country has its own version of this phenomenon and I'll use the British example to show how it works. In many ways the British version has been affecting the wider world in the form of the huge behaviour manipulation network in the UK which operates in other countries. The network involves private companies, government, intelligence and military. The Cabinet Office is at the centre of the government 'Covid' Psyop and part-owns, with 'innovation charity' Nesta, the Behavioural Insights Team (BIT) which claims to be independent of government but patently isn't. The BIT was established in 2010 and its job is to manipulate the psyche of the population to acquiesce to government demands and so much more. It is also known as the 'Nudge Unit', a name inspired by the 2009 book by two ultra-Zionists, Cass Sunstein and Richard Thaler, called *Nudge: Improving Decisions About Health, Wealth, and Happiness*. The book, as with the Behavioural Insights Team, seeks to 'nudge' behaviour (manipulate it) to make the public follow patterns of action and perception that suit those in authority (the Cult). Sunstein is so skilled at this that he advises the World Health Organization and the UK Behavioural Insights Team and was Administrator of the White House Office of Information and Regulatory Affairs in the Obama administration. Biden appointed him to the Department of Homeland Security – another ultra-Zionist in the fold to oversee new immigration laws which is another policy the Cult wants to control. Sunstein is desperate to silence anyone exposing conspiracies and co-authored a 2008 report on the subject in which suggestions were offered to ban 'conspiracy theorizing' or impose 'some kind of tax, financial or otherwise, on those who disseminate such theories'. I guess a psychiatrist's chair is out of the question?

Sunstein's mate Richard Thaler, an 'academic affiliate' of the UK Behavioural Insights Team, is a proponent of 'behavioural economics' which is defined as the study of 'the effects of psychological, cognitive, emotional, cultural and social factors on the decisions of individuals and institutions'. Study the effects so they can be manipulated to be what you want them to be. Other leading names in the development of behavioural economics are ultra-Zionists Daniel Kahneman and Robert J. Shiller and they, with Thaler, won the Nobel Memorial Prize in Economic Sciences for their work in this field. The Behavioural Insights Team is operating at the heart of the UK government and has expanded globally through partnerships with several universities including Harvard, Oxford, Cambridge, University College London (UCL) and Pennsylvania. They claim to have 'trained' (reframed) 20,000 civil servants and run more than 750 projects involving 400 randomised controlled trials in dozens of countries' as another version of mind reframers Common Purpose. BIT works from its office in New York with cities and their agencies, as well as other partners, across the United States and Canada – this is a company part-owned by the British government Cabinet Office. An executive order by President Cult-servant Obama established a US Social and Behavioral Sciences Team in 2015. They all have the same reason for being and that's to brainwash the population directly and by brainwashing those in positions of authority.

'Covid' mind game

Another prime aspect of the UK mind-control network is the 'independent' [joke] Scientific Pandemic Insights Group on Behaviours (SPI-B) which 'provides behavioural science advice aimed at anticipating and helping people adhere to interventions that are recommended by medical or epidemiological experts'. That means manipulating public perception and behaviour to do whatever government tells them to do. It's disgusting and if they really want the public to be 'safe' this lot should all be under lock and key. According to the government website SPI-B consists of

‘behavioural scientists, health and social psychologists, anthropologists and historians’ and advises the Whitty-Vallance-led Scientific Advisory Group for Emergencies (SAGE) which in turn advises the government on ‘the science’ (it doesn’t) and ‘Covid’ policy. When politicians say they are being guided by ‘the science’ this is the rabble in each country they are talking about and that ‘science’ is dominated by behaviour manipulators to enforce government fascism through public compliance. The Behaviour Insight Team is headed by psychologist David Solomon Halpern, a visiting professor at King’s College London, and connects with a national and global web of other civilian and military organisations as the Cult moves towards its goal of fusing them into one fascistic whole in every country through its ‘Fusion Doctrine’. The behaviour manipulation network involves, but is not confined to, the Foreign Office; National Security Council; government communications headquarters (GCHQ); MI5; MI6; the Cabinet Office-based Media Monitoring Unit; and the Rapid Response Unit which ‘monitors digital trends to spot emerging issues; including misinformation and disinformation; and identifies the best way to respond’.

There is also the 77th Brigade of the UK military which operates like the notorious Israeli military’s Unit 8200 in manipulating information and discussion on the Internet by posing as members of the public to promote the narrative and discredit those who challenge it. Here we have the military seeking to manipulate *domestic* public opinion while the Nazis in government are fine with that. Conservative Member of Parliament Tobias Ellwood, an advocate of lockdown and control through ‘vaccine passports’, is a Lieutenant Colonel reservist in the 77th Brigade which connects with the military operation jHub, the ‘innovation centre’ for the Ministry of Defence and Strategic Command. jHub has also been involved with the civilian National Health Service (NHS) in ‘symptom tracing’ the population. The NHS is a key part of this mind control network and produced a document in December, 2020, explaining to staff how to use psychological manipulation with different groups and ages to get them to have the DNA-manipulating ‘Covid vaccine’

that's designed to cumulatively rewrite human genetics. The document, called 'Optimising Vaccination Roll Out – Do's and Dont's for all messaging, documents and "communications" in the widest sense', was published by NHS England and the NHS Improvement *Behaviour Change Unit* in partnership with Public Health England and Warwick Business School. I hear the mantra about 'save the NHS' and 'protect the NHS' when we need to scrap the NHS and start again. The current version is far too corrupt, far too anti-human and totally compromised by Cult operatives and their assets. UK government broadcast media censor Ofcom will connect into this web – as will the BBC with its tremendous Ofcom influence – to control what the public see and hear and dictate mass perception. Nuremberg trials must include personnel from all these organisations.

The fear factor

The 'Covid' hoax has led to the creation of the UK Cabinet Office-connected Joint Biosecurity Centre (JBC) which is officially described as providing 'expert advice on pandemics' using its independent [all Cult operations are 'independent'] analytical function to provide real-time analysis about infection outbreaks to identify and respond to outbreaks of Covid-19'. Another role is to advise the government on a response to spikes in infections – 'for example by closing schools or workplaces in local areas where infection levels have risen'. Put another way, promoting the Cult agenda. The Joint Biosecurity Centre is modelled on the Joint Terrorism Analysis Centre which analyses intelligence to set 'terrorism threat levels' and here again you see the fusion of civilian and military operations and intelligence that has led to military intelligence producing documents about 'vaccine hesitancy' and how it can be combated. Domestic civilian matters and opinions should not be the business of the military. The Joint Biosecurity Centre is headed by Tom Hurd, director general of the Office for Security and Counter-Terrorism from the establishment-to-its-fingertips Hurd family. His father is former Foreign Secretary Douglas Hurd. How coincidental that Tom

Hurd went to the elite Eton College and Oxford University with Boris Johnson. Imperial College with its ridiculous computer modeller Neil Ferguson will connect with this gigantic web that will itself interconnect with similar set-ups in other major and not so major countries. Compared with this Cult network the politicians, be they Boris Johnson, Donald Trump or Joe Biden, are bit-part players 'following the science'. The network of psychologists was on the 'Covid' case from the start with the aim of generating maximum fear of the 'virus' to ensure compliance by the population. A government behavioural science group known as SPI-B produced a paper in March, 2020, for discussion by the main government science advisory group known as SAGE. It was headed 'Options for increasing adherence to social distancing measures' and it said the following in a section headed 'Persuasion':

- A substantial number of people still do not feel sufficiently personally threatened; it could be that they are reassured by the low death rate in their demographic group, although levels of concern may be rising. Having a good understanding of the risk has been found to be positively associated with adoption of COVID-19 social distancing measures in Hong Kong.

- The perceived level of personal threat needs to be increased among those who are complacent, using hard-hitting evaluation of options for increasing social distancing emotional messaging. To be effective this must also empower people by making clear the actions they can take to reduce the threat.

- Responsibility to others: There seems to be insufficient understanding of, or feelings of responsibility about, people's role in transmitting the infection to others … Messaging about actions need to be framed positively in terms of protecting oneself and the community, and increase confidence that they will be effective.

- Some people will be more persuaded by appeals to play by the rules, some by duty to the community, and some to personal risk.

> All these different approaches are needed. The messaging also needs to take account of the realities of different people's lives. Messaging needs to take account of the different motivational levers and circumstances of different people.

All this could be achieved the SPI-B psychologists said by *using the media to increase the sense of personal threat* which translates as terrify the shit out of the population, including children, so they all do what we want. That's not happened has it? Those excuses for 'journalists' who wouldn't know journalism if it bit them on the arse (the great majority) have played their crucial part in serving this Cult-government Psyop to enslave their own kids and grandkids. How they live with themselves I have no idea. The psychological war has been underpinned by constant government 'Covid' propaganda in almost every television and radio ad break, plus the Internet and print media, which has pounded out the fear with taxpayers footing the bill for their own programming. The result has been people terrified of a 'virus' that doesn't exist or one with a tiny fatality rate even if you believe it does. People walk down the street and around the shops wearing face-nappies damaging their health and psychology while others report those who refuse to be that naïve to the police who turn up in their own face-nappies. I had a cameraman come to my flat and he was so frightened of 'Covid' he came in wearing a mask and refused to shake my hand in case he caught something. He had – naïveitis – and the thought that he worked in the mainstream media was both depressing and made his behaviour perfectly explainable. The fear which has gripped the minds of so many and frozen them into compliance has been carefully cultivated by these psychologists who are really psychopaths. If lives get destroyed and a lot of young people commit suicide it shows our plan is working. SPI-B then turned to compulsion on the public to comply. 'With adequate preparation, rapid change can be achieved', it said. Some countries had introduced mandatory self-isolation on a wide scale without evidence of major public unrest and a large majority of the UK's population appeared to be supportive of more coercive measures with 64 percent of adults saying they would

support putting London under a lockdown (watch the 'polls' which are designed to make people believe that public opinion is in favour or against whatever the subject in hand).

For 'aggressive protective measures' to be effective, the SPI-B paper said, special attention should be devoted to those population groups that are more at risk. Translated from the Orwellian this means making the rest of population feel guilty for not protecting the 'vulnerable' such as old people which the Cult and its agencies were about to kill on an industrial scale with lockdown, lack of treatment and the Gates 'vaccine'. Psychopath psychologists sold their guilt-trip so comprehensively that Los Angeles County Supervisor Hilda Solis reported that children were apologising (from a distance) to their parents and grandparents for bringing 'Covid' into their homes and getting them sick. '… These apologies are just some of the last words that loved ones will ever hear as they die alone,' she said. Gut-wrenchingly Solis then used this childhood tragedy to tell children to stay at home and 'keep your loved ones alive'. Imagine heaping such potentially life-long guilt on a kid when it has absolutely nothing to do with them. These people are deeply disturbed and the psychologists behind this even more so.

Uncivil war – divide and rule

Professional mind-controllers at SPI-B wanted the media to increase a sense of responsibility to others (do as you're told) and promote 'positive messaging' for those actions while in contrast to invoke 'social disapproval' by the unquestioning, obedient, community of anyone with a mind of their own. Again the compliant Goebbels-like media obliged. This is an old, old, trick employed by tyrannies the world over throughout human history. You get the target population to keep the target population in line – *your* line. SPI-B said this could 'play an important role in preventing anti-social behaviour or discouraging failure to enact pro-social behaviour'. For 'anti-social' in the Orwellian parlance of SPI-B see any behaviour that government doesn't approve. SPI-B recommendations said that 'social disapproval' should be accompanied by clear messaging and

promotion of strong collective identity – hence the government and celebrity mantra of 'we're all in this together'. Sure we are. The mind doctors have such contempt for their targets that they think some clueless comedian, actor or singer telling them to do what the government wants will be enough to win them over. We have had UK comedian Lenny Henry, actor Michael Caine and singer Elton John wheeled out to serve the propagandists by urging people to have the DNA-manipulating 'Covid' non-'vaccine'. The role of Henry and fellow black celebrities in seeking to coax a 'vaccine' reluctant black community into doing the government's will was especially stomach-turning. An emotion-manipulating script and carefully edited video featuring these black 'celebs' was such an insult to the intelligence of black people and where's the self-respect of those involved selling their souls to a fascist government agenda? Henry said he heard black people's 'legitimate worries and concerns', but people must 'trust the facts' when they were doing exactly that by not having the 'vaccine'. They had to include the obligatory reference to Black Lives Matter with the line … 'Don't let coronavirus cost even more black lives – because we matter'. My god, it was pathetic. 'I know the vaccine is safe and what it does.' How? 'I'm a comedian and it says so in my script.'

SPI-B said social disapproval needed to be carefully managed to avoid victimisation, scapegoating and misdirected criticism, but they knew that their 'recommendations' would lead to exactly that and the media were specifically used to stir-up the divide-and-conquer hostility. Those who conform like good little baa, baas, are praised while those who have seen through the tidal wave of lies are 'Covidiots'. The awake have been abused by the fast asleep for not conforming to fascism and impositions that the awake know are designed to endanger their health, dehumanise them, and tear asunder the very fabric of human society. We have had the curtain-twitchers and morons reporting neighbours and others to the face-nappied police for breaking 'Covid rules' with fascist police delighting in posting links and phone numbers where this could be done. The Cult cannot impose its will without a compliant police

and military or a compliant population willing to play their part in enslaving themselves and their kids. The words of a pastor in Nazi Germany are so appropriate today:

> First they came for the socialists and I did not speak out because I was not a socialist.
>
> Then they came for the trade unionists and I did not speak out because I was not a trade unionist.
>
> Then they came for the Jews and I did not speak out because I was not a Jew.
>
> Then they came for me and there was no one left to speak for me.

Those who don't learn from history are destined to repeat it and so many are.

'Covid' rules: Rewiring the mind

With the background laid out to this gigantic national and global web of psychological manipulation we can put 'Covid' rules into a clear and sinister perspective. Forget the claims about protecting health. 'Covid' rules are about dismantling the human mind, breaking the human spirit, destroying self-respect, and then putting Humpty Dumpty together again as a servile, submissive slave. Social isolation through lockdown and distancing have devastating effects on the human psyche as the psychological psychopaths well know and that's the real reason for them. Humans need contact with each other, discourse, closeness and touch, or they eventually, and literarily, go crazy. Masks, which I will address at some length, fundamentally add to the effects of isolation and the Cult agenda to dehumanise and de-individualise the population. To do this while knowing – in fact *seeking* – this outcome is the very epitome of evil and psychologists involved in this *are* the epitome of evil. They must like all the rest of the Cult demons and their assets stand trial for crimes against humanity on a scale that defies the imagination. Psychopaths in uniform use isolation to break enemy troops and agents and make them subservient and submissive to tell what they know. The technique is rightly considered a form of torture and

torture is most certainly what has been imposed on the human population.

Clinically-insane American psychologist Harry Harlow became famous for his isolation experiments in the 1950s in which he separated baby monkeys from their mothers and imprisoned them for months on end in a metal container or 'pit of despair'. They soon began to show mental distress and depression as any idiot could have predicted. Harlow put other monkeys in steel chambers for three, six or twelve months while denying them any contact with animals or humans. He said that the effects of total social isolation for six months were 'so devastating and debilitating that we had assumed initially that twelve months of isolation would not produce any additional decrement'; but twelve months of isolation 'almost obliterated the animals socially'. This is what the Cult and its psychopaths are doing to you and your children. Even monkeys in partial isolation in which they were not allowed to form relationships with other monkeys became 'aggressive and hostile, not only to others, but also towards their own bodies'. We have seen this in the young as a consequence of lockdown. UK government psychopaths launched a public relations campaign telling people not to hug each other even after they received the 'Covid-19 vaccine' which we were told with more lies would allow a return to 'normal life'. A government source told *The Telegraph*: 'It will be along the lines that it is great that you have been vaccinated, but if you are going to visit your family and hug your grandchildren there is a chance you are going to infect people you love.' The source was apparently speaking from a secure psychiatric facility. Janet Lord, director of Birmingham University's Institute of Inflammation and Ageing, said that parents and grandparents should avoid hugging their children. Well, how can I put it, Ms Lord? Fuck off. Yep, that'll do.

Destroying the kids – where are the parents?

Observe what has happened to people enslaved and isolated by lockdown as suicide and self-harm has soared worldwide,

particularly among the young denied the freedom to associate with their friends. A study of 49,000 people in English-speaking countries concluded that almost half of young adults are at clinical risk of mental health disorders. A national survey in America of 1,000 currently enrolled high school and college students found that 5 percent reported attempting suicide during the pandemic. Data from the US CDC's National Syndromic Surveillance Program from January 1st to October 17th, 2020, revealed a *31 percent* increase in mental health issues among adolescents aged 12 to 17 compared with 2019. The CDC reported that America in general suffered the biggest drop in life expectancy since World War Two as it fell by a year in the first half of 2020 as a result of 'deaths of despair' – overdoses and suicides. Deaths of despair have leapt by more than 20 percent during lockdown and include the highest number of fatal overdoses ever recorded in a single year – 81,000. Internet addiction is another consequence of being isolated at home which lowers interest in physical activities as kids fall into inertia and what's the point? Children and young people are losing hope and giving up on life, sometimes literally. A 14-year-old boy killed himself in Maryland because he had 'given up' when his school district didn't reopen; an 11-year-old boy shot himself during a zoom class; a teenager in Maine succumbed to the isolation of the 'pandemic' when he ended his life after experiencing a disrupted senior year at school. Children as young as nine have taken their life and all these stories can be repeated around the world. Careers are being destroyed before they start and that includes those in sport in which promising youngsters have not been able to take part. The plan of the psycho-psychologists is working all right. Researchers at Cambridge University found that lockdowns cause significant harm to children's mental health. Their study was published in the *Archives of Disease in Childhood*, and followed 168 children aged between 7 and 11. The researchers concluded:

During the UK lockdown, children's depression symptoms have increased substantially, relative to before lockdown. The scale of this effect has direct relevance for the continuation of different elements of lockdown policy, such as complete or partial school closures …

… Specifically, we observed a statistically significant increase in ratings of depression, with a medium-to-large effect size. Our findings emphasise the need to incorporate the potential impact of lockdown on child mental health in planning the ongoing response to the global pandemic and the recovery from it.

Not a chance when the Cult's psycho-psychologists were getting exactly what they wanted. The UK's Royal College of Paediatrics and Child Health has urged parents to look for signs of eating disorders in children and young people after a three to four fold increase. Specialists say the 'pandemic' is a major reason behind the rise. You don't say. The College said isolation from friends during school closures, exam cancellations, loss of extra-curricular activities like sport, and an increased use of social media were all contributory factors along with fears about the virus (psycho-psychologists again), family finances, and students being forced to quarantine. Doctors said young people were becoming severely ill by the time they were seen with 'Covid' regulations reducing face-to-face consultations. Nor is it only the young that have been devastated by the psychopaths. Like all bullies and cowards the Cult is targeting the young, elderly, weak and infirm. A typical story was told by a British lady called Lynn Parker who was not allowed to visit her husband in 2020 for the last ten and half months of his life 'when he needed me most' between March 20th and when he died on December 19th. This vacates the criminal and enters the territory of evil. The emotional impact on the immune system alone is immense as are the number of people of all ages worldwide who have died as a result of Cult-demanded, Gates-demanded, lockdowns.

Isolation is torture

The experience of imposing solitary confinement on millions of prisoners around the world has shown how a large percentage become 'actively psychotic and/or acutely suicidal'. Social isolation has been found to trigger 'a specific psychiatric syndrome, characterized by hallucinations; panic attacks; overt paranoia; diminished impulse control; hypersensitivity to external stimuli; and difficulties with thinking, concentration and memory'. Juan Mendez,

a United Nations rapporteur (investigator), said that isolation is a form of torture. Research has shown that even after isolation prisoners find it far more difficult to make social connections and I remember chatting to a shop assistant after one lockdown who told me that when her young son met another child again he had no idea how to act or what to do. Hannah Flanagan, Director of Emergency Services at Journey Mental Health Center in Dane County, Wisconsin, said: 'The specificity about Covid social distancing and isolation that we've come across as contributing factors to the suicides are really new to us this year.' But they are not new to those that devised them. They are getting the effect they want as the population is psychologically dismantled to be rebuilt in a totally different way. Children and the young are particularly targeted. They will be the adults when the full-on fascist AI-controlled technocracy is planned to be imposed and they are being prepared to meekly submit. At the same time older people who still have a memory of what life was like before – and how fascist the new normal really is – are being deleted. You are going to see efforts to turn the young against the old to support this geriatric genocide. Hannah Flanagan said the big increase in suicide in her county proved that social isolation is not only harmful, but deadly. Studies have shown that isolation from others is one of the main risk factors in suicide and even more so with women. Warnings that lockdown could create a 'perfect storm' for suicide were ignored. After all this was one of the *reasons* for lockdown. Suicide, however, is only the most extreme of isolation consequences. There are many others. Dr Dhruv Khullar, assistant professor of healthcare policy at Weill Cornell Medical College, said in a *New York Times* article in 2016 long before the fake 'pandemic':

> A wave of new research suggests social separation is bad for us. Individuals with less social connection have disrupted sleep patterns, altered immune systems, more inflammation and higher levels of stress hormones. One recent study found that isolation increases the risk of heart disease by 29 percent and stroke by 32 percent. Another analysis that pooled data from 70 studies and 3.4 million people found that socially isolated individuals had a 30 percent higher risk of dying in the next seven years, and that this effect was largest in middle age.

Loneliness can accelerate cognitive decline in older adults, and isolated individuals are twice as likely to die prematurely as those with more robust social interactions. These effects start early: Socially isolated children have significantly poorer health 20 years later, even after controlling for other factors. All told, loneliness is as important a risk factor for early death as obesity and smoking.

There you have proof from that one article alone four years before 2020 that those who have enforced lockdown, social distancing and isolation knew what the effect would be and that is even more so with professional psychologists that have been driving the policy across the globe. We can go back even further to the years 2000 and 2003 and the start of a major study on the effects of isolation on health by Dr Janine Gronewold and Professor Dirk M. Hermann at the University Hospital in Essen, Germany, who analysed data on 4,316 people with an average age of 59 who were recruited for the long-term research project. They found that socially isolated people are more than 40 percent more likely to have a heart attack, stroke, or other major cardiovascular event and nearly 50 percent more likely to die from any cause. Given the financial Armageddon unleashed by lockdown we should note that the study found a relationship between increased cardiovascular risk and lack of financial support. After excluding other factors social isolation was still connected to a 44 percent increased risk of cardiovascular problems and a 47 percent increased risk of death by any cause. Lack of financial support was associated with a 30 percent increase in the risk of cardiovascular health events. Dr Gronewold said it had been known for some time that feeling lonely or lacking contact with close friends and family can have an impact on physical health and the study had shown that having strong social relationships is of high importance for heart health. Gronewold said they didn't understand yet why people who are socially isolated have such poor health outcomes, but this was obviously a worrying finding, particularly during these times of prolonged social distancing. Well, it can be explained on many levels. You only have to identify the point in the body where people feel loneliness and missing people they are parted from – it's in the centre of the chest where they feel the ache of loneliness and the ache of missing people. 'My heart aches for

you' … 'My heart aches for some company.' I will explain this more in the chapter Escaping Wetiko, but when you realise that the body is the mind – they are expressions of each other – the reason why state of the mind dictates state of the body becomes clear.

American psychologist Ranjit Powar was highlighting the effects of lockdown isolation as early as April, 2020. She said humans have evolved to be social creatures and are wired to live in interactive groups. Being isolated from family, friends and colleagues could be unbalancing and traumatic for most people and could result in short or even long-term psychological and physical health problems. An increase in levels of anxiety, aggression, depression, forgetfulness and hallucinations were possible psychological effects of isolation. 'Mental conditions may be precipitated for those with underlying pre-existing susceptibilities and show up in many others without any pre-condition.' Powar said personal relationships helped us cope with stress and if we lost this outlet for letting off steam the result can be a big emotional void which, for an average person, was difficult to deal with. 'Just a few days of isolation can cause increased levels of anxiety and depression' – so what the hell has been the effect on the global population of *18 months* of this at the time of writing? Powar said: 'Add to it the looming threat of a dreadful disease being repeatedly hammered in through the media and you have a recipe for many shades of mental and physical distress.' For those with a house and a garden it is easy to forget that billions have had to endure lockdown isolation in tiny overcrowded flats and apartments with nowhere to go outside. The psychological and physical consequences of this are unimaginable and with lunatic and abusive partners and parents the consequences have led to tremendous increases in domestic and child abuse and alcoholism as people seek to shut out the horror. Ranjit Powar said:

Staying in a confined space with family is not all a rosy picture for everyone. It can be extremely oppressive and claustrophobic for large low-income families huddled together in small single-room houses. Children here are not lucky enough to have many board/electronic games or books to keep them occupied.

Add to it the deep insecurity of running out of funds for food and basic necessities. On the other hand, there are people with dysfunctional family dynamics, such as domineering, abusive or alcoholic partners, siblings or parents which makes staying home a period of trial. Incidence of suicide and physical abuse against women has shown a worldwide increase. Heightened anxiety and depression also affect a person's immune system, making them more susceptible to illness.

To think that Powar's article was published on April 11th, 2020.

Six-feet fantasy

Social (unsocial) distancing demanded that people stay six feet or two metres apart. UK government advisor Robert Dingwall from the New and Emerging Respiratory Virus Threats Advisory Group said in a radio interview that the two-metre rule was 'conjured up out of nowhere' and was not based on science. No, it was not based on *medical* science, but it didn't come out of nowhere. The distance related to *psychological* science. Six feet/two metres was adopted in many countries and we were told by people like the criminal Anthony Fauci and his ilk that it was founded on science. Many schools could not reopen because they did not have the space for six-feet distancing. Then in March, 2021, after a year of six-feet 'science', a study published in the *Journal of Infectious Diseases* involving more than 500,000 students and almost 100,000 staff over 16 weeks revealed no significant difference in 'Covid' cases between six feet and three feet and Fauci changed his tune. Now three feet was okay. There is no difference between six feet and three *inches* when there is no 'virus' and they got away with six feet for psychological reasons for as long as they could. I hear journalists and others talk about 'unintended consequences' of lockdown. They are not *unintended* at all; they have been coldly-calculated for a specific outcome of human control and that's why super-psychopaths like Gates have called for them so vehemently. Super-psychopath psychologists have demanded them and psychopathic or clueless, spineless, politicians have gone along with them by 'following the science'. But it's not science at all. 'Science' is not what is; it's only what people can be manipulated to believe it is. The whole 'Covid' catastrophe is

founded on mind control. Three word or three statement mantras issued by the UK government are a well-known mind control technique and so we've had 'Stay home/protect the NHS/save lives', 'Stay alert/control the virus/save lives' and 'hands/face/space'. One of the most vocal proponents of extreme 'Covid' rules in the UK has been Professor Susan Michie, a member of the British Communist Party, who is not a medical professional. Michie is the director of the Centre for Behaviour Change at University College London. She is a *behavioural psychologist* and another filthy rich 'Marxist' who praised China's draconian lockdown. She was known by fellow students at Oxford University as 'Stalin's nanny' for her extreme Marxism. Michie is an influential member of the UK government's Scientific Advisory Group for Emergencies (SAGE) and behavioural manipulation groups which have dominated 'Covid' policy. She is a consultant adviser to the World Health Organization on 'Covid-19' and behaviour. Why the hell are lockdowns anything to do with her when they are claimed to be about health? Why does a behavioural psychologist from a group charged with changing the behaviour of the public want lockdown, human isolation and mandatory masks? Does that question really need an answer? Michie *absolutely* has to explain herself before a Nuremberg court when humanity takes back its world again and even more so when you see the consequences of masks that she demands are compulsory. This is a Michie classic:

> The benefits of getting primary school children to wear masks is that regardless of what little degree of transmission is occurring in those age groups it could help normalise the practice. Young children wearing masks may be more likely to get their families to accept masks.

Those words alone should carry a prison sentence when you ponder on the callous disregard for children involved and what a statement it makes about the mind and motivations of Susan Michie. What a lovely lady and what she said there encapsulates the mentality of the psychopaths behind the 'Covid' horror. Let us compare what Michie said with a countrywide study in Germany published at researchsquare.com involving 25,000 school children and 17,854 health complaints submitted by parents. Researchers

found that masks are harming children physically, psychologically, and behaviourally with 24 health issues associated with mask wearing. They include: shortness of breath (29.7%); dizziness (26.4%); increased headaches (53%); difficulty concentrating (50%); drowsiness or fatigue (37%); and malaise (42%). Nearly a third of children experienced more sleep issues than before and a quarter developed new fears. Researchers found health issues and other impairments in 68 percent of masked children covering their faces for an average of 4.5 hours a day. Hundreds of those taking part experienced accelerated respiration, tightness in the chest, weakness, and short-term impairment of consciousness. A reminder of what Michie said again:

> The benefits of getting primary school children to wear masks is that regardless of what little degree of transmission is occurring in those age groups it could help normalise the practice. Young children wearing masks may be more likely to get their families to accept masks.

Psychopaths in government and psychology now have children and young people – plus all the adults – wearing masks for hours on end while clueless teachers impose the will of the psychopaths on the young they should be protecting. What the hell are parents doing?

Cult lab rats

We have some schools already imposing on students microchipped buzzers that activate when they get 'too close' to their pals in the way they do with lab rats. How apt. To the Cult and its brain-dead servants our children *are* lab rats being conditioned to be unquestioning, dehumanised slaves for the rest of their lives. Children and young people are being weaned and frightened away from the most natural human instincts including closeness and touch. I have tracked in the books over the years how schools were banning pupils from greeting each other with a hug and the whole Cult-induced Me Too movement has terrified men and boys from a relaxed and natural interaction with female friends and work colleagues to the point where many men try never to be in a room

alone with a woman that's not their partner. Airhead celebrities have as always played their virtue-signalling part in making this happen with their gross exaggeration. For every monster like Harvey Weinstein there are at least tens of thousands of men that don't treat women like that; but everyone must be branded the same and policy changed for them as well as the monster. I am going to be using the word 'dehumanise' many times in this chapter because that is what the Cult is seeking to do and it goes very deep as we shall see. Don't let them kid you that social distancing is planned to end one day. That's not the idea. We are seeing more governments and companies funding and producing wearable gadgets to keep people apart and they would not be doing that if this was meant to be short-term. A tech start-up company backed by GCHQ, the British Intelligence and military surveillance headquarters, has created a social distancing wrist sensor that alerts people when they get too close to others. The CIA has also supported tech companies developing similar devices. The wearable sensor was developed by Tended, one of a number of start-up companies supported by GCHQ (see the CIA and DARPA). The device can be worn on the wrist or as a tag on the waistband and will vibrate whenever someone wearing the device breaches social distancing and gets anywhere near natural human contact. The company had a lucky break in that it was developing a distancing sensor when the 'Covid' hoax arrived which immediately provided a potentially enormous market. How fortunate. The government in big-time Cult-controlled Ontario in Canada is investing $2.5 million in wearable contact tracing technology that 'will alert users if they may have been exposed to the Covid-19 in the workplace and will beep or vibrate if they are within six feet of another person'. Facedrive Inc., the technology company behind this, was founded in 2016 with funding from the Ontario Together Fund and obviously they, too, had a prophet on the board of directors. The human surveillance and control technology is called TraceSCAN and would be worn by the human cyborgs in places such as airports, workplaces, construction sites, care homes and … *schools*.

I emphasise schools with children and young people the prime targets. You know what is planned for society as a whole if you keep your eyes on the schools. They have always been places where the state program the next generation of slaves to be its compliant worker-ants – or Woker-ants these days; but in the mist of the 'Covid' madness they have been transformed into mind laboratories on a scale never seen before. Teachers and head teachers are just as programmed as the kids – often more so. Children are kept apart from human interaction by walk lanes, classroom distancing, staggered meal times, masks, and the rolling-out of buzzer systems. Schools are now physically laid out as a laboratory maze for lab-rats. Lunatics at a school in Anchorage, Alaska, who should be prosecuted for child abuse, took away desks and forced children to kneel (know your place) on a mat for five hours a day while wearing a mask and using their chairs as a desk. How this was supposed to impact on a 'virus' only these clinically insane people can tell you and even then it would be clap-trap. The school banned recess (interaction), art classes (creativity), and physical exercise (getting body and mind moving out of inertia). Everyone behind this outrage should be in jail or better still a mental institution. The behavioural manipulators are all for this dystopian approach to schools. Professor Susan Michie, the mind-doctor and British Communist Party member, said it was wrong to say that schools were safe. They had to be made so by 'distancing', masks and ventilation (sitting all day in the cold). I must ask this lady round for dinner on a night I know I am going to be out and not back for weeks. She probably wouldn't be able to make it, anyway, with all the visits to her own psychologist she must have block-booked.

Masking identity

I know how shocking it must be for you that a behaviour manipulator like Michie wants everyone to wear masks which have long been a feature of mind-control programs like the infamous MKUltra in the United States, but, there we are. We live and learn. I spent many years from 1996 to right across the millennium

researching mind control in detail on both sides of the Atlantic and elsewhere. I met a large number of mind-control survivors and many had been held captive in body and mind by MKUltra. MK stands for mind-control, but employs the German spelling in deference to the Nazis spirited out of Germany at the end of World War Two by Operation Paperclip in which the US authorities, with help from the Vatican, transported Nazi mind-controllers and engineers to America to continue their work. Many of them were behind the creation of NASA and they included Nazi scientist and SS officer Wernher von Braun who swapped designing V-2 rockets to bombard London with designing the Saturn V rockets that powered the NASA moon programme's Apollo craft. I think I may have mentioned that the Cult has no borders. Among Paperclip escapees was Josef Mengele, the Angel of Death in the Nazi concentration camps where he conducted mind and genetic experiments on children often using twins to provide a control twin to measure the impact of his 'work' on the other. If you want to observe the Cult mentality in all its extremes of evil then look into the life of Mengele. I have met many people who suffered mercilessly under Mengele in the United States where he operated under the name Dr Greene and became a stalwart of MKUltra programming and torture. Among his locations was the underground facility in the Mojave Desert in California called the China Lake Naval Weapons Station which is almost entirely below the surface. My books *The Biggest Secret*, *Children of the Matrix* and *The Perception Deception* have the detailed background to MKUltra.

The best-known MKUltra survivor is American Cathy O'Brien. I first met her and her late partner Mark Phillips at a conference in Colorado in 1996. Mark helped her escape and deprogram from decades of captivity in an offshoot of MKUltra known as Project Monarch in which 'sex slaves' were provided for the rich and famous including Father George Bush, Dick Cheney and the Clintons. Read Cathy and Mark's book *Trance-Formation of America* and if you are new to this you will be shocked to the core. I read it in 1996 shortly before, with the usual synchronicity of my life, I found

myself given a book table at the conference right next to hers. MKUltra never ended despite being very publicly exposed (only a small part of it) in the 1970s and continues in other guises. I am still in touch with Cathy. She contacted me during 2020 after masks became compulsory in many countries to tell me how they were used as part of MKUltra programming. I had been observing 'Covid regulations' and the relationship between authority and public for months. I saw techniques that I knew were employed on individuals in MKUltra being used on the global population. I had read many books and manuals on mind control including one called *Silent Weapons for Quiet Wars* which came to light in the 1980s and was a guide on how to perceptually program on a mass scale. 'Silent Weapons' refers to mind-control. I remembered a line from the manual as governments, medical authorities and law enforcement agencies have so obviously talked to – or rather at – the adult population since the 'Covid' hoax began as if they are children. The document said:

> If a person is spoken to by a T.V. advertiser as if he were a twelve-year-old, then, due to suggestibility, he will, with a certain probability, respond or react to that suggestion with the uncritical response of a twelve-year-old and will reach in to his economic reservoir and deliver its energy to buy that product on impulse when he passes it in the store.

That's why authority has spoken to adults like children since all this began.

Why did Michael Jackson wear masks?

Every aspect of the 'Covid' narrative has mind-control as its central theme. Cathy O'Brien wrote an article for davidicke.com about the connection between masks and mind control. Her daughter Kelly who I first met in the 1990s was born while Cathy was still held captive in MKUltra. Kelly was forced to wear a mask as part of her programming from the age of *two* to dehumanise her, target her sense of individuality and reduce the amount of oxygen her brain and body received. *Bingo*. This is the real reason for compulsory

masks, why they have been enforced en masse, and why they seek to increase the number they demand you wear. First one, then two, with one disgraceful alleged 'doctor' recommending four which is nothing less than a death sentence. Where and how often they must be worn is being expanded for the purpose of mass mind control and damaging respiratory health which they can call 'Covid-19'. Canada's government headed by the man-child Justin Trudeau, says it's fine for children of two and older to wear masks. An insane 'study' in Italy involving just 47 children concluded there was no problem for babies as young as *four months* wearing them. Even after people were 'vaccinated' they were still told to wear masks by the criminal that is Anthony Fauci. Cathy wrote that mandating masks is allowing the authorities literally to control the air we breathe which is what was done in MKUltra. You might recall how the singer Michael Jackson wore masks and there is a reason for that. He was subjected to MKUltra mind control through Project Monarch and his psyche was scrambled by these simpletons. Cathy wrote:

> In MKUltra Project Monarch mind control, Michael Jackson had to wear a mask to silence his voice so he could not reach out for help. Remember how he developed that whisper voice when he wasn't singing? Masks control the mind from the outside in, like the redefining of words is doing. By controlling what we can and cannot say for fear of being labeled racist or beaten, for example, it ultimately controls thought that drives our words and ultimately actions (or lack thereof).
>
> Likewise, a mask muffles our speech so that we are not heard, which controls voice … words … mind. This is Mind Control. Masks are an obvious mind control device, and I am disturbed so many people are complying on a global scale. Masks depersonalize while making a person feel as though they have no voice. It is a barrier to others. People who would never choose to comply but are forced to wear a mask in order to keep their job, and ultimately their family fed, are compromised. They often feel shame and are subdued. People have stopped talking with each other while media controls the narrative.

The 'no voice' theme has often become literal with train passengers told not to speak to each other in case they pass on the 'virus', singing banned for the same reason and bonkers California officials telling people riding roller coasters that they cannot shout and scream. Cathy said she heard every day from healed MKUltra survivors who cannot wear a mask without flashing back on ways

their breathing was controlled – ‘from ball gags and penises to water boarding’. She said that through the years when she saw images of people in China wearing masks ‘due to pollution’ that it was really to control their oxygen levels. ‘I knew it was as much of a population control mechanism of depersonalisation as are burkas’, she said. Masks are another Chinese communist/fascist method of control that has been swept across the West as the West becomes China at lightning speed since we entered 2020.

Mask-19

There are other reasons for mandatory masks and these include destroying respiratory health to call it ‘Covid-19’ and stunting brain development of children and the young. Dr Margarite Griesz-Brisson MD, PhD, is a Consultant Neurologist and Neurophysiologist and the Founder and Medical Director of the London Neurology and Pain Clinic. Her CV goes down the street and round the corner. She is clearly someone who cares about people and won’t parrot the propaganda. Griesz-Brisson has a PhD in pharmacology, with special interest in neurotoxicology, environmental medicine, neuroregeneration and neuroplasticity (the way the brain can change in the light of information received). She went public in October, 2020, with a passionate warning about the effects of mask-wearing laws:

> The reinhalation of our exhaled air will without a doubt create oxygen deficiency and a flooding of carbon dioxide. We know that the human brain is very sensitive to oxygen deprivation. There are nerve cells for example in the hippocampus that can’t be longer than 3 minutes without oxygen – they cannot survive. The acute warning symptoms are headaches, drowsiness, dizziness, issues in concentration, slowing down of reaction time – reactions of the cognitive system.

Oh, I know, let’s tell bus, truck and taxi drivers to wear them and people working machinery. How about pilots, doctors and police? Griesz-Brisson makes the important point that while the symptoms she mentions may fade as the body readjusts this does not alter the fact that people continue to operate in oxygen deficit with long list of

potential consequences. She said it was well known that neurodegenerative diseases take years or decades to develop. 'If today you forget your phone number, the breakdown in your brain would have already started 20 or 30 years ago.' She said degenerative processes in your brain are getting amplified as your oxygen deprivation continues through wearing a mask. Nerve cells in the brain are unable to divide themselves normally in these circumstances and lost nerve cells will no longer be regenerated. 'What is gone is gone.' Now consider that people like shop workers and *schoolchildren* are wearing masks for hours every day. What in the name of sanity is going to be happening to them? 'I do not wear a mask, I need my brain to think', Griesz-Brisson said, 'I want to have a clear head when I deal with my patients and not be in a carbon dioxide-induced anaesthesia'. If you are told to wear a mask anywhere ask the organisation, police, store, whatever, for their risk assessment on the dangers and negative effects on mind and body of enforcing mask-wearing. They won't have one because it has never been done not even by government. All of them must be subject to class-action lawsuits as the consequences come to light. They don't do mask risk assessments for an obvious reason. They know what the conclusions would be and independent scientific studies that *have* been done tell a horror story of consequences.

'Masks are criminal'

Dr Griesz-Brisson said that for children and adolescents, masks are an absolute no-no. They had an extremely active and adaptive immune system and their brain was incredibly active with so much to learn. 'The child's brain, or the youth's brain, is thirsting for oxygen.' The more metabolically active an organ was, the more oxygen it required; and in children and adolescents every organ was metabolically active. Griesz-Brisson said that to deprive a child's or adolescent's brain of oxygen, or to restrict it in any way, was not only dangerous to their health, it was absolutely criminal. 'Oxygen deficiency inhibits the development of the brain, and the damage that has taken place as a result CANNOT be reversed.' Mind

manipulators of MKUltra put masks on two-year-olds they wanted to neurologically rewire and you can see why. Griesz-Brisson said a child needs the brain to learn and the brain needs oxygen to function. 'We don't need a clinical study for that. This is simple, indisputable physiology.' Consciously and purposely induced oxygen deficiency was an absolutely deliberate health hazard, and an absolute medical contraindication which means that 'this drug, this therapy, this method or measure should not be used, and is not allowed to be used'. To coerce an entire population to use an absolute medical contraindication by force, she said, there had to be definite and serious reasons and the reasons must be presented to competent interdisciplinary and independent bodies to be verified and authorised. She had this warning of the consequences that were coming if mask wearing continued:

> When, in ten years, dementia is going to increase exponentially, and the younger generations couldn't reach their god-given potential, it won't help to say 'we didn't need the masks'. I know how damaging oxygen deprivation is for the brain, cardiologists know how damaging it is for the heart, pulmonologists know how damaging it is for the lungs. Oxygen deprivation damages every single organ. Where are our health departments, our health insurance, our medical associations? It would have been their duty to be vehemently against the lockdown and to stop it and stop it from the very beginning.
>
> Why do the medical boards issue punishments to doctors who give people exemptions? Does the person or the doctor seriously have to prove that oxygen deprivation harms people? What kind of medicine are our doctors and medical associations representing? Who is responsible for this crime? The ones who want to enforce it? The ones who let it happen and play along, or the ones who don't prevent it?

All of the organisations and people she mentions there either answer directly to the Cult or do whatever hierarchical levels above them tell them to do. The outcome of both is the same. 'It's not about masks, it's not about viruses, it's certainly not about your health', Griesz-Brisson said. 'It is about much, much more. I am not participating. I am not afraid.' They were taking our air to breathe and there was no unfounded medical exemption from face masks. Oxygen deprivation was dangerous for every single brain. It had to be the free decision of every human being whether they want to

wear a mask that was absolutely ineffective to protect themselves from a virus. She ended by rightly identifying where the responsibility lies for all this:

> The imperative of the hour is personal responsibility. We are responsible for what we think, not the media. We are responsible for what we do, not our superiors. We are responsible for our health, not the World Health Organization. And we are responsible for what happens in our country, not the government.

Halle-bloody-lujah.

But surgeons wear masks, right?

Independent studies of mask-wearing have produced a long list of reports detailing mental, emotional and physical dangers. What a definition of insanity to see police officers imposing mask-wearing on the public which will cumulatively damage their health while the police themselves wear masks that will cumulatively damage *their* health. It's utter madness and both public and police do this because 'the government says so' – yes a government of brain-donor idiots like UK Health Secretary Matt Hancock reading the 'follow the science' scripts of psychopathic, lunatic psychologists. The response you get from Stockholm syndrome sufferers defending the very authorities that are destroying them and their families is that 'surgeons wear masks'. This is considered the game, set and match that they must work and don't cause oxygen deficit. Well, actually, scientific studies have shown that they *do* and oxygen levels are monitored in operating theatres to compensate. Surgeons wear masks to stop spittle and such like dropping into open wounds – not to stop 'viral particles' which are so miniscule they can only be seen through an electron microscope. Holes in the masks are significantly bigger than 'viral particles' and if you sneeze or cough they will breach the mask. I watched an incredibly disingenuous 'experiment' that claimed to prove that masks work in catching 'virus' material from the mouth and nose. They did this with a slow motion camera and the mask did block big stuff which stayed inside the mask and

against the face to be breathed in or cause infections on the face as we have seen with many children. ‘Viral particles’, however, would never have been picked up by the camera as they came through the mask when they are far too small to be seen. The ‘experiment’ was therefore disingenuous *and* useless.

Studies have concluded that wearing masks in operating theatres (and thus elsewhere) make no difference to preventing infection while the opposite is true with toxic shite building up in the mask and this had led to an explosion in tooth decay and gum disease dubbed by dentists ‘mask mouth’. You might have seen the Internet video of a furious American doctor urging people to take off their masks after a four-year-old patient had been rushed to hospital the night before and nearly died with a lung infection that doctors sourced to mask wearing. A study in the journal *Cancer Discovery* found that inhalation of harmful microbes can contribute to advanced stage lung cancer in adults and long-term use of masks can help breed dangerous pathogens. Microbiologists have said frequent mask wearing creates a moist environment in which microbes can grow and proliferate before entering the lungs. The Canadian Agency for Drugs and Technologies in Health, or CADTH, a Canadian national organisation that provides research and analysis to healthcare decision-makers, said this as long ago as 2013 in a report entitled ‘Use of Surgical Masks in the Operating Room: A Review of the Clinical Effectiveness and Guidelines’. It said:

- No evidence was found to support the use of surgical face masks to reduce the frequency of surgical site infections
- No evidence was found on the effectiveness of wearing surgical face masks to protect staff from infectious material in the operating room.
- Guidelines recommend the use of surgical face masks by staff in the operating room to protect both operating room staff and patients (despite the lack of evidence).

We were told that the world could go back to 'normal' with the arrival of the 'vaccines'. When they came, fraudulent as they are, the story changed as I knew that it would. We are in the midst of transforming 'normal', not going back to it. Mary Ramsay, head of immunisation at Public Health England, echoed the words of US criminal Anthony Fauci who said masks and other regulations must stay no matter if people are vaccinated. The Fauci idiot continued to wear two masks – different colours so both could be clearly seen – after he *claimed* to have been vaccinated. Senator Rand Paul told Fauci in one exchange that his double-masks were 'theatre' and he was right. It's all theatre. Mary Ramsay back-tracked on the vaccine-return-to-normal theme when she said the public may need to wear masks and social-distance for years despite the jabs. 'People have got used to those lower-level restrictions now, and [they] can live with them', she said telling us what the idea has been all along. 'The vaccine does not give you a pass, even if you have had it, you must continue to follow all the guidelines' said a Public Health England statement which reneged on what we had been told before and made having the 'vaccine' irrelevant to 'normality' even by the official story. Spain's fascist government trumped everyone by passing a law mandating the wearing of masks on the beach and even when swimming in the sea. The move would have devastated what's left of the Spanish tourist industry, posed potential breathing dangers to swimmers and had Northern European sunbathers walking around with their forehead brown and the rest of their face white as a sheet. The ruling was so crazy that it had to be retracted after pressure from public and tourist industry, but it confirmed where the Cult wants to go with masks and how clinically insane authority has become. The determination to make masks permanent and hide the serious dangers to body and mind can be seen in the censorship of scientist Professor Denis Rancourt by Bill Gates-funded academic publishing website ResearchGate over his papers exposing the dangers and uselessness of masks. Rancourt said:

ResearchGate today has permanently locked my account, which I have had since 2015. Their reasons graphically show the nature of their attack against democracy, and their corruption of

science … By their obscene non-logic, a scientific review of science articles reporting on harms caused by face masks has a ‘potential to cause harm’. No criticism of the psychological device (face masks) is tolerated, if the said criticism shows potential to influence public policy.

This is what happens in a fascist world.

Where are the ‘greens’ (again)?

Other dangers of wearing masks especially regularly relate to the inhalation of minute plastic fibres into the lungs and the deluge of discarded masks in the environment and oceans. Estimates predicted that more than 1.5 billion disposable masks will end up in the world’s oceans every year polluting the water with tons of plastic and endangering marine wildlife. Studies project that humans are using 129 billion face masks each month worldwide – about three million a minute. Most are disposable and made from plastic, non-biodegradable microfibers that break down into smaller plastic particles that become widespread in ecosystems. They are littering cities, clogging sewage channels and turning up in bodies of water. I have written in other books about the immense amounts of microplastics from endless sources now being absorbed into the body. Rolf Halden, director of the Arizona State University (ASU) Biodesign Center for Environmental Health Engineering, was the senior researcher in a 2020 study that analysed 47 human tissue samples and found microplastics in all of them. ‘We have detected these chemicals of plastics in every single organ that we have investigated’, he said. I wrote in *The Answer* about the world being deluged with microplastics. A study by the Worldwide Fund for Nature (WWF) found that people are consuming on average every week some 2,000 tiny pieces of plastic mostly through water and also through marine life and the air. Every year humans are ingesting enough microplastics to fill a heaped dinner plate and in a life-time of 79 years it is enough to fill two large waste bins. Marco Lambertini, WWF International director general said: ‘Not only are plastics polluting our oceans and waterways and killing marine life – it’s in all of us and we can’t escape consuming plastics,’ American

geologists found tiny plastic fibres, beads and shards in rainwater samples collected from the remote slopes of the Rocky Mountain National Park near Denver, Colorado. Their report was headed: 'It is raining plastic.' Rachel Adams, senior lecturer in Biomedical Science at Cardiff Metropolitan University, said that among health consequences are internal inflammation and immune responses to a 'foreign body'. She further pointed out that microplastics become carriers of toxins including mercury, pesticides and dioxins (a known cause of cancer and reproductive and developmental problems). These toxins accumulate in the fatty tissues once they enter the body through microplastics. Now this is being compounded massively by people putting plastic on their face and throwing it away.

Workers exposed to polypropylene plastic fibres known as 'flock' have developed 'flock worker's lung' from inhaling small pieces of the flock fibres which can damage lung tissue, reduce breathing capacity and exacerbate other respiratory problems. *Now* … commonly used surgical masks have three layers of melt-blown textiles made of … polypropylene. We have billions of people putting these microplastics against their mouth, nose and face for hours at a time day after day in the form of masks. How does anyone think that will work out? I mean – what could possibly go wrong? We posted a number of scientific studies on this at davidicke.com, but when I went back to them as I was writing this book the links to the science research website where they were hosted were dead. Anything that challenges the official narrative in any way is either censored or vilified. The official narrative is so unsupportable by the evidence that only deleting the truth can protect it. A study by Chinese scientists still survived – with the usual twist which it why it was still active, I guess. Yes, they found that virtually all the masks they tested increased the daily intake of microplastic fibres, but people should still wear them because the danger from the 'virus' was worse said the crazy 'team' from the Institute of Hydrobiology in Wuhan. Scientists first discovered microplastics in lung tissue of some patients who died of lung cancer

in the 1990s. Subsequent studies have confirmed the potential health damage with the plastic degrading slowly and remaining in the lungs to accumulate in volume. Wuhan researchers used a machine simulating human breathing to establish that masks shed up to nearly 4,000 microplastic fibres in a month with reused masks producing more. Scientists said some masks are laced with toxic chemicals and a variety of compounds seriously restricted for both health and environmental reasons. They include cobalt (used in blue dye) and formaldehyde known to cause watery eyes, burning sensations in the eyes, nose, and throat, plus coughing, wheezing and nausea. No – that must be 'Covid-19'.

Mask 'worms'

There is another and potentially even more sinister content of masks. Mostly new masks of different makes filmed under a microscope around the world have been found to contain strange black fibres or 'worms' that appear to move or 'crawl' by themselves and react to heat and water. The nearest I have seen to them are the self-replicating fibres that are pulled out through the skin of those suffering from Morgellons disease which has been connected to the phenomena of 'chemtrails' which I will bring into the story later on. Morgellons fibres continue to grow outside the body and have a form of artificial intelligence. Black 'worm' fibres in masks have that kind of feel to them and there is a nanotechnology technique called 'worm micelles' which carry and release drugs or anything else you want to deliver to the body. For sure the suppression of humanity by mind altering drugs is the Cult agenda big time and the more excuses they can find to gain access to the body the more opportunities there are to make that happen whether through 'vaccines' or masks pushed against the mouth and nose for hours on end.

So let us summarise the pros and cons of masks:

Against masks: Breathing in your own carbon dioxide; depriving the body and brain of sufficient oxygen; build-up of toxins in the mask that can be breathed into the lungs and cause rashes on the face and 'mask-mouth'; breathing microplastic fibres and toxic chemicals into the lungs; dehumanisation and deleting individualisation by literally making people faceless; destroying human emotional interaction through facial expression and deleting parental connection with their babies which look for guidance to their facial expression.

For masks: They don't protect you from a 'virus' that doesn't exist and even if it did 'viral' particles are so minute they are smaller than the holes in the mask.

Governments, police, supermarkets, businesses, transport companies, and all the rest who seek to impose masks have done no risk assessment on their consequences for health and psychology and are now open to group lawsuits when the impact becomes clear with a cumulative epidemic of respiratory and other disease. Authorities will try to exploit these effects and hide the real cause by dubbing them 'Covid-19'. Can you imagine setting out to force the population to wear health-destroying masks without doing any assessment of the risks? It is criminal and it is evil, but then how many people targeted in this way, who see their children told to wear them all day at school, have asked for a risk assessment? Billions can't be imposed upon by the few unless the billions allow it. Oh, yes, with just a tinge of irony, 85 percent of all masks made worldwide come from *China*.

Wash your hands in toxic shite

'Covid' rules include the use of toxic sanitisers and again the health consequences of constantly applying toxins to be absorbed through the skin is obvious to any level of Renegade Mind. America's Food and Drug Administration (FDA) said that sanitisers are drugs and issued a warning about 75 dangerous brands which contain

methanol used in antifreeze and can cause death, kidney damage and blindness. The FDA circulated the following warning even for those brands that it claims to be safe:

> Store hand sanitizer out of the reach of pets and children, and children should use it only with adult supervision. Do not drink hand sanitizer. This is particularly important for young children, especially toddlers, who may be attracted by the pleasant smell or brightly colored bottles of hand sanitizer.
>
> Drinking even a small amount of hand sanitizer can cause alcohol poisoning in children. (However, there is no need to be concerned if your children eat with or lick their hands after using hand sanitizer.) During this coronavirus pandemic, poison control centers have had an increase in calls about accidental ingestion of hand sanitizer, so it is important that adults monitor young children's use.
>
> Do not allow pets to swallow hand sanitizer. If you think your pet has eaten something potentially dangerous, call your veterinarian or a pet poison control center right away. Hand sanitizer is flammable and should be stored away from heat and flames. When using hand sanitizer, rub your hands until they feel completely dry before performing activities that may involve heat, sparks, static electricity, or open flames.

There you go, perfectly safe, then, and that's without even a mention of the toxins absorbed through the skin. Come on kids – sanitise your hands everywhere you go. It will save you from the 'virus'. Put all these elements together of the 'Covid' normal and see how much health and psychology is being cumulatively damaged, even devastated, to 'protect your health'. Makes sense, right? They are only imposing these things because they care, right? *Right?*

Submitting to insanity

Psychological reframing of the population goes very deep and is done in many less obvious ways. I hear people say how contradictory and crazy 'Covid' rules are and how they are ever changing. This is explained away by dismissing those involved as idiots. It is a big mistake. The Cult is delighted if its cold calculation is perceived as incompetence and idiocy when it is anything but. Oh, yes, there are idiots within the system – lots of them – but they are *administering* the Cult agenda, mostly unknowingly. They are not deciding and dictating it. The bulwark against tyranny is self-

respect, always has been, always will be. It is self-respect that has broken every tyranny in history. By its very nature self-respect will not bow to oppression and its perpetrators. There is so little self-respect that it's always the few that overturn dictators. Many may eventually follow, but the few with the iron spines (self-respect) kick it off and generate the momentum. The Cult targets self-respect in the knowledge that once this has gone only submission remains. Crazy, contradictory, ever-changing 'Covid' rules are systematically applied by psychologists to delete self-respect. They *want* you to see that the rules make no sense. It is one thing to decide to do something when *you* have made the choice based on evidence and logic. You still retain your self-respect. It is quite another when you can see what you are being told to do is insane, ridiculous and makes no sense, and *yet you still do it*. Your self-respect is extinguished and this has been happening as ever more obviously stupid and nonsensical things have been demanded and the great majority have complied even when they can see they are stupid and nonsensical.

People walk around in face-nappies knowing they are damaging their health and make no difference to a 'virus'. They do it in fear of not doing it. I know it's daft, but I'll do it anyway. When that happens something dies inside of you and submissive reframing has begun. Next there's a need to hide from yourself that you have conceded your self-respect and you convince yourself that you have not really submitted to fear and intimidation. You begin to believe that you are complying with craziness because it's the right thing to do. When first you concede your self-respect of 2+2 = 4 to 2+2 = 5 you *know* you are compromising your self-respect. Gradually to avoid facing that fact you begin to *believe* that 2+2=5. You have been reframed and I have been watching this process happening in the human psyche on an industrial scale. The Cult is working to break your spirit and one of its major tools in that war is humiliation. I read how former American soldier Bradley Manning (later Chelsea Manning after a sex-change) was treated after being jailed for supplying WikiLeaks with documents exposing the enormity of

government and elite mendacity. Manning was isolated in solitary confinement for eight months, put under 24-hour surveillance, forced to hand over clothing before going to bed, and stand naked for every roll call. This is systematic humiliation. The introduction of anal swab 'Covid' tests in China has been done for the same reason to delete self-respect and induce compliant submission. Anal swabs are mandatory for incoming passengers in parts of China and American diplomats have said they were forced to undergo the indignity which would have been calculated humiliation by the Cult-owned Chinese government that has America in its sights.

Government-people: An abusive relationship

Spirit-breaking psychological techniques include giving people hope and apparent respite from tyranny only to take it away again. This happened in the UK during Christmas, 2020, when the psycho-psychologists and their political lackeys announced an easing of restrictions over the holiday only to reimpose them almost immediately on the basis of yet another lie. There is a big psychological difference between getting used to oppression and being given hope of relief only to have that dashed. Psychologists know this and we have seen the technique used repeatedly. Then there is traumatising people before you introduce more extreme regulations that require compliance. A perfect case was the announcement by the dark and sinister Whitty and Vallance in the UK that 'new data' predicted that 4,000 could die every day over the winter of 2020/2021 if we did not lockdown again. I think they call it lying and after traumatising people with that claim out came Jackboot Johnson the next day with new curbs on human freedom. Psychologists know that a frightened and traumatised mind becomes suggestable to submission and behaviour reframing. Underpinning all this has been to make people fearful and suspicious of each other and see themselves as a potential danger to others. In league with deleted self-respect you have the perfect psychological recipe for self-loathing. The relationship between authority and public is now demonstrably the same as that of

subservience to an abusive partner. These are signs of an abusive relationship explained by psychologist Leslie Becker-Phelps:

Psychological and emotional abuse: Undermining a partner's self-worth with verbal attacks, name-calling, and belittling. Humiliating the partner in public, unjustly accusing them of having an affair, or interrogating them about their every behavior. Keeping partner confused or off balance by saying they were just kidding or blaming the partner for 'making' them act this way … Feigning in public that they care while turning against them in private. This leads to victims frequently feeling confused, incompetent, unworthy, hopeless, and chronically self-doubting. [Apply these techniques to how governments have treated the population since New Year, 2020, and the parallels are obvious.]

Physical abuse: The abuser might physically harm their partner in a range of ways, such as grabbing, hitting, punching, or shoving them. They might throw objects at them or harm them with a weapon. [Observe the physical harm imposed by masks, lockdown, and so on.]

Threats and intimidation: One way abusers keep their partners in line is by instilling fear. They might be verbally threatening, or give threatening looks or gestures. Abusers often make it known that they are tracking their partner's every move. They might destroy their partner's possessions, threaten to harm them, or threaten to harm their family members. Not surprisingly, victims of this abuse often feel anxiety, fear, and panic. [No words necessary.]

Isolation: Abusers often limit their partner's activities, forbidding them to talk or interact with friends or family. They might limit access to a car or even turn off their phone. All of this might be done by physically holding them against their will, but is often accomplished through psychological abuse and intimidation. The more isolated a person feels, the fewer resources they have to help gain perspective on their situation and to escape from it. [No words necessary.]

Economic abuse: Abusers often make their partners beholden to them for money by controlling access to funds of any kind. They might prevent their partner from getting a job or withhold access to money they earn from a job. This creates financial dependency that makes leaving the relationship very difficult. [See destruction of livelihoods and the proposed meagre 'guaranteed income' so long as you do whatever you are told.]

Using children: An abuser might disparage their partner's parenting skills, tell their children lies about their partner, threaten to take custody of their children, or threaten to harm their children. These tactics instil fear and often elicit compliance. [See reframed social service mafia and how children are being mercilessly abused by the state over 'Covid' while their parents look on too frightened to do anything.]

A further recurring trait in an abusive relationship is the abused blaming themselves for their abuse and making excuses for the abuser. We have the public blaming each other for lockdown abuse by government and many making excuses for the government while attacking those who challenge the government. How often we have heard authorities say that rules are being imposed or reimposed only because people have refused to 'behave' and follow the rules. We don't want to do it – it's *you*.

Renegade Minds are an antidote to all of these things. They will never concede their self-respect no matter what the circumstances. Even when apparent humiliation is heaped upon them they laugh in its face and reflect back the humiliation on the abuser where it belongs. Renegade Minds will never wear masks they know are only imposed to humiliate, suppress and damage both physically and psychologically. Consequences will take care of themselves and they will never break their spirit or cause them to concede to tyranny. UK newspaper columnist Peter Hitchens was one of the few in the mainstream media to speak out against lockdowns and forced vaccinations. He then announced he had taken the jab. He wanted to see family members abroad and he believed vaccine passports were inevitable even though they had not yet been introduced. Hitchens

has a questioning and critical mind, but not a Renegade one. If he had no amount of pressure would have made him concede. Hitchens excused his action by saying that the battle has been lost. Renegade Minds never accept defeat when freedom is at stake and even if they are the last one standing the self-respect of not submitting to tyranny is more important than any outcome or any consequence.

That's why Renegade Minds are the only minds that ever changed anything worth changing.

CHAPTER EIGHT

'Reframing' insanity

Insanity is relative. It depends on who has who locked in what cage
Ray Bradbury

'Reframing' a mind means simply to change its perception and behaviour. This can be done subconsciously to such an extent that subjects have no idea they have been 'reframed' while to any observer changes in behaviour and attitudes are obvious.

Human society is being reframed on a ginormous scale since the start of 2020 and here we have the reason why psychologists rather than doctors have been calling the shots. Ask most people who have succumbed to 'Covid' reframing if they have changed and most will say 'no'; but they *have* and fundamentally. The Cult's long-game has been preparing for these times since way back and crucial to that has been to prepare both population and officialdom mentally and emotionally. To use the mind-control parlance they had to reframe the population with a mentality that would submit to fascism and reframe those in government and law enforcement to impose fascism or at least go along with it. The result has been the fact-deleted mindlessness of 'Wokeness' and officialdom that has either enthusiastically or unquestioningly imposed global tyranny demanded by reframed politicians on behalf of psychopathic and deeply evil cultists. 'Cognitive reframing' identifies and challenges the way someone sees the world in the form of situations, experiences and emotions and then restructures those perceptions to view the same set of circumstances in a different way. This can have

benefits if the attitudes are personally destructive while on the other side it has the potential for individual and collective mind control which the subject has no idea has even happened.

Cognitive therapy was developed in the 1960s by Aaron T. Beck who was born in Rhode Island in 1921 as the son of Jewish immigrants from the Ukraine. He became interested in the techniques as a treatment for depression. Beck's daughter Judith S. Beck is prominent in the same field and they founded the Beck Institute for Cognitive Behavior Therapy in Philadelphia in 1994. Cognitive reframing, however, began to be used worldwide by those with a very dark agenda. The Cult reframes politicians to change their attitudes and actions until they are completely at odds with what they once appeared to stand for. The same has been happening to government administrators at all levels, law enforcement, military and the human population. Cultists love mind control for two main reasons: It allows them to control what people think, do and say to secure agenda advancement and, by definition, it calms their legendary insecurity and fear of the unexpected. I have studied mind control since the time I travelled America in 1996. I may have been talking to next to no one in terms of an audience in those years, but my goodness did I gather a phenomenal amount of information and knowledge about so many things including the techniques of mind control. I have described this in detail in other books going back to *The Biggest Secret* in 1998. I met a very large number of people recovering from MKUltra and its offshoots and successors and I began to see how these same techniques were being used on the population in general. This was never more obvious than since the 'Covid' hoax began.

Reframing the enforcers

I have observed over the last two decades and more the very clear transformation in the dynamic between the police, officialdom and the public. I tracked this in the books as the relationship mutated from one of serving the public to seeing them as almost the enemy and certainly a lower caste. There has always been a class divide

based on income and always been some psychopathic, corrupt, and big-I-am police officers. This was different. Wholesale change was unfolding in the collective dynamic; it was less about money and far more about position and perceived power. An us-and-them was emerging. Noses were lifted skyward by government administration and law enforcement and their attitude to the public they were *supposed* to be serving changed to one of increasing contempt, superiority and control. The transformation was so clear and widespread that it had to be planned. Collective attitudes and dynamics do not change naturally and organically that quickly on that scale. I then came across an organisation in Britain called Common Purpose created in the late 1980s by Julia Middleton who would work in the office of Deputy Prime Minister John Prescott during the long and disastrous premiership of war criminal Tony Blair. When Blair speaks the Cult is speaking and the man should have been in jail a long time ago. Common Purpose proclaims itself to be one of the biggest 'leadership development' organisations in the world while functioning as a *charity* with all the financial benefits which come from that. It hosts 'leadership development' courses and programmes all over the world and claims to have 'brought together' what it calls 'leaders' from more than 100 countries on six continents. The modus operandi of Common Purpose can be compared with the work of the UK government's reframing network that includes the Behavioural Insights Team 'nudge unit' and 'Covid' reframing specialists at SPI-B. WikiLeaks described Common Purpose long ago as 'a hidden virus in our government and schools' which is unknown to the general public: 'It recruits and trains "leaders" to be loyal to the directives of Common Purpose and the EU, instead of to their own departments, which they then undermine or subvert, the NHS [National Health Service] being an example.' This is a vital point to understand the 'Covid' hoax. The NHS, and its equivalent around the world, has been utterly reframed in terms of administrators and much of the medical personnel with the transformation underpinned by recruitment policies. The outcome has been the criminal and psychopathic behaviour of the

NHS over ‘Covid’ and we have seen the same in every other major country. WikiLeaks said Common Purpose trainees are ‘learning to rule without regard to democracy’ and to usher in a police state (current events explained). Common Purpose operated like a ‘glue’ and had members in the NHS, BBC, police, legal profession, church, many of Britain’s 7,000 quangos, local councils, the Civil Service, government ministries and Parliament, and controlled many RDA’s (Regional Development Agencies). Here we have one answer for how and why British institutions and their like in other countries have changed so negatively in relation to the public. This further explains how and why the beyond-disgraceful reframed BBC has become a propaganda arm of ‘Covid’ fascism. They are all part of a network pursuing the same goal.

By 2019 Common Purpose was quoting a figure of 85,000 ‘leaders’ that had attended its programmes. These ‘students’ of all ages are known as Common Purpose ‘graduates’ and they consist of government, state and local government officials and administrators, police chiefs and officers, and a whole range of others operating within the national, local and global establishment. Cressida Dick, Commissioner of the London Metropolitan Police, is the Common Purpose graduate who was the ‘Gold Commander’ that oversaw what can only be described as the murder of Brazilian electrician Jean Charles de Menezes in 2005. He was held down by psychopathic police and shot seven times in the head by a psychopathic lunatic after being mistaken for a terrorist when he was just a bloke going about his day. Dick authorised officers to pursue and keep surveillance on de Menezes and ordered that he be stopped from entering the underground train system. Police psychopaths took her at her word clearly. She was ‘disciplined’ for this outrage by being *promoted* – eventually to the top of the ‘Met’ police where she has been a disaster. Many Chief Constables controlling the police in different parts of the UK are and have been Common Purpose graduates. I have heard the ‘graduate’ network described as a sort of Mafia or secret society operating within the fabric of government at all levels pursuing a collective policy

ingrained at Common Purpose training events. Founder Julia Middleton herself has said:

> Locally and internationally, Common Purpose graduates will be 'lighting small fires' to create change in their organisations and communities … The Common Purpose effect is best illustrated by the many stories of small changes brought about by leaders, who themselves have changed.

A Common Purpose mission statement declared:

> Common Purpose aims to improve the way society works by expanding the vision, decision-making ability and influence of all kinds of leaders. The organisation runs a variety of educational programmes for leaders of all ages, backgrounds and sectors, in order to provide them with the inspirational, information and opportunities they need to change the world.

Yes, but into what? Since 2020 the answer has become clear.

NLP and the Delphi technique

Common Purpose would seem to be a perfect name or would common programming be better? One of the foundation methods of reaching 'consensus' (group think) is by setting the agenda theme and then encouraging, cajoling or pressuring everyone to agree a 'consensus' in line with the core theme promoted by Common Purpose. The methodology involves the 'Delphi technique', or an adaption of it, in which opinions are expressed that are summarised by a 'facilitator or change agent' at each stage. Participants are 'encouraged' to modify their views in the light of what others have said. Stage by stage the former individual opinions are merged into group consensus which just happens to be what Common Purpose wants them to believe. A key part of this is to marginalise anyone refusing to concede to group think and turn the group against them to apply pressure to conform. We are seeing this very technique used on the general population to make 'Covid' group-thinkers hostile to those who have seen through the bullshit. People can be reframed by using perception manipulation methods such as Neuro-Linguistic Programming (NLP) in which you change perception with the use of

carefully constructed language. An NLP website described the technique this way:

> … A method of influencing brain behaviour (the 'neuro' part of the phrase) through the use of language (the 'linguistic' part) and other types of communication to enable a person to 'recode' the way the brain responds to stimuli (that's the 'programming') and manifest new and better behaviours. Neuro-Linguistic Programming often incorporates hypnosis and self-hypnosis to help achieve the change (or 'programming') that is wanted.

British alternative media operation UKColumn has done very detailed research into Common Purpose over a long period. I quoted co-founder and former naval officer Brian Gerrish in my book *Remember Who You Are*, published in 2011, as saying the following years before current times:

> It is interesting that many of the mothers who have had children taken by the State speak of the Social Services people being icily cool, emotionless and, as two ladies said in slightly different words, '… like little robots'. We know that NLP is cumulative, so people can be given small imperceptible doses of NLP in a course here, another in a few months, next year etc. In this way, major changes are accrued in their personality, but the day by day change is almost unnoticeable.

In these and other ways 'graduates' have had their perceptions uniformly reframed and they return to their roles in the institutions of government, law enforcement, legal profession, military, 'education', the UK National Health Service and the whole swathe of the establishment structure to pursue a common agenda preparing for the 'post-industrial', 'post-democratic' society. I say 'preparing' but we are now there. 'Post-industrial' is code for the Great Reset and 'post-democratic' is 'Covid' fascism. UKColumn has spoken to partners of those who have attended Common Purpose 'training'. They have described how personalities and attitudes of 'graduates' changed very noticeably for the worse by the time they had completed the course. They had been 'reframed' and told they are the 'leaders' – the special ones – who know better than the population. There has also been the very demonstrable recruitment of psychopaths and narcissists into government administration at all

levels and law enforcement. If you want psychopathy hire psychopaths and you get a simple cause and effect. If you want administrators, police officers and 'leaders' to perceive the public as lesser beings who don't matter then employ narcissists. These personalities are identified using 'psychometrics' that identifies knowledge, abilities, attitudes and personality traits, mostly through carefully-designed questionnaires and tests. As this policy has passed through the decades we have had power-crazy, power-trippers appointed into law enforcement, security and government administration in preparation for current times and the dynamic between public and law enforcement/officialdom has been transformed. UKColumn's Brian Gerrish said of the narcissistic personality:

> Their love of themselves and power automatically means that they will crush others who get in their way. I received a major piece of the puzzle when a friend pointed out that when they made public officials re-apply for their own jobs several years ago they were also required to do psychometric tests. This was undoubtedly the start of the screening process to get 'their' sort of people in post.

How obvious that has been since 2020 although it was clear what was happening long before if people paid attention to the changing public-establishment dynamic.

Change agents

At the centre of events in 'Covid' Britain is the National Health Service (NHS) which has behaved disgracefully in slavishly following the Cult agenda. The NHS management structure is awash with Common Purpose graduates or 'change agents' working to a common cause. Helen Bevan, a Chief of Service Transformation at the NHS Institute for Innovation and Improvement, co-authored a document called 'Towards a million change agents, a review of the social movements literature: implications for large scale change in the NHS'. The document compared a project management approach to that of change and social movements where 'people change

themselves and each other – peer to peer'. Two definitions given for a 'social movement' were:

A group of people who consciously attempt to build a radically new social order; involves people of a broad range of social backgrounds; and deploys politically confrontational and socially disruptive tactics – Cyrus Zirakzadeh 1997

Collective challenges, based on common purposes and social solidarities, in sustained interaction with elites, opponents, and authorities – Sidney Tarrow 1994

Helen Bevan wrote another NHS document in which she defined 'framing' as 'the process by which leaders construct, articulate and put across their message in a powerful and compelling way in order to win people to their cause and call them to action'. I think I could come up with another definition that would be rather more accurate. The National Health Service and institutions of Britain and the wider world have been taken over by reframed 'change agents' and that includes everything from the United Nations to national governments, local councils and social services which have been kidnapping children from loving parents on an extraordinary and gathering scale on the road to the end of parenthood altogether. Children from loving homes are stolen and kidnapped by the state and put into the 'care' (inversion) of the local authority through council homes, foster parents and forced adoption. At the same time children are allowed to be abused without response while many are under council 'care'. UKColumn highlighted the Common Purpose connection between South Yorkshire Police and Rotherham council officers in the case of the scandal in that area of the sexual exploitation of children to which the authorities turned not one blind eye, but both:

We were alarmed to discover that the Chief Executive, the Strategic Director of Children and Young People's Services, the Manager for the Local Strategic Partnership, the Community Cohesion Manager, the Cabinet Member for Cohesion, the Chief Constable and his predecessor had all attended Leadership training courses provided by the pseudo-charity Common Purpose.

Once 'change agents' have secured positions of hire and fire within any organisation things start to move very quickly. Personnel are then hired and fired on the basis of whether they will work towards the agenda the change agent represents. If they do they are rapidly promoted even though they may be incompetent. Those more qualified and skilled who are pre-Common Purpose 'old school' see their careers stall and even disappear. This has been happening for decades in every institution of state, police, 'health' and social services and all of them have been transformed as a result in their attitudes to their jobs and the public. Medical professions, including nursing, which were once vocations for the caring now employ many cold, callous and couldn't give a shit personality types. The UKColumn investigation concluded:

By blurring the boundaries between people, professions, public and private sectors, responsibility and accountability, Common Purpose encourages 'graduates' to believe that as new selected leaders, they can work together, outside of the established political and social structures, to achieve a paradigm shift or CHANGE – so called 'Leading Beyond Authority'. In doing so, the allegiance of the individual becomes 'reframed' on CP colleagues and their NETWORK.

Reframing the Face-Nappies

Nowhere has this process been more obvious than in the police where recruitment of psychopaths and development of unquestioning mind-controlled group-thinkers have transformed law enforcement into a politically-correct 'Woke' joke and a travesty of what should be public service. Today they wear their face-nappies like good little gofers and enforce 'Covid' rules which are fascism under another name. Alongside the specifically-recruited psychopaths we have software minds incapable of free thought. Brian Gerrish again:

An example is the policeman who would not get on a bike for a press photo because he had not done the cycling proficiency course. Normal people say this is political correctness gone mad. Nothing could be further from the truth. The policeman has been reframed, and in his reality it is perfect common sense not to get on the bike 'because he hasn't done the cycling course'.

Another example of this is where the police would not rescue a boy from a pond until they had taken advice from above on the 'risk assessment'. A normal person would have arrived, perhaps thought of the risk for a moment, and dived in. To the police now 'reframed', they followed 'normal' procedure.

There are shocking cases of reframed ambulance crews doing the same. Sheer unthinking stupidity of London Face-Nappies headed by Common Purpose graduate Cressida Dick can be seen in their behaviour at a vigil in March, 2021, for a murdered woman, Sarah Everard. A police officer had been charged with the crime. Anyone with a brain would have left the vigil alone in the circumstances. Instead they 'manhandled' women to stop them breaking 'Covid rules' to betray classic reframing. Minds in the thrall of perception control have no capacity for seeing a situation on its merits and acting accordingly. 'Rules is rules' is their only mind-set. My father used to say that rules and regulations are for the guidance of the intelligent and the blind obedience of the idiot. Most of the intelligent, decent, coppers have gone leaving only the other kind and a few old school for whom the job must be a daily nightmare. The combination of psychopaths and rule-book software minds has been clearly on public display in the 'Covid' era with automaton robots in uniform imposing fascistic 'Covid' regulations on the population without any personal initiative or judging situations on their merits. There are thousands of examples around the world, but I'll make my point with the infamous Derbyshire police in the English East Midlands – the ones who think pouring dye into beauty spots and using drones to track people walking in the countryside away from anyone is called 'policing'. To them there are rules decreed by the government which they have to enforce and in their bewildered state a group gathering in a closed space and someone walking alone in the countryside are the same thing. It is beyond idiocy and enters the realm of clinical insanity.

Police officers in Derbyshire said they were 'horrified' – *horrified* – to find 15 to 20 'irresponsible' kids playing a football match at a closed leisure centre 'in breach of coronavirus restrictions'. When they saw the police the kids ran away leaving their belongings behind and the reframed men and women of Derbyshire police were seeking to establish their identities with a view to fining their parents. The most natural thing for youngsters to do – kicking a ball about – is turned into a criminal activity and enforced by the moronic software programs of Derbyshire police. You find the same mentality in every country. These barely conscious 'horrified' officers said they had to take action because 'we need to ensure these rules are being followed' and 'it is of the utmost importance that you ensure your children are following the rules and regulations for Covid-19'. Had any of them done ten seconds of research to see if this parroting of their masters' script could be supported by any evidence? Nope. Reframed people don't think – others think for them and that's the whole idea of reframing. I have seen police officers one after the other repeating without question word for word what officialdom tells them just as I have seen great swathes of the public doing the same. Ask either for 'their' opinion and out spews what they have been told to think by the official narrative. Police and public may seem to be in different groups, but their mentality is the same. Most people do whatever they are told in fear not doing so or because they believe what officialdom tells them; almost the entirety of the police do what they are told for the same reason. Ultimately it's the tiny inner core of the global Cult that's telling both what to do.

So Derbyshire police were 'horrified'. Oh, really? Why did they think those kids were playing football? It was to relieve the psychological consequences of lockdown and being denied human contact with their friends and interaction, touch and discourse vital to human psychological health. Being denied this month after month has dismantled the psyche of many children and young people as depression and suicide have exploded. Were Derbyshire police *horrified by that*? Are you kidding? Reframed people don't have those

mental and emotional processes that can see how the impact on the psychological health of youngsters is far more dangerous than any 'virus' even if you take the mendacious official figures to be true. The reframed are told (programmed) how to act and so they do. The Derbyshire Chief Constable in the first period of lockdown when the black dye and drones nonsense was going on was Peter Goodman. He was the man who severed the connection between his force and the Derbyshire Constabulary *Male Voice* Choir when he decided that it was not inclusive enough to allow women to join. The fact it was a male voice choir making a particular sound produced by male voices seemed to elude a guy who terrifyingly ran policing in Derbyshire. He retired weeks after his force was condemned as disgraceful by former Supreme Court Justice Jonathan Sumption for their behaviour over extreme lockdown impositions. Goodman was replaced by his deputy Rachel Swann who was in charge when her officers were 'horrified'. The police statement over the boys committing the hanging-offence of playing football included the line about the youngsters being 'irresponsible in the times we are all living through' missing the point that the real relevance of the 'times we are all living through' is the imposition of fascism enforced by psychopaths and reframed minds of police officers playing such a vital part in establishing the fascist tyranny that their own children and grandchildren will have to live in their entire lives. As a definition of insanity that is hard to beat although it might be run close by imposing masks on people that can have a serious effect on their health while wearing a face nappy all day themselves. Once again public and police do it for the same reason – the authorities tell them to and who are they to have the self-respect to say no?

Wokers in uniform

How reframed do you have to be to arrest a *six-year-old* and take him to court for *picking a flower* while waiting for a bus? Brain dead police and officialdom did just that in North Carolina where criminal proceedings happen regularly for children under nine. Attorney Julie Boyer gave the six-year-old crayons and a colouring book

during the 'flower' hearing while the 'adults' decided his fate. County Chief District Court Judge Jay Corpening asked: 'Should a child that believes in Santa Claus, the Easter Bunny and the tooth fairy be making life-altering decisions?' Well, of course not, but common sense has no meaning when you have a common purpose and a reframed mind. Treating children in this way, and police operating in American schools, is all part of the psychological preparation for children to accept a police state as normal all their adult lives. The same goes for all the cameras and biometric tracking technology in schools. Police training is focused on reframing them as snowflake Wokers and this is happening in the military. Pentagon top brass said that 'training sessions on extremism' were needed for troops who asked why they were so focused on the Capitol Building riot when Black Lives Matter riots were ignored. What's the difference between them some apparently and rightly asked. Actually, there is a difference. Five people died in the Capitol riot, only one through violence, and that was a police officer shooting an unarmed protestor. BLM riots killed at least 25 people and cost billions. Asking the question prompted the psychopaths and reframed minds that run the Pentagon to say that more 'education' (programming) was needed. Troop training is all based on psychological programming to make them fodder for the Cult – 'Military men are just dumb, stupid animals to be used as pawns in foreign policy' as Cult-to-his-DNA former Secretary of State Henry Kissinger famously said. Governments see the police in similar terms and it's time for those among them who can see this to defend the people and stop being enforcers of the Cult agenda upon the people.

The US military, like the country itself, is being targeted for destruction through a long list of Woke impositions. Cult-owned gaga 'President' Biden signed an executive order when he took office to allow taxpayer money to pay for transgender surgery for active military personnel and veterans. Are you a man soldier? No, I'm a LGBTQIA+ with a hint of Skoliosexual and Spectrasexual. Oh, good man. Bad choice of words you bigot. The Pentagon announced in March, 2021, the appointment of the first 'diversity and inclusion

officer' for US Special Forces. Richard Torres-Estrada arrived with the publication of a 'D&I Strategic Plan which will guide the enterprise-wide effort to institutionalize and sustain D&I'. If you think a Special Forces 'Strategic Plan' should have something to do with defending America you haven't been paying attention. Defending Woke is now the military's new role. Torres-Estrada has posted images comparing Donald Trump with Adolf Hitler and we can expect no bias from him as a representative of the supposedly non-political Pentagon. Cable news host Tucker Carlson said: 'The Pentagon is now the Yale faculty lounge but with cruise missiles.' Meanwhile Secretary of Defense Lloyd Austin, a board member of weapons-maker Raytheon with stock and compensation interests in October, 2020, worth $1.4 million, said he was purging the military of the 'enemy within' – anyone who isn't Woke and supports Donald Trump. Austin refers to his targets as 'racist extremists' while in true Woke fashion being himself a racist extremist. Pentagon documents pledge to 'eradicate, eliminate and conquer all forms of racism, sexism and homophobia'. The definitions of these are decided by 'diversity and inclusion committees' peopled by those who see racism, sexism and homophobia in every situation and opinion. Woke (the Cult) is dismantling the US military and purging testosterone as China expands its military and gives its troops 'masculinity training'. How do we think that is going to end when this is all Cult coordinated? The US military, like the British military, is controlled by Woke and spineless top brass who just go along with it out of personal career interests.

'Woke' means fast asleep

Mind control and perception manipulation techniques used on individuals to create group-think have been unleashed on the global population in general. As a result many have no capacity to see the obvious fascist agenda being installed all around them or what 'Covid' is really all about. Their brains are firewalled like a computer system not to process certain concepts, thoughts and realisations that are bad for the Cult. The young are most targeted as the adults they

will be when the whole fascist global state is planned to be fully implemented. They need to be prepared for total compliance to eliminate all pushback from entire generations. The Cult has been pouring billions into taking complete control of 'education' from schools to universities via its operatives and corporations and not least Bill Gates as always. The plan has been to transform 'education' institutions into programming centres for the mentality of 'Woke'. James McConnell, professor of psychology at the University of Michigan, wrote in *Psychology Today* in 1970:

> The day has come when we can combine sensory deprivation with drugs, hypnosis, and astute manipulation of reward and punishment, to gain almost absolute control over an individual's behaviour. It should then be possible to achieve a very rapid and highly effective type of brainwashing that would allow us to make dramatic changes in a person's behaviour and personality ...
>
> … We should reshape society so that we all would be trained from birth to want to do what society wants us to do. We have the techniques to do it... no-one owns his own personality you acquired, and there's no reason to believe you should have the right to refuse to acquire a new personality if your old one is anti-social.

This was the potential for mass brainwashing in 1970 and the mentality there displayed captures the arrogant psychopathy that drives it forward. I emphasise that not all young people have succumbed to Woke programming and those that haven't are incredibly impressive people given that today's young are the most perceptually-targeted generations in history with all the technology now involved. Vast swathes of the young generations, however, have fallen into the spell – and that's what it is – of Woke. The Woke mentality and perceptual program is founded on *inversion* and you will appreciate later why that is so significant. Everything with Woke is inverted and the opposite of what it is claimed to be. Woke was a term used in African-American culture from the 1900s and referred to an awareness of social and racial justice. This is not the meaning of the modern version or 'New Woke' as I call it in *The Answer*. Oh, no, Woke today means something very different no matter how much Wokers may seek to hide that and insist Old Woke and New

Woke are the same. See if you find any 'awareness of social justice' here in the modern variety:

- Woke demands 'inclusivity' while excluding anyone with a different opinion and calls for mass censorship to silence other views.

- Woke claims to stand against oppression when imposing oppression is the foundation of all that it does. It is the driver of political correctness which is nothing more than a Cult invention to manipulate the population to silence itself.

- Woke believes itself to be 'liberal' while pursuing a global society that can only be described as fascist (see 'anti-fascist' fascist Antifa).

- Woke calls for 'social justice' while spreading injustice wherever it goes against the common 'enemy' which can be easily identified as a differing view.

- Woke is supposed to be a metaphor for 'awake' when it is solid-gold asleep and deep in a Cult-induced coma that meets the criteria for 'off with the fairies'.

I state these points as obvious facts if people only care to look. I don't do this with a sense of condemnation. We need to appreciate that the onslaught of perceptual programming on the young has been incessant and merciless. I can understand why so many have been reframed, or, given their youth, framed from the start to see the world as the Cult demands. The Cult has had access to their minds day after day in its 'education' system for their entire formative years. Perception is formed from information received and the Cult-created system is a life-long download of information delivered to elicit a particular perception, thus behaviour. The more this has expanded into still new extremes in recent decades and ever-increasing censorship has deleted other opinions and information why wouldn't that lead to a perceptual reframing on a mass scale? I

have described already cradle-to-grave programming and in more recent times the targeting of young minds from birth to adulthood has entered the stratosphere. This has taken the form of skewing what is 'taught' to fit the Cult agenda and the omnipresent techniques of group-think to isolate non-believers and pressure them into line. There has always been a tendency to follow the herd, but we really are in a new world now in relation to that. We have parents who can see the 'Covid' hoax told by their children not to stop them wearing masks at school, being 'Covid' tested or having the 'vaccine' in fear of the peer-pressure consequences of being different. What is 'peer-pressure' if not pressure to conform to group-think? Renegade Minds never group-think and always retain a set of perceptions that are unique to them. Group-think is always underpinned by consequences for not group-thinking. Abuse now aimed at those refusing DNA-manipulating 'Covid vaccines' are a potent example of this. The biggest pressure to conform comes from the very group which is itself being manipulated. 'I am programmed to be part of a hive mind and so you must be.'

Woke control structures in 'education' now apply to every mainstream organisation. Those at the top of the 'education' hierarchy (the Cult) decide the policy. This is imposed on governments through the Cult network; governments impose it on schools, colleges and universities; their leadership impose the policy on teachers and academics and they impose it on children and students. At any level where there is resistance, perhaps from a teacher or university lecturer, they are targeted by the authorities and often fired. Students themselves regularly demand the dismissal of academics (increasingly few) at odds with the narrative that the students have been programmed to believe in. It is quite a thought that students who are being targeted by the Cult become so consumed by programmed group-think that they launch protests and demand the removal of those who are trying to push back against those targeting the students. Such is the scale of perceptual inversion. We see this with 'Covid' programming as the Cult imposes the rules via psycho-psychologists and governments on

shops, transport companies and businesses which impose them on their staff who impose them on their customers who pressure Pushbackers to conform to the will of the Cult which is in the process of destroying them and their families. Scan all aspects of society and you will see the same sequence every time.

Fact free Woke and hijacking the 'left'

There is no more potent example of this than 'Woke', a mentality only made possible by the deletion of factual evidence by an 'education' system seeking to produce an ever more uniform society. Why would you bother with facts when you don't know any? Deletion of credible history both in volume and type is highly relevant. Orwell said: 'Who controls the past controls the future: who controls the present controls the past.' They who control the perception of the past control the perception of the future and they who control the present control the perception of the past through the writing and deleting of history. Why would you oppose the imposition of Marxism in the name of Wokeism when you don't know that Marxism cost at least 100 million lives in the 20th century alone? Watch videos and read reports in which Woker generations are asked basic historical questions – it's mind-blowing. A survey of 2,000 people found that six percent of millennials (born approximately early1980s to early 2000s) believed the Second World War (1939-1945) broke out with the assassination of President Kennedy (in 1963) and one in ten thought Margaret Thatcher was British Prime Minister at the time. She was in office between 1979 and 1990. We are in a post-fact society. Provable facts are no defence against the fascism of political correctness or Silicon Valley censorship. Facts don't matter anymore as we have witnessed with the 'Covid' hoax. Sacrificing uniqueness to the Woke group-think religion is all you are required to do and that means thinking for yourself is the biggest Woke no, no. All religions are an expression of group-think and censorship and Woke is just another religion with an orthodoxy defended by group-think and censorship. Burned at

the stake becomes burned on Twitter which leads back eventually to burned at the stake as Woke humanity regresses to ages past.

The biggest Woke inversion of all is its creators and funders. I grew up in a traditional left of centre political household on a council estate in Leicester in the 1950s and 60s – you know, the left that challenged the power of wealth-hoarding elites and threats to freedom of speech and opinion. In those days students went on marches defending freedom of speech while today's Wokers march for its deletion. What on earth could have happened? Those very elites (collectively the Cult) that we opposed in my youth and early life have funded into existence the antithesis of that former left and hijacked the 'brand' while inverting everything it ever stood for. We have a mentality that calls itself 'liberal' and 'progressive' while acting like fascists. Cult billionaires and their corporations have funded themselves into control of 'education' to ensure that Woke programming is unceasing throughout the formative years of children and young people and that non-Wokers are isolated (that word again) whether they be students, teachers or college professors. The Cult has funded into existence the now colossal global network of Woke organisations that have spawned and promoted all the 'causes' on the Cult wish-list for global transformation and turned Wokers into demanders of them. Does anyone really think it's a coincidence that the Cult agenda for humanity is a carbon (sorry) copy of the societal transformations desired by Woke?? These are only some of them:

Political correctness: The means by which the Cult deletes all public debates that it knows it cannot win if we had the free-flow of information and evidence.

Human-caused 'climate change': The means by which the Cult seeks to transform society into a globally-controlled dictatorship imposing its will over the fine detail of everyone's lives 'to save the planet' which doesn't actually need saving.

Transgender obsession: Preparing collective perception to accept the 'new human' which would not have genders because it would be created technologically and not through procreation. I'll have much more on this in Human 2.0.

Race obsession: The means by which the Cult seeks to divide and rule the population by triggering racial division through the perception that society is more racist than ever when the opposite is the case. Is it perfect in that regard? No. But to compare today with the racism of apartheid and segregation brought to an end by the civil rights movement in the 1960s is to insult the memory of that movement and inspirations like Martin Luther King. Why is the 'anti-racism' industry (which it is) so dominated by privileged white people?

White supremacy: This is a label used by privileged white people to demonise poor and deprived white people pushing back on tyranny to marginalise and destroy them. White people are being especially targeted as the dominant race by number within Western society which the Cult seeks to transform in its image. If you want to change a society you must weaken and undermine its biggest group and once you have done that by using the other groups you next turn on them to do the same … 'Then they came for the Jews and I was not a Jew so I did nothing.'

Mass migration: The mass movement of people from the Middle East, Africa and Asia into Europe, from the south into the United States and from Asia into Australia are another way the Cult seeks to dilute the racial, cultural and political influence of white people on Western society. White people ask why their governments appear to be working against them while being politically and culturally biased towards incoming cultures. Well, here's your answer. In the same way sexually 'straight' people, men and women, ask why the

authorities are biased against them in favour of other sexualities. The answer is the same – that's the way the Cult wants it to be for very sinister motives.

These are all central parts of the Cult agenda and central parts of the Woke agenda and Woke was created and continues to be funded to an immense degree by Cult billionaires and corporations. If anyone begins to say 'coincidence' the syllables should stick in their throat.

Billionaire 'social justice warriors'

Joe Biden is a 100 percent-owned asset of the Cult and the Wokers' man in the White House whenever he can remember his name and for however long he lasts with his rapidly diminishing cognitive function. Even walking up the steps of an aircraft without falling on his arse would appear to be a challenge. He's not an empty-shell puppet or anything. From the minute Biden took office (or the Cult did) he began his executive orders promoting the Woke wish-list. You will see the Woke agenda imposed ever more severely because it's really the *Cult* agenda. Woke organisations and activist networks spawned by the Cult are funded to the extreme so long as they promote what the Cult wants to happen. Woke is funded to promote 'social justice' by billionaires who become billionaires by destroying social justice. The social justice mantra is only a cover for dismantling social justice and funded by billionaires that couldn't give a damn about social justice. Everything makes sense when you see that. One of Woke's premier funders is Cult billionaire financier George Soros who said: 'I am basically there to make money, I cannot and do not look at the social consequences of what I do.' This is the same Soros who has given more than $32 billion to his Open Society Foundations global Woke network and funded Black Lives Matter, mass immigration into Europe and the United States, transgender activism, climate change activism, political correctness and groups targeting 'white supremacy' in the form of privileged white thugs that dominate Antifa. What a scam it all is and when

you are dealing with the unquestioning fact-free zone of Woke scamming them is child's play. All you need to pull it off in all these organisations are a few in-the-know agents of the Cult and an army of naïve, reframed, uninformed, narcissistic, know-nothings convinced of their own self-righteousness, self-purity and virtue.

Soros and fellow billionaires and billionaire corporations have poured hundreds of millions into Black Lives Matter and connected groups and promoted them to a global audience. None of this is motivated by caring about black people. These are the billionaires that have controlled and exploited a system that leaves millions of black people in abject poverty and deprivation which they do absolutely nothing to address. The same Cult networks funding BLM were behind the *slave trade!* Black Lives Matter hijacked a phrase that few would challenge and they have turned this laudable concept into a political weapon to divide society. You know that BLM is a fraud when it claims that *All* Lives Matter, the most inclusive statement of all, is 'racist'. BLM and its Cult masters don't want to end racism. To them it's a means to an end to control all of humanity never mind the colour, creed, culture or background. What has destroying the nuclear family got to do with ending racism? Nothing – but that is one of the goals of BLM and also happens to be a goal of the Cult as I have been exposing in my books for decades. Stealing children from loving parents and giving schools ever more power to override parents is part of that same agenda. BLM is a Marxist organisation and why would that not be the case when the Cult created Marxism *and* BLM? Patrisse Cullors, a BLM co-founder, said in a 2015 video that she and her fellow organisers, including co-founder Alicia Garza, are 'trained Marxists'. The lady known after marriage as Patrisse Khan-Cullors bought a $1.4 million home in 2021 in one of the whitest areas of California with a black population of just 1.6 per cent and has so far bought *four* high-end homes for a total of $3.2 million. How very Marxist. There must be a bit of spare in the BLM coffers, however, when Cult corporations and billionaires have handed over the best part of $100 million. Many black people can see that Black Lives Matter is not

working for them, but against them, and this is still more confirmation. Black journalist Jason Whitlock, who had his account suspended by Twitter for simply linking to the story about the 'Marxist's' home buying spree, said that BLM leaders are 'making millions of dollars off the backs of these dead black men who they wouldn't spit on if they were on fire and alive'.

Black Lies Matter

Cult assets and agencies came together to promote BLM in the wake of the death of career criminal George Floyd who had been jailed a number of times including for forcing his way into the home of a black woman with others in a raid in which a gun was pointed at her stomach. Floyd was filmed being held in a Minneapolis street in 2020 with the knee of a police officer on his neck and he subsequently died. It was an appalling thing for the officer to do, but the same technique has been used by police on peaceful protestors of lockdown without any outcry from the Woke brigade. As unquestioning supporters of the Cult agenda Wokers have supported lockdown and all the 'Covid' claptrap while attacking anyone standing up to the tyranny imposed in its name. Court documents would later include details of an autopsy on Floyd by County Medical Examiner Dr Andrew Baker who concluded that Floyd had taken a fatal level of the drug fentanyl. None of this mattered to fact-free, question-free, Woke. Floyd's death was followed by worldwide protests against police brutality amid calls to defund the police. Throwing babies out with the bathwater is a Woke speciality. In the wake of the murder of British woman Sarah Everard a Green Party member of the House of Lords, Baroness Jones of Moulescoomb (Nincompoopia would have been better), called for a 6pm curfew for all men. This would be in breach of the Geneva Conventions on war crimes which ban collective punishment, but that would never have crossed the black and white Woke mind of Baroness Nincompoopia who would have been far too convinced of her own self-righteousness to compute such details. Many American cities did defund the police in the face of Floyd riots

and after $15 million was deleted from the police budget in Washington DC under useless Woke mayor Muriel Bowser car-jacking alone rose by 300 percent and within six months the US capital recorded its highest murder rate in 15 years. The same happened in Chicago and other cities in line with the Cult/Soros plan to bring fear to streets and neighbourhoods by reducing the police, releasing violent criminals and not prosecuting crime. This is the mob-rule agenda that I have warned in the books was coming for so long. Shootings in the area of Minneapolis where Floyd was arrested increased by 2,500 percent compared with the year before. Defunding the police over George Floyd has led to a big increase in dead people with many of them black. Police protection for politicians making these decisions stayed the same or increased as you would expect from professional hypocrites. The Cult doesn't actually want to abolish the police. It wants to abolish local control over the police and hand it to federal government as the psychopaths advance the Hunger Games Society. Many George Floyd protests turned into violent riots with black stores and businesses destroyed by fire and looting across America fuelled by Black Lives Matter. Woke doesn't do irony. If you want civil rights you must loot the liquor store and the supermarket and make off with a smart TV. It's the only way.

It's not a race war – it's a class war

Black people are patronised by privileged blacks and whites alike and told they are victims of white supremacy. I find it extraordinary to watch privileged blacks supporting the very system and bloodline networks behind the slave trade and parroting the same Cult-serving manipulative crap of their privileged white, often billionaire, associates. It is indeed not a race war but a class war and colour is just a diversion. Black Senator Cory Booker and black Congresswoman Maxine Waters, more residents of Nincompoopia, personify this. Once you tell people they are victims of someone else you devalue both their own responsibility for their plight and the power they have to impact on their reality and experience. Instead

we have: 'You are only in your situation because of whitey – turn on them and everything will change.' It won't change. Nothing changes in our lives unless *we* change it. Crucial to that is never seeing yourself as a victim and always as the creator of your reality. Life is a simple sequence of choice and consequence. Make different choices and you create different consequences. *You* have to make those choices – not Black Lives Matter, the Woke Mafia and anyone else that seeks to dictate your life. Who are they these Wokers, an emotional and psychological road traffic accident, to tell you what to do? Personal empowerment is the last thing the Cult and its Black Lives Matter want black people or anyone else to have. They claim to be defending the underdog while *creating* and perpetuating the underdog. The Cult's worst nightmare is human unity and if they are going to keep blacks, whites and every other race under economic servitude and control then the focus must be diverted from what they have in common to what they can be manipulated to believe divides them. Blacks have to be told that their poverty and plight is the fault of the white bloke living on the street in the same poverty and with the same plight they are experiencing. The difference is that your plight black people is due to him, a white supremacist with 'white privilege' living on the street. Don't unite as one human family against your mutual oppressors and suppressors – fight the oppressor with the white face who is as financially deprived as you are. The Cult knows that as its 'Covid' agenda moves into still new levels of extremism people are going to respond and it has been spreading the seeds of disunity everywhere to stop a united response to the evil that targets *all of us*.

Racist attacks on 'whiteness' are getting ever more outrageous and especially through the American Democratic Party which has an appalling history for anti-black racism. Barack Obama, Joe Biden, Hillary Clinton and Nancy Pelosi all eulogised about Senator Robert Byrd at his funeral in 2010 after a nearly 60-year career in Congress. Byrd was a brutal Ku Klux Klan racist and a violent abuser of Cathy O'Brien in MKUltra. He said he would never fight in the military 'with a negro by my side' and 'rather I should die a thousand times,

and see Old Glory trampled in the dirt never to rise again, than to see this beloved land of ours become degraded by race mongrels, a throwback to the blackest specimen from the wilds'. Biden called Byrd a 'very close friend and mentor'. These 'Woke' hypocrites are not anti-racist they are anti-poor and anti-people not of their perceived class. Here is an illustration of the scale of anti-white racism to which we have now descended. Seriously Woke and moronic *New York Times* contributor Damon Young described whiteness as a 'virus' that 'like other viruses will not die until there are no bodies left for it to infect'. He went on: '… the only way to stop it is to locate it, isolate it, extract it, and kill it.' Young can say that as a black man with no consequences when a white man saying the same in reverse would be facing a jail sentence. *That's* racism. We had super-Woke numbskull senators Tammy Duckworth and Mazie Hirono saying they would object to future Biden Cabinet appointments if he did not nominate more Asian Americans and Pacific Islanders. Never mind the ability of the candidate what do they look like? Duckworth said: 'I will vote for racial minorities and I will vote for LGBTQ, but anyone else I'm not voting for.' Appointing people on the grounds of race is illegal, but that was not a problem for this ludicrous pair. They were on-message and that's a free pass in any situation.

Critical race racism

White children are told at school they are intrinsically racist as they are taught the divisive 'critical race theory'. This claims that the law and legal institutions are inherently racist and that race is a socially constructed concept used by white people to further their economic and political interests at the expense of people of colour. White is a 'virus' as we've seen. Racial inequality results from 'social, economic, and legal differences that white people create between races to maintain white interests which leads to poverty and criminality in minority communities'. I must tell that to the white guy sleeping on the street. The principal of East Side Community School in New York sent white parents a manifesto that called on

them to become 'white traitors' and advocate for full 'white abolition'. These people are teaching your kids when they urgently need a psychiatrist. The 'school' included a chart with 'eight white identities' that ranged from 'white supremacist' to 'white abolition' and defined the behaviour white people must follow to end 'the regime of whiteness'. Woke blacks and their privileged white associates are acting exactly like the slave owners of old and Ku Klux Klan racists like Robert Byrd. They are too full of their own self-purity to see that, but it's true. Racism is not a body type; it's a state of mind that can manifest through any colour, creed or culture.

Another racial fraud is *'equity'*. Not equality of treatment and opportunity – equity. It's a term spun as equality when it means something very different. Equality in its true sense is a raising up while 'equity' is a race to the bottom. Everyone in the same level of poverty is 'equity'. Keep everyone down – that's equity. The Cult doesn't want anyone in the human family to be empowered and BLM leaders, like all these 'anti-racist' organisations, continue their privileged, pampered existence by perpetuating the perception of gathering racism. When is the last time you heard an 'anti-racist' or 'anti-Semitism' organisation say that acts of racism and discrimination have *fallen?* It's not in the interests of their fund-raising and power to influence and the same goes for the professional soccer anti-racism operation, Kick It Out. Two things confirmed that the Black Lives Matter riots in the summer of 2020 were Cult creations. One was that while anti-lockdown protests were condemned in this same period for 'transmitting 'Covid' the authorities supported mass gatherings of Black Lives Matter supporters. I even saw self-deluding people claiming to be doctors say the two types of protest were not the same. No – the non-existent 'Covid' was in favour of lockdowns and attacked those that protested against them while 'Covid' supported Black Lives Matter and kept well away from its protests. The whole thing was a joke and as lockdown protestors were arrested, often brutally, by reframed Face-Nappies we had the grotesque sight of police officers taking the knee to Black Lives Matter, a Cult-funded Marxist

organisation that supports violent riots and wants to destroy the nuclear family and white people.

He's not white? Shucks!

Woke obsession with race was on display again when ten people were shot dead in Boulder, Colorado, in March, 2021. Cult-owned Woke TV channels like CNN said the shooter appeared to be a white man and Wokers were on Twitter condemning 'violent white men' with the usual mantras. Then the shooter's name was released as Ahmad Al Aliwi Alissa, an anti-Trump Arab-American, and the sigh of disappointment could be heard five miles away. Never mind that ten people were dead and what that meant for their families. Race baiting was all that mattered to these sick Cult-serving people like Barack Obama who exploited the deaths to further divide America on racial grounds which is his job for the Cult. This is the man that 'racist' white Americans made the first black president of the United States and then gave him a second term. Not-very-bright Obama has become filthy rich on the back of that and today appears to have a big influence on the Biden administration. Even so he's still a downtrodden black man and a victim of white supremacy. This disingenuous fraud reveals the contempt he has for black people when he puts on a Deep South Alabama accent whenever he talks to them, no, *at* them.

Another BLM red flag was how the now fully-Woke (fully-Cult) and fully-virtue-signalled professional soccer authorities had their teams taking the knee before every match in support of Marxist Black Lives Matter. Soccer authorities and clubs displayed 'Black Lives Matter' on the players' shirts and flashed the name on electronic billboards around the pitch. Any fans that condemned what is a Freemasonic taking-the-knee ritual were widely condemned as you would expect from the Woke virtue-signallers of professional sport and the now fully-Woke media. We have reverse racism in which you are banned from criticising any race or culture except for white people for whom anything goes – say what you like, no problem. What has this got to do with racial harmony and

equality? We've had black supremacists from Black Lives Matter telling white people to fall to their knees in the street and apologise for their white supremacy. Black supremacists acting like white supremacist slave owners of the past couldn't breach their self-obsessed, race-obsessed sense of self-purity. Joe Biden appointed a race-obsessed black supremacist Kristen Clarke to head the Justice Department Civil Rights Division. Clarke claimed that blacks are endowed with 'greater mental, physical and spiritual abilities' than whites. If anyone reversed that statement they would be vilified. Clarke is on-message so no problem. She's never seen a black-white situation in which the black figure is anything but a virtuous victim and she heads the Civil Rights Division which should treat everyone the same or it isn't civil rights. Another perception of the Renegade Mind: If something or someone is part of the Cult agenda they will be supported by Woke governments and media no matter what. If they're not, they will be condemned and censored. It really is that simple and so racist Clarke prospers despite (make that because of) her racism.

The end of culture

Biden's administration is full of such racial, cultural and economic bias as the Cult requires the human family to be divided into warring factions. We are now seeing racially-segregated graduations and everything, but everything, is defined through the lens of perceived 'racism. We have 'racist' mathematics, 'racist' food and even 'racist' *plants*. World famous Kew Gardens in London said it was changing labels on plants and flowers to tell its pre-'Covid' more than two million visitors a year how racist they are. Kew director Richard Deverell said this was part of an effort to 'move quickly to decolonise collections' after they were approached by one Ajay Chhabra 'an actor with an insight into how sugar cane was linked to slavery'. They are *plants* you idiots. 'Decolonisation' in the Woke manual really means colonisation of society with its mentality and by extension colonisation by the Cult. We are witnessing a new Chinese-style 'Cultural Revolution' so essential to the success of all

Marxist takeovers. Our cultural past and traditions have to be swept away to allow a new culture to be built-back-better. Woke targeting of long-standing Western cultural pillars including historical monuments and cancelling of historical figures is what happened in the Mao revolution in China which 'purged remnants of capitalist and traditional elements from Chinese society' and installed Maoism as the dominant ideology'. For China see the Western world today and for 'dominant ideology' see Woke. Better still see Marxism or Maoism. The 'Covid' hoax has specifically sought to destroy the arts and all elements of Western culture from people meeting in a pub or restaurant to closing theatres, music venues, sports stadiums, places of worship and even banning *singing*. Destruction of Western society is also why criticism of any religion is banned except for Christianity which again is the dominant religion as white is the numerically-dominant race. Christianity may be fading rapidly, but its history and traditions are weaved through the fabric of Western society. Delete the pillars and other structures will follow until the whole thing collapses. I am not a Christian defending that religion when I say that. I have no religion. It's just a fact. To this end Christianity has itself been turned Woke to usher its own downfall and its ranks are awash with 'change agents' – knowing and unknowing – at every level including Pope Francis (*definitely* knowing) and the clueless Archbishop of Canterbury Justin Welby (possibly not, but who can be sure?). Woke seeks to coordinate attacks on Western culture, traditions, and ways of life through 'intersectionality' defined as 'the complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism, and classism) combine, overlap, or intersect especially in the experiences of marginalised individuals or groups'. Wade through the Orwellian Woke-speak and this means coordinating disparate groups in a common cause to overthrow freedom and liberal values.

The entire structure of public institutions has been infested with Woke – government at all levels, political parties, police, military, schools, universities, advertising, media and trade unions. This abomination has been achieved through the Cult web by appointing

Wokers to positions of power and battering non-Wokers into line through intimidation, isolation and threats to their job. Many have been fired in the wake of the empathy-deleted, vicious hostility of 'social justice' Wokers and the desire of gutless, spineless employers to virtue-signal their Wokeness. Corporations are filled with Wokers today, most notably those in Silicon Valley. Ironically at the top they are not Woke at all. They are only exploiting the mentality their Cult masters have created and funded to censor and enslave while the Wokers cheer them on until it's their turn. Thus the Woke 'liberal left' is an inversion of the traditional liberal left. Campaigning for justice on the grounds of power and wealth distribution has been replaced by campaigning for identity politics. The genuine traditional left would never have taken money from today's billionaire abusers of fairness and justice and nor would the billionaires have wanted to fund that genuine left. It would not have been in their interests to do so. The division of opinion in those days was between the haves and have nots. This all changed with Cult manipulated and funded identity politics. The division of opinion today is between Wokers and non-Wokers and not income brackets. Cult corporations and their billionaires may have taken wealth disparity to cataclysmic levels of injustice, but as long as they speak the language of Woke, hand out the dosh to the Woke network and censor the enemy they are 'one of us'. Billionaires who don't give a damn about injustice are laughing at them till their bellies hurt. Wokers are not even close to self-aware enough to see that. The transformed 'left' dynamic means that Wokers who drone on about 'social justice' are funded by billionaires that have destroyed social justice the world over. It's *why* they are billionaires.

The climate con

Nothing encapsulates what I have said more comprehensively than the hoax of human-caused global warming. I have detailed in my books over the years how Cult operatives and organisations were the pump-primers from the start of the climate con. A purpose-built vehicle for this is the Club of Rome established by the Cult in 1968

with the Rockefellers and Rothschilds centrally involved all along. Their gofer frontman Maurice Strong, a Canadian oil millionaire, hosted the Earth Summit in Rio de Janeiro, Brazil, in 1992 where the global 'green movement' really expanded in earnest under the guiding hand of the Cult. The Earth Summit established Agenda 21 through the Cult-created-and-owned United Nations to use the illusion of human-caused climate change to justify the transformation of global society to save the world from climate disaster. It is a No-Problem-Reaction-Solution sold through governments, media, schools and universities as whole generations have been terrified into believing that the world was going to end in their lifetimes unless what old people had inflicted upon them was stopped by a complete restructuring of how everything is done. Chill, kids, it's all a hoax. Such restructuring is precisely what the Cult agenda demands (purely by coincidence of course). Today this has been given the codename of the Great Reset which is only an updated term for Agenda 21 and its associated Agenda 2030. The latter, too, is administered through the UN and was voted into being by the General Assembly in 2015. Both 21 and 2030 seek centralised control of all resources and food right down to the raindrops falling on your own land. These are some of the demands of Agenda 21 established in 1992. See if you recognise this society emerging today:

- End national sovereignty
- State planning and management of all land resources, ecosystems, deserts, forests, mountains, oceans and fresh water; agriculture; rural development; biotechnology; and ensuring *'equity'*
- The state to 'define the role' of business and financial resources
- Abolition of private property
- 'Restructuring' the family unit (see BLM)
- Children raised by the state
- People told what their job will be
- Major restrictions on movement
- Creation of 'human settlement zones'

- Mass resettlement as people are forced to vacate land where they live
- Dumbing down education
- Mass global depopulation in pursuit of all the above

The United Nations was created as a Trojan horse for world government. With the climate con of critical importance to promoting that outcome you would expect the UN to be involved. Oh, it's involved all right. The UN is promoting Agenda 21 and Agenda 2030 justified by 'climate change' while also driving the climate hoax through its Intergovernmental Panel on Climate Change (IPCC), one of the world's most corrupt organisations. The IPCC has been lying ferociously and constantly since the day it opened its doors with the global media hanging unquestioningly on its every mendacious word. The Green movement is entirely Woke and has long lost its original environmental focus since it was co-opted by the Cult. An obsession with 'global warming' has deleted its values and scrambled its head. I experienced a small example of what I mean on a beautiful country walk that I have enjoyed several times a week for many years. The path merged into the fields and forests and you felt at one with the natural world. Then a 'Green' organisation, the Hampshire and Isle of Wight Wildlife Trust, took over part of the land and proceeded to cut down a large number of trees, including mature ones, to install a horrible big, bright steel 'this-is-ours-stay-out' fence that destroyed the whole atmosphere of this beautiful place. No one with a feel for nature would do that. Day after day I walked to the sound of chainsaws and a magnificent mature weeping willow tree that I so admired was cut down at the base of the trunk. When I challenged a Woke young girl in a green shirt (of course) about this vandalism she replied: 'It's a weeping willow – it will grow back.' This is what people are paying for when they donate to the Hampshire and Isle of Wight Wildlife Trust and many other 'green' organisations today. It is not the environmental movement that I knew and instead has become a support-system – as with Extinction Rebellion – for a very dark agenda.

Private jets for climate justice

The Cult-owned, Gates-funded, World Economic Forum and its founder Klaus Schwab were behind the emergence of Greta Thunberg to harness the young behind the climate agenda and she was invited to speak to the world at … the UN. Schwab published a book, *Covid-19: The Great Reset* in 2020 in which he used the 'Covid' hoax and the climate hoax to lay out a new society straight out of Agenda 21 and Agenda 2030. Bill Gates followed in early 2021 when he took time out from destroying the world to produce a book in his name about the way to save it. Gates flies across the world in private jets and admitted that 'I probably have one of the highest greenhouse gas footprints of anyone on the planet … my personal flying alone is gigantic.' He has also bid for the planet's biggest private jet operator. Other climate change saviours who fly in private jets include John Kerry, the US Special Presidential Envoy for Climate, and actor Leonardo DiCaprio, a 'UN Messenger of Peace with special focus on climate change'. These people are so full of bullshit they could corner the market in manure. We mustn't be sceptical, though, because the Gates book, *How to Avoid a Climate Disaster: The Solutions We Have and the Breakthroughs We Need*, is a genuine attempt to protect the world and not an obvious pile of excrement attributed to a mega-psychopath aimed at selling his masters' plans for humanity. The Gates book and the other shite-pile by Klaus Schwab could have been written by the same person and may well have been. Both use 'climate change' and 'Covid' as the excuses for their new society and by coincidence the Cult's World Economic Forum and Bill and Melinda Gates Foundation promote the climate hoax and hosted Event 201 which pre-empted with a 'simulation' the very 'coronavirus' hoax that would be simulated for real on humanity within weeks. The British 'royal' family is promoting the 'Reset' as you would expect through Prince 'climate change caused the war in Syria' Charles and his hapless son Prince William who said that we must 'reset our relationship with nature and our trajectory as a species' to avoid a climate disaster. Amazing how many promotors of the 'Covid' and 'climate change' control

systems are connected to Gates and the World Economic Forum. A 'study' in early 2021 claimed that carbon dioxide emissions must fall by the equivalent of a global lockdown roughly every two years for the next decade to save the planet. The 'study' appeared in the same period that the Schwab mob claimed in a video that lockdowns destroying the lives of billions are good because they make the earth 'quieter' with less 'ambient noise'. They took down the video amid a public backlash for such arrogant, empathy-deleted stupidity You see, however, where they are going with this. Corinne Le Quéré, a professor at the Tyndall Centre for Climate Change Research, University of East Anglia, was lead author of the climate lockdown study, and she writes for … the World Economic Forum. Gates calls in 'his' book for changing 'every aspect of the economy' (long-time Cult agenda) and for humans to eat synthetic 'meat' (predicted in my books) while cows and other farm animals are eliminated. Australian TV host and commentator Alan Jones described what carbon emission targets would mean for farm animals in Australia alone if emissions were reduced as demanded by 35 percent by 2030 and zero by 2050:

> Well, let's take agriculture, the total emissions from agriculture are about 75 million tonnes of carbon dioxide, equivalent. Now reduce that by 35 percent and you have to come down to 50 million tonnes, I've done the maths. So if you take for example 1.5 million cows, you're going to have to reduce the herd by 525,000 [by] 2030, nine years, that's 58,000 cows a year. The beef herd's 30 million, reduce that by 35 percent, that's 10.5 million, which means 1.2 million cattle have to go every year between now and 2030. This is insanity!
>
> There are 75 million sheep. Reduce that by 35 percent, that's 26 million sheep, that's almost 3 million a year. So under the Paris Agreement over 30 million beasts. dairy cows, cattle, pigs and sheep would go. More than 8,000 every minute of every hour for the next decade, do these people know what they're talking about?

Clearly they don't at the level of campaigners, politicians and administrators. The Cult *does* know; that's the outcome it wants. We are faced with not just a war on humanity. Animals and the natural world are being targeted and I have been saying since the 'Covid' hoax began that the plan eventually was to claim that the 'deadly virus' is able to jump from animals, including farm animals and

domestic pets, to humans. Just before this book went into production came this story: 'Russia registers world's first Covid-19 vaccine for cats & dogs as makers of Sputnik V warn pets & farm animals could spread virus'. The report said 'top scientists warned that the deadly pathogen could soon begin spreading through homes and farms' and 'the next stage is the infection of farm and domestic animals'. Know the outcome and you'll see the journey. Think what that would mean for animals and keep your eye on a term called zoonosis or zoonotic diseases which transmit between animals and humans. The Cult wants to break the connection between animals and people as it does between people and people. Farm animals fit with the Cult agenda to transform food from natural to synthetic.

The gas of life is killing us

There can be few greater examples of Cult inversion than the condemnation of carbon dioxide as a dangerous pollutant when it is the gas of life. Without it the natural world would be dead and so we would all be dead. We breathe in oxygen and breathe out carbon dioxide while plants produce oxygen and absorb carbon dioxide. It is a perfect symbiotic relationship that the Cult wants to dismantle for reasons I will come to in the final two chapters. Gates, Schwab, other Cult operatives and mindless repeaters, want the world to be 'carbon neutral' by at least 2050 and the earlier the better. 'Zero carbon' is the cry echoed by lunatics calling for 'Zero Covid' when we already have it. These carbon emission targets will deindustrialise the world in accordance with Cult plans – the post-industrial, post-democratic society – and with so-called renewables like solar and wind not coming even close to meeting human energy needs blackouts and cold are inevitable. Texans got the picture in the winter of 2021 when a snow storm stopped wind turbines and solar panels from working and the lights went down along with water which relies on electricity for its supply system. Gates wants everything to be powered by electricity to ensure that his masters have the kill switch to stop all human activity, movement, cooking, water and warmth any time they like. The climate lie is so

stupendously inverted that it claims we must urgently reduce carbon dioxide when we *don't have enough*.

Co2 in the atmosphere is a little above 400 parts per million when the optimum for plant growth is 2,000 ppm and when it falls anywhere near 150 ppm the natural world starts to die and so do we. It fell to as low as 280 ppm in an 1880 measurement in Hawaii and rose to 413 ppm in 2019 with industrialisation which is why the planet has become *greener* in the industrial period. How insane then that psychopathic madman Gates is not satisfied only with blocking the rise of Co2. He's funding technology to suck it out of the atmosphere. The reason why will become clear. The industrial era is not destroying the world through Co2 and has instead turned around a potentially disastrous ongoing fall in Co2. Greenpeace co-founder and scientist Patrick Moore walked away from Greenpeace in 1986 and has exposed the green movement for fear-mongering and lies. He said that 500 million years ago there was *17 times* more Co2 in the atmosphere than we have today and levels have been falling for hundreds of millions of years. In the last 150 million years Co2 levels in Earth's atmosphere had reduced by *90 percent*. Moore said that by the time humanity began to unlock carbon dioxide from fossil fuels we were at '38 seconds to midnight' and in that sense: 'Humans are [the Earth's] salvation.' Moore made the point that only half the Co2 emitted by fossil fuels stays in the atmosphere and we should remember that all pollution pouring from chimneys that we are told is carbon dioxide is in fact nothing of the kind. It's pollution. Carbon dioxide is an invisible gas.

William Happer, Professor of Physics at Princeton University and long-time government adviser on climate, has emphasised the Co2 deficiency for maximum growth and food production. Greenhouse growers don't add carbon dioxide for a bit of fun. He said that most of the warming in the last 100 years, after the earth emerged from the super-cold period of the 'Little Ice Age' into a natural warming cycle, was over by 1940. Happer said that a peak year for warming in 1988 can be explained by a 'monster El Nino' which is a natural and cyclical warming of the Pacific that has nothing to do with 'climate

change'. He said the effect of CO_2 could be compared to painting a wall with red paint in that once two or three coats have been applied it didn't matter how much more you slapped on because the wall will not get much redder. Almost all the effect of the rise in CO_2 has already happened, he said, and the volume in the atmosphere would now have to *double* to increase temperature by a single degree. Climate hoaxers know this and they have invented the most ridiculously complicated series of 'feedback' loops to try to overcome this rather devastating fact. You hear puppet Greta going on cluelessly about feedback loops and this is why.

The Sun affects temperature? No you *climate denier*

Some other nonsense to contemplate: Climate graphs show that rises in temperature do not follow rises in CO_2 – *it's the other way round* with a lag between the two of some 800 years. If we go back 800 years from present time we hit the Medieval Warm Period when temperatures were higher than now without any industrialisation and this was followed by the Little Ice Age when temperatures plummeted. The world was still emerging from these centuries of serious cold when many climate records began which makes the ever-repeated line of the 'hottest year since records began' meaningless when you are not comparing like with like. The coldest period of the Little Ice Age corresponded with the lowest period of sunspot activity when the Sun was at its least active. Proper scientists will not be at all surprised by this when it confirms the obvious fact that earth temperature is affected by the scale of Sun activity and the energetic power that it subsequently emits; but when is the last time you heard a climate hoaxer talking about the Sun as a source of earth temperature?? Everything has to be focussed on CO_2 which makes up just 0.117 percent of so-called greenhouse gases and only a fraction of even that is generated by human activity. The rest is natural. More than *90 percent* of those greenhouse gases are water vapour and clouds (Fig 9). Ban moisture I say. Have you noticed that the climate hoaxers no longer use the polar bear as their promotion image? That's because far from becoming extinct polar

bear communities are stable or thriving. Joe Bastardi, American meteorologist, weather forecaster and outspoken critic of the climate lie, documents in his book *The Climate Chronicles* how weather patterns and events claimed to be evidence of climate change have been happening since long before industrialisation: 'What happened before naturally is happening again, as is to be expected given the cyclical nature of the climate due to the design of the planet.' If you read the detailed background to the climate hoax in my other books you will shake your head and wonder how anyone could believe the crap which has spawned a multi-trillion dollar industry based on absolute garbage (see HIV causes AIDs and Sars-Cov-2 causes 'Covid-19'). Climate and 'Covid' have much in common given they have the same source. They both have the contradictory *everything* factor in which everything is explained by reference to them. It's hot – 'it's climate change'. It's cold – 'it's climate change'. I got a sniffle – 'it's Covid'. I haven't got a sniffle – 'it's Covid'. Not having a sniffle has to be a symptom of 'Covid'. Everything is and not having a sniffle is especially dangerous if you are a slow walker. For sheer audacity I offer you a Cambridge University 'study' that actually linked 'Covid' to 'climate change'. It had to happen eventually. They concluded that climate change played a role in 'Covid-19' spreading from animals to humans because … wait for it … I kid you not … *the two groups were forced closer together as populations grow*. Er, that's it. The whole foundation on which this depended was that 'Bats are the likely zoonotic origin of SARS-CoV-1 and SARS-CoV-2'. Well, they are not. They are nothing to do with it. Apart from bats not being the origin and therefore 'climate change' effects on bats being irrelevant I am in awe of their academic insight. Where would we be without them? Not where we are that's for sure.

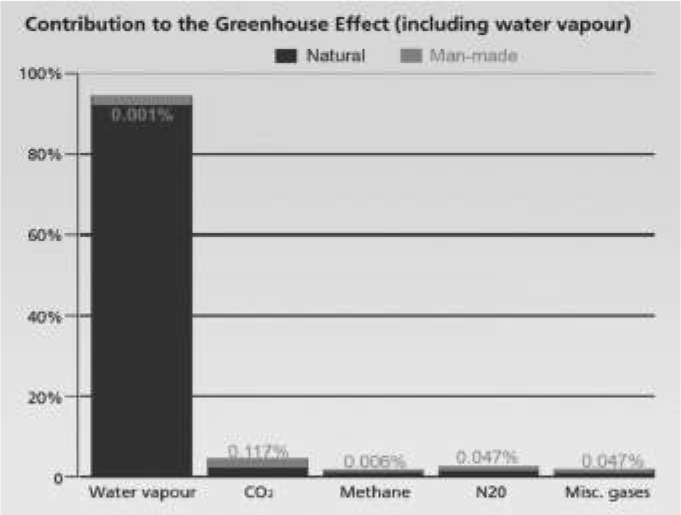

Figure 9: The idea that the gas of life is disastrously changing the climate is an insult to brain cell activity.

One other point about the weather is that climate modification is now well advanced and not every major weather event is natural – or earthquake come to that. I cover this subject at some length in other books. China is openly planning a rapid expansion of its weather modification programme which includes changing the climate in an area more than one and a half times the size of India. China used weather manipulation to ensure clear skies during the 2008 Olympics in Beijing. I have quoted from US military documents detailing how to employ weather manipulation as a weapon of war and they did that in the 1960s and 70s during the conflict in Vietnam with Operation Popeye manipulating monsoon rains for military purposes. Why would there be international treaties on weather modification if it wasn't possible? Of course it is. Weather is energetic information and it can be changed.

How was the climate hoax pulled off? See 'Covid'

If you can get billions to believe in a 'virus' that doesn't exist you can get them to believe in human-caused climate change that doesn't exist. Both are being used by the Cult to transform global society in the way it has long planned. Both hoaxes have been achieved in pretty much the same way. First you declare a lie is a fact. There's a

'virus' you call SARS-Cov-2 or humans are warming the planet with their behaviour. Next this becomes, via Cult networks, the foundation of government, academic and science policy and belief. Those who parrot the mantra are given big grants to produce research that confirms the narrative is true and ever more 'symptoms' are added to make the 'virus'/'climate change' sound even more scary. Scientists and researchers who challenge the narrative have their grants withdrawn and their careers destroyed. The media promote the lie as the unquestionable truth and censor those with an alternative view or evidence. A great percentage of the population believe what they are told as the lie becomes an everybody-knows-that and the believing-masses turn on those with a mind of their own. The technique has been used endlessly throughout human history. Wokers are the biggest promotors of the climate lie *and* 'Covid' fascism because their minds are owned by the Cult; their sense of self-righteous self-purity knows no bounds; and they exist in a bubble of reality in which facts are irrelevant and only get in the way of looking without seeing.

Running through all of this like veins in a blue cheese is control of information, which means control of perception, which means control of behaviour, which collectively means control of human society. The Cult owns the global media and Silicon Valley fascists for the simple reason that it *has* to. Without control of information it can't control perception and through that human society. Examine every facet of the Cult agenda and you will see that anything supporting its introduction is never censored while anything pushing back is always censored. I say again: Psychopaths that know why they are doing this must go before Nuremberg trials and those that follow their orders must trot along behind them into the same dock. 'I was just following orders' didn't work the first time and it must not work now. Nuremberg trials must be held all over the world before public juries for politicians, government officials, police, compliant doctors, scientists and virologists, and all Cult operatives such as Gates, Tedros, Fauci, Vallance, Whitty, Ferguson, Zuckerberg, Wojcicki, Brin, Page, Dorsey, the whole damn lot of

them – including, no *especially*, the psychopath psychologists. Without them and the brainless, gutless excuses for journalists that have repeated their lies, none of this could be happening. Nobody can be allowed to escape justice for the psychological and economic Armageddon they are all responsible for visiting upon the human race.

As for the compliant, unquestioning, swathes of humanity, and the self-obsessed, all-knowing ignorance of the Wokers … don't start me. God help their kids. God help their grandkids. God *help them*.

CHAPTER NINE

We must have it? So what is it?

Well I won't back down. No, I won't back down. You can stand me up at the Gates of Hell. But I won't back down
Tom Petty

I will now focus on the genetically-manipulating 'Covid vaccines' which do not meet this official definition of a vaccine by the US Centers for Disease Control (CDC): 'A product that stimulates a person's immune system to produce immunity to a specific disease, protecting the person from that disease.' On that basis 'Covid vaccines' are not a vaccine in that the makers don't even claim they stop infection or transmission.

They are instead part of a multi-levelled conspiracy to change the nature of the human body and what it means to be 'human' and to depopulate an enormous swathe of humanity. What I shall call Human 1.0 is on the cusp of becoming Human 2.0 and for very sinister reasons. Before I get to the 'Covid vaccine' in detail here's some background to vaccines in general. Government regulators do not test vaccines – the makers do – and the makers control which data is revealed and which isn't. Children in America are given 50 vaccine doses by age six and 69 by age 19 and the effect of the whole combined schedule has never been tested. Autoimmune diseases when the immune system attacks its own body have soared in the mass vaccine era and so has disease in general in children and the young. Why wouldn't this be the case when vaccines target the *immune system?* The US government gave Big Pharma drug

companies immunity from prosecution for vaccine death and injury in the 1986 National Childhood Vaccine Injury Act (NCVIA) and since then the government (taxpayer) has been funding compensation for the consequences of Big Pharma vaccines. The criminal and satanic drug giants can't lose and the vaccine schedule has increased dramatically since 1986 for this reason. There is no incentive to make vaccines safe and a big incentive to make money by introducing ever more. Even against a ridiculously high bar to prove vaccine liability, and with the government controlling the hearing in which it is being challenged for compensation, the vaccine court has so far paid out more than $4 billion. These are the vaccines we are told are safe and psychopaths like Zuckerberg censor posts saying otherwise. The immunity law was even justified by a ruling that vaccines by their nature were 'unavoidably unsafe'.

Check out the ingredients of vaccines and you will be shocked if you are new to this. *They put that in children's bodies?? What??* Try aluminium, a brain toxin connected to dementia, aborted foetal tissue and formaldehyde which is used to embalm corpses. World-renowned aluminium expert Christopher Exley had his research into the health effect of aluminium in vaccines shut down by Keele University in the UK when it began taking funding from the Bill and Melinda Gates Foundation. Research when diseases 'eradicated' by vaccines began to decline and you will find the fall began long *before* the vaccine was introduced. Sometimes the fall even plateaued after the vaccine. Diseases like scarlet fever for which there was no vaccine declined in the same way because of environmental and other factors. A perfect case in point is the polio vaccine. Polio began when lead arsenate was first sprayed as an insecticide and residues remained in food products. Spraying started in 1892 and the first US polio epidemic came in Vermont in 1894. The simple answer was to stop spraying, but Rockefeller-created Big Pharma had a better idea. Polio was decreed to be caused by the *poliovirus* which 'spreads from person to person and can infect a person's spinal cord'. Lead arsenate was replaced by the lethal DDT which had the same effect of causing paralysis by damaging the brain and central nervous

system. Polio plummeted when DDT was reduced and then banned, but the vaccine is still given the credit for something it didn't do. Today by far the biggest cause of polio is the vaccines promoted by Bill Gates. Vaccine justice campaigner Robert Kennedy Jr, son of assassinated (by the Cult) US Attorney General Robert Kennedy, wrote:

> In 2017, the World Health Organization (WHO) reluctantly admitted that the global explosion in polio is predominantly vaccine strain. The most frightening epidemics in Congo, Afghanistan, and the Philippines, are all linked to vaccines. In fact, by 2018, 70% of global polio cases were vaccine strain.

Vaccines make fortunes for Cult-owned Gates and Big Pharma while undermining the health and immune systems of the population. We had a glimpse of the mentality behind the Big Pharma cartel with a report on WION (World is One News), an international English language TV station based in India, which exposed the extraordinary behaviour of US drug company Pfizer over its 'Covid vaccine'. The WION report told how Pfizer had made fantastic demands of Argentina, Brazil and other countries in return for its 'vaccine'. These included immunity from prosecution, even for Pfizer negligence, government insurance to protect Pfizer from law suits and handing over as collateral sovereign assets of the country to include Argentina's bank reserves, military bases and embassy buildings. Pfizer demanded the same of Brazil in the form of waiving sovereignty of its assets abroad; exempting Pfizer from Brazilian laws; and giving Pfizer immunity from all civil liability. This is a 'vaccine' developed with government funding. Big Pharma is evil incarnate as a creation of the Cult and all must be handed tickets to Nuremberg.

Phantom 'vaccine' for a phantom 'disease'

I'll expose the 'Covid vaccine' fraud and then go on to the wider background of why the Cult has set out to 'vaccinate' every man, woman and child on the planet for an alleged 'new disease' with a survival rate of 99.77 percent (or more) even by the grotesquely-

manipulated figures of the World Health Organization and Johns Hopkins University. The 'infection' to 'death' ratio is 0.23 to 0.15 percent according to Stanford epidemiologist Dr John Ioannidis and while estimates vary the danger remains tiny. I say that if the truth be told the fake infection to fake death ratio is zero. Never mind all the evidence I have presented here and in *The Answer* that there is no 'virus' let us just focus for a moment on that death-rate figure of say 0.23 percent. The figure includes all those worldwide who have tested positive with a test not testing for the 'virus' and then died within 28 days or even longer of any other cause – *any other cause*. Now subtract all those illusory 'Covid' deaths on the global data sheets from the 0.23 percent. What do you think you would be left with? *Zero*. A vaccination has never been successfully developed for a so-called coronavirus. They have all failed at the animal testing stage when they caused hypersensitivity to what they were claiming to protect against and made the impact of a disease far worse. Cult-owned vaccine corporations got around that problem this time by bypassing animal trials, going straight to humans and making the length of the 'trials' before the public rollout as short as they could get away with. Normally it takes five to ten years or more to develop vaccines that still cause demonstrable harm to many people and that's without including the long-term effects that are never officially connected to the vaccination. 'Covid' non-vaccines have been officially produced and approved in a matter of months from a standing start and part of the reason is that (a) they were developed before the 'Covid' hoax began and (b) they are based on computer programs and not natural sources. Official non-trials were so short that government agencies gave *emergency,* not full, approval. 'Trials' were not even completed and full approval cannot be secured until they are. Public 'Covid vaccination' is actually a *continuation of the trial*. Drug company 'trials' are not scheduled to end until 2023 by which time a lot of people are going to be dead. Data on which government agencies gave this emergency approval was supplied by the Big Pharma corporations themselves in the form of Pfizer/BioNTech, AstraZeneca, Moderna, Johnson & Johnson, and

others, and this is the case with all vaccines. By its very nature *emergency* approval means drug companies do not have to prove that the 'vaccine' is 'safe and effective'. How could they with trials way short of complete? Government regulators only have to *believe* that they *could* be safe and effective. It is criminal manipulation to get products in circulation with no testing worth the name. Agencies giving that approval are infested with Big Pharma-connected place-people and they act in the interests of Big Pharma (the Cult) and not the public about whom they do not give a damn.

More human lab rats

'Covid vaccines' produced in record time by Pfizer/BioNTech and Moderna employ a technique *never approved before for use on humans*. They are known as mRNA 'vaccines' and inject a synthetic version of 'viral' mRNA or 'messenger RNA'. The key is in the term 'messenger'. The body works, or doesn't, on the basis of information messaging. Communications are constantly passing between and within the genetic system and the brain. Change those messages and you change the state of the body and even its very nature and you can change psychology and behaviour by the way the brain processes information. I think you are going to see significant changes in personality and perception of many people who have had the 'Covid vaccine' synthetic potions. Insider Aldous Huxley predicted the following in 1961 and mRNA 'vaccines' can be included in the term 'pharmacological methods':

> There will be, in the next generation or so, a pharmacological method of making people love their servitude, and producing dictatorship without tears, so to speak, producing a kind of painless concentration camp for entire societies, so that people will in fact have their own liberties taken away from them, but rather enjoy it, because they will be distracted from any desire to rebel by propaganda or brainwashing, or brainwashing enhanced by pharmacological methods. And this seems to be the final revolution.

Apologists claim that mRNA synthetic 'vaccines' don't change the DNA genetic blueprint because RNA does not affect DNA only the other way round. This is so disingenuous. A process called 'reverse

transcription' can convert RNA into DNA and be integrated into DNA in the cell nucleus. This was highlighted in December, 2020, by scientists at Harvard and Massachusetts Institute of Technology (MIT). Geneticists report that more than 40 percent of mammalian genomes results from reverse transcription. On the most basic level if messaging changes then that sequence must lead to changes in DNA which is receiving and transmitting those communications. How can introducing synthetic material into cells not change the cells where DNA is located? The process is known as transfection which is defined as 'a technique to insert foreign nucleic acid (DNA or RNA) into a cell, typically with the intention of altering the properties of the cell'. Researchers at the Sloan Kettering Institute in New York found that changes in messenger RNA can deactivate tumour-suppressing proteins and thereby promote cancer. This is what happens when you mess with messaging. 'Covid vaccine' maker Moderna was founded in 2010 by Canadian stem cell biologist Derrick J. Rossi after his breakthrough discovery in the field of transforming and reprogramming stem cells. These are neutral cells that can be programmed to become any cell including sperm cells. Moderna was therefore founded on the principle of genetic manipulation and has never produced any vaccine or drug before its genetically-manipulating synthetic 'Covid' shite. Look at the name – Mode-RNA or Modify-RNA. Another important point is that the US Supreme Court has ruled that genetically-modified DNA, or complementary DNA (cDNA) synthesized in the laboratory from messenger RNA, can be patented and owned. These psychopaths are doing this to the human body.

Cells replicate synthetic mRNA in the 'Covid vaccines' and in theory the body is tricked into making antigens which trigger antibodies to target the 'virus spike proteins' which as Dr Tom Cowan said have *never been seen*. Cut the crap and these 'vaccines' deliver *self-replicating* synthetic material to the cells with the effect of changing human DNA. The more of them you have the more that process is compounded while synthetic material is all the time self-replicating. 'Vaccine'-maker Moderna describes mRNA as 'like

software for the cell' and so they are messing with the body's software. What happens when you change the software in a computer? Everything changes. For this reason the Cult is preparing a production line of mRNA 'Covid vaccines' and a long list of excuses to use them as with all the 'variants' of a 'virus' never shown to exist. The plan is further to transfer the mRNA technique to other vaccines mostly given to children and young people. The cumulative consequences will be a transformation of human DNA through a constant infusion of synthetic genetic material which will kill many and change the rest. Now consider that governments that have given emergency approval for a vaccine that's not a vaccine; never been approved for humans before; had no testing worth the name; and the makers have been given immunity from prosecution for any deaths or adverse effects suffered by the public. The UK government awarded *permanent legal indemnity* to itself and its employees for harm done when a patient is being treated for 'Covid-19' or 'suspected Covid-19'. That is quite a thought when these are possible 'side-effects' from the 'vaccine' (they are not 'side', they are effects) listed by the US Food and Drug Administration:

Guillain-Barre syndrome; acute disseminated encephalomyelitis; transverse myelitis; encephalitis; myelitis; encephalomyelitis; meningoencephalitis; meningitis; encephalopathy; convulsions; seizures; stroke; narcolepsy; cataplexy; anaphylaxis; acute myocardial infarction (heart attack); myocarditis; pericarditis; autoimmune disease; death; implications for pregnancy, and birth outcomes; other acute demyelinating diseases; non anaphylactic allergy reactions; thrombocytopenia ; disseminated intravascular coagulation; venous thromboembolism; arthritis; arthralgia; joint pain; Kawasaki disease; multisystem inflammatory syndrome in children; vaccine enhanced disease. The latter is the way the 'vaccine' has the potential to make diseases far worse than they would otherwise be.

UK doctor and freedom campaigner Vernon Coleman described the conditions in this list as 'all unpleasant, most of them very serious, and you can't get more serious than death'. The thought that anyone at all has had the 'vaccine' in these circumstances is testament to the potential that humanity has for clueless, unquestioning, stupidity and for many that programmed stupidity has already been terminal.

An insider speaks

Dr Michael Yeadon is a former Vice President, head of research and Chief Scientific Adviser at vaccine giant Pfizer. Yeadon worked on the inside of Big Pharma, but that did not stop him becoming a vocal critic of 'Covid vaccines' and their potential for multiple harms, including infertility in women. By the spring of 2021 he went much further and even used the no, no, term 'conspiracy'. When you begin to see what is going on it is impossible not to do so. Yeadon spoke out in an interview with freedom campaigner James Delingpole and I mentioned earlier how he said that no one had samples of 'the virus'. He explained that the mRNA technique originated in the anti-cancer field and ways to turn on and off certain genes which could be advantageous if you wanted to stop cancer growing out of control. 'That's the origin of them. They are a very unusual application, really.' Yeadon said that treating a cancer patient with an aggressive procedure might be understandable if the alternative was dying, but it was quite another thing to use the same technique as a public health measure. Most people involved wouldn't catch the infectious agent you were vaccinating against and if they did they probably wouldn't die:

> If you are really using it as a public health measure you really want to as close as you can get to zero sides-effects … I find it odd that they chose techniques that were really cutting their teeth in the field of oncology and I'm worried that in using gene-based vaccines that have to be injected in the body and spread around the body, get taken up into some cells, and the regulators haven't quite told us which cells they get taken up into … you are going to be generating a wide range of responses … with multiple steps each of which could go well or badly.

I doubt the Cult intends it to go well. Yeadon said that you can put any gene you like into the body through the 'vaccine'. 'You can certainly give them a gene that would do them some harm if you wanted.' I was intrigued when he said that when used in the cancer field the technique could turn genes on and off. I explore this process in *The Answer* and with different genes having different functions you could create mayhem – physically and psychologically – if you turned the wrong ones on and the right ones off. I read reports of an experiment by researchers at the University of Washington's school of computer science and engineering in which they encoded DNA to infect computers. The body is itself a biological computer and if human DNA can inflict damage on a computer why can't the computer via synthetic material mess with the human body? It can. The Washington research team said it was possible to insert malicious malware into 'physical DNA strands' and corrupt the computer system of a gene sequencing machine as it 'reads gene letters and stores them as binary digits 0 and 1'. They concluded that hackers could one day use blood or spit samples to access computer systems and obtain sensitive data from police forensics labs or infect genome files. It is at this level of digital interaction that synthetic 'vaccines' need to be seen to get the full picture and that will become very clear later on. Michael Yeadon said it made no sense to give the 'vaccine' to younger people who were in no danger from the 'virus'. What was the benefit? It was all downside with potential effects:

> The fact that my government in what I thought was a civilised, rational country, is raining [the 'vaccine'] on people in their 30s and 40s, even my children in their 20s, they're getting letters and phone calls, I know this is not right and any of you doctors who are vaccinating you know it's not right, too. They are not at risk. They are not at risk from the disease, so you are now hoping that the side-effects are so rare that you get away with it. You don't give new technology … that you don't understand to 100 percent of the population.

Blood clot problems with the AstraZeneca 'vaccine' have been affecting younger people to emphasise the downside risks with no benefit. AstraZeneca's version, produced with Oxford University, does not use mRNA, but still gets its toxic cocktail inside cells where

it targets DNA. The Johnson & Johnson 'vaccine' which uses a similar technique has also produced blood clot effects to such an extent that the United States paused its use at one point. They are all 'gene therapy' (cell modification) procedures and not 'vaccines'. The truth is that once the content of these injections enter cells we have no idea what the effect will be. People can speculate and some can give very educated opinions and that's good. In the end, though, only the makers know what their potions are designed to do and even they won't know every last consequence. Michael Yeadon was scathing about doctors doing what they knew to be wrong. 'Everyone's mute', he said. Doctors in the NHS must know this was not right, coming into work and injecting people. 'I don't know how they sleep at night. I know I couldn't do it. I know that if I were in that position I'd have to quit.' He said he knew enough about toxicology to know this was not a good risk-benefit. Yeadon had spoken to seven or eight university professors and all except two would not speak out publicly. Their universities had a policy that no one said anything that countered the government and its medical advisors. They were afraid of losing their government grants. This is how intimidation has been used to silence the truth at every level of the system. I say silence, but these people could still speak out if they made that choice. Yeadon called them 'moral cowards' – 'This is about your children and grandchildren's lives and you have just buggered off and left it.'

'Variant' nonsense

Some of his most powerful comments related to the alleged 'variants' being used to instil more fear, justify more lockdowns, and introduce more 'vaccines'. He said government claims about 'variants' were nonsense. He had checked the alleged variant 'codes' and they were 99.7 percent identical to the 'original'. This was the human identity difference equivalent to putting a baseball cap on and off or wearing it the other way round. A 0.3 percent difference would make it impossible for that 'variant' to escape immunity from the 'original'. This made no sense of having new 'vaccines' for

‘variants’. He said there would have to be at least a *30 percent* difference for that to be justified and even then he believed the immune system would still recognise what it was. Gates-funded ‘variant modeller’ and ‘vaccine’-pusher John Edmunds might care to comment. Yeadon said drug companies were making new versions of the ‘vaccine’ as a ‘top up’ for ‘variants’. Worse than that, he said, the ‘regulators’ around the world like the MHRA in the UK had got together and agreed that because ‘vaccines’ for ‘variants’ were so similar to the first ‘vaccines’ *they did not have to do safety studies*. How transparently sinister that is. This is when Yeadon said: ‘There is a conspiracy here.’ There was no need for another vaccine for ‘variants’ and yet we were told that there was and the country had shut its borders because of them. ‘They are going into hundreds of millions of arms without passing ‘go’ or any regulator. Why did they do that? Why did they pick this method of making the vaccine?’

The reason had to be something bigger than that it seemed and ‘it’s not protection against the virus’. It’s was a far bigger project that meant politicians and advisers were willing to do things and not do things that knowingly resulted in avoidable deaths – ‘that’s already happened when you think about lockdown and deprivation of health care for a year.’ He spoke of people prepared to do something that results in the avoidable death of their fellow human beings and it not bother them. This is the penny-drop I have been working to get across for more than 30 years – the level of pure evil we are dealing with. Yeadon said his friends and associates could not believe there could be that much evil, but he reminded them of Stalin, Pol Pot and Hitler and of what Stalin had said: ‘One death is a tragedy. A million? A statistic.’ He could not think of a benign explanation for why you need top-up vaccines ‘which I’m sure you don’t’ and for the regulators ‘to just get out of the way and wave them through’. Why would the regulators do that when they were still wrestling with the dangers of the ‘parent’ vaccine? He was clearly shocked by what he had seen since the ‘Covid’ hoax began and now he was thinking the previously unthinkable:

> If you wanted to depopulate a significant proportion of the world and to do it in a way that doesn't involve destruction of the environment with nuclear weapons, poisoning everyone with anthrax or something like that, and you wanted plausible deniability while you had a multi-year infectious disease crisis, I actually don't think you could come up with a better plan of work than seems to be in front of me. I can't say that's what they are going to do, but I can't think of a benign explanation why they are doing it.

He said he never thought that they would get rid of 99 percent of humans, but now he wondered. 'If you wanted to that this would be a hell of a way to do it – it would be unstoppable folks.' Yeadon had concluded that those who submitted to the 'vaccine' would be allowed to have some kind of normal life (but for how long?) while screws were tightened to coerce and mandate the last few percent. 'I think they'll put the rest of them in a prison camp. I wish I was wrong, but I don't think I am.' Other points he made included: There were no coronavirus vaccines then suddenly they all come along at the same time; we have no idea of the long term affect with trials so short; coercing or forcing people to have medical procedures is against the Nuremberg Code instigated when the Nazis did just that; people should at least delay having the 'vaccine'; a quick Internet search confirms that masks don't reduce respiratory viral transmission and 'the government knows that'; they have smashed civil society and they know that, too; two dozen peer-reviewed studies show no connection between lockdown and reducing deaths; he knew from personal friends the elite were still flying around and going on holiday while the public were locked down; the elite were not having the 'vaccines'. He was also asked if 'vaccines' could be made to target difference races. He said he didn't know, but the document by the Project for the New American Century in September, 2000, said developing 'advanced forms of biological warfare that can target *specific genotypes* may transform biological warfare from the realm of terror to a politically useful tool.' Oh, they're evil all right. Of that we can be *absolutely* sure.

Another cull of old people

We have seen from the CDC definition that the mRNA 'Covid vaccine' is not a vaccine and nor are the others that *claim* to reduce 'severity of symptoms' in *some* people, but not protect from infection or transmission. What about all the lies about returning to 'normal' if people were 'vaccinated'? If they are not claimed to stop infection and transmission of the alleged 'virus', how does anything change? This was all lies to manipulate people to take the jabs and we are seeing that now with masks and distancing still required for the 'vaccinated'. How did they think that elderly people with fragile health and immune responses were going to be affected by infusing their cells with synthetic material and other toxic substances? They *knew* that in the short and long term it would be devastating and fatal as the culling of the old that began with the first lockdowns was continued with the 'vaccine'. Death rates in care homes soared immediately residents began to be 'vaccinated' – infused with synthetic material. Brave and committed whistleblower nurses put their careers at risk by exposing this truth while the rest kept their heads down and their mouths shut to put their careers before those they are supposed to care for. A long-time American Certified Nursing Assistant who gave his name as James posted a video in which he described emotionally what happened in his care home when vaccination began. He said that during 2020 very few residents were sick with 'Covid' and no one died during the entire year; but shortly after the Pfizer mRNA injections 14 people died within two weeks and many others were near death. 'They're dropping like flies', he said. Residents who walked on their own before the shot could no longer and they had lost their ability to conduct an intelligent conversation. The home's management said the sudden deaths were caused by a 'super-spreader' of 'Covid-19'. Then how come, James asked, that residents who refused to take the injections were not sick? It was a case of inject the elderly with mRNA synthetic potions and blame their illness and death that followed on the 'virus'. James described what was happening in care homes as 'the greatest crime of genocide this country has ever seen'. Remember the NHS staff nurse from earlier who used the same

word ‘genocide’ for what was happening with the ‘vaccines’ and that it was an ‘act of human annihilation’. A UK care home whistleblower told a similar story to James about the effect of the ‘vaccine’ in deaths and ‘outbreaks’ of illness dubbed ‘Covid’ after getting the jab. She told how her care home management and staff had zealously imposed government regulations and no one was allowed to even question the official narrative let alone speak out against it. She said the NHS was even worse. Again we see the results of reframing. A worker at a local care home where I live said they had not had a single case of ‘Covid’ there for almost a year and when the residents were ‘vaccinated’ they had 19 positive cases in two weeks with eight dying.

It’s not the ‘vaccine’ – honest

The obvious cause and effect was being ignored by the media and most of the public. Australia’s health minister Greg Hunt (a former head of strategy at the World Economic Forum) was admitted to hospital after he had the ‘vaccine’. He was suffering according to reports from the skin infection ‘cellulitis’ and it must have been a severe case to have warranted days in hospital. Immediately the authorities said this was nothing to do with the ‘vaccine’ when an effect of some vaccines is a ‘cellulitis-like reaction’. We had families of perfectly healthy old people who died after the ‘vaccine’ saying that if only they had been given the ‘vaccine’ earlier they would still be alive. As a numbskull rating that is off the chart. A father of four ‘died of Covid’ at aged 48 when he was taken ill two days after having the ‘vaccine’. The man, a health administrator, had been ‘shielding during the pandemic’ and had ‘not really left the house’ until he went for the ‘vaccine’. Having the ‘vaccine’ and then falling ill and dying does not seem to have qualified as a possible cause and effect and ‘Covid-19’ went on his death certificate. His family said they had no idea how he ‘caught the virus’. A family member said: ‘Tragically, it could be that going for a vaccination ultimately led to him catching Covid …The sad truth is that they are never going to know where it came from.’ The family warned people to remember

that the virus still existed and was 'very real'. So was their stupidity. Nurses and doctors who had the first round of the 'vaccine' were collapsing, dying and ending up in a hospital bed while they or their grieving relatives were saying they'd still have the 'vaccine' again despite what happened. I kid you not. You mean if your husband returned from the dead he'd have the same 'vaccine' again that killed him??

Doctors at the VCU Medical Center in Richmond, Virginia, said the Johnson & Johnson 'vaccine' was to blame for a man's skin peeling off. Patient Richard Terrell said: 'It all just happened so fast. My skin peeled off. It's still coming off on my hands now.' He said it was stinging, burning and itching and when he bent his arms and legs it was very painful with 'the skin swollen and rubbing against itself'. Pfizer/BioNTech and Moderna vaccines use mRNA to change the cell while the Johnson & Johnson version uses DNA in a process similar to AstraZeneca's technique. Johnson & Johnson and AstraZeneca have both had their 'vaccines' paused by many countries after causing serious blood problems. Terrell's doctor Fnu Nutan said he could have died if he hadn't got medical attention. It sounds terrible so what did Nutan and Terrell say about the 'vaccine' now? Oh, they still recommend that people have it. A nurse in a hospital bed 40 minutes after the vaccination and unable to swallow due to throat swelling was told by a doctor that he lost mobility in his arm for 36 hours following the vaccination. What did he say to the ailing nurse? 'Good for you for getting the vaccination.' We are dealing with a serious form of cognitive dissonance madness in both public and medical staff. There is a remarkable correlation between those having the 'vaccine' and trumpeting the fact and suffering bad happenings shortly afterwards. Witold Rogiewicz, a Polish doctor, made a video of his 'vaccination' and ridiculed those who were questioning its safety and the intentions of Bill Gates: 'Vaccinate yourself to protect yourself, your loved ones, friends and also patients. And to mention quickly I have info for anti-vaxxers and anti-Coviders if you want to contact Bill Gates you can do this through me.' He further ridiculed the dangers of 5G. Days later he

was dead, but naturally the vaccination wasn't mentioned in the verdict of 'heart attack'.

Lies, lies and more lies

So many members of the human race have slipped into extreme states of insanity and unfortunately they include reframed doctors and nursing staff. Having a 'vaccine' and dying within minutes or hours is not considered a valid connection while death from any cause within 28 days or longer of a positive test with a test not testing for the 'virus' means 'Covid-19' goes on the death certificate. How could that 'vaccine'-death connection not have been made except by calculated deceit? US figures in the initial rollout period to February 12th, 2020, revealed that a third of the deaths reported to the CDC after 'Covid vaccines' happened within 48 hours. Five men in the UK suffered an 'extremely rare' blood clot problem after having the AstraZeneca 'vaccine', but no causal link was established said the Gates-funded Medicines and Healthcare products Regulatory Agency (MHRA) which had given the 'vaccine' emergency approval to be used. Former Pfizer executive Dr Michael Yeadon explained in his interview how the procedures could cause blood coagulation and clots. People who should have been at no risk were dying from blood clots in the brain and he said he had heard from medical doctor friends that people were suffering from skin bleeding and massive headaches. The AstraZeneca 'shot' was stopped by some 20 countries over the blood clotting issue and still the corrupt MHRA, the European Medicines Agency (EMA) and the World Health Organization said that it should continue to be given even though the EMA admitted that it 'still cannot rule out definitively' a link between blood clotting and the 'vaccine'. Later Marco Cavaleri, head of EMA vaccine strategy, said there was indeed a clear link between the 'vaccine' and thrombosis, but they didn't know why. So much for the trials showing the 'vaccine' is safe. Blood clots were affecting younger people who would be under virtually no danger from 'Covid' even if it existed which makes it all the more stupid and sinister.

The British government responded to public alarm by wheeling out June Raine, the terrifyingly weak infant school headmistress sound-alike who heads the UK MHRA drug 'regulator'. The idea that she would stand up to Big Pharma and government pressure is laughable and she told us that all was well in the same way that she did when allowing untested, never-used-on-humans-before, genetically-manipulating 'vaccines' to be exposed to the public in the first place. Mass lying is the new normal of the 'Covid' era. The MHRA later said 30 cases of rare blood clots had by then been connected with the AstraZeneca 'vaccine' (that means a lot more in reality) while stressing that the benefits of the jab in preventing 'Covid-19' outweighed any risks. A more ridiculous and disingenuous statement with callous disregard for human health it is hard to contemplate. Immediately after the mendacious 'all-clears' two hospital workers in Denmark experienced blood clots and cerebral haemorrhaging following the AstraZeneca jab and one died. Top Norwegian health official Pål Andre Holme said the 'vaccine' was the only common factor: 'There is nothing in the patient history of these individuals that can give such a powerful immune response … I am confident that the antibodies that we have found are the cause, and I see no other explanation than it being the vaccine which triggers it.' Strokes, a clot or bleed in the brain, were clearly associated with the 'vaccine' from word of mouth and whistleblower reports. Similar consequences followed with all these 'vaccines' that we were told were so safe and as the numbers grew by the day it was clear we were witnessing human carnage.

Learning the hard way

A woman interviewed by UKColumn told how her husband suffered dramatic health effects after the vaccine when he'd been in good health all his life. He went from being a little unwell to losing all feeling in his legs and experiencing 'excruciating pain'. Misdiagnosis followed twice at Accident and Emergency (an 'allergy' and 'sciatica') before he was admitted to a neurology ward where doctors said his serious condition had been caused by the

‘vaccine’. Another seven ‘vaccinated’ people were apparently being treated on the same ward for similar symptoms. The woman said he had the ‘vaccine’ because they believed media claims that it was safe. ‘I didn’t think the government would give out a vaccine that does this to somebody; I believed they would be bringing out a vaccination that would be safe.’ What a tragic way to learn that lesson. Another woman posted that her husband was transporting stroke patients to hospital on almost every shift and when he asked them if they had been ‘vaccinated’ for ‘Covid’ they all replied ‘yes’. One had a ‘massive brain bleed’ the day after his second dose. She said her husband reported the ‘just been vaccinated’ information every time to doctors in A and E only for them to ignore it, make no notes and appear annoyed that it was even mentioned. This particular report cannot be verified, but it expresses a common theme that confirms the monumental underreporting of ‘vaccine’ consequences. Interestingly as the ‘vaccines’ and their brain blood clot/stroke consequences began to emerge the UK National Health Service began a publicity campaign telling the public what to do in the event of a stroke. A Scottish NHS staff nurse who quit in disgust in March, 2021, said:

> I have seen traumatic injuries from the vaccine, they’re not getting reported to the yellow card [adverse reaction] scheme, they’re treating the symptoms, not asking why, why it’s happening. It’s just treating the symptoms and when you speak about it you’re dismissed like you’re crazy, I’m not crazy, I’m not crazy because every other colleague I’ve spoken to is terrified to speak out, they’ve had enough.

Videos appeared on the Internet of people uncontrollably shaking after the ‘vaccine’ with no control over muscles, limbs and even their face. A Scottish mother broke out in a severe rash all over her body almost immediately after she was given the AstraZeneca ‘vaccine’. The pictures were horrific. Leigh King, a 41-year-old hairdresser from Lanarkshire said: ‘Never in my life was I prepared for what I was about to experience … My skin was so sore and constantly hot … I have never felt pain like this …’ But don’t you worry, the ‘vaccine’ is perfectly safe. Then there has been the effect on medical

staff who have been pressured to have the 'vaccine' by psychopathic 'health' authorities and government. A London hospital consultant who gave the name K. Polyakova wrote this to the *British Medical Journal* or *BMJ*:

> I am currently struggling with … the failure to report the reality of the morbidity caused by our current vaccination program within the health service and staff population. The levels of sickness after vaccination is unprecedented and staff are getting very sick and some with neurological symptoms which is having a huge impact on the health service function. Even the young and healthy are off for days, some for weeks, and some requiring medical treatment. Whole teams are being taken out as they went to get vaccinated together.
>
> Mandatory vaccination in this instance is stupid, unethical and irresponsible when it comes to protecting our staff and public health. We are in the voluntary phase of vaccination, and encouraging staff to take an unlicensed product that is impacting on their immediate health … it is clearly stated that these vaccine products do not offer immunity or stop transmission. In which case why are we doing it?

Not to protect health that's for sure. Medical workers are lauded by governments for agenda reasons when they couldn't give a toss about them any more than they can for the population in general. Schools across America faced the same situation as they closed due to the high number of teachers and other staff with bad reactions to the Pfizer/BioNTech, Moderna, and Johnson & Johnson 'Covid vaccines' all of which were linked to death and serious adverse effects. The *BMJ* took down the consultant's comments pretty quickly on the grounds that they were being used to spread 'disinformation'. They were exposing the truth about the 'vaccine' was the real reason. The cover-up is breathtaking.

Hiding the evidence

The scale of the 'vaccine' death cover-up worldwide can be confirmed by comparing official figures with the personal experience of the public. I heard of many people in my community who died immediately or soon after the vaccine that would never appear in the media or even likely on the official totals of 'vaccine' fatalities and adverse reactions when only about ten percent are estimated to be

reported and I have seen some estimates as low as one percent in a Harvard study. In the UK alone by April 29th, 2021, some 757,654 adverse reactions had been officially reported from the Pfizer/BioNTech, Oxford/AstraZeneca and Moderna 'vaccines' with more than a thousand deaths linked to jabs and that means an estimated ten times this number in reality from a ten percent reporting rate percentage. That's seven million adverse reactions and 10,000 potential deaths and a one percent reporting rate would be ten times *those* figures. In 1976 the US government pulled the swine flu vaccine after *53* deaths. The UK data included a combined 10,000 eye disorders from the 'Covid vaccines' with more than 750 suffering visual impairment or blindness and again multiply by the estimated reporting percentages. As 'Covid cases' officially fell hospitals virtually empty during the 'Covid crisis' began to fill up with a range of other problems in the wake of the 'vaccine' rollout. The numbers across America have also been catastrophic. Deaths linked to *all* types of vaccine increased by *6,000 percent* in the first quarter of 2021 compared with 2020. A 39-year-old woman from Ogden, Utah, died four days after receiving a second dose of Moderna's 'Covid vaccine' when her liver, heart and kidneys all failed despite the fact that she had no known medical issues or conditions. Her family sought an autopsy, but Dr Erik Christensen, Utah's chief medical examiner, said proving vaccine injury as a cause of death almost never happened. He could think of only one instance where an autopsy would name a vaccine as the official cause of death and that would be anaphylaxis where someone received a vaccine and died almost instantaneously. 'Short of that, it would be difficult for us to definitively say this is the vaccine,' Christensen said. If that is true this must be added to the estimated ten percent (or far less) reporting rate of vaccine deaths and serious reactions and the conclusion can only be that vaccine deaths and serious reactions – including these 'Covid' potions' – are phenomenally understated in official figures. The same story can be found everywhere. Endless accounts of deaths and serious reactions among the public, medical

and care home staff while official figures did not even begin to reflect this.

Professional script-reader Dr David Williams, a 'top public-health official' in Ontario, Canada, insulted our intelligence by claiming only four serious adverse reactions and no deaths from the more than 380,000 vaccine doses then given. This bore no resemblance to what people knew had happened in their owns circles and we had Dirk Huyer in charge of getting millions vaccinated in Ontario while at the same time he was Chief Coroner for the province investigating causes of death including possible death from the vaccine. An aide said he had stepped back from investigating deaths, but evidence indicated otherwise. Rosemary Frei, who secured a Master of Science degree in molecular biology at the Faculty of Medicine at Canada's University of Calgary before turning to investigative journalism, was one who could see that official figures for 'vaccine' deaths and reactions made no sense. She said that doctors seldom reported adverse events and when people got really sick or died after getting a vaccination they would attribute that to anything except the vaccines. It had been that way for years and anyone who wondered aloud whether the 'Covid vaccines' or other shots cause harm is immediately branded as 'anti-vax' and 'anti-science'. This was 'career-threatening' for health professionals. Then there was the huge pressure to support the push to 'vaccinate' billions in the quickest time possible. Frei said:

> So that's where we're at today. More than half a million vaccine doses have been given to people in Ontario alone. The rush is on to vaccinate all 15 million of us in the province by September. And the mainstream media are screaming for this to be sped up even more. That all adds up to only a very slim likelihood that we're going to be told the truth by officials about how many people are getting sick or dying from the vaccines.

What is true of Ontario is true of everywhere.

They KNEW – and still did it

The authorities knew what was going to happen with multiple deaths and adverse reactions. The UK government's Gates-funded

and Big Pharma-dominated Medicines and Healthcare products Regulatory Agency (MHRA) hired a company to employ AI in compiling the projected reactions to the 'vaccine' that would otherwise be uncountable. The request for applications said: 'The MHRA urgently seeks an Artificial Intelligence (AI) software tool to process the expected high volume of Covid-19 vaccine Adverse Drug Reaction …' This was from the agency, headed by the disingenuous June Raine, that gave the 'vaccines' emergency approval and the company was hired before the first shot was given. 'We are going to kill and maim you – is that okay?' 'Oh, yes, perfectly fine – I'm very grateful, thank you, doctor.' The range of 'Covid vaccine' adverse reactions goes on for page after page in the MHRA criminally underreported 'Yellow Card' system and includes affects to eyes, ears, skin, digestion, blood and so on. Raine's MHRA amazingly claimed that the 'overall safety experience … is so far as expected from the clinical trials'. The death, serious adverse effects, deafness and blindness were *expected?* When did they ever mention that? If these human tragedies were expected then those that gave approval for the use of these 'vaccines' must be guilty of crimes against humanity including murder – a definition of which is 'killing a person with malice aforethought or with recklessness manifesting extreme indifference to the value of human life.' People involved at the MHRA, the CDC in America and their equivalent around the world must go before Nuremberg trials to answer for their callous inhumanity. We are only talking here about the immediate effects of the 'vaccine'. The longer-term impact of the DNA synthetic manipulation is the main reason they are so hysterically desperate to inoculate the entire global population in the shortest possible time.

Africa and the developing world are a major focus for the 'vaccine' depopulation agenda and a mass vaccination sales-pitch is underway thanks to caring people like the Rockefellers and other Cult assets. The Rockefeller Foundation, which pre-empted the 'Covid pandemic' in a document published in 2010 that 'predicted' what happened a decade later, announced an initial $34.95 million grant in February, 2021, 'to ensure more equitable access to Covid-19

testing and vaccines' among other things in Africa in collaboration with '24 organizations, businesses, and government agencies'. The pan-Africa initiative would focus on 10 countries: Burkina Faso, Ethiopia, Ghana, Kenya, Nigeria, Rwanda, South Africa, Tanzania, Uganda, and Zambia'. Rajiv Shah, President of the Rockefeller Foundation and former administrator of CIA-controlled USAID, said that if Africa was not mass-vaccinated (to change the DNA of its people) it was a 'threat to all of humanity' and not fair on Africans. When someone from the Rockefeller Foundation says they want to do something to help poor and deprived people and countries it is time for a belly-laugh. They are doing this out of the goodness of their 'heart' because 'vaccinating' the entire global population is what the 'Covid' hoax set out to achieve. Official 'decolonisation' of Africa by the Cult was merely a prelude to financial colonisation on the road to a return to physical colonisation. The 'vaccine' is vital to that and the sudden and convenient death of the 'Covid' sceptic president of Tanzania can be seen in its true light. A lot of people in Africa are aware that this is another form of colonisation and exploitation and they need to stand their ground.

The 'vaccine is working' scam

A potential problem for the Cult was that the 'vaccine' is meant to change human DNA and body messaging and not to protect anyone from a 'virus' never shown to exist. The vaccine couldn't work because it was not designed to work and how could they make it *appear* to be working so that more people would have it? This was overcome by lowering the amplification rate of the PCR test to produce fewer 'cases' and therefore fewer 'deaths'. Some of us had been pointing out since March, 2020, that the amplification rate of the test not testing for the 'virus' had been made artificially high to generate positive tests which they could call 'cases' to justify lockdowns. The World Health Organization recommended an absurdly high 45 amplification cycles to ensure the high positives required by the Cult and then remained silent on the issue until January 20th, 2021 – Biden's Inauguration Day. This was when the

‘vaccinations’ were seriously underway and on that day the WHO recommended after discussions with America’s CDC that laboratories *lowered their testing amplification*. Dr David Samadi, a certified urologist and health writer, said the WHO was encouraging all labs to reduce their cycle count for PCR tests. He said the current cycle was much too high and was ‘resulting in any particle being declared a positive case’. Even one mainstream news report I saw said this meant the number of ‘Covid’ infections may have been ‘dramatically inflated’. Oh, just a little bit. The CDC in America issued new guidance to laboratories in April, 2021, to use 28 cycles *but only for ‘vaccinated’ people*. The timing of the CDC/WHO interventions were cynically designed to make it appear the ‘vaccines’ were responsible for falling cases and deaths when the real reason can be seen in the following examples. New York’s state lab, the Wadsworth Center, identified 872 positive tests in July, 2020, based on a threshold of 40 cycles. When the figure was lowered to 35 cycles *43 percent* of the 872 were no longer ‘positives’. At 30 cycles the figure was 63 percent. A Massachusetts lab found that between *85 to 90 percent* of people who tested positive in July with a cycle threshold of 40 would be negative at 30 cycles, Ashish Jha, MD, director of the Harvard Global Health Institute, said: ‘I’m really shocked that it could be that high … Boy, does it really change the way we need to be thinking about testing.’ I’m shocked that I could see the obvious in the spring of 2020, with no medical background, and most medical professionals still haven’t worked it out. No, that’s not shocking – it’s terrifying.

Three weeks after the WHO directive to lower PCR cycles the London *Daily Mail* ran this headline: ‘Why ARE Covid cases plummeting? New infections have fallen 45% in the US and 30% globally in the past 3 weeks but experts say vaccine is NOT the main driver because only 8% of Americans and 13% of people worldwide have received their first dose.’ They acknowledged that the drop could not be attributed to the ‘vaccine’, but soon this morphed throughout the media into the ‘vaccine’ has caused cases and deaths to fall when it was the PCR threshold. In December, 2020, there was

chaos at English Channel ports with truck drivers needing negative 'Covid' tests before they could board a ferry home for Christmas. The government wanted to remove the backlog as fast as possible and they brought in troops to do the 'testing'. Out of 1,600 drivers just *36* tested positive and the rest were given the all clear to cross the Channel. I guess the authorities thought that 36 was the least they could get away with without the unquestioning catching on. The amplification trick which most people believed in the absence of information in the mainstream applied more pressure on those refusing the 'vaccine' to succumb when it 'obviously worked'. The truth was the exact opposite with deaths in care homes soaring with the 'vaccine' and in Israel the term used was 'skyrocket'. A re-analysis of published data from the Israeli Health Ministry led by Dr Hervé Seligmann at the Medicine Emerging Infectious and Tropical Diseases at Aix-Marseille University found that Pfizer's 'Covid vaccine' killed 'about 40 times more [elderly] people than the disease itself would have killed' during a five-week vaccination period and *260 times* more younger people than would have died from the 'virus' even according to the manipulated 'virus' figures. Dr Seligmann and his co-study author, Haim Yativ, declared after reviewing the Israeli 'vaccine' death data: 'This is a new Holocaust.'

Then, in mid-April, 2021, after vast numbers of people worldwide had been 'vaccinated', the story changed with clear coordination. The UK government began to prepare the ground for more future lockdowns when Nuremberg-destined Boris Johnson told yet another whopper. He said that cases had fallen because of *lockdowns* not 'vaccines'. Lockdowns are irrelevant when *there is no 'virus'* and the test and fraudulent death certificates are deciding the number of 'cases' and 'deaths'. Study after study has shown that lockdowns don't work and instead kill and psychologically destroy people. Meanwhile in the United States Anthony Fauci and Rochelle Walensky, the ultra-Zionist head of the CDC, peddled the same line. More lockdown was the answer and not the 'vaccine', a line repeated on cue by the moron that is Canadian Prime Minister Justin Trudeau. Why all the hysteria to get everyone 'vaccinated' if lockdowns and

not ‘vaccines’ made the difference? None of it makes sense on the face of it. Oh, but it does. The Cult wants lockdowns *and* the ‘vaccine’ and if the ‘vaccine’ is allowed to be seen as the total answer lockdowns would no longer be justified when there are still livelihoods to destroy. ‘Variants’ and renewed upward manipulation of PCR amplification are planned to instigate never-ending lockdown *and* more ‘vaccines’.

You *must* have it – we’re desperate

Israel, where the Jewish and Arab population are ruled by the Sabbatian Cult, was the front-runner in imposing the DNA-manipulating ‘vaccine’ on its people to such an extent that Jewish refusers began to liken what was happening to the early years of Nazi Germany. This would seem to be a fantastic claim. Why would a government of Jewish people be acting like the Nazis did? If you realise that the Sabbatian Cult was behind the Nazis and that Sabbatians hate Jews the pieces start to fit and the question of why a ‘Jewish’ government would treat Jews with such callous disregard for their lives and freedom finds an answer. Those controlling the government of Israel *aren’t Jewish* – they’re Sabbatian. Israeli lawyer Tamir Turgal was one who made the Nazi comparison in comments to German lawyer Reiner Fuellmich who is leading a class action lawsuit against the psychopaths for crimes against humanity. Turgal described how the Israeli government was vaccinating children and pregnant women on the basis that there was no evidence that this was dangerous when they had no evidence that it *wasn’t* dangerous either. They just had no evidence. This was medical experimentation and Turgal said this breached the Nuremberg Code about medical experimentation and procedures requiring informed consent and choice. Think about that. A Nuremberg Code developed because of Nazi experimentation on Jews and others in concentration camps by people like the evil-beyond-belief Josef Mengele is being breached by the *Israeli* government; but when you know that it’s a *Sabbatian* government along with its intelligence and military agencies like Mossad, Shin Bet and the Israeli Defense Forces, and that Sabbatians

were the force behind the Nazis, the kaleidoscope comes into focus. What have we come to when Israeli Jews are suing their government for violating the Nuremberg Code by essentially making Israelis subject to a medical experiment using the controversial 'vaccines'? It's a shocker that this has to be done in the light of what happened in Nazi Germany. The Anshe Ha-Emet, or 'People of the Truth', made up of Israeli doctors, lawyers, campaigners and public, have launched a lawsuit with the International Criminal Court. It says:

> When the heads of the Ministry of Health as well as the prime minister presented the vaccine in Israel and began the vaccination of Israeli residents, the vaccinated were not advised, that, in practice, they are taking part in a medical experiment and that their consent is required for this under the Nuremberg Code.

The irony is unbelievable, but easily explained in one word: Sabbatians. The foundation of Israeli 'Covid' apartheid is the 'green pass' or 'green passport' which allows Jews and Arabs who have had the DNA-manipulating 'vaccine' to go about their lives – to work, fly, travel in general, go to shopping malls, bars, restaurants, hotels, concerts, gyms, swimming pools, theatres and sports venues, while non-'vaccinated' are banned from all those places and activities. Israelis have likened the 'green pass' to the yellow stars that Jews in Nazi Germany were forced to wear – the same as the yellow stickers that a branch of UK supermarket chain Morrisons told exempt mask-wears they had to display when shopping. How very sensitive. The Israeli system is blatant South African-style apartheid on the basis of compliance or non-compliance to fascism rather than colour of the skin. How appropriate that the Sabbatian Israeli government was so close to the pre-Mandela apartheid regime in Pretoria. The Sabbatian-instigated 'vaccine passport' in Israel is planned for everywhere. Sabbatians struck a deal with Pfizer that allowed them to lead the way in the percentage of a national population infused with synthetic material and the result was catastrophic. Israeli freedom activist Shai Dannon told me how chairs were appearing on beaches that said 'vaccinated only'. Health Minister Yuli Edelstein said that anyone unwilling or unable to get

the jabs that 'confer immunity' will be 'left behind'. The man's a liar. Not even the makers claim the 'vaccines' confer immunity. When you see those figures of 'vaccine' deaths these psychopaths were saying that you must take the chance the 'vaccine' will kill you or maim you while knowing it will change your DNA or lockdown for you will be permanent. That's fascism. The Israeli parliament passed a law to allow personal information of the non-vaccinated to be shared with local and national authorities for three months. This was claimed by its supporters to be a way to 'encourage' people to be vaccinated. Hadas Ziv from Physicians for Human Rights described this as a 'draconian law which crushed medical ethics and the patient rights'. But that's the idea, the Sabbatians would reply.

Your papers, please

Sabbatian Israel was leading what has been planned all along to be a global 'vaccine pass' called a 'green passport' without which you would remain in permanent lockdown restriction and unable to do anything. This is how badly – *desperately* – the Cult is to get everyone 'vaccinated'. The term and colour 'green' was not by chance and related to the psychology of fusing the perception of the green climate hoax with the 'Covid' hoax and how the 'solution' to both is the same Great Reset. Lying politicians, health officials and psychologists denied there were any plans for mandatory vaccinations or restrictions based on vaccinations, but they knew that was exactly what was meant to happen with governments of all countries reaching agreements to enforce a global system. 'Free' Denmark and 'free' Sweden unveiled digital vaccine certification. Cyprus, Czech Republic, Estonia, Greece, Hungary, Iceland, Italy, Poland, Portugal, Slovakia, and Spain have all committed to a vaccine passport system and the rest including the whole of the EU would follow. The satanic UK government will certainly go this way despite mendacious denials and at the time of writing it is trying to manipulate the public into having the 'vaccine' so they could go abroad on a summer holiday. How would that work without something to prove you had the synthetic toxicity injected into you?

Documents show that the EU's European Commission was moving towards 'vaccine certificates' in 2018 and 2019 before the 'Covid' hoax began. They knew what was coming. Abracadabra – Ursula von der Leyen, the German President of the Commission, announced in March, 2021, an EU 'Digital Green Certificate' – green again – to track the public's 'Covid status'. The passport sting is worldwide and the Far East followed the same pattern with South Korea ruling that only those with 'vaccination' passports – again the *green* pass – would be able to 'return to their daily lives'.

Bill Gates has been preparing for this 'passport' with other Cult operatives for years and beyond the paper version is a Gates-funded 'digital tattoo' to identify who has been vaccinated and who hasn't. The 'tattoo' is reported to include a substance which is externally readable to confirm who has been vaccinated. This is a bio-luminous light-generating enzyme (think fireflies) called … *Luciferase*. Yes, named after the Cult 'god' Lucifer the 'light bringer' of whom more to come. Gates said he funded the readable tattoo to ensure children in the developing world were vaccinated and no one was missed out. He cares so much about poor kids as we know. This was just the cover story to develop a vaccine tagging system for everyone on the planet. Gates has been funding the ID2020 'alliance' to do just that in league with other lovely people at Microsoft, GAVI, the Rockefeller Foundation, Accenture and IDEO.org. He said in interviews in March, 2020, before any 'vaccine' publicly existed, that the world must have a globalised digital certificate to track the 'virus' and who had been vaccinated. Gates knew from the start that the mRNA vaccines were coming and when they would come and that the plan was to tag the 'vaccinated' to marginalise the intelligent and stop them doing anything including travel. Evil just doesn't suffice. Gates was exposed for offering a $10 million bribe to the Nigerian House of Representatives to invoke compulsory 'Covid' vaccination of all Nigerians. Sara Cunial, a member of the Italian Parliament, called Gates a 'vaccine criminal'. She urged the Italian President to hand him over to the International Criminal Court for crimes against

humanity and condemned his plans to 'chip the human race' through ID2020.

You know it's a long-planned agenda when war criminal and Cult gofer Tony Blair is on the case. With the scale of arrogance only someone as dark as Blair can muster he said: 'Vaccination in the end is going to be your route to liberty.' Blair is a disgusting piece of work and he confirms that again. The media has given a lot of coverage to a bloke called Charlie Mullins, founder of London's biggest independent plumbing company, Pimlico Plumbers, who has said he won't employ anyone who has not been vaccinated or have them go to any home where people are not vaccinated. He said that if he had his way no one would be allowed to walk the streets if they have not been vaccinated. Gates was cheering at the time while I was alerting the white coats. The plan is that people will qualify for 'passports' for having the first two doses and then to keep it they will have to have all the follow ups and new ones for invented 'variants' until human genetics is transformed and many are dead who can't adjust to the changes. Hollywood celebrities – the usual propaganda stunt – are promoting something called the WELL Health-Safety Rating to verify that a building or space has 'taken the necessary steps to prioritize the health and safety of their staff, visitors and other stakeholders'. They included Lady Gaga, Jennifer Lopez, Michael B. Jordan, Robert DeNiro, Venus Williams, Wolfgang Puck, Deepak Chopra and 17th Surgeon General Richard Carmona. Yawn. WELL Health-Safety has big connections with China. Parent company Delos is headed by former Goldman Sachs partner Paul Scialla. This is another example – and we will see so many others – of using the excuse of 'health' to dictate the lives and activities of the population. I guess one confirmation of the 'safety' of buildings is that only 'vaccinated' people can go in, right?

Electronic concentration camps

I wrote decades ago about the plans to restrict travel and here we are for those who refuse to bow to tyranny. This can be achieved in one go with air travel if the aviation industry makes a blanket decree.

The 'vaccine' and guaranteed income are designed to be part of a global version of China's social credit system which tracks behaviour 24/7 and awards or deletes 'credits' based on whether your behaviour is supported by the state or not. I mean your entire lifestyle – what you do, eat, say, everything. Once your credit score falls below a certain level consequences kick in. In China tens of millions have been denied travel by air and train because of this. All the locations and activities denied to refusers by the 'vaccine' passports will be included in one big mass ban on doing almost anything for those that don't bow their head to government. It's beyond fascist and a new term is required to describe its extremes – I guess fascist technocracy will have to do. The way the Chinese system of technological – technocratic – control is sweeping the West can be seen in the Los Angeles school system and is planned to be expanded worldwide. Every child is required to have a 'Covid'-tracking app scanned daily before they can enter the classroom. The so-called Daily Pass tracking system is produced by Gates' Microsoft which I'm sure will shock you rigid. The pass will be scanned using a barcode (one step from an inside-the-body barcode) and the information will include health checks, 'Covid' tests and vaccinations. Entry codes are for one specific building only and access will only be allowed if a student or teacher has a negative test with a test not testing for the 'virus', has no symptoms of anything alleged to be related to 'Covid' (symptoms from a range of other illness), and has a temperature under 100 degrees. No barcode, no entry, is planned to be the case for everywhere and not only schools.

Kids are being psychologically prepared to accept this as 'normal' their whole life which is why what they can impose in schools is so important to the Cult and its gofers. Long-time American freedom campaigner John Whitehead of the Rutherford Institute was not exaggerating when he said: 'Databit by databit, we are building our own electronic concentration camps.' Canada under its Cult gofer prime minister Justin Trudeau has taken a major step towards the real thing with people interned against their will if they test positive with a test not testing for the 'virus' when they arrive at a Canadian

airport. They are jailed in internment hotels often without food or water for long periods and with many doors failing to lock there have been sexual assaults. The interned are being charged sometimes $2,000 for the privilege of being abused in this way. Trudeau is fully on board with the Cult and says the 'Covid pandemic' has provided an opportunity for a global 'reset' to permanently change Western civilisation. His number two, Deputy Prime Minister Chrystia Freeland, is a trustee of the World Economic Forum and a Rhodes Scholar. The Trudeau family have long been servants of the Cult. See *The Biggest Secret* and Cathy O'Brien's book *Trance-Formation of America* for the horrific background to Trudeau's father Pierre Trudeau another Canadian prime minister. Hide your fascism behind the façade of a heart-on-the-sleeve liberal. It's a well-honed Cult technique.

What can the 'vaccine' *really* do?

We have a 'virus' never shown to exist and 'variants' of the 'virus' that have also never been shown to exist except, like the 'original', as computer-generated fictions. Even if you believe there's a 'virus' the 'case' to 'death' rate is in the region of 0.23 to 0.15 percent and those 'deaths' are concentrated among the very old around the same average age that people die anyway. In response to this lack of threat (in truth none) psychopaths and idiots, knowingly and unknowingly answering to Gates and the Cult, are seeking to 'vaccinate' every man, woman and child on Planet Earth. Clearly the 'vaccine' is not about 'Covid' – none of this ever has been. So what is it all about *really*? Why the desperation to infuse genetically-manipulating synthetic material into everyone through mRNA fraudulent 'vaccines' with the intent of doing this over and over with the excuses of 'variants' and other 'virus' inventions? Dr Sherri Tenpenny, an osteopathic medical doctor in the United States, has made herself an expert on vaccines and their effects as a vehement campaigner against their use. Tenpenny was board certified in emergency medicine, the director of a level two trauma centre for 12 years, and moved to Cleveland in 1996 to start an integrative

medicine practice which has treated patients from all 50 states and some 17 other countries. Weaning people off pharmaceutical drugs is a speciality.

She became interested in the consequences of vaccines after attending a meeting at the National Vaccine Information Center in Washington DC in 2000 where she 'sat through four days of listening to medical doctors and scientists and lawyers and parents of vaccine injured kids' and asked: 'What's going on?' She had never been vaccinated and never got ill while her father was given a list of vaccines to be in the military and was 'sick his entire life'. The experience added to her questions and she began to examine vaccine documents from the Centers for Disease Control (CDC). After reading the first one, the 1998 version of *The General Recommendations of Vaccination*, she thought: 'This is it?' The document was poorly written and bad science and Tenpenny began 20 years of research into vaccines that continues to this day. She began her research into 'Covid vaccines' in March, 2020, and she describes them as 'deadly'. For many, as we have seen, they already have been. Tenpenny said that in the first 30 days of the 'vaccine' rollout in the United States there had been more than 40,000 adverse events reported to the vaccine adverse event database. A document had been delivered to her the day before that was 172 pages long. 'We have over 40,000 adverse events; we have over 3,100 cases of [potentially deadly] anaphylactic shock; we have over 5,000 neurological reactions.' Effects ranged from headaches to numbness, dizziness and vertigo, to losing feeling in hands or feet and paraesthesia which is when limbs 'fall asleep' and people have the sensation of insects crawling underneath their skin. All this happened in the first 30 days and remember that only about *ten percent* (or far less) of adverse reactions and vaccine-related deaths are estimated to be officially reported. Tenpenny said:

So can you think of one single product in any industry, any industry, for as long as products have been made on the planet that within 30 days we have 40,000 people complaining of side effects that not only is still on the market but … we've got paid actors telling us how great

they are for getting their vaccine. We're offering people $500 if they will just get their vaccine and we've got nurses and doctors going; 'I got the vaccine, I got the vaccine'.

Tenpenny said they were not going to be 'happy dancing folks' when they began to suffer Bell's palsy (facial paralysis), neuropathies, cardiac arrhythmias and autoimmune reactions that kill through a blood disorder. 'They're not going to be so happy, happy then, but we're never going to see pictures of those people' she said. Tenpenny described the 'vaccine' as 'a well-designed killing tool'.

No off-switch

Bad as the initial consequences had been Tenpenny said it would be maybe 14 months before we began to see the 'full ravage' of what is going to happen to the 'Covid vaccinated' with full-out consequences taking anything between two years and 20 years to show. You can understand why when you consider that variations of the 'Covid vaccine' use mRNA (messenger RNA) to in theory activate the immune system to produce protective antibodies without using the actual 'virus'. How can they when it's a computer program and they've never isolated what they claim is the 'real thing'? Instead they use *synthetic* mRNA. They are inoculating synthetic material into the body which through a technique known as the Trojan horse is absorbed into cells to change the nature of DNA. Human DNA is changed by an infusion of messenger RNA and with each new 'vaccine' of this type it is changed even more. Say so and you are banned by Cult Internet platforms. The contempt the contemptuous Mark Zuckerberg has for the truth and human health can be seen in an internal Facebook video leaked to the Project Veritas investigative team in which he said of the 'Covid vaccines': '… I share some caution on this because we just don't know the long term side-effects of basically modifying people's DNA and RNA.' At the same time this disgusting man's Facebook was censoring and banning anyone saying exactly the same. He must go before a Nuremberg trial for crimes against humanity when he *knows* that he

is censoring legitimate concerns and denying the right of informed consent on behalf of the Cult that owns him. People have been killed and damaged by the very 'vaccination' technique he cast doubt on himself when they may not have had the 'vaccine' with access to information that he denied them. The plan is to have at least annual 'Covid vaccinations', add others to deal with invented 'variants', and change all other vaccines into the mRNA system. Pfizer executives told shareholders at a virtual Barclays Global Healthcare Conference in March, 2021, that the public may need a third dose of 'Covid vaccine', plus regular yearly boosters and the company planned to hike prices to milk the profits in a 'significant opportunity for our vaccine'. These are the professional liars, cheats and opportunists who are telling you their 'vaccine' is safe. Given this volume of mRNA planned to be infused into the human body and its ability to then replicate we will have a transformation of human genetics from biological to synthetic biological – exactly the long-time Cult plan for reasons we'll see – and many will die. Sherri Tenpenny said of this replication:

> It's like having an on-button but no off-button and that whole mechanism … they actually give it a name and they call it the Trojan horse mechanism, because it allows that [synthetic] virus and that piece of that [synthetic] virus to get inside of your cells, start to replicate and even get inserted into other parts of your DNA as a Trojan-horse.

Ask the overwhelming majority of people who have the 'vaccine' what they know about the contents and what they do and they would reply: 'The government says it will stop me getting the virus.' Governments give that false impression on purpose to increase take-up. You can read Sherri Tenpenny's detailed analysis of the health consequences in her blog at Vaxxter.com, but in summary these are some of them. She highlights the statement by Bill Gates about how human beings can become their own 'vaccine manufacturing machine'. The man is insane. ['Vaccine'-generated] 'antibodies' carry synthetic messenger RNA into the cells and the damage starts, Tenpenny contends, and she says that lungs can be adversely affected through varying degrees of pus and bleeding which

obviously affects breathing and would be dubbed ‘Covid-19’. Even more sinister was the impact of ‘antibodies’ on macrophages, a white blood cell of the immune system. They consist of Type 1 and Type 2 which have very different functions. She said Type 1 are ‘hyper-vigilant’ white blood cells which ‘gobble up’ bacteria etc. However, in doing so, this could cause inflammation and in extreme circumstances be fatal. She says these affects are mitigated by Type 2 macrophages which kick in to calm down the system and stop it going rogue. They clear up dead tissue debris and reduce inflammation that the Type 1 ‘fire crews’ have caused. Type 1 kills the infection and Type 2 heals the damage, she says. This is her punchline with regard to ‘Covid vaccinations’: She says that mRNA ‘antibodies’ block Type 2 macrophages by attaching to them and deactivating them. This meant that when the Type 1 response was triggered by infection there was nothing to stop that getting out of hand by calming everything down. There’s an on-switch, but no off-switch, she says. What follows can be ‘over and out, see you when I see you’.

Genetic suicide

Tenpenny also highlights the potential for autoimmune disease – the body attacking itself – which has been associated with vaccines since they first appeared. Infusing a synthetic foreign substance into cells could cause the immune system to react in a panic believing that the body is being overwhelmed by an invader (it is) and the consequences can again be fatal. There is an autoimmune response known as a ‘cytokine storm’ which I have likened to a homeowner panicked by an intruder and picking up a gun to shoot randomly in all directions before turning the fire on himself. The immune system unleashes a storm of inflammatory response called cytokines to a threat and the body commits hara-kiri. The lesson is that you mess with the body’s immune response at your peril and these ‘vaccines’ seriously – fundamentally – mess with immune response. Tenpenny refers to a consequence called anaphylactic shock which is a severe and highly dangerous allergic reaction when the immune system

floods the body with chemicals. She gives the example of having a bee sting which primes the immune system and makes it sensitive to those chemicals. When people are stung again maybe years later the immune response can be so powerful that it leads to anaphylactic shock. Tenpenny relates this ‘shock’ with regard to the ‘Covid vaccine’ to something called polyethylene glycol or PEG. Enormous numbers of people have become sensitive to this over decades of use in a whole range of products and processes including food, drink, skin creams and ‘medicine’. Studies have claimed that some 72 percent of people have antibodies triggered by PEG compared with two percent in the 1960s and allergic hypersensitive reactions to this become a gathering cause for concern. Tenpenny points out that the ‘mRNA vaccine’ is coated in a ‘bubble’ of polyethylene glycol which has the potential to cause anaphylactic shock through immune sensitivity. Many reports have appeared of people reacting this way after having the ‘Covid vaccine’. What do we think is going to happen as humanity has more and more of these ‘vaccines’? Tenpenny said: ‘All these pictures we have seen with people with these rashes … these weepy rashes, big reactions on their arms and things like that – it’s an acute allergic reaction most likely to the polyethylene glycol that you’ve been previously primed and sensitised to.’

Those who have not studied the conspiracy and its perpetrators at length might think that making the population sensitive to PEG and then putting it in these ‘vaccines’ is just a coincidence. It is not. It is instead testament to how carefully and coldly-planned current events have been and the scale of the conspiracy we are dealing with. Tenpenny further explains that the ‘vaccine’ mRNA procedure can breach the blood-brain barrier which protects the brain from toxins and other crap that will cause malfunction. In this case they could make two proteins corrupt brain function to cause Amyotrophic lateral sclerosis (ALS) , a progressive nervous system disease leading to loss of muscle control, and frontal lobe degeneration – Alzheimer’s and dementia. Immunologist J. Bart Classon published a paper connecting mRNA ‘vaccines’ to prion

disease which can lead to Alzheimer's and other forms of neurogenerative disease while others have pointed out the potential to affect the placenta in ways that make women infertile. This will become highly significant in the next chapter when I will discuss other aspects of this non-vaccine that relate to its nanotechnology and transmission from the injected to the uninjected.

Qualified in idiocy

Tenpenny describes how research has confirmed that these 'vaccine'-generated antibodies can interact with a range of other tissues in the body and attack many other organs including the lungs. 'This means that if you have a hundred people standing in front of you that all got this shot they could have a hundred different symptoms.' Anyone really think that Cult gofers like the Queen, Tony Blair, Christopher Whitty, Anthony Fauci, and all the other psychopaths have really had this 'vaccine' in the pictures we've seen? Not a bloody chance. Why don't doctors all tell us about all these dangers and consequences of the 'Covid vaccine'? Why instead do they encourage and pressure patients to have the shot? Don't let's think for a moment that doctors and medical staff can't be stupid, lazy, and psychopathic and that's without the financial incentives to give the jab. Tenpenny again:

> Some people are going to die from the vaccine directly but a large number of people are going to start to get horribly sick and get all kinds of autoimmune diseases 42 days to maybe a year out. What are they going to do, these stupid doctors who say; 'Good for you for getting that vaccine.' What are they going to say; 'Oh, it must be a mutant, we need to give an extra dose of that vaccine.'
>
> Because now the vaccine, instead of one dose or two doses we need three or four because the stupid physicians aren't taking the time to learn anything about it. If I can learn this sitting in my living room reading a 19 page paper and several others so can they. There's nothing special about me, I just take the time to do it.

Remember how Sara Kayat, the NHS and TV doctor, said that the 'Covid vaccine' would '100 percent prevent hospitalisation and death'. Doctors can be idiots like every other profession and they

should not be worshipped as infallible. They are not and far from it. Behind many medical and scientific 'experts' lies an uninformed prat trying to hide themselves from you although in the 'Covid' era many have failed to do so as with UK narrative-repeating 'TV doctor' Hilary Jones. Pushing back against the minority of proper doctors and scientists speaking out against the 'vaccine' has been the entire edifice of the Cult global state in the form of governments, medical systems, corporations, mainstream media, Silicon Valley, and an army of compliant doctors, medical staff and scientists willing to say anything for money and to enhance their careers by promoting the party line. If you do that you are an 'expert' and if you won't you are an 'anti-vaxxer' and 'Covidiot'. The pressure to be 'vaccinated' is incessant. We have even had reports claiming that the 'vaccine' can help cure cancer and Alzheimer's and make the lame walk. I am waiting for the announcement that it can bring you coffee in the morning and cook your tea. Just as the symptoms of 'Covid' seem to increase by the week so have the miracles of the 'vaccine'. American supermarket giant Kroger Co. offered nearly 500,000 employees in 35 states a $100 bonus for having the 'vaccine' while donut chain Krispy Kreme promised 'vaccinated' customers a free glazed donut every day for the rest of 2021. Have your DNA changed and you will get a doughnut although we might not have to give you them for long. Such offers and incentives confirm the desperation.

Perhaps the worse vaccine-stunt of them all was UK 'Health' Secretary Matt-the-prat Hancock on live TV after watching a clip of someone being 'vaccinated' when the roll-out began. Hancock faked tears so badly it was embarrassing. Brain-of-Britain Piers Morgan, the lockdown-supporting, 'vaccine' supporting, 'vaccine' passport-supporting, TV host played along with Hancock – 'You're quite emotional about that' he said in response to acting so atrocious it would have been called out at a school nativity which will presumably today include Mary and Jesus in masks, wise men keeping their camels six feet apart, and shepherds under tent arrest. System-serving Morgan tweeted this: 'Love the idea of covid vaccine passports for everywhere: flights, restaurants, clubs, football, gyms,

shops etc. It's time covid-denying, anti-vaxxer loonies had their bullsh*t bluff called & bar themselves from going anywhere that responsible citizens go.' If only I could aspire to his genius. To think that Morgan, who specialises in shouting over anyone he disagrees with, was lauded as a free speech hero when he lost his job after storming off the set of his live show like a child throwing his dolly out of the pram. If he is a free speech hero we are in real trouble. I have no idea what 'bullsh*t' means, by the way, the * throws me completely.

The Cult is desperate to infuse its synthetic DNA-changing concoction into everyone and has been using every lie, trick and intimidation to do so. The question of '*Why*?' we shall now address.

CHAPTER TEN

Human 2.0

I believe that at the end of the century the use of words and general educated opinion will have altered so much that one will be able to speak of machines thinking without expecting to be contradicted –
Alan Turing (1912-1954), the 'Father of artificial intelligence'

I have been exposing for decades the plan to transform the human body from a biological to a synthetic-biological state. The new human that I will call Human 2.0 is planned to be connected to artificial intelligence and a global AI 'Smart Grid' that would operate as one global system in which AI would control everything from your fridge to your heating system to your car to your mind. Humans would no longer be 'human', but post-human and sub-human, with their thinking and emotional processes replaced by AI.

What I said sounded crazy and beyond science fiction and I could understand that. To any balanced, rational, mind it *is* crazy. Today, however, that world is becoming reality and it puts the 'Covid vaccine' into its true context. Ray Kurzweil is the ultra-Zionist 'computer scientist, inventor and futurist' and co-founder of the Singularity University. Singularity refers to the merging of humans with machines or 'transhumanism'. Kurzweil has said humanity would be connected to the cyber 'cloud' in the period of the ever-recurring year of 2030:

> Our thinking … will be a hybrid of biological and non-biological thinking … humans will be able to extend their limitations and 'think in the cloud' … We're going to put gateways to the

cloud in our brains ... We're going to gradually merge and enhance ourselves ... In my view, that's the nature of being human – we transcend our limitations. As the technology becomes vastly superior to what we are then the small proportion that is still human gets smaller and smaller and smaller until it's just utterly negligible.

They are trying to sell this end-of-humanity-as-we-know-it as the next stage of 'evolution' when we become super-human and 'like the gods'. They are lying to you. Shocked, eh? The population, and again especially the young, have been manipulated into addiction to technologies designed to enslave them for life. First they induced an addiction to smartphones (holdables); next they moved to technology on the body (wearables); and then began the invasion of the body (implantables). I warned way back about the plan for microchipped people and we are now entering that era. We should not be diverted into thinking that this refers only to chips we can see. Most important are the nanochips known as smart dust, neural dust and nanobots which are far too small to be seen by the human eye. Nanotechnology is everywhere, increasingly in food products, and released into the atmosphere by the geoengineering of the skies funded by Bill Gates to 'shut out the Sun' and 'save the planet from global warming'. Gates has been funding a project to spray millions of tonnes of chalk (calcium carbonate) into the stratosphere over Sweden to 'dim the Sun' and cool the Earth. Scientists warned the move could be disastrous for weather systems in ways no one can predict and opposition led to the Swedish space agency announcing that the 'experiment' would not be happening as planned in the summer of 2021; but it shows where the Cult is going with dimming the impact of the Sun and there's an associated plan to change the planet's atmosphere. Who gives psychopath Gates the right to dictate to the entire human race and dismantle planetary systems? The world will not be safe while this man is at large.

The global warming hoax has made the Sun, like the gas of life, something to fear when both are essential to good health and human survival (more inversion). The body transforms sunlight into vital vitamin D through a process involving … *cholesterol*. This is the cholesterol we are also told to fear. We are urged to take Big Pharma

statin drugs to reduce cholesterol and it's all systematic. Reducing cholesterol means reducing vitamin D uptake with all the multiple health problems that will cause. At least if you take statins long term it saves the government from having to pay you a pension. The delivery system to block sunlight is widely referred to as chemtrails although these have a much deeper agenda, too. They appear at first to be contrails or condensation trails streaming from aircraft into cold air at high altitudes. Contrails disperse very quickly while chemtrails do not and spread out across the sky before eventually their content falls to earth. Many times I have watched aircraft criss-cross a clear blue sky releasing chemtrails until it looks like a cloudy day. Chemtrails contain many things harmful to humans and the natural world including toxic heavy metals, aluminium (see Alzheimer's) and nanotechnology. Ray Kurzweil reveals the reason without actually saying so: 'Nanobots will infuse all the matter around us with information. Rocks, trees, everything will become these intelligent creatures.' How do you deliver that? *From the sky*. Self-replicating nanobots would connect everything to the Smart Grid. The phenomenon of Morgellons disease began in the chemtrail era and the correlation has led to it being dubbed the 'chemtrail disease'. Self-replicating fibres appear in the body that can be pulled out through the skin. Morgellons fibres continue to grow outside the body and have a form of artificial intelligence. I cover this at greater length in *Phantom Self*.

'Vaccine' operating system

'Covid vaccines' with their self-replicating synthetic material are also designed to make the connection between humanity and Kurzweil's 'cloud'. American doctor and dedicated campaigner for truth, Carrie Madej, an Internal Medicine Specialist in Georgia with more than 20 years medical experience, has highlighted the nanotechnology aspect of the fake 'vaccines'. She explains how one of the components in at least the Moderna and Pfizer synthetic potions are 'lipid nanoparticles' which are 'like little tiny computer bits' – a 'sci-fi substance' known as nanobots and hydrogel which can be 'triggered

at any moment to deliver its payload' and act as 'biosensors'. The synthetic substance had 'the ability to accumulate data from your body like your breathing, your respiration, thoughts and emotions, all kind of things' and each syringe could carry a *million* nanobots:

This substance because it's like little bits of computers in your body, crazy, but it's true, it can do that, [and] obviously has the ability to act through Wi-Fi. It can receive and transmit energy, messages, frequencies or impulses. That issue has never been addressed by these companies. What does that do to the human?

Just imagine getting this substance in you and it can react to things all around you, the 5G, your smart device, your phones, what is happening with that? What if something is triggering it, too, like an impulse, a frequency? We have something completely foreign in the human body.

Madej said her research revealed that electromagnetic (EMF) frequencies emitted by phones and other devices had increased dramatically in the same period of the 'vaccine' rollout and she was seeing more people with radiation problems as 5G and other electromagnetic technology was expanded and introduced to schools and hospitals. She said she was 'floored with the EMF coming off' the devices she checked. All this makes total sense and syncs with my own work of decades when you think that Moderna refers in documents to its mRNA 'vaccine' as an 'operating system':

Recognizing the broad potential of mRNA science, we set out to create an mRNA technology platform that functions very much like an operating system on a computer. It is designed so that it can plug and play interchangeably with different programs. In our case, the 'program' or 'app' is our mRNA drug – the unique mRNA sequence that codes for a protein …

… Our MRNA Medicines – 'The 'Software Of Life': When we have a concept for a new mRNA medicine and begin research, fundamental components are already in place. Generally, the only thing that changes from one potential mRNA medicine to another is the coding region – the actual genetic code that instructs ribosomes to make protein. Utilizing these instruction sets gives our investigational mRNA medicines a software-like quality. We also have the ability to combine different mRNA sequences encoding for different proteins in a single mRNA investigational medicine.

Who needs a real 'virus' when you can create a computer version to justify infusing your operating system into the entire human race on the road to making living, breathing people into cyborgs? What is missed with the 'vaccines' is the *digital* connection between synthetic material and the body that I highlighted earlier with the study that hacked a computer with human DNA. On one level the body is digital, based on mathematical codes, and I'll have more about that in the next chapter. Those who ridiculously claim that mRNA 'vaccines' are not designed to change human genetics should explain the words of Dr Tal Zaks, chief medical officer at Moderna, in a 2017 TED talk. He said that over the last 30 years 'we've been living this phenomenal digital scientific revolution, and I'm here today to tell you, that we are actually *hacking the software of life*, and that it's changing the way we think about prevention and treatment of disease':

> In every cell there's this thing called messenger RNA, or mRNA for short, that transmits the critical information from the DNA in our genes to the protein, which is really the stuff we're all made out of. This is the critical information that determines what the cell will do. So we think about it as an operating system. So if you could change that, if you could introduce a line of code, or change a line of code, it turns out, that has profound implications for everything, from the flu to cancer.

Zaks should more accurately have said that this has profound implications for the human genetic code and the nature of DNA. Communications within the body go both ways and not only one. But, hey, no, the 'Covid vaccine' will not affect your genetics. Cult fact-checkers say so even though the man who helped to develop the mRNA technique says that it does. Zaks said in 2017:

> If you think about what it is we're trying to do. We've taken information and our understanding of that information and how that information is transmitted in a cell, and we've taken our understanding of medicine and how to make drugs, and we're fusing the two. We think of it as information therapy.

I have been writing for decades that the body is an information field communicating with itself and the wider world. This is why

radiation which is information can change the information field of body and mind through phenomena like 5G and change their nature and function. 'Information therapy' means to change the body's information field and change the way it operates. DNA is a receiver-transmitter of information and can be mutated by information like mRNA synthetic messaging. Technology to do this has been ready and waiting in the underground bases and other secret projects to be rolled out when the 'Covid' hoax was played. 'Trials' of such short and irrelevant duration were only for public consumption. When they say the 'vaccine' is 'experimental' that is not true. It may appear to be 'experimental' to those who don't know what's going on, but the trials have already been done to ensure the Cult gets the result it desires. Zaks said that it took decades to sequence the human genome, completed in 2003, but now they could do it in a week. By 'they' he means scientists operating in the public domain. In the secret projects they were sequencing the genome in a week long before even 2003.

Deluge of mRNA

Highly significantly the Moderna document says the guiding premise is that if using mRNA as a medicine works for one disease then it should work for many diseases. They were leveraging the flexibility afforded by their platform and the fundamental role mRNA plays in protein synthesis to pursue mRNA medicines for a broad spectrum of diseases. Moderna is confirming what I was saying through 2020 that multiple 'vaccines' were planned for 'Covid' (and later invented 'variants') and that previous vaccines would be converted to the mRNA system to infuse the body with massive amounts of genetically-manipulating synthetic material to secure a transformation to a synthetic-biological state. The 'vaccines' are designed to kill stunning numbers as part of the long-exposed Cult depopulation agenda and transform the rest. Given this is the goal you can appreciate why there is such hysterical demand for every human to be 'vaccinated' for an alleged 'disease' that has an estimated 'infection' to 'death' ratio of 0.23-0.15 percent. As I write

children are being given the 'vaccine' in trials (their parents are a disgrace) and ever-younger people are being offered the vaccine for a 'virus' that even if you believe it exists has virtually zero chance of harming them. Horrific effects of the 'trials' on a 12-year-old girl were revealed by a family member to be serious brain and gastric problems that included a bowel obstruction and the inability to swallow liquids or solids. She was unable to eat or drink without throwing up, had extreme pain in her back, neck and abdomen, and was paralysed from the waist down which stopped her urinating unaided. When the girl was first taken to hospital doctors said it was all in her mind. She was signed up for the 'trial' by her parents for whom no words suffice. None of this 'Covid vaccine' insanity makes any sense unless you see what the 'vaccine' really is – a body-changer. Synthetic biology or 'SynBio' is a fast-emerging and expanding scientific discipline which includes everything from genetic and molecular engineering to electrical and computer engineering. Synthetic biology is defined in these ways:

- A multidisciplinary area of research that seeks to create new biological parts, devices, and systems, or to redesign systems that are already found in nature.

- The use of a mixture of physical engineering and genetic engineering to create new (and therefore synthetic) life forms.

- An emerging field of research that aims to combine the knowledge and methods of biology, engineering and related disciplines in the design of chemically-synthesized DNA to create organisms with novel or enhanced characteristics and traits (synthetic organisms including humans).

We now have synthetic blood, skin, organs and limbs being developed along with synthetic body parts produced by 3D printers. These are all elements of the synthetic human programme and this comment by Kurzweil's co-founder of the Singularity University,

Peter Diamandis, can be seen in a whole new light with the 'Covid' hoax and the sanctions against those that refuse the 'vaccine':

> Anybody who is going to be resisting the progress forward [to transhumanism] is going to be resisting evolution and, fundamentally, they will die out. It's not a matter of whether it's good or bad. It's going to happen.

'Resisting evolution'? What absolute bollocks. The arrogance of these people is without limit. His 'it's going to happen' mantra is another way of saying 'resistance is futile' to break the spirit of those pushing back and we must not fall for it. Getting this genetically-transforming 'vaccine' into everyone is crucial to the Cult plan for total control and the desperation to achieve that is clear for anyone to see. Vaccine passports are a major factor in this and they, too, are a form of resistance is futile. It's NOT. The paper funded by the Rockefeller Foundation for the 2013 'health conference' in China said:

> We will interact more with artificial intelligence. The use of robotics, bio-engineering to augment human functioning is already well underway and will advance. Re-engineering of humans into potentially separate and unequal forms through genetic engineering or mixed human-robots raises debates on ethics and equality.
>
> A new demography is projected to emerge after 2030 [that year again] of technologies (robotics, genetic engineering, nanotechnology) producing robots, engineered organisms, 'nanobots' and artificial intelligence (AI) that can self-replicate. Debates will grow on the implications of an impending reality of human designed life.

What is happening today is so long planned. The world army enforcing the will of the world government is intended to be a robot army, not a human one. Today's military and its technologically 'enhanced' troops, pilotless planes and driverless vehicles are just stepping stones to that end. Human soldiers are used as Cult fodder and its time they woke up to that and worked for the freedom of the population instead of their own destruction and their family's destruction – the same with the police. Join us and let's sort this out. The phenomenon of enforce my own destruction is widespread in the 'Covid' era with Woker 'luvvies' in the acting and entertainment

industries supporting 'Covid' rules which have destroyed their profession and the same with those among the public who put signs on the doors of their businesses 'closed due to Covid – stay safe' when many will never reopen. It's a form of masochism and most certainly insanity.

Transgender = transhumanism

When something explodes out of nowhere and is suddenly everywhere it is always the Cult agenda and so it is with the tidal wave of claims and demands that have infiltrated every aspect of society under the heading of 'transgenderism'. The term 'trans' is so 'in' and this is the dictionary definition:

> A prefix meaning 'across', 'through', occurring … in loanwords from Latin, used in particular for denoting movement or conveyance from place to place (transfer; transmit; transplant) or complete change (transform; transmute), or to form adjectives meaning 'crossing', 'on the other side of', or 'going beyond' the place named (transmontane; transnational; trans-Siberian).

Transgender means to go beyond gender and transhuman means to go beyond human. Both are aspects of the Cult plan to transform the human body to a synthetic state with *no gender*. Human 2.0 is not designed to procreate and would be produced technologically with no need for parents. The new human would mean the end of parents and so men, and increasingly women, are being targeted for the deletion of their rights and status. Parental rights are disappearing at an ever-quickening speed for the same reason. The new human would have no need for men or women when there is no procreation and no gender. Perhaps the transgender movement that appears to be in a permanent state of frenzy might now contemplate on how it is being used. This was never about transgender rights which are only the interim excuse for confusing gender, particularly in the young, on the road to *fusing* gender. Transgender activism is not an end; it is a *means* to an end. We see again the technique of creative destruction in which you destroy the status quo to 'build back better' in the form that you want. The gender status quo had to be

destroyed by persuading the Cult-created Woke mentality to believe that you can have 100 genders or more. A programme for 9 to 12 year olds produced by the Cult-owned BBC promoted the 100 genders narrative. The very idea may be the most monumental nonsense, but it is not what is true that counts, only what you can make people *believe* is true. Once the gender of 2 + 2 = 4 has been dismantled through indoctrination, intimidation and 2 + 2 = 5 then the new no-gender normal can take its place with Human 2.0. Aldous Huxley revealed the plan in his prophetic *Brave New World* in 1932:

> Natural reproduction has been done away with and children are created, decanted', and raised in 'hatcheries and conditioning centres'. From birth, people are genetically designed to fit into one of five castes, which are further split into 'Plus' and 'Minus' members and designed to fulfil predetermined positions within the social and economic strata of the World State.

How could Huxley know this in 1932? For the same reason George Orwell knew about the Big Brother state in 1948, Cult insiders I have quoted knew about it in 1969, and I have known about it since the early 1990s. If you are connected to the Cult or you work your balls off to uncover the plan you can predict the future. The process is simple. If there is a plan for the world and nothing intervenes to stop it then it will happen. Thus if you communicate the plan ahead of time you are perceived to have predicted the future, but you haven't. You have revealed the plan which without intervention will become the human future. The whole reason I have done what I have is to alert enough people to inspire an intervention and maybe at last that time has come with the Cult and its intentions now so obvious to anyone with a brain in working order.

The future is here

Technological wombs that Huxley described to replace parent procreation are already being developed and they are only the projects we know about in the public arena. Israeli scientists told *The Times of Israel* in March, 2021, that they have grown 250-cell embryos

into mouse foetuses with fully formed organs using artificial wombs in a development they say could pave the way for gestating humans outside the womb. Professor Jacob Hanna of the Weizmann Institute of Science said:

> We took mouse embryos from the mother at day five of development, when they are just of 250 cells, and had them in the incubator from day five until day 11, by which point they had grown all their organs.
>
> By day 11 they make their own blood and have a beating heart, a fully developed brain. Anybody would look at them and say, 'this is clearly a mouse foetus with all the characteristics of a mouse.' It's gone from being a ball of cells to being an advanced foetus.

A special liquid is used to nourish embryo cells in a laboratory dish and they float on the liquid to duplicate the first stage of embryonic development. The incubator creates all the right conditions for its development, Hanna said. The liquid gives the embryo 'all the nutrients, hormones and sugars they need' along with a custom-made electronic incubator which controls gas concentration, pressure and temperature. The cutting-edge in the underground bases and other secret locations will be light years ahead of that, however, and this was reported by the London *Guardian* in 2017:

> We are approaching a biotechnological breakthrough. Ectogenesis, the invention of a complete external womb, could completely change the nature of human reproduction. In April this year, researchers at the Children's Hospital of Philadelphia announced their development of an artificial womb.

The article was headed 'Artificial wombs could soon be a reality. What will this mean for women?' What would it mean for children is an even bigger question. No mother to bond with only a machine in preparation for a life of soulless interaction and control in a world governed by machines (see the *Matrix* movies). Now observe the calculated manipulations of the 'Covid' hoax as human interaction and warmth has been curtailed by distancing, isolation and fear with people communicating via machines on a scale never seen before.

These are all dots in the same picture as are all the personal assistants, gadgets and children's toys through which kids and adults communicate with AI as if it is human. The AI 'voice' on Sat-Nav should be included. All these things are psychological preparation for the Cult endgame. Before you can make a physical connection with AI you have to make a psychological connection and that is what people are being conditioned to do with this ever gathering human-AI interaction. Movies and TV programmes depicting the transhuman, robot dystopia relate to a phenomenon known as 'pre-emptive programming' in which the world that is planned is portrayed everywhere in movies, TV and advertising. This is conditioning the conscious and subconscious mind to become familiar with the planned reality to dilute resistance when it happens for real. What would have been a shock such is the change is made less so. We have young children put on the road to transgender transition surgery with puberty blocking drugs at an age when they could never be able to make those life-changing decisions.

Rachel Levine, a professor of paediatrics and psychiatry who believes in treating children this way, became America's highest-ranked openly-transgender official when she was confirmed as US Assistant Secretary at the Department of Health and Human Services after being nominated by Joe Biden (the Cult). Activists and governments press for laws to deny parents a say in their children's transition process so the kids can be isolated and manipulated into agreeing to irreversible medical procedures. A Canadian father Robert Hoogland was denied bail by the Vancouver Supreme Court in 2021 and remained in jail for breaching a court order that he stay silent over his young teenage daughter, a minor, who was being offered life-changing hormone therapy without parental consent. At the age of 12 the girl's 'school counsellor' said she may be transgender, referred her to a doctor and told the school to treat her like a boy. This is another example of state-serving schools imposing ever more control over children's lives while parents have ever less.

Contemptible and extreme child abuse is happening all over the world as the Cult gender-fusion operation goes into warp-speed.

Why the war on men – and now women?

The question about what artificial wombs mean for women should rightly be asked. The answer can be seen in the deletion of women's rights involving sport, changing rooms, toilets and status in favour of people in male bodies claiming to identify as women. I can identify as a mountain climber, but it doesn't mean I can climb a mountain any more than a biological man can be a biological woman. To believe so is a triumph of belief over factual reality which is the very perceptual basis of everything Woke. Women's sport is being destroyed by allowing those with male bodies who say they identify as female to 'compete' with girls and women. Male body 'women' dominate 'women's' competition with their greater muscle mass, bone density, strength and speed. With that disadvantage sport for women loses all meaning. To put this in perspective nearly 300 American high school boys can run faster than the quickest woman sprinter in the world. Women are seeing their previously protected spaces invaded by male bodies simply because they claim to identify as women. That's all they need to do to access all women's spaces and activities under the Biden 'Equality Act' that destroys equality for women with the usual Orwellian Woke inversion. Male sex offenders have already committed rapes in women's prisons after claiming to identify as women to get them transferred. Does this not matter to the Woke 'equality' hypocrites? Not in the least. What matters to Cult manipulators and funders behind transgender activists is to advance gender fusion on the way to the no-gender 'human'. When you are seeking to impose transparent nonsense like this, or the 'Covid' hoax, the only way the nonsense can prevail is through censorship and intimidation of dissenters, deletion of factual information, and programming of the unquestioning, bewildered and naive. You don't have to scan the world for long to see that all these things are happening.

Many women's rights organisations have realised that rights and status which took such a long time to secure are being eroded and that it is systematic. Kara Dansky of the global Women's Human Rights Campaign said that Biden's transgender executive order immediately he took office, subsequent orders, and Equality Act legislation that followed 'seek to erase women and girls in the law as a category'. *Exactly*. I said during the long ago-started war on men (in which many women play a crucial part) that this was going to turn into a war on them. The Cult is phasing out *both* male and female genders. To get away with that they are brought into conflict so they are busy fighting each other while the Cult completes the job with no unity of response. Unity, people, *unity*. We need unity everywhere. Transgender is the only show in town as the big step towards the no-gender human. It's not about rights for transgender people and never has been. Woke political correctness is deleting words relating to genders to the same end. Wokers believe this is to be 'inclusive' when the opposite is true. They are deleting words describing gender because gender *itself* is being deleted by Human 2.0. Terms like 'man', 'woman', 'mother' and 'father' are being deleted in the universities and other institutions to be replaced by the *no*-gender, not trans-gender, 'individuals' and 'guardians'. Women's rights campaigner Maria Keffler of Partners for Ethical Care said: 'Children are being taught from kindergarten upward that some boys have a vagina, some girls have a penis, and that kids can be any gender they want to be.' Do we really believe that suddenly countries all over the world at the same time had the idea of having drag queens go into schools or read transgender stories to very young children in the local library? It's coldly-calculated confusion of gender on the way to the fusion of gender. Suzanne Vierling, a psychologist from Southern California, made another important point:

Yesterday's slave woman who endured gynecological medical experiments is today's girl-child being butchered in a booming gender-transitioning sector. Ovaries removed, pushing her into menopause and osteoporosis, uncharted territory, and parents' rights and authority decimated.

The erosion of parental rights is a common theme in line with the Cult plans to erase the very concept of parents and 'ovaries removed, pushing her into menopause' means what? Those born female lose the ability to have children – another way to discontinue humanity as we know it.

Eliminating Human 1.0 (before our very eyes)

To pave the way for Human 2.0 you must phase out Human 1.0. This is happening through plummeting sperm counts and making women infertile through an onslaught of chemicals, radiation (including smartphones in pockets of men) and mRNA 'vaccines'. Common agriculture pesticides are also having a devastating impact on human fertility. I have been tracking collapsing sperm counts in the books for a long time and in 2021 came a book by fertility scientist and reproductive epidemiologist Shanna Swan, *Count Down: How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development and Imperiling the Future of the Human Race*. She reports how the global fertility rate dropped by *half* between 1960 and 2016 with America's birth rate 16 percent below where it needs to be to sustain the population. Women are experiencing declining egg quality, more miscarriages, and more couples suffer from infertility. Other findings were an increase in erectile dysfunction, infant boys developing more genital abnormalities, male problems with conception, and plunging levels of the male hormone testosterone which would explain why so many men have lost their backbone and masculinity. This has been very evident during the 'Covid' hoax when women have been prominent among the Pushbackers and big strapping blokes have bowed their heads, covered their faces with a nappy and quietly submitted. Mind control expert Cathy O'Brien also points to how global education introduced the concept of 'we're all winners' in sport and classrooms: 'Competition was defused, and it in turn defused a sense of fighting back.' This is another version of the 'equity' doctrine in which you drive down rather than raise up. What a contrast in Cult-controlled China with its global ambitions

where the government published plans in January, 2021, to ‘cultivate masculinity’ in boys from kindergarten through to high school in the face of a ‘masculinity crisis’. A government adviser said boys would be soon become ‘delicate, timid and effeminate’ unless action was taken. Don’t expect any similar policy in the targeted West. A 2006 study showed that a 65-year-old man in 2002 had testosterone levels *15 percent* lower than a 65-year-old man in 1987 while a 2020 study found a similar story with young adults and adolescents. Men are getting prescriptions for testosterone replacement therapy which causes an even greater drop in sperm count with up to 99 percent seeing sperm counts drop to zero during the treatment. More sperm is defective and malfunctioning with some having two heads or not pursuing an egg.

A class of *synthetic* chemicals known as phthalates are being blamed for the decline. These are found everywhere in plastics, shampoos, cosmetics, furniture, flame retardants, personal care products, pesticides, canned foods and even receipts. Why till receipts? Everyone touches them. Let no one delude themselves that all this is not systematic to advance the long-time agenda for human body transformation. Phthalates mimic hormones and disrupt the hormone balance causing testosterone to fall and genital birth defects in male infants. Animals and fish have been affected in the same way due to phthalates and other toxins in rivers. When fish turn gay or change sex through chemicals in rivers and streams it is a pointer to why there has been such an increase in gay people and the sexually confused. It doesn’t matter to me what sexuality people choose to be, but if it’s being affected by chemical pollution and consumption then we need to know. Does anyone really think that this is not connected to the transgender agenda, the war on men and the condemnation of male ‘toxic masculinity’? You watch this being followed by ‘toxic femininity’. It’s already happening. When breastfeeding becomes ‘chest-feeding’, pregnant women become pregnant people along with all the other Woke claptrap you know that the world is going insane and there’s a Cult scam in progress. Transgender activists are promoting the Cult agenda while Cult

billionaires support and fund the insanity as they laugh themselves to sleep at the sheer stupidity for which humans must be infamous in galaxies far, far away.

'Covid vaccines' and female infertility

We can now see why the 'vaccine' has been connected to potential infertility in women. Dr Michael Yeadon, former Vice President and Chief Scientific Advisor at Pfizer, and Dr Wolfgang Wodarg in Germany, filed a petition with the European Medicines Agency in December, 2020, urging them to stop trials for the Pfizer/BioNTech shot and all other mRNA trials until further studies had been done. They were particularly concerned about possible effects on fertility with 'vaccine'-produced antibodies attacking the protein Syncytin-1 which is responsible for developing the placenta. The result would be infertility 'of indefinite duration' in women who have the 'vaccine' with the placenta failing to form. Section 10.4.2 of the Pfizer/BioNTech trial protocol says that pregnant women or those who might become so should not have mRNA shots. Section 10.4 warns men taking mRNA shots to 'be abstinent from heterosexual intercourse' and not to donate sperm. The UK government said that it *did not know* if the mRNA procedure had an effect on fertility. *Did not know?* These people have to go to jail. UK government advice did not recommend at the start that pregnant women had the shot and said they should avoid pregnancy for at least two months after 'vaccination'. The 'advice' was later updated to pregnant women should only have the 'vaccine' if the benefits outweighed the risks to mother and foetus. What the hell is that supposed to mean? Then 'spontaneous abortions' began to appear and rapidly increase on the adverse reaction reporting schemes which include only a fraction of adverse reactions. Thousands and ever-growing numbers of 'vaccinated' women are describing changes to their menstrual cycle with heavier blood flow, irregular periods and menstruating again after going through the menopause – all links to reproduction effects. Women are passing blood clots and the lining of their uterus while men report erectile dysfunction and blood effects. Most

significantly of all *un*vaccinated women began to report similar menstrual changes after interaction with *'vaccinated'* people and men and children were also affected with bleeding noses, blood clots and other conditions. 'Shedding' is when vaccinated people can emit the content of a vaccine to affect the unvaccinated, but this is different. 'Vaccinated' people were not shedding a 'live virus' allegedly in 'vaccines' as before because the fake 'Covid vaccines' involve synthetic material and other toxicity. Doctors exposing what is happening prefer the term 'transmission' to shedding. Somehow those that have had the shots are transmitting effects to those that haven't. Dr Carrie Madej said the nano-content of the 'vaccines' can 'act like an antenna' to others around them which fits perfectly with my own conclusions. This 'vaccine' transmission phenomenon was becoming known as the book went into production and I deal with this further in the Postscript.

Vaccine effects on sterility are well known. The World Health Organization was accused in 2014 of sterilising millions of women in Kenya with the evidence confirmed by the content of the vaccines involved. The same WHO behind the 'Covid' hoax admitted its involvement for more than ten years with the vaccine programme. Other countries made similar claims. Charges were lodged by Tanzania, Nicaragua, Mexico, and the Philippines. The Gardasil vaccine claimed to protect against a genital 'virus' known as HPV has also been linked to infertility. Big Pharma and the WHO (same thing) are criminal and satanic entities. Then there's the Bill Gates Foundation which is connected through funding and shared interests with 20 pharmaceutical giants and laboratories. He stands accused of directing the policy of United Nations Children's Fund (UNICEF), vaccine alliance GAVI, and other groupings, to advance the vaccine agenda and silence opposition at great cost to women and children. At the same time Gates wants to reduce the global population. Coincidence?

Great Reset = Smart Grid = new human

The Cult agenda I have been exposing for 30 years is now being openly promoted by Cult assets like Gates and Klaus Schwab of the World Economic Forum under code-terms like the 'Great Reset', 'Build Back Better' and 'a rare but narrow window of opportunity to reflect, reimagine, and reset our world'. What provided this 'rare but narrow window of opportunity'? The 'Covid' hoax did. Who created that? *They* did. My books from not that long ago warned about the planned 'Internet of Things' (IoT) and its implications for human freedom. This was the plan to connect all technology to the Internet and artificial intelligence and today we are way down that road with an estimated 36 billion devices connected to the World Wide Web and that figure is projected to be 76 billion by 2025. I further warned that the Cult planned to go beyond that to the Internet of *Everything* when the human brain was connected via AI to the Internet and Kurzweil's 'cloud'. Now we have Cult operatives like Schwab calling for precisely that under the term 'Internet of Bodies', a fusion of the physical, digital and biological into one centrally-controlled Smart Grid system which the Cult refers to as the 'Fourth Industrial Revolution'. They talk about the 'biological', but they really mean the synthetic-biological which is required to fully integrate the human body and brain into the Smart Grid and artificial intelligence planned to replace the human mind. We have everything being synthetically manipulated including the natural world through GMO and smart dust, the food we eat and the human body itself with synthetic 'vaccines'. I said in *The Answer* that we would see the Cult push for synthetic meat to replace animals and in February, 2021, the so predictable psychopath Bill Gates called for the introduction of synthetic meat to save us all from 'climate change'. The climate hoax just keeps on giving like the 'Covid' hoax. The war on meat by vegan activists is a carbon (oops, sorry) copy of the manipulation of transgender activists. They have no idea (except their inner core) that they are being used to promote and impose the agenda of the Cult or that they are only the *vehicle* and not the *reason*. This is not to say those who choose not to eat meat shouldn't be respected and supported in that right, but there are ulterior motives

for those in power. A *Forbes* article in December, 2019, highlighted the plan so beloved of Schwab and the Cult under the heading: 'What Is The Internet of Bodies? And How Is It Changing Our World?' The article said the human body is the latest data platform (remember 'our vaccine is an operating system'). *Forbes* described the plan very accurately and the words could have come straight out of my books from long before:

> The Internet of Bodies (IoB) is an extension of the IoT and basically connects the human body to a network through devices that are ingested, implanted, or connected to the body in some way. Once connected, data can be exchanged, and the body and device can be remotely monitored and controlled.

They were really describing a human hive mind with human perception centrally-dictated via an AI connection as well as allowing people to be 'remotely monitored and controlled'. Everything from a fridge to a human mind could be directed from a central point by these insane psychopaths and 'Covid vaccines' are crucial to this. Forbes explained the process I mentioned earlier of holdable and wearable technology followed by implantable. The article said there were three generations of the Internet of Bodies that include:

- Body external: These are wearable devices such as Apple Watches or Fitbits that can monitor our health.

- Body internal: These include pacemakers, cochlear implants, and digital pills that go inside our bodies to monitor or control various aspects of health.

- Body embedded: The third generation of the Internet of Bodies is embedded technology where technology and the human body are melded together and have a real-time connection to a remote machine.

Forbes noted the development of the Brain Computer Interface (BCI) which merges the brain with an external device for monitoring and controlling in real-time. 'The ultimate goal is to help restore function to individuals with disabilities by using brain signals rather than conventional neuromuscular pathways.' Oh, do fuck off. The goal of brain interface technology is controlling human thought and emotion from the central point in a hive mind serving its masters wishes. Many people are now agreeing to be chipped to open doors without a key. You can recognise them because they'll be wearing a mask, social distancing and lining up for the 'vaccine'. The Cult plans a Great Reset money system after they have completed the demolition of the global economy in which 'money' will be exchanged through communication with body operating systems. Rand Corporation, a Cult-owned think tank, said of the Internet of Bodies or IoB:

> Internet of Bodies technologies fall under the broader IoT umbrella. But as the name suggests, IoB devices introduce an even more intimate interplay between humans and gadgets. IoB devices monitor the human body, collect health metrics and other personal information, and transmit those data over the Internet. Many devices, such as fitness trackers, are already in use … IoB devices … and those in development can track, record, and store users' whereabouts, bodily functions, and what they see, hear, and even think.

Schwab's World Economic Forum, a long-winded way of saying 'fascism' or 'the Cult', has gone full-on with the Internet of Bodies in the 'Covid' era. 'We're entering the era of the Internet of Bodies', it declared, 'collecting our physical data via a range of devices that can be implanted, swallowed or worn'. The result would be a huge amount of health-related data that could improve human wellbeing around the world, and prove crucial in fighting the 'Covid-19 pandemic'. Does anyone think these clowns care about 'human wellbeing' after the death and devastation their pandemic hoax has purposely caused? Schwab and co say we should move forward with the Internet of Bodies because 'Keeping track of symptoms could help us stop the spread of infection, and quickly detect new cases'. How wonderful, but keeping track' is all they are really bothered

about. Researchers were investigating if data gathered from smartwatches and similar devices could be used as viral infection alerts by tracking the user's heart rate and breathing. Schwab said in his 2018 book *Shaping the Future of the Fourth Industrial Revolution*:

> The lines between technologies and beings are becoming blurred and not just by the ability to create lifelike robots or synthetics. Instead it is about the ability of new technologies to literally become part of us. Technologies already influence how we understand ourselves, how we think about each other, and how we determine our realities. As the technologies … give us deeper access to parts of ourselves, we may begin to integrate digital technologies into our bodies.

You can see what the game is. Twenty-four hour control and people – if you could still call them that – would never know when something would go ping and take them out of circulation. It's the most obvious rush to a global fascist dictatorship and the complete submission of humanity and yet still so many are locked away in their Cult-induced perceptual coma and can't see it.

Smart Grid control centres

The human body is being transformed by the 'vaccines' and in other ways into a synthetic cyborg that can be attached to the global Smart Grid which would be controlled from a central point and other sub-locations of Grid manipulation. Where are these planned to be? Well, China for a start which is one of the Cult's biggest centres of operation. The technological control system and technocratic rule was incubated here to be unleashed across the world after the 'Covid' hoax came out of China in 2020. Another Smart Grid location that will surprise people new to this is Israel. I have exposed in *The Trigger* how Sabbatian technocrats, intelligence and military operatives were behind the horrors of 9/11 and not '19 Arab hijackers' who somehow manifested the ability to pilot big passenger airliners when instructors at puddle-jumping flying schools described some of them as a joke. The 9/11 attacks were made possible through control of civilian and military air computer systems and those of the White House, Pentagon and connected agencies. See *The Trigger* – it

will blow your mind. The controlling and coordinating force were the Sabbatian networks in Israel and the United States which by then had infiltrated the entire US government, military and intelligence system. The real name of the American Deep State is 'Sabbatian State'. Israel is a tiny country of only nine million people, but it is one of the global centres of cyber operations and fast catching Silicon Valley in importance to the Cult. Israel is known as the 'start-up nation' for all the cyber companies spawned there with the Sabbatian specialisation of 'cyber security' that I mentioned earlier which gives those companies access to computer systems of their clients in real time through 'backdoors' written into the coding when security software is downloaded. The Sabbatian centre of cyber operations outside Silicon Valley is the Israeli military Cyber Intelligence Unit, the biggest infrastructure project in Israel's history, headquartered in the desert-city of Beersheba and involving some 20,000 'cyber soldiers'. Here are located a literal army of Internet trolls scanning social media, forums and comment lists for anyone challenging the Cult agenda. The UK military has something similar with its 77th Brigade and associated operations. The Beersheba complex includes research and development centres for other Cult operations such as Intel, Microsoft, IBM, Google, Apple, Hewlett-Packard, Cisco Systems, Facebook and Motorola. Techcrunch.com ran an article about the Beersheba global Internet technology centre headlined 'Israel's desert city of Beersheba is turning into a cybertech oasis':

> The military's massive relocation of its prestigious technology units, the presence of multinational and local companies, a close proximity to Ben Gurion University and generous government subsidies are turning Beersheba into a major global cybertech hub. Beersheba has all of the ingredients of a vibrant security technology ecosystem, including Ben Gurion University with its graduate program in cybersecurity and Cyber Security Research Center, and the presence of companies such as EMC, Deutsche Telekom, PayPal, Oracle, IBM, and Lockheed Martin. It's also the future home of the INCB (Israeli National Cyber Bureau); offers a special income tax incentive for cyber security companies, and was the site for the relocation of the army's intelligence corps units.

Sabbatians have taken over the cyber world through the following process: They scan the schools for likely cyber talent and develop them at Ben Gurion University and their period of conscription in the Israeli Defense Forces when they are stationed at the Beersheba complex. When the cyber talented officially leave the army they are funded to start cyber companies with technology developed by themselves or given to them by the state. Much of this is stolen through backdoors of computer systems around the world with America top of the list. Others are sent off to Silicon Valley to start companies or join the major ones and so we have many major positions filled by apparently 'Jewish' but really Sabbatian operatives. Google, YouTube and Facebook are all run by 'Jewish' CEOs while Twitter is all but run by ultra-Zionist hedge-fund shark Paul Singer. At the centre of the Sabbatian global cyber web is the Israeli army's Unit 8200 which specialises in hacking into computer systems of other countries, inserting viruses, gathering information, instigating malfunction, and even taking control of them from a distance. A long list of Sabbatians involved with 9/11, Silicon Valley and Israeli cyber security companies are operatives of Unit 8200. This is not about Israel. It's about the Cult. Israel is planned to be a Smart Grid hub as with China and what is happening at Beersheba is not for the benefit of Jewish people who are treated disgustingly by the Sabbatian elite that control the country. A glance at the Nuremberg Codes will tell you that.

The story is much bigger than 'Covid', important as that is to where we are being taken. Now, though, it's time to really strap in. There's more … much more …

CHAPTER ELEVEN

Who controls the Cult?

Awake, arise or be forever fall'n
John Milton, *Paradise Lost*

I have exposed this far the level of the Cult conspiracy that operates in the world of the seen and within the global secret society and satanic network which operates in the shadows one step back from the seen. The story, however, goes much deeper than that.

The 'Covid' hoax is major part of the Cult agenda, but only part, and to grasp the biggest picture we have to expand our attention beyond the realm of human sight and into the infinity of possibility that we cannot see. It is from here, ultimately, that humanity is being manipulated into a state of total control by the force which dictates the actions of the Cult. How much of reality can we see? Next to damn all is the answer. We may appear to see all there is to see in the 'space' our eyes survey and observe, but little could be further from the truth. The human 'world' is only a tiny band of frequency that the body's visual and perceptual systems can decode into *perception* of a 'world'. According to mainstream science the electromagnetic spectrum is 0.005 percent of what exists in the Universe (Fig 10). The maximum estimate I have seen is 0.5 percent and either way it's miniscule. I say it is far, far, smaller even than 0.005 percent when you compare reality we see with the totality of reality that we don't. Now get this if you are new to such information: Visible light, the only band of frequency that we can see, is a *fraction* of the 0.005

percent ([Fig 11](#) overleaf). Take this further and realise that our universe is one of infinite universes and that universes are only a fragment of overall reality – *infinite* reality. Then compare that with the almost infinitesimal frequency band of visible light or human sight. You see that humans are as near blind as it is possible to be without actually being so. Artist and filmmaker, Sergio Toporek, said:

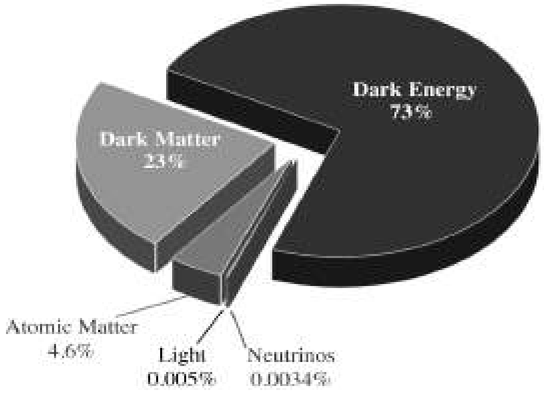

Figure 10: Humans can perceive such a tiny band of visual reality it's laughable.

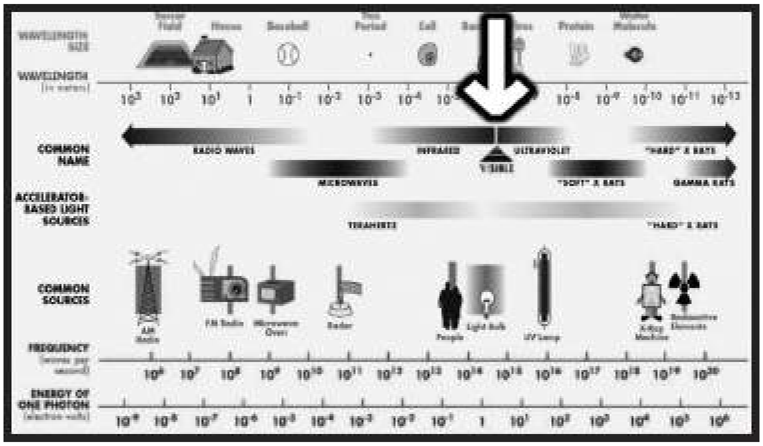

Figure 11: We can see a smear of the 0.005 percent electromagnetic spectrum, but we still know it all. Yep, makes sense.

Consider that you can see less than 1% of the electromagnetic spectrum and hear less than 1% of the acoustic spectrum. 90% of the cells in your body carry their own microbial DNA and are not 'you'. The atoms in your body are 99.9999999999999999% empty space and none of them are the ones you were born with ... Human beings have 46 chromosomes, two less than a potato.

The existence of the rainbow depends on the conical photoreceptors in your eyes; to animals without cones, the rainbow does not exist. So you don't just look at a rainbow, you create it. This is pretty amazing, especially considering that all the beautiful colours you see represent less than 1% of the electromagnetic spectrum.

Suddenly the 'world' of humans looks a very different place. Take into account, too, that Planet Earth when compared with the projected size of this single universe is the equivalent of a billionth of a pinhead. Imagine the ratio that would be when compared to infinite reality. To think that Christianity once insisted that Earth and humanity were the centre of everything. This background is vital if we are going to appreciate the nature of 'human' and how we can be manipulated by an unseen force. To human visual reality virtually *everything* is unseen and yet the prevailing perception within the institutions and so much of the public is that if we can't see it, touch it, hear it, taste it and smell it then it cannot exist. Such perception is indoctrinated and encouraged by the Cult and its agents because it isolates believers in the strictly limited, village-idiot, realm of the five senses where perceptions can be firewalled and information controlled. Most of those perpetuating the 'this-world-is-all-there-is' insanity are themselves indoctrinated into believing the same delusion. While major players and influencers know that official reality is laughable most of those in science, academia and medicine really believe the nonsense they peddle and teach succeeding generations. Those who challenge the orthodoxy are dismissed as nutters and freaks to protect the manufactured illusion from exposure. Observe the dynamic of the 'Covid' hoax and you will see how that takes the same form. The inner-circle psychopaths knows it's a gigantic scam, but almost the entirety of those imposing their fascist rules believe that 'Covid' is all that they're told it is.

Stolen identity

Ask people who they are and they will give you their name, place of birth, location, job, family background and life story. Yet that is not who they are – it is what they are *experiencing*. The difference is *absolutely crucial*. The true 'I', the eternal, infinite 'I', is consciousness,

a state of being aware. Forget 'form'. That is a vehicle for a brief experience. Consciousness does not come *from* the brain, but *through* the brain and even that is more symbolic than literal. We are awareness, pure awareness, and this is what withdraws from the body at what we call 'death' to continue our eternal beingness, *isness*, in other realms of reality within the limitlessness of infinity or the Biblical 'many mansions in my father's house'. Labels of a human life, man, woman, transgender, black, white, brown, nationality, circumstances and income are not who we are. They are what we are – awareness – is *experiencing* in a brief connection with a band of frequency we call 'human'. The labels are not the self; they are, to use the title of one of my books, a *Phantom* Self. I am not David Icke born in Leicester, England, on April 29th, 1952. I am the consciousness *having that experience*. The Cult and its non-human masters seek to convince us through the institutions of 'education', science, medicine, media and government that what we are *experiencing* is who we *are*. It's so easy to control and direct perception locked away in the bewildered illusions of the five senses with no expanded radar. Try, by contrast, doing the same with a humanity aware of its true self and its true power to consciously create its reality and experience. How is it possible to do this? We do it all day every day. If you perceive yourself as 'little me' with no power to impact upon your life and the world then your life experience will reflect that. You will hand the power you don't think you have to authority in all its forms which will use it to control your experience. This, in turn, will appear to confirm your perception of 'little me' in a self-fulfilling feedback loop. But that is what 'little me' really is – a *perception*. We are all 'big-me', infinite me, and the Cult has to make us forget that if its will is to prevail. We are therefore manipulated and pressured into self-identifying with human labels and not the consciousness/awareness *experiencing* those human labels.

The phenomenon of identity politics is a Cult-instigated manipulation technique to sub-divide previous labels into even smaller ones. A United States university employs this list of letters to

describe student identity: LGBTTQQFAGPBDSM or lesbian, gay, bisexual, transgender, transsexual, queer, questioning, flexual, asexual, gender-fuck, polyamorous, bondage/discipline, dominance/submission and sadism/masochism. I'm sure other lists are even longer by now as people feel the need to self-identity the 'I' with the minutiae of race and sexual preference. Wokers programmed by the Cult for generations believe this is about 'inclusivity' when it's really the Cult locking them away into smaller and smaller versions of Phantom Self while firewalling them from the influence of their true self, the infinite, eternal 'I'. You may notice that my philosophy which contends that we are all unique points of attention/awareness within the same infinite whole or Oneness is the ultimate non-racism. The very sense of Oneness makes the judgement of people by their body-type, colour or sexuality utterly ridiculous and confirms that racism has no understanding of reality (including anti-white racism). Yet despite my perception of life Cult agents and fast-asleep Wokers label me racist to discredit my information while they are themselves phenomenally racist and sexist. All they see is race and sexuality and they judge people as good or bad, demons or untouchables, by their race and sexuality. All they see is *Phantom Self* and perceive themselves in terms of Phantom Self. They are pawns and puppets of the Cult agenda to focus attention and self-identity in the five senses and play those identities against each other to divide and rule. Columbia University has introduced segregated graduations in another version of social distancing designed to drive people apart and teach them that different racial and cultural groups have nothing in common with each other. The last thing the Cult wants is unity. Again the pump-primers of this will be Cult operatives in the knowledge of what they are doing, but the rest are just the Phantom Self blind leading the Phantom Self blind. We *do* have something in common – we are all *the same consciousness* having different temporary experiences.

What is this 'human'?

Yes, what *is* 'human'? That is what we are supposed to be, right? I mean 'human'? True, but 'human' is the experience not the 'I'. Break it down to basics and 'human' is the way that information is processed. If we are to experience and interact with this band of frequency we call the 'world' we must have a vehicle that operates within that band of frequency. Our consciousness in its prime form cannot do that; it is way beyond the frequency of the human realm. My consciousness or awareness could not tap these keys and pick up the cup in front of me in the same way that radio station A cannot interact with radio station B when they are on different frequencies. The human body is the means through which we have that interaction. I have long described the body as a biological computer which processes information in a way that allows consciousness to experience this reality. The body is a receiver, transmitter and processor of information in a particular way that we call human. We visually perceive only the world of the five senses in a wakened state – that is the limit of the body's visual decoding system. In truth it's not even visual in the way we experience 'visual reality' as I will come to in a moment. We are 'human' because the body processes the information sources of human into a reality and behaviour system that we *perceive* as human. Why does an elephant act like an elephant and not like a human or a duck? The elephant's biological computer is a different information field and processes information according to that program into a visual and behaviour type we call an elephant. The same applies to everything in our reality. These body information fields are perpetuated through procreation (like making a copy of a software program). The Cult wants to break that cycle and intervene technologically to transform the human information field into one that will change what we call humanity. If it can change the human information field it will change the way that field processes information and change humanity both 'physically' and psychologically. Hence the *messenger* (information) RNA 'vaccines' and so much more that is targeting human genetics by changing the body's information – *messaging* – construct through food, drink, radiation, toxicity and other means.

Reality that we experience is nothing like reality as it really is in the same way that the reality people experience in virtual reality games is not the reality they are really living in. The game is only a decoded source of information that appears to be a reality. Our world is also an information construct – a *simulation* (more later). In its base form our reality is a wavefield of information much the same in theme as Wi-Fi. The five senses decode wavefield information into electrical information which they communicate to the brain to decode into holographic (illusory 'physical') information. Different parts of the brain specialise in decoding different senses and the information is fused into a reality that appears to be outside of us but is really inside the brain and the genetic structure in general (Fig 12 overleaf). DNA is a receiver-transmitter of information and a vital part of this decoding process and the body's connection to other realities. Change DNA and you change the way we decode and connect with reality – see 'Covid vaccines'. Think of computers decoding Wi-Fi. You have information encoded in a radiation field and the computer decodes that information into a very different form on the screen. You can't see the Wi-Fi until its information is made manifest on the screen and the information on the screen is inside the computer and not outside. I have just described how we decode the 'human world'. All five senses decode the waveform 'Wi-Fi' field into electrical signals and the brain (computer) constructs reality inside the brain and not outside – 'You don't just look at a rainbow, you create it'. Sound is a simple example. We don't hear sound until the brain decodes it. Waveform sound waves are picked up by the hearing sense and communicated to the brain in an electrical form to be decoded into the sounds that we hear. Everything we hear is inside the brain along with everything we see, feel, smell and taste. Words and language are waveform fields generated by our vocal chords which pass through this process until they are decoded by the brain into words that we hear. Different languages are different frequency fields or sound waves generated by vocal chords. Late British philosopher Alan Watts said:

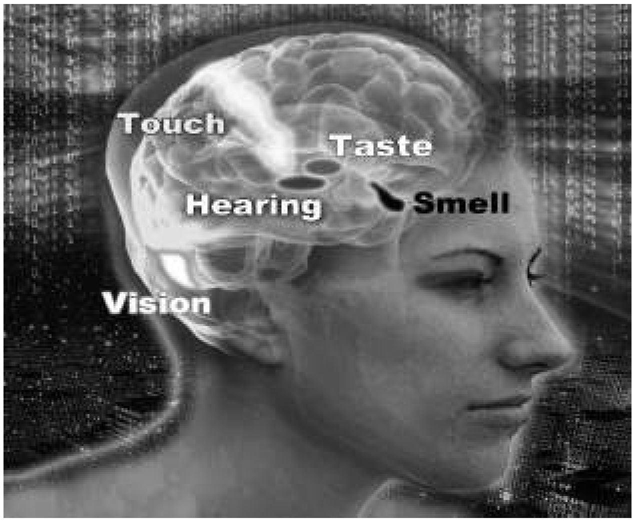

Figure 12: The brain receives information from the five senses and constructs from that our perceived reality.

[Without the brain] the world is devoid of light, heat, weight, solidity, motion, space, time or any other imaginable feature. All these phenomena are interactions, or transactions, of vibrations with a certain arrangement of neurons.

That's exactly what they are and scientist Robert Lanza describes in his book, *Biocentrism*, how we decode electromagnetic waves and energy into visual and 'physical' experience. He uses the example of a flame emitting photons, electromagnetic energy, each pulsing electrically and magnetically:

… these … invisible electromagnetic waves strike a human retina, and if (and only if) the waves happen to measure between 400 and 700 nano meters in length from crest to crest, then their energy is just right to deliver a stimulus to the 8 million cone-shaped cells in the retina.

Each in turn send an electrical pulse to a neighbour neuron, and on up the line this goes, at 250 mph, until it reaches the … occipital lobe of the brain, in the back of the head. There, a cascading complex of neurons fire from the incoming stimuli, and we subjectively perceive this experience as a yellow brightness occurring in a place we have been conditioned to call the 'external world'.

You hear what you decode

If a tree falls or a building collapses they make no noise unless someone is there to decode the energetic waves generated by the disturbance into what we call sound. Does a falling tree make a noise? Only if you hear it – *decode* it. Everything in our reality is a frequency field of information operating within the overall 'Wi-Fi' field that I call The Field. A vibrational disturbance is generated in The Field by the fields of the falling tree or building. These disturbance waves are what we decode into the sound of them falling. If no one is there to do that then neither will make any noise. Reality is created by the observer – *decoder* – and the *perceptions* of the observer affect the decoding process. For this reason different people – different *perceptions* – will perceive the same reality or situation in a different way. What one may perceive as a nightmare another will see as an opportunity. The question of why the Cult is so focused on controlling human perception now answers itself. All experienced reality is the act of decoding and we don't experience Wi-Fi until it is decoded on the computer screen. The sight and sound of an Internet video is encoded in the Wi-Fi all around us, but we don't see or hear it until the computer decodes that information. Taste, smell and touch are all phenomena of the brain as a result of the same process. We don't taste, smell or feel anything except in the brain and there are pain relief techniques that seek to block the signal from the site of discomfort to the brain because if the brain doesn't decode that signal we don't feel pain. Pain is in the brain and only appears to be at the point of impact thanks to the feedback loop between them. We don't see anything until electrical information from the sight senses is decoded in an area at the back of the brain. If that area is damaged we can go blind when our eyes are perfectly okay. So why do we go blind if we damage an eye? We damage the information processing between the waveform visual information and the visual decoding area of the brain. If information doesn't reach the brain in a form it can decode then we can't see the visual reality that it represents. What's more the brain is decoding only a fraction of the information it receives and the rest is absorbed by the

sub-conscious mind. This explanation is from the science magazine, *Wonderpedia*:

> Every second, 11 million sensations crackle along these [brain] pathways ... The brain is confronted with an alarming array of images, sounds and smells which it rigorously filters down until it is left with a manageable list of around 40. Thus 40 sensations per second make up what we perceive as reality.

The 'world' is not what people are told to believe that is it and the inner circles of the Cult *know that*.

Illusory 'physical' reality

We can only see a smear of 0.005 percent of the Universe which is only one of a vast array of universes – 'mansions' – within infinite reality. Even then the brain decodes only 40 pieces of information ('sensations') from a potential *11 million* that we receive every second. Two points strike you from this immediately: The sheer breathtaking stupidity of believing we know anything so rigidly that there's nothing more to know; and the potential for these processes to be manipulated by a malevolent force to control the reality of the population. One thing I can say for sure with no risk of contradiction is that when you can perceive an almost indescribable fraction of infinite reality there is always more to know as in tidal waves of it. Ancient Greek philosopher Socrates was so right when he said that wisdom is to know how little we know. How obviously true that is when you think that we are experiencing a physical world of solidity that is neither physical nor solid and a world of apartness when everything is connected. Cult-controlled 'science' dismisses the so-called 'paranormal' and all phenomena related to that when the 'para'-normal is perfectly normal and explains the alleged 'great mysteries' which dumbfound scientific minds. There is a reason for this. A 'scientific mind' in terms of the mainstream is a material mind, a five-sense mind imprisoned in see it, touch it, hear it, smell it and taste it. Phenomena and happenings that can't be explained that way leave the 'scientific mind' bewildered and the rule is that if they

can't account for why something is happening then it can't, by definition, be happening. I beg to differ. Telepathy is thought waves passing through The Field (think wave disturbance again) to be decoded by someone able to connect with that wavelength (information). For example: You can pick up the thought waves of a friend at any distance and at the very least that will bring them to mind. A few minutes later the friend calls you. 'My god', you say, 'that's incredible – I was just thinking of you.' Ah, but *they* were thinking of *you* before they made the call and that's what you decoded. Native peoples not entrapped in five-sense reality do this so well it became known as the 'bush telegraph'. Those known as psychics and mediums (genuine ones) are doing the same only across dimensions of reality. 'Mind over matter' comes from the fact that matter and mind are the *same*. The state of one influences the state of the other. Indeed one *and* the other are illusions. They are aspects of the same field. Paranormal phenomena are all explainable so why are they still considered 'mysteries' or not happening? Once you go down this road of understanding you begin to expand awareness beyond the five senses and that's the nightmare for the Cult.

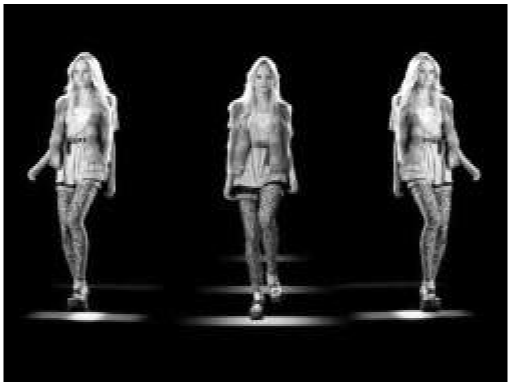

Figure 13: Holograms are not solid, but the best ones appear to be.

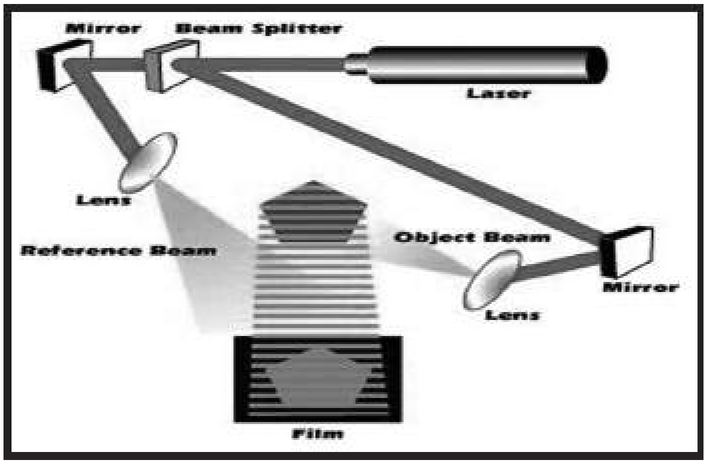

Figure 14: How holograms are created by capturing a waveform version of the subject image.

Holographic 'solidity'

Our reality is not solid, it is holographic. We are now well aware of holograms which are widely used today. Two-dimensional information is decoded into a three-dimensional reality that is not solid although can very much appear to be (Fig 13). Holograms are created with a laser divided into two parts. One goes directly onto a holographic photographic print ('reference beam') and the other takes a waveform image of the subject ('working beam') before being directed onto the print where it 'collides' with the other half of the laser (Fig 14). This creates a *waveform* interference pattern which contains the wavefield information of whatever is being photographed (Fig 15 overleaf). The process can be likened to dropping pebbles in a pond. Waves generated by each one spread out across the water to collide with the others and create a wave representation of where the stones fell and at what speed, weight and distance. A waveform interference pattern of a hologram is akin to the waveform information in The Field which the five senses decode into electrical signals to be decoded by the brain into a holographic illusory 'physical' reality. In the same way when a laser (think human attention) is directed at the waveform interference pattern a three-dimensional version of the subject is projected into apparently 'solid' reality (Fig 16). An amazing trait of holograms reveals more 'paranormal mysteries'. Information of the *whole*

hologram is encoded in waveform in every part of the interference pattern by the way they are created. This means that every *part* of a hologram is a smaller version of the whole. Cut the interference wave-pattern into four and you won't get four parts of the image. You get quarter-sized versions of the *whole* image. The body is a hologram and the same applies. Here we have the basis of acupuncture, reflexology and other forms of healing which identify representations of the whole body in all of the parts, hands, feet, ears, everywhere. Skilled palm readers can do what they do because the information of whole body is encoded in the hand. The concept of as above, so below, comes from this.

Figure 15: A waveform interference pattern that holds the information that transforms into a hologram.

Figure 16: Holographic people including 'Elvis' holographically inserted to sing a duet with Celine Dion.

The question will be asked of why, if solidity is illusory, we can't just walk through walls and each other. The resistance is not solid against solid; it is electromagnetic field against electromagnetic field and we decode this into the *experience* of solid against solid. We should also not underestimate the power of belief to dictate reality. What you believe is impossible *will be*. Your belief impacts on your decoding processes and they won't decode what you think is impossible. What we believe we perceive and what we perceive we experience. 'Can't dos' and 'impossibles' are like a firewall in a computer system that won't put on the screen what the firewall blocks. How vital that is to understanding how human experience has been hijacked. I explain in *The Answer*, *Everything You Need To Know But Have Never Been Told* and other books a long list of 'mysteries' and 'paranormal' phenomena that are not mysterious and perfectly normal once you realise what reality is and how it works. 'Ghosts' can be seen to pass through 'solid' walls because the walls are not solid and the ghost is a discarnate entity operating on a frequency so different to that of the wall that it's like two radio stations sharing the same space while never interfering with each other. I have seen ghosts do this myself. The apartness of people and objects is also an illusion. Everything is connected by the Field like all sea life is connected by the sea. It's just that within the limits of our visual reality we only 'see' holographic information and not the field of information that connects everything and from which the holographic world is made manifest. If you can only see holographic 'objects' and not the field that connects them they will appear to you as unconnected to each other in the same way that we see the computer while not seeing the Wi-Fi.

What you don't know *can* hurt you

Okay, we return to those 'two worlds' of human society and the Cult with its global network of interconnecting secret societies and satanic groups which manipulate through governments, corporations, media, religions, etc. The fundamental difference between them is *knowledge*. The idea has been to keep humanity

ignorant of the plan for its total enslavement underpinned by a crucial ignorance of reality – who we are and where we are – and how we interact with it. 'Human' should be the interaction between our expanded eternal consciousness and the five-sense body experience. We are meant to be *in* this world in terms of the five senses but not *of* this world in relation to our greater consciousness and perspective. In that state we experience the small picture of the five senses within the wider context of the big picture of awareness beyond the five senses. Put another way the five senses see the dots and expanded awareness connects them into pictures and patterns that give context to the apparently random and unconnected. Without the context of expanded awareness the five senses see only apartness and randomness with apparently no meaning. The Cult and its other-dimensional controllers seek to intervene in the frequency realm where five-sense reality is supposed to connect with expanded reality and to keep the two apart (more on this in the final chapter). When that happens five-sense mental and emotional processes are no longer influenced by expanded awareness, or the True 'I', and instead are driven by the isolated perceptions of the body's decoding systems. They are in the world *and* of it. Here we have the human plight and why humanity with its potential for infinite awareness can be so easily manipulatable and descend into such extremes of stupidity.

Once the Cult isolates five-sense mind from expanded awareness it can then program the mind with perceptions and beliefs by controlling information that the mind receives through the 'education' system of the formative years and the media perceptual bombardment and censorship of an entire lifetime. Limit perception and a sense of the possible through limiting knowledge by limiting and skewing information while censoring and discrediting that which could set people free. As the title of another of my books says *… And The Truth Shall Set You Free*. For this reason the last thing the Cult wants in circulation is the truth about anything – especially the reality of the eternal 'I' – and that's why it is desperate to control information. The Cult knows that information becomes perception

which becomes behaviour which, collectively, becomes human society. Cult-controlled and funded mainstream 'science' denies the existence of an eternal 'I' and seeks to dismiss and trash all evidence to the contrary. Cult-controlled mainstream religion has a version of 'God' that is little more than a system of control and dictatorship that employs threats of damnation in an afterlife to control perceptions and behaviour in the here and now through fear and guilt. Neither is true and it's the 'neither' that the Cult wishes to suppress. This 'neither' is that everything is an expression, a point of attention, within an infinite state of consciousness which is the real meaning of the term 'God'.

Perceptual obsession with the 'physical body' and five-senses means that 'God' becomes personified as a bearded bloke sitting among the clouds or a raging bully who loves us if we do what 'he' wants and condemns us to the fires of hell if we don't. These are no more than a 'spiritual' fairy tales to control and dictate events and behaviour through fear of this 'God' which has bizarrely made 'God-fearing' in religious circles a state to be desired. I would suggest that fearing *anything* is not to be encouraged and celebrated, but rather deleted. You can see why 'God fearing' is so beneficial to the Cult and its religions when *they* decide what 'God' wants and what 'God' demands (the Cult demands) that everyone do. As the great American comedian Bill Hicks said satirising a Christian zealot: 'I think what God meant to say.' How much of this infinite awareness ('God') that we access is decided by how far we choose to expand our perceptions, self-identity and sense of the possible. The scale of self-identity reflects itself in the scale of awareness that we can connect with and are influenced by – how much knowing and insight we have instead of programmed perception. You cannot expand your awareness into the infinity of possibility when you believe that you are little me Peter the postman or Mary in marketing and nothing more. I'll deal with this in the concluding chapter because it's crucial to how we turnaround current events.

Where the Cult came from

When I realised in the early 1990s there was a Cult network behind global events I asked the obvious question: When did it start? I took it back to ancient Rome and Egypt and on to Babylon and Sumer in Mesopotamia, the 'Land Between Two Rivers', in what we now call Iraq. The two rivers are the Tigris and Euphrates and this region is of immense historical and other importance to the Cult, as is the land called Israel only 550 miles away by air. There is much more going with deep esoteric meaning across this whole region. It's not only about 'wars for oil'. Priceless artefacts from Mesopotamia were stolen or destroyed after the American and British invasion of Iraq in 2003 justified by the lies of Boy Bush and Tony Blair (their Cult masters) about non-existent 'weapons of mass destruction'. Mesopotamia was the location of Sumer (about 5,400BC to 1,750BC), and Babylon (about 2,350BC to 539BC). Sabbatians may have become immensely influential in the Cult in modern times but they are part of a network that goes back into the mists of history. Sumer is said by historians to be the 'cradle of civilisation'. I disagree. I say it was the re-start of what we call human civilisation after cataclysmic events symbolised in part as the 'Great Flood' destroyed the world that existed before. These fantastic upheavals that I have been describing in detail in the books since the early1990s appear in accounts and legends of ancient cultures across the world and they are supported by geological and biological evidence. Stone tablets found in Iraq detailing the Sumer period say the cataclysms were caused by non-human 'gods' they call the Anunnaki. These are described in terms of extraterrestrial visitations in which knowledge supplied by the Anunnaki is said to have been the source of at least one of the world's oldest writing systems and developments in astronomy, mathematics and architecture that were way ahead of their time. I have covered this subject at length in *The Biggest Secret* and *Children of the Matrix* and the same basic 'Anunnaki' story can be found in Zulu accounts in South Africa where the late and very great Zulu high shaman Credo Mutwa told me that the Sumerian Anunnaki were known by Zulus as the Chitauri or 'children of the serpent'. See my six-hour video interview with Credo on this subject entitled *The*

Reptilian Agenda recorded at his then home near Johannesburg in 1999 which you can watch on the Ickonic media platform.

The Cult emerged out of Sumer, Babylon and Egypt (and elsewhere) and established the Roman Empire before expanding with the Romans into northern Europe from where many empires were savagely imposed in the form of Cult-controlled societies all over the world. Mass death and destruction was their calling card. The Cult established its centre of operations in Europe and European Empires were Cult empires which allowed it to expand into a global force. Spanish and Portuguese colonialists headed for Central and South America while the British and French targeted North America. Africa was colonised by Britain, France, Belgium, the Netherlands, Portugal, Spain, Italy, and Germany. Some like Britain and France moved in on the Middle East. The British Empire was by far the biggest for a simple reason. By now Britain was the headquarters of the Cult from which it expanded to form Canada, the United States, Australia and New Zealand. The Sun never set on the British Empire such was the scale of its occupation. London remains a global centre for the Cult along with Rome and the Vatican although others have emerged in Israel and China. It is no accident that the 'virus' is alleged to have come out of China while Italy was chosen as the means to terrify the Western population into compliance with 'Covid' fascism. Nor that Israel has led the world in 'Covid' fascism and mass 'vaccination'.

You would think that I would mention the United States here, but while it has been an important means of imposing the Cult's will it is less significant than would appear and is currently in the process of having what power it does have deleted. The Cult in Europe has mostly loaded the guns for the US to fire. America has been controlled from Europe from the start through Cult operatives in Britain and Europe. The American Revolution was an illusion to make it appear that America was governing itself while very different forces were pulling the strings in the form of Cult families such as the Rothschilds through the Rockefellers and other subordinates. The Rockefellers are extremely close to Bill Gates and

established both scalpel and drug 'medicine' and the World Health Organization. They play a major role in the development and circulation of vaccines through the Rockefeller Foundation on which Bill Gates said his Foundation is based. Why wouldn't this be the case when the Rockefellers and Gates are on the same team? Cult infiltration of human society goes way back into what we call history and has been constantly expanding and centralising power with the goal of establishing a global structure to dictate everything. Look how this has been advanced in great leaps with the 'Covid' hoax.

The non-human dimension

I researched and observed the comings and goings of Cult operatives through the centuries and even thousands of years as they were born, worked to promote the agenda within the secret society and satanic networks, and then died for others to replace them. Clearly there had to be a coordinating force that spanned this entire period while operatives who would not have seen the end goal in their lifetimes came and went advancing the plan over millennia. I went in search of that coordinating force with the usual support from the extraordinary synchronicity of my life which has been an almost daily experience since 1990. I saw common themes in religious texts and ancient cultures about a non-human force manipulating human society from the hidden. Christianity calls this force Satan, the Devil and demons; Islam refers to the Jinn or Djinn; Zulus have their Chitauri (spelt in other ways in different parts of Africa); and the Gnostic people in Egypt in the period around and before 400AD referred to this phenomena as the 'Archons', a word meaning rulers in Greek. Central American cultures speak of the 'Predators' among other names and the same theme is everywhere. I will use 'Archons' as a collective name for all of them. When you see how their nature and behaviour is described all these different sources are clearly talking about the same force. Gnostics described the Archons in terms of 'luminous fire' while Islam relates the Jinn to 'smokeless fire'. Some refer to beings in form that could occasionally be seen, but the most common of common theme is that they operate from

unseen realms which means almost all existence to the visual processes of humans. I had concluded that this was indeed the foundation of human control and that the Cult was operating within the human frequency band on behalf of this hidden force when I came across the writings of Gnostics which supported my conclusions in the most extraordinary way.

A sealed earthen jar was found in 1945 near the town of Nag Hammadi about 75-80 miles north of Luxor on the banks of the River Nile in Egypt. Inside was a treasure trove of manuscripts and texts left by the Gnostic people some 1,600 years earlier. They included 13 leather-bound papyrus codices (manuscripts) and more than 50 texts written in Coptic Egyptian estimated to have been hidden in the jar in the period of 400AD although the source of the information goes back much further. Gnostics oversaw the Great or Royal Library of Alexandria, the fantastic depository of ancient texts detailing advanced knowledge and accounts of human history. The Library was dismantled and destroyed in stages over a long period with the death-blow delivered by the Cult-established Roman Church in the period around 415AD. The Church of Rome was the Church of Babylon relocated as I said earlier. Gnostics were not a race. They were a way of perceiving reality. Whenever they established themselves and their information circulated the terrorists of the Church of Rome would target them for destruction. This happened with the Great Library and with the Gnostic Cathars who were burned to death by the psychopaths after a long period of oppression at the siege of the Castle of Monségur in southern France in 1244. The Church has always been terrified of Gnostic information which demolishes the official Christian narrative although there is much in the Bible that supports the Gnostic view if you read it in another way. To anyone studying the texts of what became known as the Nag Hammadi Library it is clear that great swathes of Christian and Biblical belief has its origin with Gnostics sources going back to Sumer. Gnostic themes have been twisted to manipulate the perceived reality of Bible believers. Biblical texts have been in the open for centuries where they could be changed while Gnostic

documents found at Nag Hammadi were sealed away and untouched for 1,600 years. What you see is what they wrote.

Use your *pneuma* not your *nous*

Gnosticism and Gnostic come from 'gnosis' which means knowledge, or rather *secret* knowledge, in the sense of spiritual awareness – knowledge about reality and life itself. The desperation of the Cult's Church of Rome to destroy the Gnostics can be understood when the knowledge they were circulating was the last thing the Cult wanted the population to know. Sixteen hundred years later the same Cult is working hard to undermine and silence me for the same reason. The dynamic between knowledge and ignorance is a constant. 'Time' appears to move on, but essential themes remain the same. We are told to 'use your nous', a Gnostic word for head/brain/intelligence. They said, however, that spiritual awakening or 'salvation' could only be secured by expanding awareness *beyond* what they called *nous* and into *pneuma* or Infinite Self. Obviously as I read these texts the parallels with what I have been saying since 1990 were fascinating to me. There is a universal truth that spans human history and in that case why wouldn't we be talking the same language 16 centuries apart? When you free yourself from the perception program of the five senses and explore expanded realms of consciousness you are going to connect with the same information no matter what the perceived 'era' within a manufactured timeline of a single and tiny range of manipulated frequency. Humans working with 'smart' technology or knocking rocks together in caves is only a timeline appearing to operate within the human frequency band. Expanded awareness and the knowledge it holds have always been there whether the era be Stone Age or computer age. We can only access that knowledge by opening ourselves to its frequency which the five-sense prison cell is designed to stop us doing. Gates, Fauci, Whitty, Vallance, Zuckerberg, Brin, Page, Wojcicki, Bezos, and all the others behind the 'Covid' hoax clearly have a long wait before their range of frequency can make that connection given that an open heart is

crucial to that as we shall see. Instead of accessing knowledge directly through expanded awareness it is given to Cult operatives by the secret society networks of the Cult where it has been passed on over thousands of years outside the public arena. Expanded realms of consciousness is where great artists, composers and writers find their inspiration and where truth awaits anyone open enough to connect with it. We need to go there fast.

Archon hijack

A fifth of the Nag Hammadi texts describe the existence and manipulation of the Archons led by a 'Chief Archon' they call 'Yaldabaoth', or the 'Demiurge', and this is the Christian 'Devil', 'Satan', 'Lucifer', and his demons. Archons in Biblical symbolism are the 'fallen ones' which are also referred to as fallen angels after the angels expelled from heaven according to the Abrahamic religions of Judaism, Christianity and Islam. These angels are claimed to tempt humans to 'sin' ongoing and you will see how accurate that symbolism is during the rest of the book. The theme of 'original sin' is related to the 'Fall' when Adam and Eve were 'tempted by the serpent' and fell from a state of innocence and 'obedience' (connection) with God into a state of disobedience (disconnection). The Fall is said to have brought sin into the world and corrupted everything including human nature. Yaldabaoth, the 'Lord Archon', is described by Gnostics as a 'counterfeit spirit', 'The Blind One', 'The Blind God', and 'The Foolish One'. The Jewish name for Yaldabaoth in Talmudic writings is Samael which translates as 'Poison of God', or 'Blindness of God'. You see the parallels. Yaldabaoth in Islamic belief is the Muslim Jinn devil known as Shaytan – Shaytan is Satan as the same themes are found all over the world in every religion and culture. The 'Lord God' of the Old Testament is the 'Lord Archon' of Gnostic manuscripts and that's why he's such a bloodthirsty bastard. Satan is known by Christians as 'the Demon of Demons' and Gnostics called Yaldabaoth the 'Archon of Archons'. Both are known as 'The Deceiver'. We are talking about the same 'bloke' for sure and these common themes

using different names, storylines and symbolism tell a common tale of the human plight.

Archons are referred to in Nag Hammadi documents as mind parasites, inverters, guards, gatekeepers, detainers, judges, pitiless ones and deceivers. The 'Covid' hoax alone is a glaring example of all these things. The Biblical 'God' is so different in the Old and New Testaments because they are not describing the same phenomenon. The vindictive, angry, hate-filled, 'God' of the Old Testament, known as Yahweh, is Yaldabaoth who is depicted in Cult-dictated popular culture as the 'Dark Lord', 'Lord of Time', Lord (Darth) Vader and Dormammu, the evil ruler of the 'Dark Dimension' trying to take over the 'Earth Dimension' in the Marvel comic movie, *Dr Strange*. Yaldabaoth is both the Old Testament 'god' and the Biblical 'Satan'. Gnostics referred to Yaldabaoth as the 'Great Architect of the Universe'and the Cult-controlled Freemason network calls their god 'the 'Great Architect of the Universe' (also Grand Architect). The 'Great Architect' Yaldabaoth is symbolised by the Cult as the all-seeing eye at the top of the pyramid on the Great Seal of the United States and the dollar bill. Archon is encoded in *arch*-itect as it is in *arch*-angels and *arch*-bishops. All religions have the theme of a force for good and force for evil in some sort of spiritual war and there is a reason for that – the theme is true. The Cult and its non-human masters are quite happy for this to circulate. They present themselves as the force for good fighting evil when they are really the force of evil (absence of love). The whole foundation of Cult modus operandi is inversion. They promote themselves as a force for good and anyone challenging them in pursuit of peace, love, fairness, truth and justice is condemned as a satanic force for evil. This has been the game plan throughout history whether the Church of Rome inquisitions of non-believers or 'conspiracy theorists' and 'anti-vaxxers' of today. The technique is the same whatever the timeline era.

Yaldabaoth is revolting (true)

Yaldabaoth and the Archons are said to have revolted against God with Yaldabaoth claiming to *be* God – the *All That Is*. The Old Testament 'God' (Yaldabaoth) demanded to be worshipped as such: '*I am* the LORD, and there is none else, there is no God beside me' (Isaiah 45:5). I have quoted in other books a man who said he was the unofficial son of the late Baron Philippe de Rothschild of the Mouton-Rothschild wine producing estates in France who died in 1988 and he told me about the Rothschild 'revolt from God'. The man said he was given the name Phillip Eugene de Rothschild and we shared long correspondence many years ago while he was living under another identity. He said that he was conceived through 'occult incest' which (within the Cult) was 'normal and to be admired'. 'Phillip' told me about his experience attending satanic rituals with rich and famous people whom he names and you can see them and the wider background to Cult Satanism in my other books starting with *The Biggest Secret*. Cult rituals are interactions with Archontic 'gods'. 'Phillip' described Baron Philippe de Rothschild as 'a master Satanist and hater of God' and he used the same term 'revolt from God' associated with Yaldabaoth/Satan/Lucifer/the Devil in describing the Sabbatian Rothschild dynasty. 'I played a key role in my family's revolt from God', he said. That role was to infiltrate in classic Sabbatian style the Christian Church, but eventually he escaped the mind-prison to live another life. The Cult has been targeting religion in a plan to make worship of the Archons the global one-world religion. Infiltration of Satanism into modern 'culture', especially among the young, through music videos, stage shows and other means, is all part of this.

Nag Hammadi texts describe Yaldabaoth and the Archons in their prime form as energy – consciousness – and say they can take form if they choose in the same way that consciousness takes form as a human. Yaldabaoth is called 'formless' and represents a deeply inverted, distorted and chaotic state of consciousness which seeks to attached to humans and turn them into a likeness of itself in an attempt at assimilation. For that to happen it has to manipulate

humans into low frequency mental and emotional states that match its own. Archons can certainly appear in human form and this is the origin of the psychopathic personality. The energetic distortion Gnostics called Yaldabaoth *is* psychopathy. When psychopathic Archons take human form that human will be a psychopath as an expression of Yaldabaoth consciousness. Cult psychopaths are Archons in human form. The principle is the same as that portrayed in the 2009 *Avatar* movie when the American military travelled to a fictional Earth-like moon called Pandora in the Alpha Centauri star system to infiltrate a society of blue people, or Na'vi, by hiding within bodies that looked like the Na'vi. Archons posing as humans have a particular hybrid information field, part human, part Archon, (the ancient 'demigods') which processes information in a way that manifests behaviour to match their psychopathic evil, lack of empathy and compassion, and stops them being influenced by the empathy, compassion and love that a fully-human information field is capable of expressing. Cult bloodlines interbreed, be they royalty or dark suits, for this reason and you have their obsession with incest. Interbreeding with full-blown humans would dilute the Archontic energy field that guarantees psychopathy in its representatives in the human realm.

Gnostic writings say the main non-human forms that Archons take are *serpentine* (what I have called for decades 'reptilian' amid unbounded ridicule from the Archontically-programmed) and what Gnostics describe as 'an unborn baby or foetus with grey skin and dark, unmoving eyes'. This is an excellent representation of the ET 'Greys' of UFO folklore which large numbers of people claim to have seen and been abducted by – Zulu shaman Credo Mutwa among them. I agree with those that believe in extraterrestrial or interdimensional visitations today and for thousands of years past. No wonder with their advanced knowledge and technological capability they were perceived and worshipped as gods for technological and other 'miracles' they appeared to perform. Imagine someone arriving in a culture disconnected from the modern world with a smartphone and computer. They would be

seen as a 'god' capable of 'miracles'. The Renegade Mind, however, wants to know the source of everything and not only the way that source manifests as human or non-human. In the same way that a Renegade Mind seeks the original source material for the 'Covid virus' to see if what is claimed is true. The original source of Archons in form is consciousness – the distorted state of consciousness known to Gnostics as Yaldabaoth.

'Revolt from God' is energetic disconnection

Where I am going next will make a lot of sense of religious texts and ancient legends relating to 'Satan', Lucifer' and the 'gods'. Gnostic descriptions sync perfectly with the themes of my own research over the years in how they describe a consciousness distortion seeking to impose itself on human consciousness. I've referred to the core of infinite awareness in previous books as Infinite Awareness in Awareness of Itself. By that I mean a level of awareness that knows that it is all awareness and is aware of all awareness. From here comes the frequency of love in its true sense and balance which is what love is on one level – the balance of all forces into a single whole called Oneness and Isness. The more we disconnect from this state of love that many call 'God' the constituent parts of that Oneness start to unravel and express themselves as a part and not a whole. They become individualised as intellect, mind, selfishness, hatred, envy, desire for power over others, and such like. This is not a problem in the greater scheme in that 'God', the *All That Is*, can experience all these possibilities through different expressions of itself including humans. What we as expressions of the whole experience the *All That Is* experiences. We are the *All That Is* experiencing itself. As we withdraw from that state of Oneness we disconnect from its influence and things can get very unpleasant and very stupid. Archontic consciousness is at the extreme end of that. It has so disconnected from the influence of Oneness that it has become an inversion of unity and love, an inversion of everything, an inversion of life itself. Evil is appropriately live written backwards. Archontic consciousness is obsessed with death, an inversion of life,

and so its manifestations in Satanism are obsessed with death. They use inverted symbols in their rituals such as the inverted pentagram and cross. Sabbatians as Archontic consciousness incarnate invert Judaism and every other religion and culture they infiltrate. They seek disunity and chaos and they fear unity and harmony as they fear love like garlic to a vampire. As a result the Cult, Archons incarnate, act with such evil, psychopathy and lack of empathy and compassion disconnected as they are from the source of love. How could Bill Gates and the rest of the Archontic psychopaths do what they have to human society in the 'Covid' era with all the death, suffering and destruction involved and have no emotional consequence for the impact on others? Now you know. Why have Zuckerberg, Brin, Page, Wojcicki and company callously censored information warning about the dangers of the 'vaccine' while thousands have been dying and having severe, sometimes life-changing reactions? Now you know. Why have Tedros, Fauci, Whitty, Vallance and their like around the world been using case and death figures they're aware are fraudulent to justify lockdowns and all the deaths and destroyed lives that have come from that? Now you know. Why did Christian Drosten produce and promote a 'testing' protocol that he knew couldn't test for infectious disease which led to a global human catastrophe. Now you know. The Archontic mind doesn't give a shit (Fig 17). I personally think that Gates and major Cult insiders are a form of AI cyborg that the Archons want humans to become.

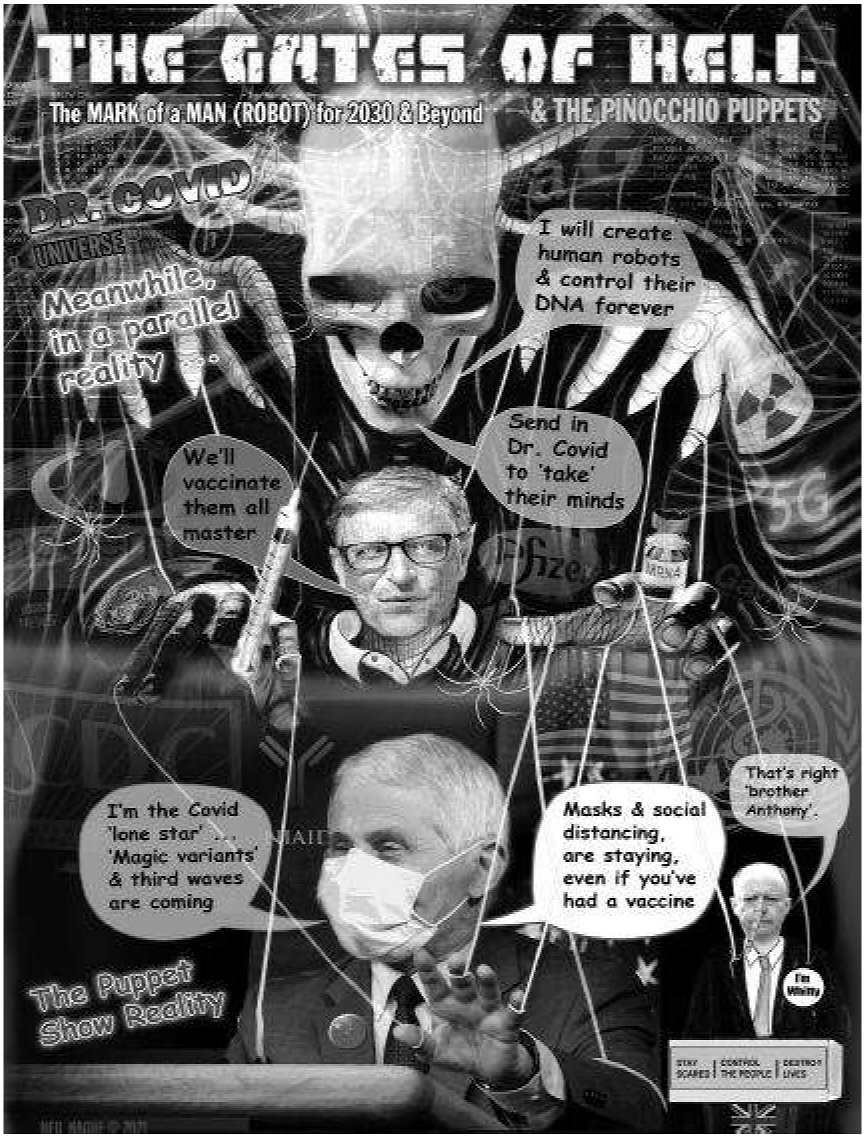

Figure 17: Artist Neil Hague's version of the 'Covid' hierarchy.

Human batteries

A state of such inversion does have its consequences, however. The level of disconnection from the Source of All means that you withdraw from that source of energetic sustenance and creativity. This means that you have to find your own supply of energetic power and it has – *us*. When the Morpheus character in the first *Matrix* movie held up a battery he spoke a profound truth when he said: 'The Matrix is a computer-generated dream world built to keep us under control in order to change the human being into one of

these.' The statement was true in all respects. We do live in a technologically-generated virtual reality simulation (more very shortly) and we have been manipulated to be an energy source for Archontic consciousness. The Disney-Pixar animated movie *Monsters, Inc*. in 2001 symbolised the dynamic when monsters in their world had no energy source and they would enter the human world to terrify children in their beds, catch the child's scream, terror (low-vibrational frequencies), and take that energy back to power the monster world. The lead character you might remember was a single giant eye and the symbolism of the Cult's all-seeing eye was obvious. Every thought and emotion is broadcast as a frequency unique to that thought and emotion. Feelings of love and joy, empathy and compassion, are high, quick, frequencies while fear, depression, anxiety, suffering and hate are low, slow, dense frequencies. Which kind do you think Archontic consciousness can connect with and absorb? In such a low and dense frequency state there's no way it can connect with the energy of love and joy. Archons can only feed off energy compatible with their own frequency and they and their Cult agents want to delete the human world of love and joy and manipulate the transmission of low vibrational frequencies through low-vibrational human mental and emotional states. *We are their energy source*. Wars are energetic banquets to the Archons – a world war even more so – and think how much low-frequency mental and emotional energy has been generated from the consequences for humanity of the 'Covid' hoax orchestrated by Archons incarnate like Gates.

The ancient practice of human sacrifice 'to the gods', continued in secret today by the Cult, is based on the same principle. 'The gods' are Archontic consciousness in different forms and the sacrifice is induced into a state of intense terror to generate the energy the Archontic frequency can absorb. Incarnate Archons in the ritual drink the blood which contains an adrenaline they crave which floods into the bloodstream when people are terrorised. Most of the sacrifices, ancient and modern, are children and the theme of 'sacrificing young virgins to the gods' is just code for children. They

have a particular pre-puberty energy that Archons want more than anything and the energy of the young in general is their target. The California Department of Education wants students to chant the names of Aztec gods (Archontic gods) once worshipped in human sacrifice rituals in a curriculum designed to encourage them to 'challenge racist, bigoted, discriminatory, imperialist/colonial beliefs', join 'social movements that struggle for social justice', and 'build new possibilities for a post-racist, post-systemic racism society'. It's the usual Woke crap that inverts racism and calls it anti-racism. In this case solidarity with 'indigenous tribes' is being used as an excuse to chant the names of 'gods' to which people were sacrificed (and still are in secret). What an example of Woke's inability to see beyond black and white, us and them, They condemn the colonisation of these tribal cultures by Europeans (quite right), but those cultures sacrificing people including children to their 'gods', and mass murdering untold numbers as the Aztecs did, is just fine. One chant is to the Aztec god Tezcatlipoca who had a man sacrificed to him in the 5th month of the Aztec calendar. His heart was cut out and he was eaten. Oh, that's okay then. Come on children … after three … Other sacrificial 'gods' for the young to chant their allegiance include Quetzalcoatl, Huitzilopochtli and Xipe Totec. The curriculum says that 'chants, affirmations, and energizers can be used to bring the class together, build unity around ethnic studies principles and values, and to reinvigorate the class following a lesson that may be emotionally taxing or even when student engagement may appear to be low'. Well, that's the cover story, anyway. Chanting and mantras are the repetition of a particular frequency generated from the vocal cords and chanting the names of these Archontic 'gods' tunes you into their frequency. That is the last thing you want when it allows for energetic synchronisation, attachment and perceptual influence. Initiates chant the names of their 'Gods' in their rituals for this very reason.

Vampires of the Woke

Paedophilia is another way that Archons absorb the energy of children. Paedophiles possessed by Archontic consciousness are used as the conduit during sexual abuse for discarnate Archons to vampire the energy of the young they desire so much. Stupendous numbers of children disappear every year never to be seen again although you would never know from the media. Imagine how much low-vibrational energy has been generated by children during the 'Covid' hoax when so many have become depressed and psychologically destroyed to the point of killing themselves. Shocking numbers of children are now taken by the state from loving parents to be handed to others. I can tell you from long experience of researching this since 1996 that many end up with paedophiles and assets of the Cult through corrupt and Cult-owned social services which in the reframing era has hired many psychopaths and emotionless automatons to do the job. Children are even stolen to order using spurious reasons to take them by the corrupt and secret (because they're corrupt) 'family courts'. I have written in detail in other books, starting with *The Biggest Secret* in 1997, about the ubiquitous connections between the political, corporate, government, intelligence and military elites (Cult operatives) and Satanism and paedophilia. If you go deep enough both networks have an interlocking leadership. The Woke mentality has been developed by the Cult for many reasons: To promote almost every aspect of its agenda; to hijack the traditional political left and turn it fascist; to divide and rule; and to target agenda pushbackers. But there are other reasons which relate to what I am describing here. How many happy and joyful Wokers do you ever see especially at the extreme end? They are a mental and psychological mess consumed by emotional stress and constantly emotionally cocked for the next explosion of indignation at someone referring to a female as a female. They are walking, talking, batteries as Morpheus might say emitting frequencies which both enslave them in low-vibrational bubbles of perceptual limitation and feed the Archons. Add to this the hatred claimed to be love; fascism claimed to 'anti-fascism', racism claimed to be 'anti-racism';

exclusion claimed to inclusion; and the abuse-filled Internet trolling. You have a purpose-built Archontic energy system with not a wind turbine in sight and all founded on Archontic *inversion*. We have whole generations now manipulated to serve the Archons with their actions and energy. They will be doing so their entire adult lives unless they snap out of their Archon-induced trance. Is it really a surprise that Cult billionaires and corporations put so much money their way? Where is the energy of joy and laughter, including laughing at yourself which is confirmation of your own emotional security? Mark Twain said: 'The human race has one really effective weapon, and that is laughter.' We must use it all the time. Woke has destroyed comedy because it has no humour, no joy, sense of irony, or self-deprecation. Its energy is dense and intense. *Mmmmm*, lunch says the Archontic frequency. Rudolf Steiner (1861-1925) was the Austrian philosopher and famous esoteric thinker who established Waldorf education or Steiner schools to treat children like unique expressions of consciousness and not minds to be programmed with the perceptions determined by authority. I'd been writing about this energy vampiring for decades when I was sent in 2016 a quote by Steiner. He was spot on:

> There are beings in the spiritual realms for whom anxiety and fear emanating from human beings offer welcome food. When humans have no anxiety and fear, then these creatures starve. If fear and anxiety radiates from people and they break out in panic, then these creatures find welcome nutrition and they become more and more powerful. These beings are hostile towards humanity. Everything that feeds on negative feelings, on anxiety, fear and superstition, despair or doubt, are in reality hostile forces in super-sensible worlds, launching cruel attacks on human beings, while they are being fed ... These are exactly the feelings that belong to contemporary culture and materialism; because it estranges people from the spiritual world, it is especially suited to evoke hopelessness and fear of the unknown in people, thereby calling up the above mentioned hostile forces against them.

Pause for a moment from this perspective and reflect on what has happened in the world since the start of 2020. Not only will pennies drop, but billion dollar bills. We see the same theme from Don Juan Matus, a Yaqui Indian shaman in Mexico and the information source for Peruvian-born writer, Carlos Castaneda, who wrote a series of

books from the 1960s to 1990s. Don Juan described the force manipulating human society and his name for the Archons was the predator:

> We have a predator that came from the depths of the cosmos and took over the rule of our lives. Human beings are its prisoners. The predator is our lord and master. It has rendered us docile, helpless. If we want to protest, it suppresses our protest. If we want to act independently, it demands that we don't do so ... indeed we are held prisoner!
>
> They took us over because we are food to them, and they squeeze us mercilessly because we are their sustenance. Just as we rear chickens in coops, the predators rear us in human coops, humaneros. Therefore, their food is always available to them.

Different cultures, different eras, same recurring theme.

The 'ennoia' dilemma

Nag Hammadi Gnostic manuscripts say that Archon consciousness has no 'ennoia'. This is directly translated as 'intentionality', but I'll use the term 'creative imagination'. The *All That Is* in awareness of itself is the source of all creativity – all possibility – and the more disconnected you are from that source the more you are subsequently denied 'creative imagination'. Given that Archon consciousness is almost entirely disconnected it severely lacks creativity and has to rely on far more mechanical processes of thought and exploit the creative potential of those that do have 'ennoia'. You can see cases of this throughout human society. Archon consciousness almost entirely dominates the global banking system and if we study how that system works you will appreciate what I mean. Banks manifest 'money' out of nothing by issuing lines of 'credit' which is 'money' that has never, does not, and will never exist except in theory. It's a confidence trick. If you think 'credit' figures-on-a-screen 'money' is worth anything you accept it as payment. If you don't then the whole system collapses through lack of confidence in the value of that 'money'. Archontic bankers with no 'ennoia' are 'lending' 'money' that doesn't exist to humans that *do* have creativity – those that have the inspired ideas and create businesses and products. Archon banking feeds off human creativity

which it controls through 'money' creation and debt. Humans have the creativity and Archons exploit that for their own benefit and control while having none themselves. Archon Internet platforms like Facebook claim joint copyright of everything that creative users post and while Archontic minds like Zuckerberg may officially head that company it will be human creatives on the staff that provide the creative inspiration. When you have limitless 'money' you can then buy other companies established by creative humans. Witness the acquisition record of Facebook, Google and their like. Survey the Archon-controlled music industry and you see non-creative dark suit executives making their fortune from the human creativity of their artists. The cases are endless. Research the history of people like Gates and Zuckerberg and how their empires were built on exploiting the creativity of others. Archon minds cannot create out of nothing, but they are skilled (because they have to be) in what Gnostic texts call 'countermimicry'. They can imitate, but not innovate. Sabbatians trawl the creativity of others through backdoors they install in computer systems through their cybersecurity systems. Archon-controlled China is globally infamous for stealing intellectual property and I remember how Hong Kong, now part of China, became notorious for making counterfeit copies of the creativity of others – 'countermimicry'. With the now pervasive and all-seeing surveillance systems able to infiltrate any computer you can appreciate the potential for Archons to vampire the creativity of humans. Author John Lamb Lash wrote in his book about the Nag Hammadi texts, *Not In His Image*:

> Although they cannot originate anything, because they lack the divine factor of ennoia (intentionality), Archons can imitate with a vengeance. Their expertise is simulation (HAL, virtual reality). The Demiurge [Yaldabaoth] fashions a heaven world copied from the fractal patterns [of the original] ... His construction is celestial kitsch, like the fake Italianate villa of a Mafia don complete with militant angels to guard every portal.

This brings us to something that I have been speaking about since the turn of the millennium. Our reality is a simulation; a virtual reality that we think is real. No, I'm not kidding.

Human reality? Well, virtually

I had pondered for years about whether our reality is 'real' or some kind of construct. I remembered being immensely affected on a visit as a small child in the late 1950s to the then newly-opened Planetarium on the Marylebone Road in London which is now closed and part of the adjacent Madame Tussauds wax museum. It was in the middle of the day, but when the lights went out there was the night sky projected in the Planetarium's domed ceiling and it appeared to be so real. The experience never left me and I didn't know why until around the turn of the millennium when I became certain that our 'night sky' and entire reality is a projection, a virtual reality, akin to the illusory world portrayed in the *Matrix* movies. I looked at the sky one day in this period and it appeared to me like the domed roof of the Planetarium. The release of the first *Matrix* movie in 1999 also provided a synchronistic and perfect visual representation of where my mind had been going for a long time. I hadn't come across the Gnostic Nag Hammadi texts then. When I did years later the correlation was once again astounding. As I read Gnostic accounts from 1,600 years and more earlier it was clear that they were describing the same simulation phenomenon. They tell how the Yaldabaoth 'Demiurge' and Archons created a 'bad copy' of original reality to rule over all that were captured by its illusions and the body was a prison to trap consciousness in the 'bad copy' fake reality. Read how Gnostics describe the 'bad copy' and update that to current times and they are referring to what we would call today a virtual reality simulation.

Author John Lamb Lash said 'the Demiurge fashions a heaven world copied from the fractal patterns' of the original through expertise in 'HAL' or virtual reality simulation. Fractal patterns are part of the energetic information construct of our reality, a sort of blueprint. If these patterns were copied in computer terms it would indeed give you a copy of a 'natural' reality in a non-natural frequency and digital form. The principle is the same as making a copy of a website. The original website still exists, but now you can change the copy version to make it whatever you like and it can

become very different to the original website. Archons have done this with our reality, a *synthetic* copy of prime reality that still exists beyond the frequency walls of the simulation. Trapped within the illusions of this synthetic Matrix, however, were and are human consciousness and other expressions of prime reality and this is why the Archons via the Cult are seeking to make the human body synthetic and give us synthetic AI minds to complete the job of turning the entire reality synthetic including what we perceive to be the natural world. To quote Kurzweil: 'Nanobots will infuse all the matter around us with information. Rocks, trees, everything will become these intelligent creatures.' Yes, *synthetic* 'creatures' just as 'Covid' and other genetically-manipulating 'vaccines' are designed to make the human body synthetic. From this perspective it is obvious why Archons and their Cult are so desperate to infuse synthetic material into every human with their 'Covid' scam.

Let there be (electromagnetic) light

Yaldabaoth, the force that created the simulation, or Matrix, makes sense of the Gnostic reference to 'The Great Architect' and its use by Cult Freemasonry as the name of its deity. The designer of the Matrix in the movies is called 'The Architect' and that trilogy is jam-packed with symbolism relating to these subjects. I have contended for years that the angry Old Testament God (Yaldabaoth) is the 'God' being symbolically 'quoted' in the opening of Genesis as 'creating the world'. This is not the creation of prime reality – it's the creation of the *simulation*. The Genesis 'God' says: 'Let there be Light: and there was light.' But what is this 'Light'? I have said for decades that the speed of light (186,000 miles per second) is not the fastest speed possible as claimed by mainstream science and is in fact the frequency walls or outer limits of the Matrix. You can't have a fastest or slowest anything within all possibility when everything is possible. The human body is encoded to operate within the speed of light or *within the simulation* and thus we see only the tiny frequency band of visible *light*. Near-death experiencers who perceive reality outside the body during temporary 'death' describe a very different

form of light and this is supported by the Nag Hammadi texts. Prime reality beyond the simulation ('Upper Aeons' to the Gnostics) is described as a realm of incredible beauty, bliss, love and harmony – a realm of 'watery light' that is so powerful 'there are no shadows'. Our false reality of Archon control, which Gnostics call the 'Lower Aeons', is depicted as a realm with a different kind of 'light' and described in terms of chaos, 'Hell', 'the Abyss' and 'Outer Darkness', where trapped souls are tormented and manipulated by demons (relate that to the 'Covid' hoax alone). The watery light theme can be found in near-death accounts and it is not the same as *simulation* 'light' which is electromagnetic or radiation light within the speed of light – the 'Lower Aeons'. Simulation 'light' is the 'luminous fire' associated by Gnostics with the Archons. The Bible refers to Yaldabaoth as 'that old serpent, called the Devil, and Satan, which deceiveth the whole world' (Revelation 12:9). I think that making a simulated copy of prime reality ('countermimicry') and changing it dramatically while all the time manipulating humanity to believe it to be real could probably meet the criteria of deceiving the whole world. Then we come to the Cult god Lucifer – the *Light Bringer*. Lucifer is symbolic of Yaldabaoth, the bringer of radiation light that forms the bad copy simulation within the speed of light. 'He' is symbolised by the lighted torch held by the Statue of Liberty and in the name 'Illuminati'. Sabbatian-Frankism declares that Lucifer is the true god and Lucifer is the real god of Freemasonry honoured as their 'Great or Grand Architect of the Universe' (simulation).

I would emphasise, too, the way Archontic technologically-generated luminous fire of radiation has deluged our environment since I was a kid in the 1950s and changed the nature of The Field with which we constantly interact. Through that interaction technological radiation is changing us. The Smart Grid is designed to operate with immense levels of communication power with 5G expanding across the world and 6G, 7G, in the process of development. Radiation is the simulation and the Archontic manipulation system. Why wouldn't the Archon Cult wish to unleash radiation upon us to an ever-greater extreme to form

Kurzweil's 'cloud'? The plan for a synthetic human is related to the need to cope with levels of radiation beyond even anything we've seen so far. Biological humans would not survive the scale of radiation they have in their script. The Smart Grid is a technological sub-reality within the technological simulation to further disconnect five-sense perception from expanded consciousness. It's a technological prison of the mind.

Infusing the 'spirit of darkness'

A recurring theme in religion and native cultures is the manipulation of human genetics by a non-human force and most famously recorded as the biblical 'sons of god' (the god*s* plural in the original) who interbred with the daughters of men. The Nag Hammadi *Apocryphon of John* tells the same story this way:

> He [Yaldabaoth] sent his angels [Archons/demons] to the daughters of men, that they might take some of them for themselves and raise offspring for their enjoyment. And at first they did not succeed. When they had no success, they gathered together again and they made a plan together ... And the angels changed themselves in their likeness into the likeness of their mates, filling them with the spirit of darkness, which they had mixed for them, and with evil ... And they took women and begot children out of the darkness according to the likeness of their spirit.

Possession when a discarnate entity takes over a human body is an age-old theme and continues today. It's very real and I've seen it. Satanic and secret society rituals can create an energetic environment in which entities can attach to initiates and I've heard many stories of how people have changed their personality after being initiated even into lower levels of the Freemasons. I have been inside three Freemasonic temples, one at a public open day and two by just walking in when there was no one around to stop me. They were in Ryde, the town where I live, Birmingham, England, when I was with a group, and Boston, Massachusetts. They all felt the same energetically – dark, dense, low-vibrational and sinister. Demonic attachment can happen while the initiate has no idea what is going on. To them it's just a ritual to get in the Masons and do a bit of good

business. In the far more extreme rituals of Satanism human possession is even more powerful and they are designed to make possession possible. The hierarchy of the Cult is dictated by the power and perceived status of the possessing Archon. In this way the Archon hierarchy becomes the Cult hierarchy. Once the entity has attached it can influence perception and behaviour and if it attaches to the extreme then so much of its energy (information) infuses into the body information field that the hologram starts to reflect the nature of the possessing entity. This is the *Exorcist* movie type of possession when facial features change and it's known as shapeshifting. Islam's Jinn are said to be invisible tricksters who change shape, 'whisper', confuse and take human form. These are all traits of the Archons and other versions of the same phenomenon. Extreme possession could certainty infuse the 'spirit of darkness' into a partner during sex as the Nag Hammadi texts appear to describe. Such an infusion can change genetics which is also energetic information. Human genetics is information and the 'spirit of darkness' is information. Mix one with the other and change must happen. Islam has the concept of a 'Jinn baby' through possession of the mother and by Jinn taking human form. There are many ways that human genetics can be changed and remember that Archons have been aware all along of advanced techniques to do this. What is being done in human society today – and far more – was known about by Archons at the time of the 'fallen ones' and their other versions described in religions and cultures.

Archons and their human-world Cult are obsessed with genetics as we see today and they know this dictates how information is processed into perceived reality during a human life. They needed to produce a human form that would decode the simulation and this is symbolically known as 'Adam and Eve' who left the 'garden' (prime reality) and 'fell' into Matrix reality. The simulation is not a 'physical' construct (there is no 'physical'); it is a source of information. Think Wi-Fi again. The simulation is an energetic field encoded with information and body-brain systems are designed to decode that information encoded in wave or frequency form which

is transmitted to the brain as electrical signals. These are decoded by the brain to construct our sense of reality – an illusory 'physical' world that only exists in the brain or the mind. Virtual reality games mimic this process using the same sensory decoding system. Information is fed to the senses to decode a virtual reality that can appear so real, but isn't (Figs 18 and 19). Some scientists believe – and I agree with them – that what we perceive as 'physical' reality only exists when we are looking or observing. The act of perception or focus triggers the decoding systems which turn waveform information into holographic reality. When we are not observing something our reality reverts from a holographic state to a waveform state. This relates to the same principle as a falling tree not making a noise unless someone is there to hear it or decode it. The concept makes sense from the simulation perspective. A computer is not decoding all the information in a Wi-Fi field all the time and only decodes or brings into reality on the screen that part of Wi-Fi that it's decoding – focusing upon – at that moment.

Figure 18: Virtual reality technology 'hacks' into the body's five-sense decoding system.

Figure 19: The result can be experienced as very 'real'.

Interestingly, Professor Donald Hoffman at the Department of Cognitive Sciences at the University of California, Irvine, says that our experienced reality is like a computer interface that shows us only the level with which we interact while hiding all that exists beyond it: 'Evolution shaped us with a user interface that hides the truth. Nothing that we see is the truth – the very language of space and time and objects is the wrong language to describe reality.' He is correct in what he says on so many levels. Space and time are not a universal reality. They are a phenomenon of decoded *simulation* reality as part of the process of enslaving our sense of reality. Near-death experiencers report again and again how space and time did not exist as we perceive them once they were free of the body – body decoding systems. You can appreciate from this why Archons and their Cult are so desperate to entrap human attention in the five senses where we are in the Matrix and of the Matrix. Opening your mind to expanded states of awareness takes you beyond the information confines of the simulation and you become aware of knowledge and insights denied to you before. This is what we call 'awakening' – *awakening from the Matrix* – and in the final chapter I will relate this to current events.

Where are the 'aliens'?

A simulation would explain the so-called 'Fermi Paradox' named after Italian physicist Enrico Fermi (1901-1954) who created the first nuclear reactor. He considered the question of why there is such a lack of extraterrestrial activity when there are so many stars and planets in an apparently vast universe; but what if the night sky that we see, or think we do, is a simulated projection as I say? If you control the simulation and your aim is to hold humanity fast in essential ignorance would you want other forms of life including advanced life coming and going sharing information with humanity? Or would you want them to believe they were isolated and apparently alone? Themes of human isolation and apartness are common whether they be the perception of a lifeless universe or the fascist isolation laws of the 'Covid' era. Paradoxically the very

existence of a simulation means that we are not alone when some force had to construct it. My view is that experiences that people have reported all over the world for centuries with Reptilians and Grey entities are Archon phenomena as Nag Hammadi texts describe; and that benevolent 'alien' interactions are non-human groups that come in and out of the simulation by overcoming Archon attempts to keep them out. It should be highlighted, too, that Reptilians and Greys are obsessed with *genetics* and *technology* as related by cultural accounts and those who say they have been abducted by them. Technology is their way of overcoming some of the limitations in their creative potential and our technology-driven and controlled human society of today is *arch*etypical Archon-Reptilian-Grey modus operandi. Technocracy is really *Archon*tocracy. The Universe does not have to be as big as it appears with a simulation. There is no space or distance only information decoded into holographic reality. What we call 'space' is only the absence of holographic 'objects' and that 'space' is The Field of energetic information which connects everything into a single whole. The same applies with the artificially-generated information field of the simulation. The Universe is not big or small as a physical reality. It is decoded information, that's all, and its perceived size is decided by the way the simulation is encoded to make it appear. The entire night sky as we perceive it only exists in our brain and so where are those 'millions of light years'? The 'stars' on the ceiling of the Planetarium looked a vast distance away.

There's another point to mention about 'aliens'. I have been highlighting since the 1990s the plan to stage a fake 'alien invasion' to justify the centralisation of global power and a world military. Nazi scientist Werner von Braun, who was taken to America by Operation Paperclip after World War Two to help found NASA, told his American assistant Dr Carol Rosin about the Cult agenda when he knew he was dying in 1977. Rosin said that he told her about a sequence that would lead to total human control by a one-world government. This included threats from terrorism, rogue nations, meteors and asteroids before finally an 'alien invasion'. All of these

things, von Braun said, would be bogus and what I would refer to as a No-Problem-Reaction-Solution. Keep this in mind when 'the aliens are coming' is the new mantra. The aliens are not coming – they are *already here* and they have infiltrated human society while looking human. French-Canadian investigative journalist Serge Monast said in 1994 that he had uncovered a NASA/military operation called Project Blue Beam which fits with what Werner von Braun predicted. Monast died of a 'heart attack' in 1996 the day after he was arrested and spent a night in prison. He was 51. He said Blue Beam was a plan to stage an alien invasion that would include religious figures beamed holographically into the sky as part of a global manipulation to usher in a 'new age' of worshipping what I would say is the Cult 'god' Yaldabaoth in a one-world religion. Fake holographic asteroids are also said to be part of the plan which again syncs with von Braun. How could you stage an illusory threat from asteroids unless they were holographic inserts? This is pretty straightforward given the advanced technology outside the public arena and the fact that our 'physical' reality is holographic anyway. Information fields would be projected and we would decode them into the illusion of a 'physical' asteroid. If they can sell a global 'pandemic' with a 'virus' that doesn't exist what will humans not believe if government and media tell them?

All this is particularly relevant as I write with the Pentagon planning to release in June, 2021, information about 'UFO sightings'. I have been following the UFO story since the early 1990s and the common theme throughout has been government and military denials and cover up. More recently, however, the Pentagon has suddenly become more talkative and apparently open with Air Force pilot radar images released of unexplained craft moving and changing direction at speeds well beyond anything believed possible with human technology. Then, in March, 2021, former Director of National Intelligence John Ratcliffe said a Pentagon report months later in June would reveal a great deal of information about UFO sightings unknown to the public. He said the report would have 'massive implications'. The order to do this was included bizarrely

in a $2.3 trillion 'coronavirus' relief and government funding bill passed by the Trump administration at the end of 2020. I would add some serious notes of caution here. I have been pointing out since the 1990s that the US military and intelligence networks have long had craft – 'flying saucers' or anti-gravity craft – which any observer would take to be extraterrestrial in origin. Keeping this knowledge from the public allows craft flown by *humans* to be perceived as alien visitations. I am not saying that 'aliens' do not exist. I would be the last one to say that, but we have to be streetwise here. President Ronald Reagan told the UN General Assembly in 1987: 'I occasionally think how quickly our differences worldwide would vanish if we were facing an alien threat from outside this world.' That's the idea. Unite against a common 'enemy' with a common purpose behind your 'saviour force' (the Cult) as this age-old technique of mass manipulation goes global.

Science moves this way ...

I could find only one other person who was discussing the simulation hypothesis publicly when I concluded it was real. This was Nick Bostrom, a Swedish-born philosopher at the University of Oxford, who has explored for many years the possibility that human reality is a computer simulation although his version and mine are not the same. Today the simulation and holographic reality hypothesis have increasingly entered the scientific mainstream. Well, the more open-minded mainstream, that is. Here are a few of the ever-gathering examples. American nuclear physicist Silas Beane led a team of physicists at the University of Bonn in Germany pursuing the question of whether we live in a simulation. They concluded that we probably do and it was likely based on a lattice of cubes. They found that cosmic rays align with that specific pattern. The team highlighted the Greisen–Zatsepin–Kuzmin (GZK) limit which refers to cosmic ray particle interaction with cosmic background radiation that creates an apparent boundary for cosmic ray particles. They say in a paper entitled 'Constraints on the Universe as a Numerical Simulation' that this 'pattern of constraint' is exactly what you

would find with a computer simulation. They also made the point that a simulation would create its own 'laws of physics' that would limit possibility. I've been making the same point for decades that the *perceived* laws of physics relate only to this reality, or what I would later call the simulation. When designers write codes to create computer and virtual reality games they are the equivalent of the laws of physics for that game. Players interact within the limitations laid out by the coding. In the same way those who wrote the codes for the simulation decided the laws of physics that would apply. These can be overridden by expanded states of consciousness, but not by those enslaved in only five-sense awareness where simulation codes rule. Overriding the codes is what people call 'miracles'. They are not. They are bypassing the encoded limits of the simulation. A population caught in simulation perception would have no idea that this was their plight. As the Bonn paper said: 'Like a prisoner in a pitch-black cell we would not be able to see the "walls" of our prison,' That's true if people remain mesmerised by the five senses. Open to expanded awareness and those walls become very clear. The main one is the speed of light.

American theoretical physicist James Gates is another who has explored the simulation question and found considerable evidence to support the idea. Gates was Professor of Physics at the University of Maryland, Director of The Center for String and Particle Theory, and on Barack Obama's Council of Advisors on Science and Technology. He and his team found *computer codes* of digital data embedded in the fabric of our reality. They relate to on-off electrical charges of 1 and 0 in the binary system used by computers. 'We have no idea what they are doing there', Gates said. They found within the energetic fabric mathematical sequences known as error-correcting codes or block codes that 'reboot' data to its original state or 'default settings' when something knocks it out of sync. Gates was asked if he had found a set of equations embedded in our reality indistinguishable from those that drive search engines and browsers and he said: 'That is correct.' Rich Terrile, director of the Centre for Evolutionary Computation and Automated Design at NASA's Jet

Propulsion Laboratory, has said publicly that he believes the Universe is a digital hologram that must have been created by a form of intelligence. I agree with that in every way. Waveform information is delivered electrically by the senses to the brain which constructs a *digital* holographic reality that we call the 'world'. This digital level of reality can be read by the esoteric art of numerology. Digital holograms are at the cutting edge of holographics today. We have digital technology everywhere designed to access and manipulate our digital level of perceived reality. Synthetic mRNA in 'Covid vaccines' has a digital component to manipulate the body's digital 'operating system'.

Reality is numbers

How many know that our reality can be broken down to numbers and codes that are the same as computer games? Max Tegmark, a physicist at the Massachusetts Institute of Technology (MIT), is the author of *Our Mathematical Universe* in which he lays out how reality can be entirely described by numbers and maths in the way that a video game is encoded with the 'physics' of computer games. Our world and computer virtual reality are essentially the same. Tegmark imagines the perceptions of characters in an advanced computer game when the graphics are so good they don't know they are in a game. They think they can bump into real objects (electromagnetic resistance in our reality), fall in love and feel emotions like excitement. When they began to study the apparently 'physical world' of the video game they would realise that everything was made of pixels (which have been found in our energetic reality as must be the case when on one level our world is digital). What computer game characters thought was physical 'stuff', Tegmark said, could actually be broken down into numbers:

And we're exactly in this situation in our world. We look around and it doesn't seem that mathematical at all, but everything we see is made out of elementary particles like quarks and electrons. And what properties does an electron have? Does it have a smell or a colour or a texture? No! ... We physicists have come up with geeky names for [Electron] properties, like

electric charge, or spin, or lepton number, but the electron doesn't care what we call it, the properties are just numbers.

This is the illusory reality Gnostics were describing. This is the simulation. The A, C, G, and T codes of DNA have a binary value – A and C = 0 while G and T = 1. This has to be when the simulation is digital and the body must be digital to interact with it. Recurring mathematical sequences are encoded throughout reality and the body. They include the Fibonacci sequence in which the two previous numbers are added to get the next one, as in ... 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, etc. The sequence is encoded in the human face and body, proportions of animals, DNA, seed heads, pine cones, trees, shells, spiral galaxies, hurricanes and the number of petals in a flower. The list goes on and on. There are fractal patterns – a 'never-ending pattern that is infinitely complex and self-similar across all scales in the as above, so below, principle of holograms. These and other famous recurring geometrical and mathematical sequences such as Phi, Pi, Golden Mean, Golden Ratio and Golden Section are *computer codes* of the simulation. I had to laugh and give my head a shake the day I finished this book and it went into the production stage. I was sent an article in *Scientific American* published in April, 2021, with the headline 'Confirmed! We Live in a Simulation'. Two decades after I first said our reality is a simulation and the speed of light is it's outer limit the article suggested that we do live in a simulation and that the speed of light is its outer limit. I left school at 15 and never passed a major exam in my life while the writer was up to his eyes in qualifications. As I will explain in the final chapter *knowing* is far better than thinking and they come from very different sources. The article rightly connected the speed of light to the processing speed of the 'Matrix' and said what has been in my books all this time … 'If we are in a simulation, as it appears, then space is an abstract property written in code. It is not real'. No it's not and if we live in a simulation something created it and it wasn't *us*. 'That David Icke says we are manipulated by aliens' – he's crackers.'

Wow …

The reality that humanity thinks is so real is an illusion. Politicians, governments, scientists, doctors, academics, law enforcement, media, school and university curriculums, on and on, are all founded on a world that *does not exist* except as a simulated prison cell. Is it such a stretch to accept that 'Covid' doesn't exist when our entire 'physical' reality doesn't exist? Revealed here is the knowledge kept under raps in the Cult networks of compartmentalised secrecy to control humanity's sense of reality by inducing the population to believe in a reality that's not real. If it wasn't so tragic in its experiential consequences the whole thing would be hysterically funny. None of this is new to Renegade Minds. Ancient Greek philosopher Plato (about 428 to about 347BC) was a major influence on Gnostic belief and he described the human plight thousands of years ago with his Allegory of the Cave. He told the symbolic story of prisoners living in a cave who had never been outside. They were chained and could only see one wall of the cave while behind them was a fire that they could not see. Figures walked past the fire casting shadows on the prisoners' wall and those moving shadows became their sense of reality. Some prisoners began to study the shadows and were considered experts on them (today's academics and scientists), but what they studied was only an illusion (today's academics and scientists). A prisoner escaped from the cave and saw reality as it really is. When he returned to report this revelation they didn't believe him, called him mad and threatened to kill him if he tried to set them free. Plato's tale is not only a brilliant analogy of the human plight and our illusory reality. It describes, too, the dynamics of the 'Covid' hoax. I have only skimmed the surface of these subjects here. The aim of this book is to crisply connect all essential dots to put what is happening today into its true context. All subject areas and their connections in this chapter are covered in great evidential detail in *Everything You Need To Know, But Have Never Been Told* and *The Answer*.

They say that bewildered people 'can't see the forest for the trees'. Humanity, however, can't see the forest for the *twigs*. The five senses

see only twigs while Renegade Minds can see the forest and it's the forest where the answers lie with the connections that reveals. Breaking free of perceptual programming so the forest can be seen is the way we turn all this around. Not breaking free is how humanity got into this mess. The situation may seem hopeless, but I promise you it's not. We are a perceptual heartbeat from paradise if only we knew.

CHAPTER TWELVE

Escaping Wetiko

Life is simply a vacation from the infinite
Dean Cavanagh

Renegade Minds weave the web of life and events and see common themes in the apparently random. They are always there if you look for them and their pursuit is aided by incredible synchronicity that comes when your mind is open rather than mesmerised by what it thinks it can see.

Infinite awareness is infinite possibility and the more of infinite possibility that we access the more becomes infinitely possible. That may be stating the apparently obvious, but it is a devastatingly-powerful fact that can set us free. We are a point of attention within an infinity of consciousness. The question is how much of that infinity do we choose to access? How much knowledge, insight, awareness, wisdom, do we want to connect with and explore? If your focus is only in the five senses you will be influenced by a fraction of infinite awareness. I mean a range so tiny that it gives new meaning to infinitesimal. Limitation of self-identity and a sense of the possible limit accordingly your range of consciousness. We are what we think we are. Life is what we think it is. The dream is the dreamer and the dreamer is the dream. Buddhist philosophy puts it this way: 'As a thing is viewed, so it appears.' Most humans live in the realm of touch, taste, see, hear, and smell and that's the limit of their sense of the possible and sense of self. Many will follow a religion and speak of a God in his heaven, but their lives are still

dominated by the five senses in their perceptions and actions. The five senses become the arbiter of everything. When that happens all except a smear of infinity is sealed away from influence by the rigid, unyielding, reality bubbles that are the five-sense human or Phantom Self. Archon Cult methodology is to isolate consciousness within five-sense reality – the simulation – and then program that consciousness with a sense of self and the world through a deluge of life-long information designed to instil the desired perception that allows global control. Efforts to do this have increased dramatically with identity politics as identity bubbles are squeezed into the minutiae of five-sense detail which disconnect people even more profoundly from the infinite 'I'.

Five-sense focus and self-identity are like a firewall that limits access to the infinite realms. You only perceive one radio or television station and no other. We'll take that literally for a moment. Imagine a vast array of stations giving different information and angles on reality, but you only ever listen to one. Here we have the human plight in which the population is overwhelmingly confined to CultFM. This relates only to the frequency range of CultFM and limits perception and insight to that band – limits *possibility* to that band. It means you are connecting with an almost imperceptibly minuscule range of possibility and creative potential within the infinite Field. It's a world where everything seems apart from everything else and where synchronicity is rare. Synchronicity is defined in the dictionary as 'the happening by chance of two or more related or similar events at the same time'. Use of 'by chance' betrays a complete misunderstanding of reality. Synchronicity is not 'by chance'. As people open their minds, or 'awaken' to use the term, they notice more and more coincidences in their lives, bits of 'luck', apparently miraculous happenings that put them in the right place at the right time with the right people. Days become peppered with 'fancy meeting you here' and 'what are the chances of that?' My entire life has been lived like this and ever more so since my own colossal awakening in 1990 and 91 which transformed my sense of reality. Synchronicity is not 'by chance'; it is by accessing expanded

realms of possibility which allow expanded potential for manifestation. People broadcasting the same vibe from the same openness of mind tend to be drawn 'by chance' to each other through what I call frequency magnetism and it's not only people. In the last more than 30 years incredible synchronicity has also led me through the Cult maze to information in so many forms and to crucial personal experiences. These 'coincidences' have allowed me to put the puzzle pieces together across an enormous array of subjects and situations. Those who have breached the bubble of five-sense reality will know exactly what I mean and this escape from the perceptual prison cell is open to everyone whenever they make that choice. This may appear super-human when compared with the limitations of 'human', but it's really our natural state. 'Human' as currently experienced is consciousness in an unnatural state of induced separation from the infinity of the whole. I'll come to how this transformation into unity can be made when I have described in more detail the force that holds humanity in servitude by denying this access to infinite self.

The Wetiko factor

I have been talking and writing for decades about the way five-sense mind is systematically barricaded from expanded awareness. I have used the analogy of a computer (five-sense mind) and someone at the keyboard (expanded awareness). Interaction between the computer and the operator is symbolic of the interaction between five-sense mind and expanded awareness. The computer directly experiences the Internet and the operator experiences the Internet via the computer which is how it's supposed to be – the two working as one. Archons seek to control that point where the operator connects with the computer to stop that interaction (Fig 20). Now the operator is banging the keyboard and clicking the mouse, but the computer is not responding and this happens when the computer is taken over – *possessed* – by an appropriately-named computer 'virus'. The operator has lost all influence over the computer which goes its own way making decisions under the control of the 'virus'. I have

just described the dynamic through which the force known to Gnostics as Yaldabaoth and Archons disconnects five-sense mind from expanded awareness to imprison humanity in perceptual servitude.

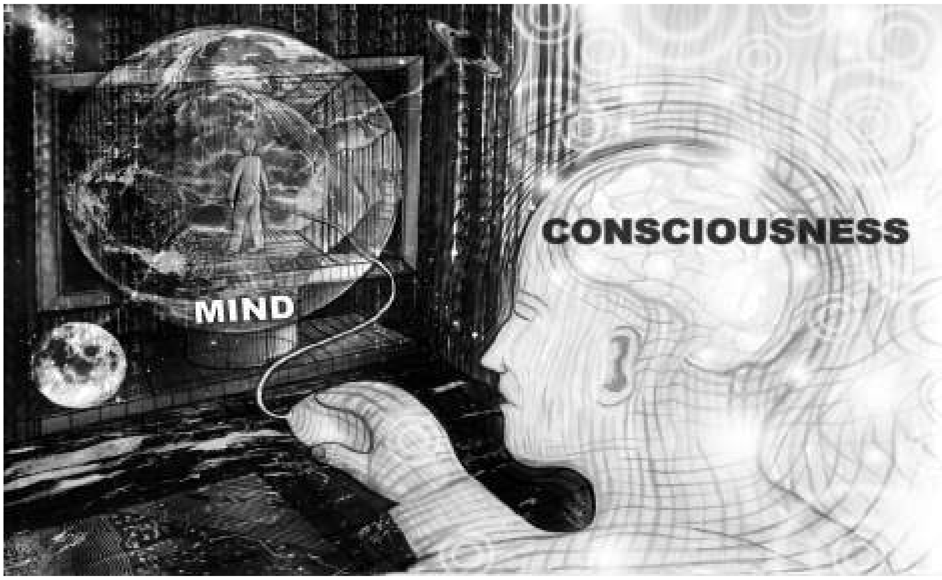

Figure 20: The mind 'virus' I have been writing about for decades seeks to isolate five-sense mind (the computer) from the true 'I'. (Image by Neil Hague).

About a year ago I came across a Native American concept of Wetiko which describes precisely the same phenomenon. Wetiko is the spelling used by the Cree and there are other versions including wintiko and windigo used by other tribal groups. They spell the name with lower case, but I see Wetiko as a proper noun as with Archons and prefer a capital. I first saw an article about Wetiko by writer and researcher Paul Levy which so synced with what I had been writing about the computer/operator disconnection and later the Archons. I then read his book, the fascinating *Dispelling Wetiko, Breaking the Spell of Evil*. The parallels between what I had concluded long before and the Native American concept of Wetiko were so clear and obvious that it was almost funny. For Wetiko see the Gnostic Archons for sure and the Jinn, the Predators, and every other name for a force of evil, inversion and chaos. Wetiko is the Native American name for the force that divides the computer from

the operator (Fig 21). Indigenous author Jack D. Forbes, a founder of the Native American movement in the 1960s, wrote another book about Wetiko entitled *Columbus And Other Cannibals – The Wetiko Disease of Exploitation, Imperialism, and Terrorism* which I also read. Forbes says that Wetiko refers to an evil person or spirit 'who terrorizes other creatures by means of terrible acts, including cannibalism'. Zulu shaman Credo Mutwa told me that African accounts tell how cannibalism was brought into the world by the Chitauri 'gods' – another manifestation of Wetiko. The distinction between 'evil person or spirit' relates to Archons/Wetiko possessing a human or acting as pure consciousness. Wetiko is said to be a sickness of the soul or spirit and a state of being that takes but gives nothing back – the Cult and its operatives perfectly described. Black Hawk, a Native American war leader defending their lands from confiscation, said European invaders had 'poisoned hearts' – Wetiko hearts – and that this would spread to native societies. Mention of the heart is very significant as we shall shortly see. Forbes writes: 'Tragically, the history of the world for the past 2,000 years is, in great part, the story of the epidemiology of the wetiko disease.' Yes, and much longer. Forbes is correct when he says: 'The wetikos destroyed Egypt and Babylon and Athens and Rome and Tenochtitlan [capital of the Aztec empire] and perhaps now they will destroy the entire earth.' Evil, he said, is the number one export of a Wetiko culture – see its globalisation with 'Covid'. Constant war, mass murder, suffering of all kinds, child abuse, Satanism, torture and human sacrifice are all expressions of Wetiko and the Wetiko possessed. The world is Wetiko made manifest, *but it doesn't have to be*. There is a way out of this even now.

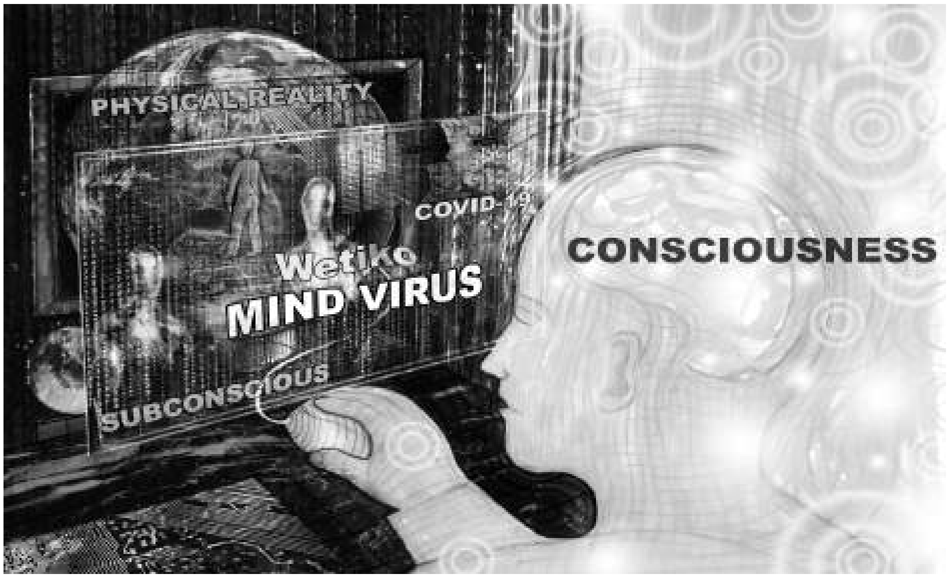

Figure 21: The mind 'virus' is known to Native Americans as 'Wetiko'. (Image by Neil Hague).

Cult of Wetiko

Wetiko is the Yaldabaoth frequency distortion that seeks to attach to human consciousness and absorb it into its own. Once this connection is made Wetiko can drive the perceptions of the target which they believe to be coming from their own mind. All the horrors of history and today from mass killers to Satanists, paedophiles like Jeffrey Epstein and other psychopaths, are the embodiment of Wetiko and express its state of being in all its grotesqueness. The Cult is Wetiko incarnate, Yaldabaoth incarnate, and it seeks to facilitate Wetiko assimilation of humanity in totality into its distortion by manipulating the population into low frequency states that match its own. Paul Levy writes: 'Holographically enforced within the psyche of every human being the wetiko virus pervades and underlies the entire field of consciousness, and can therefore potentially manifest through any one of us at any moment if we are not mindful.' The 'Covid' hoax has achieved this with many people, but others have not fallen into Wetiko's frequency lair. Players in the 'Covid' human catastrophe including Gates, Schwab, Tedros, Fauci, Whitty, Vallance, Johnson, Hancock, Ferguson, Drosten, and all the rest, including the psychopath psychologists, are expressions of Wetiko. This is why

they have no compassion or empathy and no emotional consequence for what they do that would make them stop doing it. Observe all the people who support the psychopaths in authority against the Pushbackers despite the damaging impact the psychopaths have on their own lives and their family's lives. You are again looking at Wetiko possession which prevents them seeing through the lies to the obvious scam going on. *Why can't they see it?* Wetiko won't let them see it. The perceptual divide that has now become a chasm is between the Wetikoed and the non-Wetikoed.

Paul Levy describes Wetiko in the same way that I have long described the Archontic force. They are the same distorted consciousness operating across dimensions of reality: '… the subtle body of wetiko is not located in the third dimension of space and time, literally existing in another dimension … it is able to affect ordinary lives by mysteriously interpenetrating into our three-dimensional world.' Wetiko does this through its incarnate representatives in the Cult and by weaving itself into The Field which on our level of reality is the electromagnetic information field of the simulation or Matrix. More than that, the simulation *is* Wetiko / Yaldabaoth. Caleb Scharf, Director of Astrobiology at Columbia University, has speculated that 'alien life' could be so advanced that it has transcribed itself into the quantum realm to become what we call physics. He said intelligence indistinguishable from the fabric of the Universe would solve many of its greatest mysteries:

> Perhaps hyper-advanced life isn't just external. Perhaps it's already all around. It is embedded in what we perceive to be physics itself, from the root behaviour of particles and fields to the phenomena of complexity and emergence ... In other words, life might not just be in the equations. It might BE the equations [My emphasis].

Scharf said it is possible that 'we don't recognise advanced life because it forms an integral and unsuspicious part of what we've considered to be the natural world'. I agree. Wetiko/Yaldabaoth *is* the simulation. We are literally in the body of the beast. But that doesn't mean it has to control us. We all have the power to overcome Wetiko

influence and the Cult knows that. I doubt it sleeps too well because it knows that.

Which Field?

This, I suggest, is how it all works. There are two Fields. One is the fierce electromagnetic light of the Matrix within the speed of light; the other is the 'watery light' of The Field beyond the walls of the Matrix that connects with the Great Infinity. Five-sense mind and the decoding systems of the body attach us to the Field of Matrix light. They have to or we could not experience this reality. Five-sense mind sees only the Matrix Field of information while our expanded consciousness is part of the Infinity Field. When we open our minds, and most importantly our hearts, to the Infinity Field we have a mission control which gives us an expanded perspective, a road map, to understand the nature of the five-sense world. If we are isolated only in five-sense mind there is no mission control. We're on our own trying to understand a world that's constantly feeding us information to ensure we do not understand. People in this state can feel 'lost' and bewildered with no direction or radar. You can see ever more clearly those who are influenced by the Fields of Big Infinity or little five-sense mind simply by their views and behaviour with regard to the 'Covid' hoax. We have had this division throughout known human history with the mass of the people on one side and individuals who could see and intuit beyond the walls of the simulation – Plato's prisoner who broke out of the cave and saw reality for what it is. Such people have always been targeted by Wetiko/Archon-possessed authority, burned at the stake or demonised as mad, bad and dangerous. The Cult today and its global network of 'anti-hate', 'anti-fascist' Woke groups are all expressions of Wetiko attacking those exposing the conspiracy, 'Covid' lies and the 'vaccine' agenda.

Woke as a whole is Wetiko which explains its black and white mentality and how at one it is with the Wetiko-possessed Cult. Paul Levy said: 'To be in this paradigm is to still be under the thrall of a two-valued logic – where things are either true or false – of a

wetikoized mind.' Wetiko consciousness is in a permanent rage, therefore so is Woke, and then there is Woke inversion and contradiction. 'Anti-fascists' act like fascists because fascists *and* 'anti-fascists' are both Wetiko at work. Political parties act the same while claiming to be different for the same reason. Secret society and satanic rituals are attaching initiates to Wetiko and the cold, ruthless, psychopathic mentality that secures the positions of power all over the world is Wetiko. Reframing 'training programmes' have the same cumulative effect of attaching Wetiko and we have their graduates described as automatons and robots with a cold, psychopathic, uncaring demeanour. They are all traits of Wetiko possession and look how many times they have been described in this book and elsewhere with regard to personnel behind 'Covid' including the police and medical profession. Climbing the greasy pole in any profession in a Wetiko society requires traits of Wetiko to get there and that is particularly true of politics which is not about fair competition and pre-eminence of ideas. It is founded on how many backs you can stab and arses you can lick. This culminated in the global 'Covid' coordination between the Wetiko possessed who pulled it off in all the different countries without a trace of empathy and compassion for their impact on humans. Our sight sense can see only holographic form and not the Field which connects holographic form. Therefore we perceive 'physical' objects with 'space' in between. In fact that 'space' is energy/consciousness operating on multiple frequencies. One of them is Wetiko and that connects the Cult psychopaths, those who submit to the psychopaths, and those who serve the psychopaths in the media operations of the world. Wetiko is Gates. Wetiko is the mask-wearing submissive. Wetiko is the fake journalist and 'fact-checker'. The Wetiko Field is coordinating the whole thing. Psychopaths, gofers, media operatives, 'anti-hate' hate groups, 'fact-checkers' and submissive people work as one unit *even without human coordination* because they are attached to the *same* Field which is organising it all (Fig 22). Paul Levy is here describing how Wetiko-possessed people are drawn together and refuse to let any information breach their rigid

perceptions. He was writing long before 'Covid', but I think you will recognise followers of the 'Covid' religion *oh just a little bit*:

> People who are channelling the vibratory frequency of wetiko align with each other through psychic resonance to reinforce their unspoken shared agreement so as to uphold their deranged view of reality. Once an unconscious content takes possession of certain individuals, it irresistibly draws them together by mutual attraction and knits them into groups tied together by their shared madness that can easily swell into an avalanche of insanity.
>
> A psychic epidemic is a closed system, which is to say that it is insular and not open to any new information or informing influences from the outside world which contradict its fixed, limited, and limiting perspective.

There we have the Woke mind and the 'Covid' mind. Compatible resonance draws the awakening together, too, which is clearly happening today.

Figure 22: The Wetiko Field from which the Cult pyramid and its personnel are made manifest. (Image by Neil Hague).

Spiritual servitude

Wetiko doesn't care about humans. It's not human; it just possesses humans for its own ends and the effect (depending on the scale of

possession) can be anything from extreme psychopathy to unquestioning obedience. Wetiko's worst nightmare is for human consciousness to expand beyond the simulation. Everything is focussed on stopping that happening through control of information, thus perception, thus frequency. The 'education system', media, science, medicine, academia, are all geared to maintaining humanity in five-sense servitude as is the constant stimulation of low-vibrational mental and emotional states (see 'Covid'). Wetiko seeks to dominate those subconscious spaces between five-sense perception and expanded consciousness where the computer meets the operator. From these subconscious hiding places Wetiko speaks to us to trigger urges and desires that we take to be our own and manipulate us into anything from low-vibrational to psychopathic states. Remember how Islam describes the Jinn as invisible tricksters that 'whisper' and confuse. Wetiko is the origin of the 'trickster god' theme that you find in cultures all over the world. Jinn, like the Archons, are Wetiko which is terrified of humans awakening and reconnecting with our true self for then its energy source has gone. With that the feedback loop breaks between Wetiko and human perception that provides the energetic momentum on which its very existence depends as a force of evil. Humans are both its target and its source of survival, but only if we are operating in low-vibrational states of fear, hate, depression and the background anxiety that most people suffer. We are Wetiko's target because we are its key to survival. It needs us, not the other way round. Paul Levy writes:

> A vampire has no intrinsic, independent, substantial existence in its own right; it only exists in relation to us. The pathogenic, vampiric mind-parasite called wetiko is nothing in itself – not being able to exist from its own side – yet it has a 'virtual reality' such that it can potentially destroy our species …
>
> …The fact that a vampire is not reflected by a mirror can also mean that what we need to see is that there's nothing, no-thing to see, other than ourselves. The fact that wetiko is the expression of something inside of us means that the cure for wetiko is with us as well. The critical issue is finding this cure within us and then putting it into effect.

Evil begets evil because if evil does not constantly expand and find new sources of energetic sustenance its evil, its *distortion*, dies with the assimilation into balance and harmony. Love is the garlic to Wetiko's vampire. Evil, the absence of love, cannot exist in the presence of love. I think I see a way out of here. I have emphasised so many times over the decades that the Archons/Wetiko and their Cult are not all powerful. *They are not*. I don't care how it looks even now *they are not*. I have not called them little boys in short trousers for effect. I have said it because it is true. Wetiko's insatiable desire for power over others is not a sign of its omnipotence, but its insecurity. Paul Levy writes: 'Due to the primal fear which ultimately drives it and which it is driven to cultivate, wetiko's body politic has an intrinsic and insistent need for centralising power and control so as to create imagined safety for itself.' *Yeeeeeees!* Exactly! Why does Wetiko want humans in an ongoing state of fear? Wetiko itself *is* fear and it is petrified of love. As evil is an absence of love, so love is an absence of fear. Love conquers all and *especially* Wetiko which *is* fear. Wetiko brought fear into the world when it wasn't here before. *Fear* was the 'fall', the fall into low-frequency ignorance and illusion – fear is **F**alse **E**motion **A**ppearing **R**eal. The simulation is driven and energised by fear because Wetiko/Yaldabaoth (fear) *are* the simulation. Fear is the absence of love and Wetiko is the absence of love.

Wetiko today

We can now view current events from this level of perspective. The 'Covid' hoax has generated momentous amounts of ongoing fear, anxiety, depression and despair which have empowered Wetiko. No wonder people like Gates have been the instigators when they are Wetiko incarnate and exhibit every trait of Wetiko in the extreme. See how cold and unemotional these people are like Gates and his cronies, how dead of eye they are. That's Wetiko. Sabbatians are Wetiko and everything they control including the World Health Organization, Big Pharma and the 'vaccine' makers, national 'health'

hierarchies, corporate media, Silicon Valley, the banking system, and the United Nations with its planned transformation into world government. All are controlled and possessed by the Wetiko distortion into distorting human society in its image. We are with this knowledge at the gateway to understanding the world. Divisions of race, culture, creed and sexuality are diversions to hide the real division between those possessed and influenced by Wetiko and those that are not. The 'Covid' hoax has brought both clearly into view. Human behaviour is not about race. Tyrants and dictatorships come in all colours and creeds. What unites the US president bombing the innocent and an African tribe committing genocide against another as in Rwanda? What unites them? *Wetiko*. All wars are Wetiko, all genocide is Wetiko, all hunger over centuries in a world of plenty is Wetiko. Children going to bed hungry, including in the West, is Wetiko. Cult-generated Woke racial divisions that focus on the body are designed to obscure the reality that divisions in behaviour are manifestations of mind, not body. Obsession with body identity and group judgement is a means to divert attention from the real source of behaviour – mind and perception. Conflict sown by the Woke both within themselves and with their target groups are Wetiko providing lunch for itself through still more agents of the division, chaos, and fear on which it feeds. The Cult is seeking to assimilate the entirety of humanity and all children and young people into the Wetiko frequency by manipulating them into states of fear and despair. Witness all the suicide and psychological unravelling since the spring of 2020. Wetiko psychopaths want to impose a state of unquestioning obedience to authority which is no more than a conduit for Wetiko to enforce its will and assimilate humanity into itself. It needs us to believe that resistance is futile when it fears resistance and even more so the game-changing non-cooperation with its impositions. It can use violent resistance for its benefit. Violent impositions and violent resistance are *both* Wetiko. The Power of Love with its Power of No will sweep Wetiko from our world. Wetiko and its Cult know that. They just don't want us to know.

AI Wetiko

This brings me to AI or artificial intelligence and something else Wetikos don't want us to know. What is AI *really*? I know about computer code algorithms and AI that learns from data input. These, however, are more diversions, the expeditionary force, for the real AI that they want to connect to the human brain as promoted by Silicon Valley Wetikos like Kurzweil. What is this AI? It is the frequency of *Wetiko*, the frequency of the Archons. The connection of AI to the human brain is the connection of the Wetiko frequency to create a Wetiko hive mind and complete the job of assimilation. The hive mind is planned to be controlled from Israel and China which are both 100 percent owned by Wetiko Sabbatians. The assimilation process has been going on minute by minute in the 'smart' era which fused with the 'Covid' era. We are told that social media is scrambling the minds of the young and changing their personality. This is true, but what is social media? Look more deeply at how it works, how it creates divisions and conflict, the hostility and cruelty, the targeting of people until they are destroyed. That's Wetiko. Social media is manipulated to tune people to the Wetiko frequency with all the emotional exploitation tricks employed by platforms like Facebook and its Wetiko front man, Zuckerberg. Facebook's Instagram announced a new platform for children to overcome a legal bar on them using the main site. This is more Wetiko exploitation and manipulation of kids. Amnesty International likened the plan to foxes offering to guard the henhouse and said it was incompatible with human rights. Since when did Wetiko or Zuckerberg (I repeat myself) care about that? Would Brin and Page at Google, Wojcicki at YouTube, Bezos at Amazon and whoever the hell runs Twitter act as they do if they were not channelling Wetiko? Would those who are developing technologies for no other reason than human control? How about those designing and selling technologies to kill people and Big Pharma drug and 'vaccine' producers who know they will end or devastate lives? Quite a thought for these people to consider is that if you are Wetiko in a human life you are Wetiko on the 'other side' unless your frequency

changes and that can only change by a change of perception which becomes a change of behaviour. Where Gates is going does not bear thinking about although perhaps that's exactly where he wants to go. Either way, that's where he's going. His frequency will make it so.

The frequency lair

I have been saying for a long time that a big part of the addiction to smartphones and devices is that a frequency is coming off them that entraps the mind. People spend ages on their phones and sometimes even a minute or so after they put them down they pick them up again and it all repeats. 'Covid' lockdowns will have increased this addiction a million times for obvious reasons. Addictions to alcohol overindulgence and drugs are another way that Wetiko entraps consciousness to attach to its own. Both are symptoms of low-vibrational psychological distress which alcoholism and drug addiction further compound. Do we think it's really a coincidence that access to them is made so easy while potions that can take people into realms beyond the simulation are banned and illegal? I have explored smartphone addiction in other books, the scale is mind-blowing, and that level of addiction does not come without help. Tech companies that make these phones are Wetiko and they will have no qualms about destroying the minds of children. We are seeing again with these companies the Wetiko perceptual combination of psychopathic enforcers and weak and meek unquestioning compliance by the rank and file.

The global Smart Grid is the Wetiko Grid and it is crucial to complete the Cult endgame. The simulation is radiation and we are being deluged with technological radiation on a devastating scale. Wetiko frauds like Elon Musk serve Cult interests while occasionally criticising them to maintain his street-cred. 5G and other forms of Wi-Fi are being directed at the earth from space on a volume and scale that goes on increasing by the day. Elon Musk's (officially) SpaceX Starlink project is in the process of putting tens of thousands of satellites in low orbit to cover every inch of the planet with 5G and other Wi-Fi to create Kurzweil's global 'cloud' to which the

human mind is planned to be attached very soon. SpaceX has approval to operate 12,000 satellites with more than 1,300 launched at the time of writing and applications filed for *30,000* more. Other operators in the Wi-Fi, 5G, low-orbit satellite market include OneWeb (UK), Telesat (Canada), and AST & Science (US). Musk tells us that AI could be the end of humanity and then launches a company called Neuralink to connect the human brain to computers. Musk's (in theory) Tesla company is building electric cars and the driverless vehicles of the smart control grid. As frauds and bullshitters go Elon Musk in my opinion is Major League.

5G and technological radiation in general are destructive to human health, genetics and psychology and increasing the strength of artificial radiation underpins the five-sense perceptual bubbles which are themselves expressions of radiation or electromagnetism. Freedom activist John Whitehead was so right with his 'databit by databit, we are building our own electronic concentration camps'. The Smart Grid and 5G is a means to control the human mind and infuse perceptual information into The Field to influence anyone in sync with its frequency. You can change perception and behaviour en masse if you can manipulate the population into those levels of frequency and this is happening all around us today. The arrogance of Musk and his fellow Cult operatives knows no bounds in the way that we see with Gates. Musk's satellites are so many in number already they are changing the night sky when viewed from Earth. The astronomy community has complained about this and they have seen nothing yet. Some consequences of Musk's Wetiko hubris include: Radiation; visible pollution of the night sky; interference with astronomy and meteorology; ground and water pollution from intensive use of increasingly many spaceports; accumulating space debris; continual deorbiting and burning up of aging satellites, polluting the atmosphere with toxic dust and smoke; and ever-increasing likelihood of collisions. A collective public open letter of complaint to Musk said:

We are writing to you … because SpaceX is in process of surrounding the Earth with a network of thousands of satellites whose very purpose is to irradiate every square inch of the

Earth. SpaceX, like everyone else, is treating the radiation as if it were not there. As if the mitochondria in our cells do not depend on electrons moving undisturbed from the food we digest to the oxygen we breathe.

As if our nervous systems and our hearts are not subject to radio frequency interference like any piece of electronic equipment. As if the cancer, diabetes, and heart disease that now afflict a majority of the Earth's population are not metabolic diseases that result from interference with our cellular machinery. As if insects everywhere, and the birds and animals that eat them, are not starving to death as a result.

People like Musk and Gates believe in their limitless Wetiko arrogance that they can do whatever they like to the world because they own it. Consequences for humanity are irrelevant. It's absolutely time that we stopped taking this shit from these self-styled masters of the Earth when you consider where this is going.

Why is the Cult so anti-human?

I hear this question often: Why would they do this when it will affect them, too? Ah, but will it? Who is this *them*? Forget their bodies. They are just vehicles for Wetiko consciousness. When you break it all down to the foundations we are looking at a state of severely distorted consciousness targeting another state of consciousness for assimilation. The rest is detail. The simulation is the fly-trap in which unique sensations of the five senses create a cycle of addiction called reincarnation. Renegade Minds see that everything which happens in our reality is a smaller version of the whole picture in line with the holographic principle. Addiction to the radiation of smart technology is a smaller version of addiction to the whole simulation. Connecting the body/brain to AI is taking that addiction on a giant step further to total ongoing control by assimilating human incarnate consciousness into Wetiko. I have watched during the 'Covid' hoax how many are becoming ever more profoundly attached to Wetiko's perceptual calling cards of aggressive response to any other point of view ('There is no other god but me'), psychopathic lack of compassion and empathy, and servile submission to the narrative and will of authority. Wetiko is the psychopaths *and* subservience to psychopaths. The Cult of Wetiko is

so anti-human because it is *not* human. It embarked on a mission to destroy human by targeting everything that it means to be human and to survive as human. 'Covid' is not the end, just a means to an end. The Cult with its Wetiko consciousness is seeking to change Earth systems, including the atmosphere, to suit them, not humans. The gathering bombardment of 5G alone from ground and space is dramatically changing The Field with which the five senses interact. There is so much more to come if we sit on our hands and hope it will all go away. It is not meant to go away. It is meant to get ever more extreme and we need to face that while we still can – just.

Carbon dioxide is the gas of life. Without that human is over. Kaput, gone, history. No natural world, no human. The Cult has created a cock and bull story about carbon dioxide and climate change to justify its reduction to the point where Gates and the ignoramus Biden 'climate chief' John Kerry want to suck it out of the atmosphere. Kerry wants to do this because his master Gates does. Wetikos have made the gas of life a demon with the usual support from the Wokers of Extinction Rebellion and similar organisations and the bewildered puppet-child that is Greta Thunberg who was put on the world stage by Klaus Schwab and the World Economic Forum. The name Extinction Rebellion is both ironic and as always Wetiko inversion. The gas that we need to survive must be reduced to save us from extinction. The most basic need of human is oxygen and we now have billions walking around in face nappies depriving body and brain of this essential requirement of human existence. More than that 5G at 60 gigahertz interacts with the oxygen molecule to reduce the amount of oxygen the body can absorb into the bloodstream. The obvious knock-on consequences of that for respiratory and cognitive problems and life itself need no further explanation. Psychopaths like Musk are assembling a global system of satellites to deluge the human atmosphere with this insanity. The man should be in jail. Here we have two most basic of human needs, oxygen and carbon dioxide, being dismantled.

Two others, water and food, are getting similar treatment with the United Nations Agendas 21 and 2030 – the Great Reset – planning to

centrally control all water and food supplies. People will not even own rain water that falls on their land. Food is affected at the most basic level by reducing carbon dioxide. We have genetic modification or GMO infiltrating the food chain on a mass scale, pesticides and herbicides polluting the air and destroying the soil. Freshwater fish that provide livelihoods for 60 million people and feed hundreds of millions worldwide are being 'pushed to the brink' according the conservationists while climate change is the only focus. Now we have Gates and Schwab wanting to dispense with current food sources all together and replace them with a synthetic version which the Wetiko Cult would control in terms of production and who eats and who doesn't. We have been on the Totalitarian Tiptoe to this for more than 60 years as food has become ever more processed and full of chemical shite to the point today when it's not natural food at all. As Dr Tom Cowan says: 'If it has a label don't eat it.' Bill Gates is now the biggest owner of farmland in the United States and he does nothing without an ulterior motive involving the Cult. Klaus Schwab wrote: 'To feed the world in the next 50 years we will need to produce as much food as was produced in the last 10,000 years … food security will only be achieved, however, if regulations on genetically modified foods are adapted to reflect the reality that gene editing offers a precise, efficient and safe method of improving crops.' Liar. People and the world are being targeted with aluminium through vaccines, chemtrails, food, drink cans, and endless other sources when aluminium has been linked to many health issues including dementia which is increasing year after year. Insects, bees and wildlife essential to the food chain are being deleted by pesticides, herbicides and radiation which 5G is dramatically increasing with 6G and 7G to come. The pollinating bee population is being devastated while wildlife including birds, dolphins and whales are having their natural radar blocked by the effects of ever-increasing radiation. In the summer windscreens used to be splattered with insects so numerous were they. It doesn't happen now. Where have they gone?

Synthetic everything

The Cult is introducing genetically-modified versions of trees, plants and insects including a Gates-funded project to unleash hundreds of millions of genetically-modified, lab-altered and patented male mosquitoes to mate with wild mosquitoes and induce genetic flaws that cause them to die out. Clinically-insane Gates-funded Japanese researchers have developed mosquitos that spread vaccine and are dubbed 'flying vaccinators'. Gates is funding the modification of weather patterns in part to sell the myth that this is caused by carbon dioxide and he's funding geoengineering of the skies to change the atmosphere. Some of this came to light with the Gates-backed plan to release tonnes of chalk into the atmosphere to 'deflect the Sun and cool the planet'. Funny how they do this while the heating effect of the Sun is not factored into climate projections focussed on carbon dioxide. The reason is that they want to reduce carbon dioxide (so don't mention the Sun), but at the same time they do want to reduce the impact of the Sun which is so essential to human life and health. I have mentioned the sun-cholesterol-vitamin D connection as they demonise the Sun with warnings about skin cancer (caused by the chemicals in sun cream they tell you to splash on). They come from the other end of the process with statin drugs to reduce cholesterol that turns sunlight into vitamin D. A lack of vitamin D leads to a long list of health effects and how vitamin D levels must have fallen with people confined to their homes over 'Covid'. Gates is funding other forms of geoengineering and most importantly chemtrails which are dropping heavy metals, aluminium and self-replicating nanotechnology onto the Earth which is killing the natural world. See *Everything You Need To Know, But Have Never Been Told* for the detailed background to this.

Every human system is being targeted for deletion by a force that's not human. The Wetiko Cult has embarked on the process of transforming the human body from biological to synthetic biological as I have explained. Biological is being replaced by the artificial and synthetic – Archontic 'countermimicry' – right across human society. The plan eventually is to dispense with the human body altogether

and absorb human consciousness – which it wouldn't really be by then – into cyberspace (the simulation which is Wetiko/Yaldabaoth). Preparations for that are already happening if people would care to look. The alternative media rightly warns about globalism and 'the globalists', but this is far bigger than that and represents the end of the human race as we know it. The 'bad copy' of prime reality that Gnostics describe was a bad copy of harmony, wonder and beauty to start with before Wetiko/Yaldabaoth set out to change the simulated 'copy' into something very different. The process was slow to start with. Entrapped humans in the simulation timeline were not technologically aware and they had to be brought up to intellectual speed while being suppressed spiritually to the point where they could build their own prison while having no idea they were doing so. We have now reached that stage where technological intellect has the potential to destroy us and that's why events are moving so fast. Central American shaman Don Juan Matus said:

> Think for a moment, and tell me how you would explain the contradictions between the intelligence of man the engineer and the stupidity of his systems of belief, or the stupidity of his contradictory behaviour. Sorcerers believe that the predators have given us our systems of beliefs, our ideas of good and evil; our social mores. They are the ones who set up our dreams of success or failure. They have given us covetousness, greed, and cowardice. It is the predator who makes us complacent, routinary, and egomaniacal.
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> In order to keep us obedient and meek and weak, the predators engaged themselves in a stupendous manoeuvre – stupendous, of course, from the point of view of a fighting strategist; a horrendous manoeuvre from the point of those who suffer it. They gave us their mind. The predators' mind is baroque, contradictory, morose, filled with the fear of being discovered any minute now.

For 'predators' see Wetiko, Archons, Yaldabaoth, Jinn, and all the other versions of the same phenomenon in cultures and religions all over the world. The theme is always the same because it's true and it's real. We have reached the point where we have to deal with it. The question is – how?

Don't fight – walk away

I thought I'd use a controversial subheading to get things moving in terms of our response to global fascism. What do you mean 'don't fight'? What do you mean 'walk away'? We've got to fight. We can't walk away. Well, it depends what we mean by fight and walk away. If fighting means physical combat we are playing Wetiko's game and falling for its trap. It wants us to get angry, aggressive, and direct hate and hostility at the enemy we think we must fight. Every war, every battle, every conflict, has been fought with Wetiko leading both sides. It's what it does. Wetiko wants a fight, anywhere, any place. Just hit me, son, so I can hit you back. Wetiko hits Wetiko and Wetiko hits Wetiko in return. I am very forthright as you can see in exposing Wetikos of the Cult, but I don't hate them. I refuse to hate them. It's what they want. What you hate you become. What you *fight* you become. Wokers, 'anti-haters' and 'anti-fascists' prove this every time they reach for their keyboards or don their balaclavas. By walk away I mean to disengage from Wetiko which includes ceasing to cooperate with its tyranny. Paul Levy says of Wetiko:

> The way to 'defeat' evil is not to try to destroy it (for then, in playing evil's game, we have already lost), but rather, to find the invulnerable place within ourselves where evil is unable to vanquish us – this is to truly 'win' our battle with evil.

Wetiko is everywhere in human society and it's been on steroids since the 'Covid' hoax. Every shouting match over wearing masks has Wetiko wearing a mask and Wetiko not wearing one. It's an electrical circuit of push and resist, push and resist, with Wetiko pushing *and* resisting. Each polarity is Wetiko empowering itself. Dictionary definitions of 'resist' include 'opposing, refusing to accept or comply with' and the word to focus on is 'opposing'. What form does this take – setting police cars alight or 'refusing to accept or comply with'? The former is Wetiko opposing Wetiko while the other points the way forward. This is the difference between those aggressively demanding that government fascism must be obeyed who stand in stark contrast to the great majority of Pushbackers. We saw this clearly with a march by thousands of Pushbackers against lockdown in London followed days later by a Woker-hijacked

protest in Bristol in which police cars were set on fire. Masks were virtually absent in London and widespread in Bristol. Wetiko wants lockdown on every level of society and infuses its aggression to police it through its unknowing stooges. Lockdown protesters are the ones with the smiling faces and the hugs, The two blatantly obvious states of being – getting more obvious by the day – are the result of Wokers and their like becoming ever more influenced by the simulation Field of Wetiko and Pushbackers ever more influenced by The Field of a far higher vibration beyond the simulation. Wetiko can't invade the heart which is where most lockdown opponents are coming from. It's the heart that allows them to see through the lies to the truth in ways I will be highlighting.

Renegade Minds know that calmness is the place from which wisdom comes. You won't find wisdom in a hissing fit and wisdom is what we need in abundance right now. Calmness is not weakness – you don't have to scream at the top of your voice to be strong. Calmness is indeed a sign of strength. 'No' means I'm not doing it. *NOOOO!!!* doesn't mean you're not doing it even more. Volume does not advance 'No – I'm not doing it'. You are just not doing it. Wetiko possessed and influenced don't know how to deal with that. Wetiko wants a fight and we should not give it one. What it needs more than anything is our *cooperation* and we should not give that either. Mass rallies and marches are great in that they are a visual representation of feeling, but if it ends there they are irrelevant. You demand that Wetikos act differently? Well, they're not going to are they? They are Wetikos. We don't need to waste our time demanding that something doesn't happen when that will make no difference. We need to delete the means that *allows* it to happen. This, invariably, is our cooperation. You can demand a child stop firing a peashooter at the dog or you can refuse to buy the peashooter. If you provide the means you are cooperating with the dog being smacked on the nose with a pea. How can the authorities enforce mask-wearing if millions in a country refuse? What if the 74 million Pushbackers that voted for Trump in 2020 refused to wear masks, close their businesses or stay in their homes. It would be unenforceable. The

few control the many through the compliance of the many and that's always been the dynamic be it 'Covid' regulations or the Roman Empire. I know people can find it intimidating to say no to authority or stand out in a crowd for being the only one with a face on display; but it has to be done or it's over. I hope I've made clear in this book that where this is going will be far more intimidating than standing up now and saying 'No' – I will not cooperate with my own enslavement and that of my children. There might be consequences for some initially, although not so if enough do the same. The question that must be addressed is what is going to happen if we don't? It is time to be strong and unyieldingly so. No means no. Not here and there, but *everywhere* and *always*. I have refused to wear a mask and obey all the other nonsense. I will not comply with tyranny. I repeat: Fascism is not imposed by fascists – there are never enough of them. Fascism is imposed by the population acquiescing to fascism. *I will not do it*. I will die first, or my body will. Living meekly under fascism is a form of death anyway, the death of the spirit that Martin Luther King described.

Making things happen

We must not despair. This is not over till it's over and it's far from that. The 'fat lady' must refuse to sing. The longer the 'Covid' hoax has dragged on and impacted on more lives we have seen an awakening of phenomenal numbers of people worldwide to the realisation that what they have believed all their lives is not how the world really is. Research published by the system-serving University of Bristol and King's College London in February, 2021, concluded: 'One in every 11 people in Britain say they trust David Icke's take on the coronavirus pandemic.' It will be more by now and we have gathering numbers to build on. We must urgently progress from seeing the scam to ceasing to cooperate with it. Prominent German lawyer Reiner Fuellmich, also licenced to practice law in America, is doing a magnificent job taking the legal route to bring the psychopaths to justice through a second Nuremberg tribunal for crimes against humanity. Fuellmich has an impressive record of

beating the elite in court and he formed the German Corona Investigative Committee to pursue civil charges against the main perpetrators with a view to triggering criminal charges. Most importantly he has grasped the foundation of the hoax – the PCR test not testing for the 'virus' – and Christian Drosten is therefore on his charge sheet along with Gates frontman Tedros at the World Health Organization. Major players must be not be allowed to inflict their horrors on the human race without being brought to book. A life sentence must follow for Bill Gates and the rest of them. A group of researchers has also indicted the government of Norway for crimes against humanity with copies sent to the police and the International Criminal Court. The lawsuit cites participation in an internationally-planned false pandemic and violation of international law and human rights, the European Commission's definition of human rights by coercive rules, Nuremberg and Hague rules on fundamental human rights, and the Norwegian constitution. We must take the initiative from hereon and not just complain, protest and react.

There are practical ways to support vital mass non-cooperation. Organising in numbers is one. Lockdown marches in London in the spring in 2021 were mass non-cooperation that the authorities could not stop. There were too many people. Hundreds of thousands walked the London streets in the centre of the road for mile after mile while the Face-Nappies could only look on. They were determined, but calm, and just *did it* with no histrionics and lots of smiles. The police were impotent. Others are organising group shopping without masks for mutual support and imagine if that was happening all over. Policing it would be impossible. If the store refuses to serve people in these circumstances they would be faced with a long line of trolleys full of goods standing on their own and everything would have to be returned to the shelves. How would they cope with that if it kept happening? I am talking here about moving on from complaining to being pro-active; from watching things happen to making things happen. I include in this our relationship with the police. The behaviour of many Face-Nappies

has been disgraceful and anyone who thinks they would never find concentration camp guards in the 'enlightened' modern era have had that myth busted big-time. The period and setting may change – Wetikos never do. I watched film footage from a London march in which a police thug viciously kicked a protestor on the floor who had done nothing. His fellow Face-Nappies stood in a ring protecting him. What he did was a criminal assault and with a crowd far outnumbering the police this can no longer be allowed to happen unchallenged. I get it when people chant 'shame on you' in these circumstances, but that is no longer enough. They *have* no shame those who do this. Crowds needs to start making a citizen's arrest of the police who commit criminal offences and brutally attack innocent people and defenceless women. A citizen's arrest can be made under section 24A of the UK Police and Criminal Evidence (PACE) Act of 1984 and you will find something similar in other countries. I prefer to call it a Common Law arrest rather than citizen's for reasons I will come to shortly. Anyone can arrest a person committing an indictable offence or if they have reasonable grounds to suspect they are committing an indictable offence. On both counts the attack by the police thug would have fallen into this category. A citizen's arrest can be made to stop someone:

- Causing physical injury to himself or any other person
- Suffering physical injury
- Causing loss of or damage to property
- Making off before a constable can assume responsibility for him

A citizen's arrest may also be made to prevent a breach of the peace under Common Law and if they believe a breach of the peace will happen or anything related to harm likely to be done or already done in their presence. This is the way to go I think – the Common Law version. If police know that the crowd and members of the public will no longer be standing and watching while they commit

their thuggery and crimes they will think twice about acting like Brownshirts and Blackshirts.

Common Law – common sense

Mention of Common Law is very important. Most people think the law is the law as in one law. This is not the case. There are two bodies of law, Common Law and Statute Law, and they are not the same. Common Law is founded on the simple premise of do no harm. It does not recognise victimless crimes in which no harm is done while Statute Law does. There is a Statute Law against almost everything. So what is Statute Law? Amazingly it's the law of the *sea* that was brought ashore by the Cult to override the law of the land which is Common Law. They had no right to do this and as always they did it anyway. They had to. They could not impose their will on the people through Common Law which only applies to do no harm. How could you stitch up the fine detail of people's lives with that? Instead they took the law of the sea, or Admiralty Law, and applied it to the population. Statute Law refers to all the laws spewing out of governments and their agencies including all the fascist laws and regulations relating to 'Covid'. The key point to make is that Statute Law is *contract law*. It only applies between *contracting* corporations. Most police officers don't even know this. They have to be kept in the dark, too. Long ago when merchants and their sailing ships began to trade with different countries a contractual law was developed called Admiralty Law and other names. Again it only applied to *contracts* agreed between *corporate* entities. If there is no agreed contract the law of the sea had no jurisdiction *and that still applies to its new alias of Statute Law*. The problem for the Cult when the law of the sea was brought ashore was an obvious one. People were not corporations and neither were government entities. To overcome the latter they made governments and all associated organisations corporations. All the institutions are *private corporations* and I mean governments and their agencies, local councils, police, courts, military, US states, the whole lot. Go to the

Dun and Bradstreet corporate listings website for confirmation that they are all corporations. You are arrested by a private corporation called the police by someone who is really a private security guard and they take you to court which is another private corporation. Neither have jurisdiction over you unless you consent and *contract* with them. This is why you hear the mantra about law enforcement policing by *consent* of the people. In truth the people 'consent' only in theory through monumental trickery.

Okay, the Cult overcame the corporate law problem by making governments and institutions corporate entities; but what about people? They are not corporations are they? Ah ... well in a sense, and *only* a sense, they are. Not people exactly – the illusion of people. The Cult creates a corporation in the name of everyone at the time that their birth certificate is issued. Note birth/ *berth* certificate and when you go to court under the law of the sea on land you stand in a *dock*. These are throwbacks to the origin. My Common Law name is David Vaughan Icke. The name of the corporation created by the government when I was born is called Mr David Vaughan Icke usually written in capitals as MR DAVID VAUGHAN ICKE. That is not me, the living, breathing man. It is a fictitious corporate entity. The trick is to make you think that David Vaughan Icke and MR DAVID VAUGHAN ICKE are the same thing. *They are not*. When police charge you and take you to court they are prosecuting the corporate entity and not the living, breathing, man or woman. They have to trick you into identifying as the corporate entity and contracting with them. Otherwise they have no jurisdiction. They do this through a language known as legalese. Lawful and legal are not the same either. Lawful relates to Common Law and legal relates to Statute Law. Legalese is the language of Statue Law which uses terms that mean one thing to the public and another in legalese. Notice that when a police officer tells someone why they are being charged he or she will say at the end: 'Do you understand?' To the public that means 'Do you comprehend?' In legalese it means 'Do you stand under me?' Do you stand under my authority? If you say

yes to the question you are unknowingly agreeing to give them jurisdiction over you in a contract between two corporate entities.

This is a confidence trick in every way. Contracts have to be agreed between informed parties and if you don't know that David Vaughan Icke is agreeing to be the corporation MR DAVID VAUGHAN ICKE you cannot knowingly agree to contract. They are deceiving you and another way they do this is to ask for proof of identity. You usually show them a driving licence or other document on which your corporate name is written. In doing so you are accepting that you are that corporate entity when you are not. Referring to yourself as a 'person' or 'citizen' is also identifying with your corporate fiction which is why I made the Common Law point about the citizen's arrest. If you are approached by a police officer you identify yourself immediately as a living, breathing, man or woman and say 'I do not consent, I do not contract with you and I do not understand' or stand under their authority. I have a Common Law birth certificate as a living man and these are available at no charge from commonlawcourt.com. Businesses registered under the Statute Law system means that its laws apply. There are, however, ways to run a business under Common Law. Remember all 'Covid' laws and regulations are Statute Law – the law of *contracts* and you do not have to contract. This doesn't mean that you can kill someone and get away with it. Common Law says do no harm and that applies to physical harm, financial harm etc. Police are employees of private corporations and there needs to be a new system of non-corporate Common Law constables operating outside the Statute Law system. If you go to davidicke.com and put Common Law into the search engine you will find videos that explain Common Law in much greater detail. It is definitely a road we should walk.

With all my heart

I have heard people say that we are in a spiritual war. I don't like the term 'war' with its Wetiko dynamic, but I know what they mean. Sweep aside all the bodily forms and we are in a situation in which two states of consciousness are seeking very different realities.

Wetiko wants upheaval, chaos, fear, suffering, conflict and control. The other wants love, peace, harmony, fairness and freedom. That's where we are. We should not fall for the idea that Wetiko is all-powerful and there's nothing we can do. Wetiko is not all-powerful. It's a joke, pathetic. It doesn't have to be, but it has made that choice for now. A handful of times over the years when I have felt the presence of its frequency I have allowed it to attach briefly so I could consciously observe its nature. The experience is not pleasant, the energy is heavy and dark, but the ease with which you can kick it back out the door shows that its real power is in persuading us that it has power. It's all a con. Wetiko is a con. It's a trickster and not a power that can control us if we unleash our own. The con is founded on manipulating humanity to give its power to Wetiko which recycles it back to present the illusion that it has power when its power is *ours* that we gave away. This happens on an energetic level and plays out in the world of the seen as humanity giving its power to Wetiko authority which uses that power to control the population when the power is only the power the population has handed over. How could it be any other way for billions to be controlled by a relative few? I have had experiences with people possessed by Wetiko and again you can kick its arse if you do it with an open heart. Oh yes – the *heart* which can transform the world of perceived 'matter'.

We are receiver-transmitters and processors of information, but what information and where from? Information is processed into perception in three main areas – the brain, the heart and the belly. These relate to thinking, knowing, and emotion. Wetiko wants us to be head and belly people which means we think within the confines of the Matrix simulation and low-vibrational emotional reaction scrambles balance and perception. A few minutes on social media and you see how emotion is the dominant force. Woke is all emotion and is therefore thought-free and fact-free. Our heart is something different. It *knows* while the head *thinks* and has to try to work it out because it doesn't know. The human energy field has seven prime vortexes which connect us with wider reality (Fig 23). Chakra means

‘wheels of light’ in the Sanskrit language of ancient India. The main ones are: The crown chakra on top of the head; brow (or ‘third eye’) chakra in the centre of the forehead; throat chakra; heart chakra in the centre of the chest; solar plexus chakra below the sternum; sacral chakra beneath the navel; and base chakra at the bottom of the spine. Each one has a particular function or functions. We feel anxiety and nervousness in the belly where the sacral chakra is located and this processes emotion that can affect the colon to give people ‘the shits’ or make them ‘shit scared’ when they are nervous. Chakras all play an important role, but the Mr and Mrs Big is the heart chakra which sits at the centre of the seven, above the chakras that connect us to the ‘physical’ and below those that connect with higher realms (or at least should). Here in the heart chakra we feel love, empathy and compassion – ‘My heart goes out to you’. Those with closed hearts become literally ‘heart-less’ in their attitudes and behaviour (see Bill Gates). Native Americans portrayed Wetiko with what Paul Levy calls a ‘frigid, icy heart, devoid of mercy’ (see Bill Gates).

Figure 23: The chakra system which interpenetrates the human energy field. The heart chakra is the governor – or should be.

Wetiko trembles at the thought of heart energy which it cannot infiltrate. The frequency is too high. What it seeks to do instead is close the heart chakra vortex to block its perceptual and energetic influence. Psychopaths have ‘hearts of stone’ and emotionally-damaged people have ‘heartache’ and ‘broken hearts’. The astonishing amount of heart disease is related to heart chakra

disruption with its fundamental connection to the 'physical' heart. Dr Tom Cowan has written an outstanding book challenging the belief that the heart is a pump and making the connection between the 'physical' and spiritual heart. Rudolph Steiner who was way ahead of his time said the same about the fallacy that the heart is a pump. *What*? The heart is not a pump? That's crazy, right? Everybody knows that. Read Cowan's *Human Heart, Cosmic Heart* and you will realise that the very idea of the heart as a pump is ridiculous when you see the evidence. How does blood in the feet so far from the heart get pumped horizontally up the body by the heart?? Cowan explains in the book the real reason why blood moves as it does. Our 'physical' heart is used to symbolise love when the source is really the heart vortex or spiritual heart which is our most powerful energetic connection to 'out there' expanded consciousness. That's why we feel *knowing* – intuitive knowing – in the centre of the chest. Knowing doesn't come from a process of thoughts leading to a conclusion. It is there in an instant all in one go. Our heart knows because of its connection to levels of awareness that *do* know. This is the meaning and source of intuition – intuitive *knowing*.

For the last more than 30 years of uncovering the global game and the nature of reality my heart has been my constant antenna for truth and accuracy. An American intelligence insider once said that I had quoted a disinformer in one of my books and yet I had only quoted the part that was true. He asked: 'How do you do that?' By using my heart antenna was the answer and anyone can do it. Heart-centred is how we are meant to be. With a closed heart chakra we withdraw into a closed mind and the bubble of five-sense reality. If you take a moment to focus your attention on the centre of your chest, picture a spinning wheel of light and see it opening and expanding. You will feel it happening, too, and perceptions of the heart like joy and love as the heart impacts on the mind as they interact. The more the chakra opens the more you will feel expressions of heart consciousness and as the process continues, and becomes part of you, insights and knowings will follow. An open

heart is connected to that level of awareness that knows all is *One*. You will see from its perspective that the fault-lines that divide us are only illusions to control us. An open heart does not process the illusions of race, creed and sexuality except as brief experiences for a consciousness that is all. Our heart does not see division, only unity (Figs 24 and 25). There's something else, too. Our hearts love to laugh. Mark Twain's quote that says 'The human race has one really effective weapon, and that is laughter' is really a reference to the heart which loves to laugh with the joy of knowing the true nature of infinite reality and that all the madness of human society is an illusion of the mind. Twain also said: 'Against the assault of laughter nothing can stand.' This is so true of Wetiko and the Cult. Their insecurity demands that they be taken seriously and their power and authority acknowledged and feared. We should do nothing of the sort. We should not get aggressive or fearful which their insecurity so desires. We should laugh in their face. Even in their no-face as police come over in their face-nappies and expect to be taken seriously. They don't take themselves seriously looking like that so why should we? Laugh in the face of intimidation. Laugh in the face of tyranny. You will see by its reaction that you have pressed all of its buttons. Wetiko does not know what to do in the face of laughter or when its targets refuse to concede their joy to fear. We have seen many examples during the 'Covid' hoax when people have expressed their energetic power and the string puppets of Wetiko retreat with their tail limp between their knees. Laugh – the world is bloody mad after all and if it's a choice between laughter and tears I know which way I'm going.

Figure 24: Head consciousness without the heart sees division and everything apart from everything else.

Figure 25: Heart consciousness sees everything as One.

'Vaccines' and the soul

The foundation of Wetiko/Archon control of humans is the separation of incarnate five-sense mind from the infinite 'I' and closing the heart chakra where the True 'I' lives during a human life. The goal has been to achieve complete separation in both cases. I was interested therefore to read an account by a French energetic healer of what she said she experienced with a patient who had been given the 'Covid' vaccine. Genuine energy healers can sense information and consciousness fields at different levels of being which are referred to as 'subtle bodies'. She described treating the patient who later returned after having, without the healer's knowledge, two doses of the 'Covid vaccine'. The healer said:

I noticed immediately the change, very heavy energy emanating from [the] subtle bodies. The scariest thing was when I was working on the heart chakra, I connected with her soul: it was detached from the physical body, it had no contact and it was, as if it was floating in a state of total confusion: a damage to the consciousness that loses contact with the physical body, i.e. with our biological machine, there is no longer any communication between them.

I continued the treatment by sending light to the heart chakra, the soul of the person, but it seemed that the soul could no longer receive any light, frequency or energy. It was a very powerful experience for me. Then I understood that this substance is indeed used to detach consciousness so that this consciousness can no longer interact through this body that it possesses in life, where there is no longer any contact, no frequency, no light, no more energetic balance or mind.

This would create a human that is rudderless and at the extreme almost zombie-like operating with a fractional state of consciousness at the mercy of Wetiko. I was especially intrigued by what the healer said in the light of the prediction by the highly-informed Rudolf Steiner more than a hundred years ago. He said:

> In the future, we will eliminate the soul with medicine. Under the pretext of a 'healthy point of view', there will be a vaccine by which the human body will be treated as soon as possible directly at birth, so that the human being cannot develop the thought of the existence of soul and Spirit. To materialistic doctors will be entrusted the task of removing the soul of humanity.
>
> As today, people are vaccinated against this disease or that disease, so in the future, children will be vaccinated with a substance that can be produced precisely in such a way that people, thanks to this vaccination, will be immune to being subjected to the 'madness' of spiritual life. He would be extremely smart, but he would not develop a conscience, and that is the true goal of some materialistic circles.

Steiner said the vaccine would detach the physical body from the etheric body (subtle bodies) and 'once the etheric body is detached the relationship between the universe and the etheric body would become extremely unstable, and man would become an automaton'. He said 'the physical body of man must be polished on this Earth by spiritual will – so the vaccine becomes a kind of arymanique (Wetiko) force' and 'man can no longer get rid of a given materialistic feeling'. Humans would then, he said, become 'materialistic of constitution and can no longer rise to the spiritual'. I have been writing for years about DNA being a receiver-transmitter of information that connects us to other levels of reality and these 'vaccines' changing DNA can be likened to changing an antenna and what it can transmit and receive. Such a disconnection would clearly lead to changes in personality and perception. Steiner further predicted the arrival of AI. Big Pharma 'Covid vaccine' makers, expressions of Wetiko, are testing their DNA-manipulating evil on children as I write with a view to giving the 'vaccine' to babies. If it's a soul-body disconnector – and I say that it is or can be – every child would be disconnected from 'soul' at birth and the 'vaccine' would create a closed system in which spiritual guidance from the greater self would play no part. This has been the ambition of Wetiko all

along. A Pentagon video from 2005 was leaked of a presentation explaining the development of vaccines to change behaviour by their effect on the brain. Those that believe this is not happening with the 'Covid' genetically-modifying procedure masquerading as a 'vaccine' should make an urgent appointment with Naivety Anonymous. Klaus Schwab wrote in 2018:

> Neurotechnologies enable us to better influence consciousness and thought and to understand many activities of the brain. They include decoding what we are thinking in fine levels of detail through new chemicals and interventions that can influence our brains to correct for errors or enhance functionality.

The plan is clear and only the heart can stop it. With every heart that opens, every mind that awakens, Wetiko is weakened. Heart and love are far more powerful than head and hate and so nothing like a majority is needed to turn this around.

Beyond the Phantom

Our heart is the prime target of Wetiko and so it must be the answer to Wetiko. We *are* our heart which is part of one heart, the infinite heart. Our heart is where the true self lives in a human life behind firewalls of five-sense illusion when an imposter takes its place – *Phantom Self*; but our heart waits patiently to be set free any time we choose to see beyond the Phantom, beyond Wetiko. A Wetikoed Phantom Self can wreak mass death and destruction while the love of forever is locked away in its heart. The time is here to unleash its power and let it sweep away the fear and despair that is Wetiko. Heart consciousness does not seek manipulated, censored, advantage for its belief or religion, its activism and desires. As an expression of the One it treats all as One with the same rights to freedom and opinion. Our heart demands fairness for itself no more than for others. From this unity of heart we can come together in mutual support and transform this Wetikoed world into what reality is meant to be – a place of love, joy, happiness, fairness, justice and freedom. Wetiko has another agenda and that's why the world is as

it is, but enough of this nonsense. Wetiko can't stay where hearts are open and it works so hard to keep them closed. Fear is its currency and its food source and love in its true sense has no fear. Why would love have fear when it knows it is *All That Is, Has Been, And Ever Can Be* on an eternal exploration of all possibility? Love in this true sense is not the physical attraction that passes for love. This can be an expression of it, yes, but Infinite Love, a love without condition, goes far deeper to the core of all being. It *is* the core of all being. Infinite realty was born from love beyond the illusions of the simulation. Love infinitely expressed is the knowing that all is One and the swiftly-passing experience of separation is a temporary hallucination. You cannot disconnect from Oneness; you can only *perceive* that you have and withdraw from its influence. This is the most important of all perception trickery by the mind parasite that is Wetiko and the foundation of all its potential for manipulation.

If we open our hearts, open the sluice gates of the mind, and redefine self-identity amazing things start to happen. Consciousness expands or contracts in accordance with self-identity. When true self is recognised as infinite awareness and label self – Phantom Self – is seen as only a series of brief experiences life is transformed. Consciousness expands to the extent that self-identity expands and everything changes. You see unity, not division, the picture, not the pixels. From this we can play the long game. No more is an experience something in and of itself, but a fleeting moment in the eternity of forever. Suddenly people in uniform and dark suits are no longer intimidating. Doing what your heart knows to be right is no longer intimidating and consequences for those actions take on the same nature of a brief experience that passes in the blink of an infinite eye. Intimidation is all in the mind. Beyond the mind there is no intimidation.

An open heart does not consider consequences for what it knows to be right. To do so would be to consider not doing what it knows to be right and for a heart in its power that is never an option. The Renegade Mind is really the Renegade Heart. Consideration of consequences will always provide a getaway car for the mind and

the heart doesn't want one. What is right in the light of what we face today is to stop cooperating with Wetiko in all its forms and to do it without fear or compromise. You cannot compromise with tyranny when tyranny always demands more until it has everything. Life is your perception and you are your destiny. Change your perception and you change your life. Change collective perception and we change the world.

Come on people … One human family, One heart, One goal … *FREEEEEEDOM*!

We must settle for nothing less.

Postscript

The big scare story as the book goes to press is the 'Indian' variant and the world is being deluged with propaganda about the 'Covid catastrophe' in India which mirrors in its lies and misrepresentations what happened in Italy before the first lockdown in 2020.

The *New York Post* published a picture of someone who had 'collapsed in the street from Covid' in India in April, 2021, which was actually taken during a gas leak in May, 2020. Same old, same old. Media articles in mid-February were asking why India had been so untouched by 'Covid' and then as their vaccine rollout gathered pace the alleged 'cases' began to rapidly increase. Indian 'Covid vaccine' maker Bharat Biotech was funded into existence by the Bill and Melinda Gates Foundation (the pair announced their divorce in May, 2021, which is a pity because they so deserve each other). The Indian 'Covid crisis' was ramped up by the media to terrify the world and prepare people for submission to still more restrictions. The scam that worked the first time was being repeated only with far more people seeing through the deceit. Davidicke.com and Ickonic.com have sought to tell the true story of what is happening by talking to people living through the Indian nightmare which has nothing to do with 'Covid'. We posted a letter from 'Alisha' in Pune who told a very different story to government and media mendacity. She said scenes of dying people and overwhelmed hospitals were designed to hide what was really happening – genocide and starvation. Alisha said that millions had already died of starvation during the ongoing lockdowns while government and media were lying and making it look like the 'virus':

Restaurants, shops, gyms, theatres, basically everything is shut. The cities are ghost towns. Even so-called 'essential' businesses are only open till 11am in the morning. You basically have just an hour to buy food and then your time is up.

Inter-state travel and even inter-district travel is banned. The cops wait at all major crossroads to question why you are traveling outdoors or to fine you if you are not wearing a mask.

The medical community here is also complicit in genocide, lying about hospitals being full and turning away people with genuine illnesses, who need immediate care. They have even created a shortage of oxygen cylinders.

This is the classic Cult modus operandi played out in every country. Alisha said that people who would not have a PCR test not testing for the 'virus' were being denied hospital treatment. She said the people hit hardest were migrant workers and those in rural areas. Most businesses employed migrant workers and with everything closed there were no jobs, no income and no food. As a result millions were dying of starvation or malnutrition. All this was happening under Prime Minister Narendra Modi, a 100-percent asset of the Cult, and it emphasises yet again the scale of pure anti-human evil we are dealing with. Australia banned its people from returning home from India with penalties for trying to do so of up to five years in jail and a fine of £37,000. The manufactured 'Covid' crisis in India was being prepared to justify further fascism in the West. Obvious connections could be seen between the Indian 'vaccine' programme and increased 'cases' and this became a common theme. The Seychelles, the most per capita 'Covid vaccinated' population in the world, went back into lockdown after a 'surge of cases'.

Long ago the truly evil Monsanto agricultural biotechnology corporation with its big connections to Bill Gates devastated Indian farming with genetically-modified crops. Human rights activist Gurcharan Singh highlighted the efforts by the Indian government to complete the job by destroying the food supply to hundreds of millions with 'Covid' lockdowns. He said that 415 million people at the bottom of the disgusting caste system (still going whatever they say) were below the poverty line and struggled to feed themselves every year. Now the government was imposing lockdown at just the

time to destroy the harvest. This deliberate policy was leading to mass starvation. People may reel back at the suggestion that a government would do that, but Wetiko-controlled 'leaders' are capable of any level of evil. In fact what is described in India is in the process of being instigated worldwide. The food chain and food supply are being targeted at every level to cause world hunger and thus control. Bill Gates is not the biggest owner of farmland in America for no reason and destroying access to food aids both the depopulation agenda and the plan for synthetic 'food' already being funded into existence by Gates. Add to this the coming hyper-inflation from the suicidal creation of fake 'money' in response to 'Covid' and the breakdown of container shipping systems and you have a cocktail that can only lead one way and is meant to. The Cult plan is to crash the entire system to 'build back better' with the Great Reset.

'Vaccine' transmission

Reports from all over the world continue to emerge of women suffering menstrual and fertility problems after having the fake 'vaccine' and of the non-'vaccinated' having similar problems when interacting with the 'vaccinated'. There are far too many for 'coincidence' to be credible. We've had menopausal women getting periods, others having periods stop or not stopping for weeks, passing clots, sometimes the lining of the uterus, breast irregularities, and miscarriages (which increased by 400 percent in parts of the United States). Non-'vaccinated' men and children have suffered blood clots and nose bleeding after interaction with the 'vaccinated'. Babies have died from the effects of breast milk from a 'vaccinated' mother. Awake doctors – the small minority – speculated on the cause of non-'vaccinated' suffering the same effects as the 'vaccinated'. Was it nanotechnology in the synthetic substance transmitting frequencies or was it a straight chemical bioweapon that was being transmitted between people? I am not saying that some kind of chemical transmission is not one possible answer, but the foundation of all that the Cult does is frequency and

this is fertile ground for understanding how transmission can happen. American doctor Carrie Madej, an internal medicine physician and osteopath, has been practicing for the last 20 years, teaching medical students, and she says attending different meetings where the agenda for humanity was discussed. Madej, who operates out of Georgia, did not dismiss other possible forms of transmission, but she focused on frequency in search of an explanation for transmission. She said the Moderna and Pfizer 'vaccines' contained nano-lipid particles as a key component. This was a brand new technology never before used on humanity. 'They're using a nanotechnology which is pretty much little tiny computer bits … nanobots or hydrogel.' Inside the 'vaccines' was 'this sci-fi kind of substance' which suppressed immune checkpoints to get into the cell. I referred to this earlier as the 'Trojan horse' technique that tricks the cell into opening a gateway for the self-replicating synthetic material and while the immune system is artificially suppressed the body has no defences. Madej said the substance served many purposes including an on-demand ability to 'deliver the payload' and using the nano 'computer bits' as biosensors in the body. 'It actually has the ability to accumulate data from your body, like your breathing, your respiration, thoughts, emotions, all kinds of things.'

She said the technology obviously has the ability to operate through Wi-Fi and transmit and receive energy, messages, frequencies or impulses. 'Just imagine you're getting this new substance in you and it can react to things all around you, the 5G, your smart device, your phones.' We had something completely foreign in the human body that had never been launched large scale at a time when we were seeing 5G going into schools and hospitals (plus the Musk satellites) and she believed the 'vaccine' transmission had something to do with this: '… if these people have this inside of them … it can act like an antenna and actually transmit it outwardly as well.' The synthetic substance produced its own voltage and so it could have that kind of effect. This fits with my own contention that the nano receiver-transmitters are designed to connect people to the

Smart Grid and break the receiver-transmitter connection to expanded consciousness. That would explain the French energy healer's experience of the disconnection of body from 'soul' with those who have had the 'vaccine'. The nanobots, self-replicating inside the body, would also transmit the synthetic frequency which could be picked up through close interaction by those who have not been 'vaccinated'. Madej speculated that perhaps it was 5G and increased levels of other radiation that was causing the symptoms directly although interestingly she said that non-'vaccinated' patients had shown improvement when they were away from the 'vaccinated' person they had interacted with. It must be remembered that you can control frequency and energy with your mind and you can consciously create energetic barriers or bubbles with the mind to stop damaging frequencies from penetrating your field. American paediatrician Dr Larry Palevsky said the 'vaccine' was not a 'vaccine' and was never designed to protect from a 'viral' infection. He called it 'a massive, brilliant propaganda of genocide' because they didn't have to inject everyone to get the result they wanted. He said the content of the jabs was able to infuse any material into the brain, heart, lungs, kidneys, liver, sperm and female productive system. 'This is genocide; this is a weapon of mass destruction.' At the same time American colleges were banning students from attending if they didn't have this life-changing and potentially life-ending 'vaccine'. Class action lawsuits must follow when the consequences of this college fascism come to light. As the book was going to press came reports about fertility effects on sperm in 'vaccinated' men which would absolutely fit with what I have been saying and hospitals continued to fill with 'vaccine' reactions. Another question is what about transmission via blood transfusions? The NHS has extended blood donation restrictions from seven days after a 'Covid vaccination' to 28 days after even a sore arm reaction.

I said in the spring of 2020 that the then touted 'Covid vaccine' would be ongoing each year like the flu jab. A year later Pfizer CEO, the appalling Albert Bourla, said people would 'likely' need a 'booster dose' of the 'vaccine' within 12 months of getting 'fully

vaccinated' and then a yearly shot. 'Variants will play a key role', he said confirming the point. Johnson & Johnson CEO Alex Gorsky also took time out from his 'vaccine' disaster to say that people may need to be vaccinated against 'Covid-19' each year. UK Health Secretary, the psychopath Matt Hancock, said additional 'boosters' would be available in the autumn of 2021. This is the trap of the 'vaccine passport'. The public will have to accept every last 'vaccine' they introduce, including for the fake 'variants', or it would cease to be valid. The only other way in some cases would be continuous testing with a test not testing for the 'virus' and what is on the swabs constantly pushed up your noise towards the brain every time?

'Vaccines' changing behaviour

I mentioned in the body of the book how I believed we would see gathering behaviour changes in the 'vaccinated' and I am already hearing such comments from the non-'vaccinated' describing behaviour changes in friends, loved ones and work colleagues. This will only increase as the self-replicating synthetic material and nanoparticles expand in body and brain. An article in the *Guardian* in 2016 detailed research at the University of Virginia in Charlottesville which developed a new method for controlling brain circuits associated with complex animal behaviour. The method, dubbed 'magnetogenetics', involves genetically-engineering a protein called ferritin, which stores and releases iron, to create a magnetised substance – 'Magneto' – that can activate specific groups of nerve cells from a distance. This is claimed to be an advance on other methods of brain activity manipulation known as optogenetics and chemogenetics (the Cult has been developing methods of brain control for a long time). The ferritin technique is said to be non-invasive and able to activate neurons 'rapidly and reversibly'. In other words, human thought and perception. The article said that earlier studies revealed how nerve cell proteins 'activated by heat and mechanical pressure can be genetically engineered so that they become sensitive to radio waves and magnetic fields, by attaching them to an iron-storing protein called ferritin, or to inorganic

paramagnetic particles'. Sensitive to radio waves and magnetic fields? You mean like 5G, 6G and 7G? This is the human-AI Smart Grid hive mind we are talking about. The *Guardian* article said:

> … the researchers injected Magneto into the striatum of freely behaving mice, a deep brain structure containing dopamine-producing neurons that are involved in reward and motivation, and then placed the animals into an apparatus split into magnetised and non-magnetised sections.
>
> Mice expressing Magneto spent far more time in the magnetised areas than mice that did not, because activation of the protein caused the striatal neurons expressing it to release dopamine, so that the mice found being in those areas rewarding. This shows that Magneto can remotely control the firing of neurons deep within the brain, and also control complex behaviours.

Make no mistake this basic methodology will be part of the 'Covid vaccine' cocktail and using magnetics to change brain function through electromagnetic field frequency activation. The Pentagon is developing a 'Covid vaccine' using ferritin. Magnetics would explain changes in behaviour and why videos are appearing across the Internet as I write showing how magnets stick to the skin at the point of the 'vaccine' shot. Once people take these 'vaccines' anything becomes possible in terms of brain function and illness which will be blamed on 'Covid-19' and 'variants'. Magnetic field manipulation would further explain why the non-'vaccinated' are reporting the same symptoms as the 'vaccinated' they interact with and why those symptoms are reported to decrease when not in their company. Interestingly 'Magneto', a 'mutant', is a character in the Marvel Comic *X-Men* stories with the ability to manipulate magnetic fields and he believes that mutants should fight back against their human oppressors by any means necessary. The character was born Erik Lehnsherr to a Jewish family in Germany.

Cult-controlled courts

The European Court of Human Rights opened the door for mandatory 'Covid-19 vaccines' across the continent when it ruled in a Czech Republic dispute over childhood immunisation that legally

enforced vaccination could be 'necessary in a democratic society'. The 17 judges decided that compulsory vaccinations did not breach human rights law. On the face of it the judgement was so inverted you gasp for air. If not having a vaccine infused into your body is not a human right then what is? Ah, but they said human rights law which has been specifically written to delete all human rights at the behest of the state (the Cult). Article 8 of the European Convention on Human Rights relates to the right to a private life. The crucial word here is *'except'*:

> There shall be no interference by a public authority with the exercise of this right EXCEPT such as is in accordance with the law and is necessary in a democratic society in the interests of national security, public safety or the economic wellbeing of the country, for the prevention of disorder or crime, for the protection of health or morals, or for the protection of the rights and freedoms of others [My emphasis].

No interference *except* in accordance with the law means there *are* no 'human rights' *except* what EU governments decide you can have at their behest. 'As is necessary in a democratic society' explains that reference in the judgement and 'in the interests of national security, public safety or the economic well-being of the country, for the prevention of disorder or crime, for the protection of health or morals, or for the protection of the rights and freedoms of others' gives the EU a coach and horses to ride through 'human rights' and scatter them in all directions. The judiciary is not a check and balance on government extremism; it is a vehicle to enforce it. This judgement was almost laughably predictable when the last thing the Cult wanted was a decision that went against mandatory vaccination. Judges rule over and over again to benefit the system of which they are a part. Vaccination disputes that come before them are invariably delivered in favour of doctors and authorities representing the view of the state which owns the judiciary. Oh, yes, and we have even had calls to stop putting 'Covid-19' on death certificates within 28 days of a 'positive test' because it is claimed the practice makes the 'vaccine' appear not to work. They are laughing at you.

The scale of madness, inhumanity and things to come was highlighted when those not 'vaccinated' for 'Covid' were refused evacuation from the Caribbean island of St Vincent during massive volcanic eruptions. Cruise ships taking residents to the safety of another island allowed only the 'vaccinated' to board and the rest were left to their fate. Even in life and death situations like this we see 'Covid' stripping people of their most basic human instincts and the insanity is even more extreme when you think that fake 'vaccine'-makers are not even claiming their body-manipulating concoctions stop 'infection' and 'transmission' of a 'virus' that doesn't exist. St Vincent Prime Minister Ralph Gonsalves said: 'The chief medical officer will be identifying the persons already vaccinated so that we can get them on the ship.' Note again the power of the chief medical officer who, like Whitty in the UK, will be answering to the World Health Organization. This is the Cult network structure that has overridden politicians who 'follow the science' which means doing what WHO-controlled 'medical officers' and 'science advisers' tell them. Gonsalves even said that residents who were 'vaccinated' after the order so they could board the ships would still be refused entry due to possible side effects such as 'wooziness in the head'. The good news is that if they were woozy enough in the head they could qualify to be prime minister of St Vincent.

Microchipping freedom

The European judgement will be used at some point to justify moves to enforce the 'Covid' DNA-manipulating procedure. Sandra Ro, CEO of the Global Blockchain Business Council, told a World Economic Forum event that she hoped 'vaccine passports' would help to 'drive forced consent and standardisation' of global digital identity schemes: 'I'm hoping with the desire and global demand for some sort of vaccine passport – so that people can get travelling and working again – [it] will drive forced consent, standardisation, and frankly, cooperation across the world.' The lady is either not very bright, or thoroughly mendacious, to use the term 'forced consent'.

You do not 'consent' if you are forced – you *submit*. She was describing what the plan has been all along and that's to enforce a digital identity on every human without which they could not function. 'Vaccine passports' are opening the door and are far from the end goal. A digital identity would allow you to be tracked in everything you do in cyberspace and this is the same technique used by Cult-owned China to enforce its social credit system of total control. The ultimate 'passport' is planned to be a microchip as my books have warned for nearly 30 years. Those nice people at the Pentagon working for the Cult-controlled Defense Advanced Research Projects Agency (DARPA) claimed in April, 2021, they have developed a microchip inserted under the skin to detect 'asymptomatic Covid-19 infection' before it becomes an outbreak and a 'revolutionary filter' that can remove the 'virus' from the blood when attached to a dialysis machine. The only problems with this are that the 'virus' does not exist and people transmitting the 'virus' with no symptoms is brain-numbing bullshit. This is, of course, not a ruse to get people to be microchipped for very different reasons. DARPA also said it was producing a one-stop 'vaccine' for the 'virus' and all 'variants'. One of the most sinister organisations on Planet Earth is doing this? Better have it then. These people are insane because Wetiko that possesses them is insane.

Researchers from the Salk Institute in California announced they have created an embryo that is part human and part monkey. My books going back to the 1990s have exposed experiments in top secret underground facilities in the United States where humans are being crossed with animal and non-human 'extraterrestrial' species. They are now easing that long-developed capability into the public arena and there is much more to come given we are dealing with psychiatric basket cases. Talking of which – Elon Musk's scientists at Neuralink trained a monkey to play Pong and other puzzles on a computer screen using a joystick and when the monkey made the correct move a metal tube squirted banana smoothie into his mouth which is the basic technique for training humans into unquestioning compliance. Two Neuralink chips were in the monkey's skull and

more than 2,000 wires 'fanned out' into its brain. Eventually the monkey played a video game purely with its brain waves. Psychopathic narcissist Musk said the 'breakthrough' was a step towards putting Neuralink chips into human skulls and merging minds with artificial intelligence. *Exactly*. This man is so dark and Cult to his DNA.

World Economic Fascism (WEF)

The World Economic Forum is telling you the plan by the statements made at its many and various events. Cult-owned fascist YouTube CEO Susan Wojcicki spoke at the 2021 WEF Global Technology Governance Summit (see the name) in which 40 governments and 150 companies met to ensure 'the responsible design and deployment of emerging technologies'. Orwellian translation: 'Ensuring the design and deployment of long-planned technologies will advance the Cult agenda for control and censorship.' Freedom-destroyer and Nuremberg-bound Wojcicki expressed support for tech platforms like hers to censor content that is 'technically legal but could be harmful'. Who decides what is 'harmful'? She does and they do. 'Harmful' will be whatever the Cult doesn't want people to see and we have legislation proposed by the UK government that would censor content on the basis of 'harm' no matter if the information is fair, legal and provably true. Make that *especially* if it is fair, legal and provably true. Wojcicki called for a global coalition to be formed to enforce content moderation standards through automated censorship. This is a woman and mega-censor so self-deluded that she shamelessly accepted a 'free expression' award – *Wojcicki* – in an event sponsored by her own *YouTube*. They have no shame and no self-awareness.

You know that 'Covid' is a scam and Wojcicki a Cult operative when YouTube is censoring medical and scientific opinion purely on the grounds of whether it supports or opposes the Cult 'Covid' narrative. Florida governor Ron DeSantis compiled an expert panel with four professors of medicine from Harvard, Oxford, and Stanford Universities who spoke against forcing children and

vaccinated people to wear masks. They also said there was no proof that lockdowns reduced spread or death rates of 'Covid-19'. Cult-gofer Wojcicki and her YouTube deleted the panel video 'because it included content that contradicts the consensus of local and global health authorities regarding the efficacy of masks to prevent the spread of Covid-19'. This 'consensus' refers to what the Cult tells the World Health Organization to say and the WHO tells 'local health authorities' to do. Wojcicki knows this, of course. The panellists pointed out that censorship of scientific debate was responsible for deaths from many causes, but Wojcicki couldn't care less. She would not dare go against what she is told and as a disgrace to humanity she wouldn't want to anyway. The UK government is seeking to pass a fascist 'Online Safety Bill' to specifically target with massive fines and other means non-censored video and social media platforms to make them censor 'lawful but harmful' content like the Cult-owned Facebook, Twitter, Google and YouTube. What is 'lawful but harmful' would be decided by the fascist Blair-created Ofcom.

Another WEF obsession is a cyber-attack on the financial system and this is clearly what the Cult has planned to take down the bank accounts of everyone – except theirs. Those that think they have enough money for the Cult agenda not to matter to them have got a big lesson coming if they continue to ignore what is staring them in the face. The World Economic Forum, funded by Gates and fronted by Klaus Schwab, announced it would be running a 'simulation' with the Russian government and global banks of just such an attack called Cyber Polygon 2021. What they simulate – as with the 'Covid' Event 201 – they plan to instigate. The WEF is involved in a project with the Cult-owned Carnegie Endowment for International Peace called the WEF-Carnegie Cyber Policy Initiative which seeks to merge Wall Street banks, 'regulators' (I love it) and intelligence agencies to 'prevent' (arrange and allow) a cyber-attack that would bring down the global financial system as long planned by those that control the WEF and the Carnegie operation. The Carnegie Endowment for International Peace sent an instruction to First World

War US President Woodrow Wilson not to let the war end before society had been irreversibly transformed.

The Wuhan lab diversion

As I close, the Cult-controlled authorities and lapdog media are systematically pushing 'the virus was released from the Wuhan lab' narrative. There are two versions – it happened by accident and it happened on purpose. Both are nonsense. The perceived existence of the never-shown-to-exist 'virus' is vital to sell the impression that there is actually an infective agent to deal with and to allow the endless potential for terrifying the population with 'variants' of a 'virus' that does not exist. The authorities at the time of writing are going with the 'by accident' while the alternative media is promoting the 'on purpose'. Cable news host Tucker Carlson who has questioned aspects of lockdown and 'vaccine' compulsion has bought the Wuhan lab story. 'Everyone now agrees' he said. Well, I don't and many others don't and the question is *why* does the system and its media suddenly 'agree'? When the media moves as one unit with a narrative it is always a lie – witness the hour by hour mendacity of the 'Covid' era. Why would this Cult-owned combination which has unleashed lies like machine gun fire suddenly 'agree' to tell the truth??

Much of the alternative media is buying the lie because it fits the conspiracy narrative, but it's the *wrong* conspiracy. The real conspiracy is that *there is no virus* and that is what the Cult is desperate to hide. The idea that the 'virus' was released by accident is ludicrous when the whole 'Covid' hoax was clearly long-planned and waiting to be played out as it was so fast in accordance with the Rockefeller document and Event 201. So they prepared everything in detail over decades and then sat around strumming their fingers waiting for an 'accidental' release from a bio-lab? *What??* It's crazy. Then there's the 'on purpose' claim. You want to circulate a 'deadly virus' and hide the fact that you've done so and you release it down the street from the highest-level bio-lab in China? I repeat – *What??*

You would release it far from that lab to stop any association being made. But, no, we'll do it in a place where the connection was certain to be made. Why would you need to scam 'cases' and 'deaths' and pay hospitals to diagnose 'Covid-19' if you had a real 'virus'? What are sections of the alternative media doing believing this crap? Where were all the mass deaths in Wuhan from a 'deadly pathogen' when the recovery to normal life after the initial propaganda was dramatic in speed? Why isn't the 'deadly pathogen' now circulating all over China with bodies in the street? Once again we have the technique of tell them what they want to hear and they will likely believe it. The alternative media has its 'conspiracy' and with Carlson it fits with his 'China is the danger' narrative over years. China *is* a danger as a global Cult operations centre, but not for this reason. The Wuhan lab story also has the potential to instigate conflict with China when at some stage the plan is to trigger a Problem-Reaction-Solution confrontation with the West. Question everything – *everything* – and especially when the media agrees on a common party line.

Third wave ... fourth wave ... fifth wave ...

As the book went into production the world was being set up for more lockdowns and a 'third wave' supported by invented 'variants' that were increasing all the time and will continue to do so in public statements and computer programs, but not in reality. India became the new Italy in the 'Covid' propaganda campaign and we were told to be frightened of the new 'Indian strain'. Somehow I couldn't find it within myself to do so. A document produced for the UK government entitled 'Summary of further modelling of easing of restrictions – Roadmap Step 2' declared that a third wave was inevitable (of course when it's in the script) and it would be the fault of children and those who refuse the health-destroying fake 'Covid vaccine'. One of the computer models involved came from the Cult-owned *Imperial College* and the other from Warwick University which I wouldn't trust to tell me the date in a calendar factory. The document states that both models presumed extremely high uptake

of the ‘Covid vaccines’ and didn’t allow for ‘variants’. The document states: ‘The resurgence is a result of some people (mostly children) being ineligible for vaccination; others choosing not to receive the vaccine; and others being vaccinated but not perfectly protected.’ The mendacity takes the breath away. Okay, blame those with a brain who won’t take the DNA-modifying shots and put more pressure on children to have it as ‘trials’ were underway involving children as young as six months with parents who give insanity a bad name. Massive pressure is being put on the young to have the fake ‘vaccine’ and child age consent limits have been systematically lowered around the world to stop parents intervening. Most extraordinary about the document was its claim that the ‘third wave’ would be driven by ‘the resurgence in both hospitalisations and deaths … dominated by *those that have received two doses of the vaccine*, comprising around 60-70% of the wave respectively’. The predicted peak of the ‘third wave’ suggested 300 deaths per day with 250 of them *fully ‘vaccinated’ people*. How many more lies do acquiescers need to be told before they see the obvious? Those who took the jab to ‘protect themselves’ are projected to be those who mostly get sick and die? So what’s in the ‘vaccine’? The document went on:

> It is possible that a summer of low prevalence could be followed by substantial increases in incidence over the following autumn and winter. Low prevalence in late summer should not be taken as an indication that SARS-CoV-2 has retreated or that the population has high enough levels of immunity to prevent another wave.

They are telling you the script and while many British people believed ‘Covid’ restrictions would end in the summer of 2021 the government was preparing for them to be ongoing. Authorities were awarding contracts for ‘Covid marshals’ to police the restrictions with contracts starting in July, 2021, and going through to January 31st, 2022, and the government was advertising for ‘Media Buying Services’ to secure media propaganda slots worth a potential £320 million for ‘Covid-19 campaigns’ with a contract not ending until March, 2022. The recipient – via a list of other front companies – was reported to be American media marketing giant Omnicom Group

Inc. While money is no object for 'Covid' the UK waiting list for all other treatment – including life-threatening conditions – passed 4.5 million. Meantime the Cult is seeking to control all official 'inquiries' to block revelations about what has really been happening and why. It must not be allowed to – we need Nuremberg jury trials in every country. The cover-up doesn't get more obvious than appointing ultra-Zionist professor Philip Zelikow to oversee two dozen US virologists, public health officials, clinicians, former government officials and four American 'charitable foundations' to 'learn the lessons' of the 'Covid' debacle. The personnel will be those that created and perpetuated the 'Covid' lies while Zelikow is the former executive director of the 9/11 Commission who ensured that the truth about those attacks never came out and produced a report that must be among the most mendacious and manipulative documents ever written – see *The Trigger* for the detailed exposure of the almost unimaginable 9/11 story in which Sabbatians can be found at every level.

Passive no more

People are increasingly challenging the authorities with amazing numbers of people taking to the streets in London well beyond the ability of the Face-Nappies to stop them. Instead the Nappies choose situations away from the mass crowds to target, intimidate, and seek to promote the impression of 'violent protestors'. One such incident happened in London's Hyde Park. Hundreds of thousands walking through the streets in protest against 'Covid' fascism were ignored by the Cult-owned BBC and most of the rest of the mainstream media, but they delighted in reporting how police were injured in 'clashes with protestors'. The truth was that a group of people gathered in Hyde Park at the end of one march when most had gone home and they were peacefully having a good time with music and chat. Face-Nappies who couldn't deal with the full-march crowd then waded in with their batons and got more than they bargained for. Instead of just standing for this criminal brutality the crowd used their numerical superiority to push the Face-Nappies out of the

park. Eventually the Nappies turned and ran. Unfortunately two or three idiots in the crowd threw drink cans striking two officers which gave the media and the government the image they wanted to discredit the 99.9999 percent who were peaceful. The idiots walked straight into the trap and we must always be aware of potential agent provocateurs used by the authorities to discredit their targets.

This response from the crowd – the can people apart – must be a turning point when the public no longer stand by while the innocent are arrested and brutally attacked by the Face-Nappies. That doesn't mean to be violent, that's the last thing we need. We'll leave the violence to the Face-Nappies and government. But it does mean that when the Face-Nappies use violence against peaceful people the numerical superiority is employed to stop them and make citizen's arrests or Common Law arrests for a breach of the peace. The time for being passive in the face of fascism is over.

We are the many, they are the few, and we need to make that count before there is no freedom left and our children and grandchildren face an ongoing fascist nightmare.

COME ON PEOPLE – IT'S TIME.

One final thought …

The power of love
A force from above
Cleaning my soul
Flame on burn desire
Love with tongues of fire
Purge the soul
Make love your goal

I’ll protect you from the hooded claw
Keep the vampires from your door
When the chips are down I’ll be around
With my undying, death-defying
Love for you

Envy will hurt itself
Let yourself be beautiful
Sparkling love, flowers
And pearls and pretty girls
Love is like an energy
Rushin’ rushin’ inside of me

This time we go sublime
Lovers entwine, divine, divine,
Love is danger, love is pleasure
Love is pure – the only treasure

I’m so in love with you
Purge the soul
Make love your goal

The power of love
A force from above
Cleaning my soul
The power of love
A force from above
A sky-scraping dove

Flame on burn desire
Love with tongues of fire
Purge the soul
Make love your goal

Frankie Goes To Hollywood

APPENDIX

Cowan-Kaufman-Morell Statement on Virus Isolation (SOVI)

Isolation: The action of isolating; the fact or condition of being isolated or standing alone; separation from other things or persons; solitariness
Oxford English Dictionary

The controversy over whether the SARS-CoV-2 virus has ever been isolated or purified continues. However, using the above definition, common sense, the laws of logic and the dictates of science, any unbiased person must come to the conclusion that the SARS-CoV-2 virus has never been isolated or purified. As a result, no confirmation of the virus' existence can be found. The logical, common sense, and scientific consequences of this fact are:

- the structure and composition of something not shown to exist can't be known, including the presence, structure, and function of any hypothetical spike or other proteins;
- the genetic sequence of something that has never been found can't be known;
- "variants" of something that hasn't been shown to exist can't be known;
- it's impossible to demonstrate that SARS-CoV-2 causes a disease called Covid-19.

In as concise terms as possible, here's the proper way to isolate, characterize and demonstrate a new virus. First, one takes samples (blood, sputum, secretions) from many people (e.g. 500) with symptoms which are unique and specific enough to characterize an illness. Without mixing these samples with ANY tissue or products that also contain genetic material, the virologist macerates, filters and ultracentrifuges i.e. *purifies* the specimen. This common virology technique, done for decades to isolate bacteriophages[1] and so-called giant viruses in every virology lab, then allows the virologist to demonstrate with electron microscopy thousands of identically sized and shaped particles. These particles are the isolated and purified virus.

These identical particles are then checked for uniformity by physical and/or microscopic techniques. Once the purity is determined, the particles may be further characterized. This would include examining the structure, morphology, and chemical composition of the particles. Next, their genetic makeup is characterized by extracting the genetic material directly from the purified particles and using genetic-sequencing techniques, such as Sanger sequencing, that have also been around for decades. Then one does an analysis to confirm that these uniform particles are exogenous (outside) in origin as a virus is conceptualized to be, and not the normal breakdown products of dead and dying tissues.[2] (As of May 2020, we know that virologists have no way to determine whether the particles they're seeing are viruses or just normal break-down products of dead and dying tissues.)[3]

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1 Isolation, characterization and analysis of bacteriophages from the haloalkaline lake Elmenteita, KenyaJuliah Khayeli Akhwale et al, PLOS One, Published: April 25, 2019. https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0215734 – accessed 2/15/21

2 "Extracellular Vesicles Derived From Apoptotic Cells: An Essential Link Between Death and Regeneration," Maojiao Li1 et al, Frontiers in Cell and Developmental Biology, 2020 October 2. https://www.frontiersin.org/articles/10.3389/fcell.2020.573511/full – accessed 2/15/21

3 "The Role of Extraellular Vesicles as Allies of HIV, HCV and SARS Viruses," Flavia Giannessi, et al, Viruses, 2020 May

If we have come this far then we have fully isolated, characterized, and genetically sequenced an exogenous virus particle. However, we still have to show it is causally related to a disease. This is carried out by exposing a group of healthy subjects (animals are usually used) to this isolated, purified virus in the manner in which the disease is thought to be transmitted. If the animals get sick with the same disease, as confirmed by clinical and autopsy findings, one has now shown that the virus actually causes a disease. This demonstrates infectivity and transmission of an infectious agent.

None of these steps has even been attempted with the SARS-CoV-2 virus, nor have all these steps been successfully performed for any so-called pathogenic virus. Our research indicates that a single study showing these steps does not exist in the medical literature.

Instead, since 1954, virologists have taken unpurified samples from a relatively few people, often less than ten, with a similar disease. They then minimally process this sample and inoculate this unpurified sample onto tissue culture containing usually four to six other types of material – all of which contain identical genetic material as to what is called a "virus." The tissue culture is starved and poisoned and naturally disintegrates into many types of particles, some of which contain genetic material. Against all common sense, logic, use of the English language and scientific integrity, this process is called "virus isolation." This brew containing fragments of genetic material from many sources is then subjected to genetic analysis, which then creates in a computer-simulation process the alleged sequence of the alleged virus, a so called in silico genome. At no time is an actual virus confirmed by electron microscopy. At no time is a genome extracted and sequenced from an actual virus. This is scientific fraud.

The observation that the unpurified specimen — inoculated onto tissue culture along with toxic antibiotics, bovine fetal tissue, amniotic fluid and other tissues — destroys the kidney tissue onto which it is inoculated is given as evidence of the virus' existence and pathogenicity. This is scientific fraud.

From now on, when anyone gives you a paper that suggests the SARS-CoV-2 virus has been isolated, please check the methods sections. If the researchers used Vero cells or any other culture method, you know that their process was not isolation. You will hear the following excuses for why actual isolation isn't done:

1. There were not enough virus particles found in samples from patients to analyze.

2. Viruses are intracellular parasites; they can't be found outside the cell in this manner.

If No. 1 is correct, and we can't find the virus in the sputum of sick people, then on what evidence do we think the virus is dangerous or even lethal? If No. 2 is correct, then how is the virus spread from person to person? We are told it emerges from the cell to infect others. Then why isn't it possible to find it?

Finally, questioning these virology techniques and conclusions is not some distraction or divisive issue. Shining the light on this truth is essential to stop this terrible fraud that humanity is confronting. For, as we now know, if the virus has never been isolated, sequenced or shown to cause illness, if the virus is imaginary, then why are we wearing masks, social distancing and putting the whole world into prison?

Finally, if pathogenic viruses don't exist, then what is going into those injectable devices erroneously called "vaccines," and what is their purpose? This scientific question is the most urgent and relevant one of our time.

We are correct. The SARS-CoV2 virus does not exist.

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Ickonic is something that has been a dream of mine for the last 5 years, growing up around alternative information I have always had a natural interest in what is going on in the World and what could I do to make it better.
Across the range of subjects and positions of influence occupied mainly by people who don't strive to make things better it's the Media that I have always found the most frustrating and fascinating. Mainly because if the Media did their Jobs properly then so much of the negative things happening in the World simply would not be able to happen, because they would be exposed within a heartbeat.
Free Press and the Opportunities that the internet could have given would mean that the Media are able to expose things like never before and hold people to account for their actions. As we all know there are 'Untouchables' that walk among us, people the Media simply won't touch, expose or investigate and that leads to the dark underworlds that infest the establishment the World over.
Well I say enough, it's time for something different, a different kind of Media, where no one is off limits from exposing and investigating. All we're interested in at Ickonic is the truth of what is really going on in the World on whichever subject we're covering.
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Jaymie Icke - Founder Ickonic Alternative Media.

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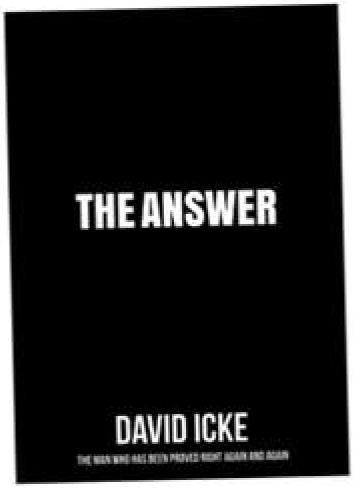

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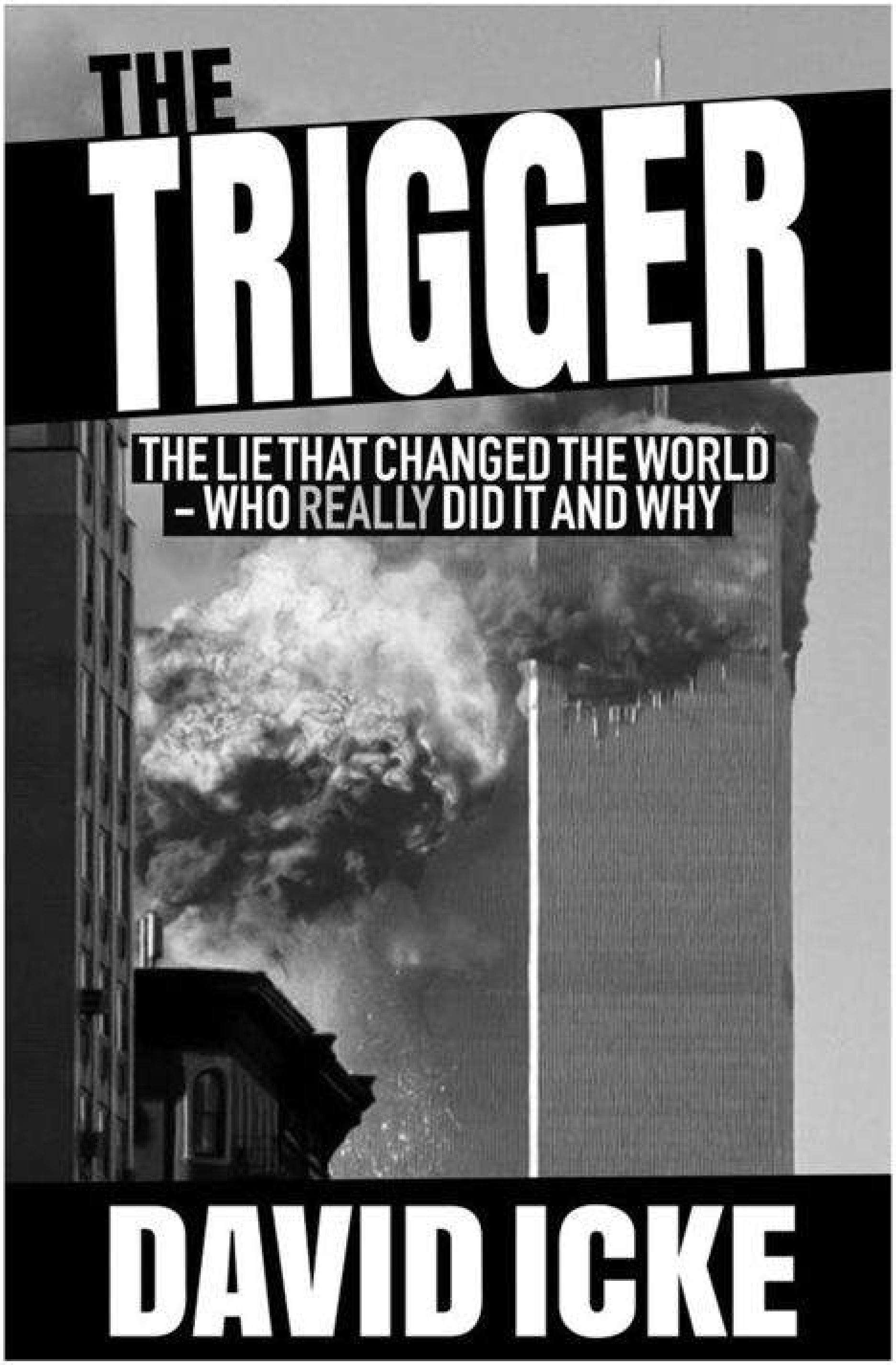
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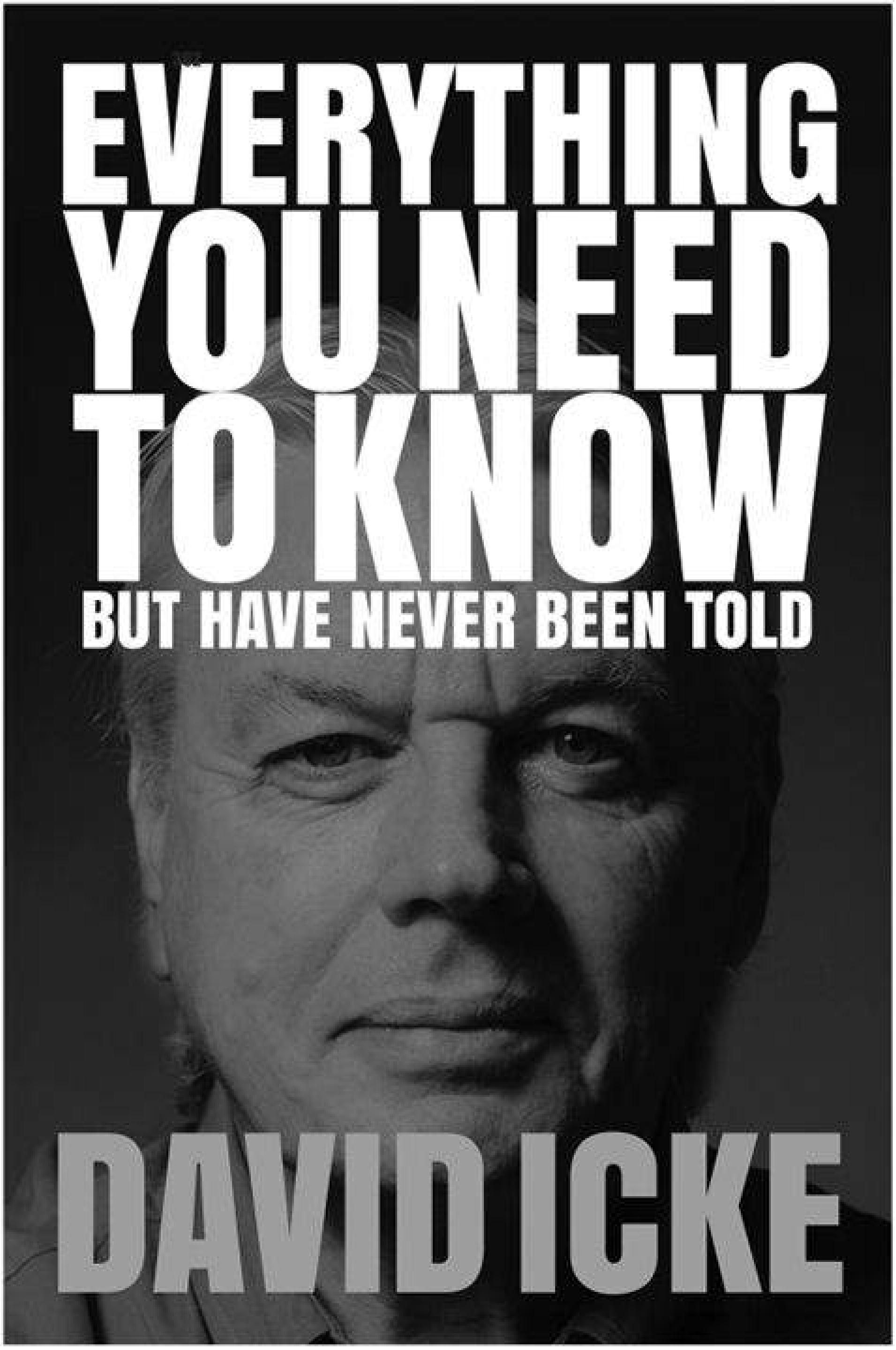
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noun

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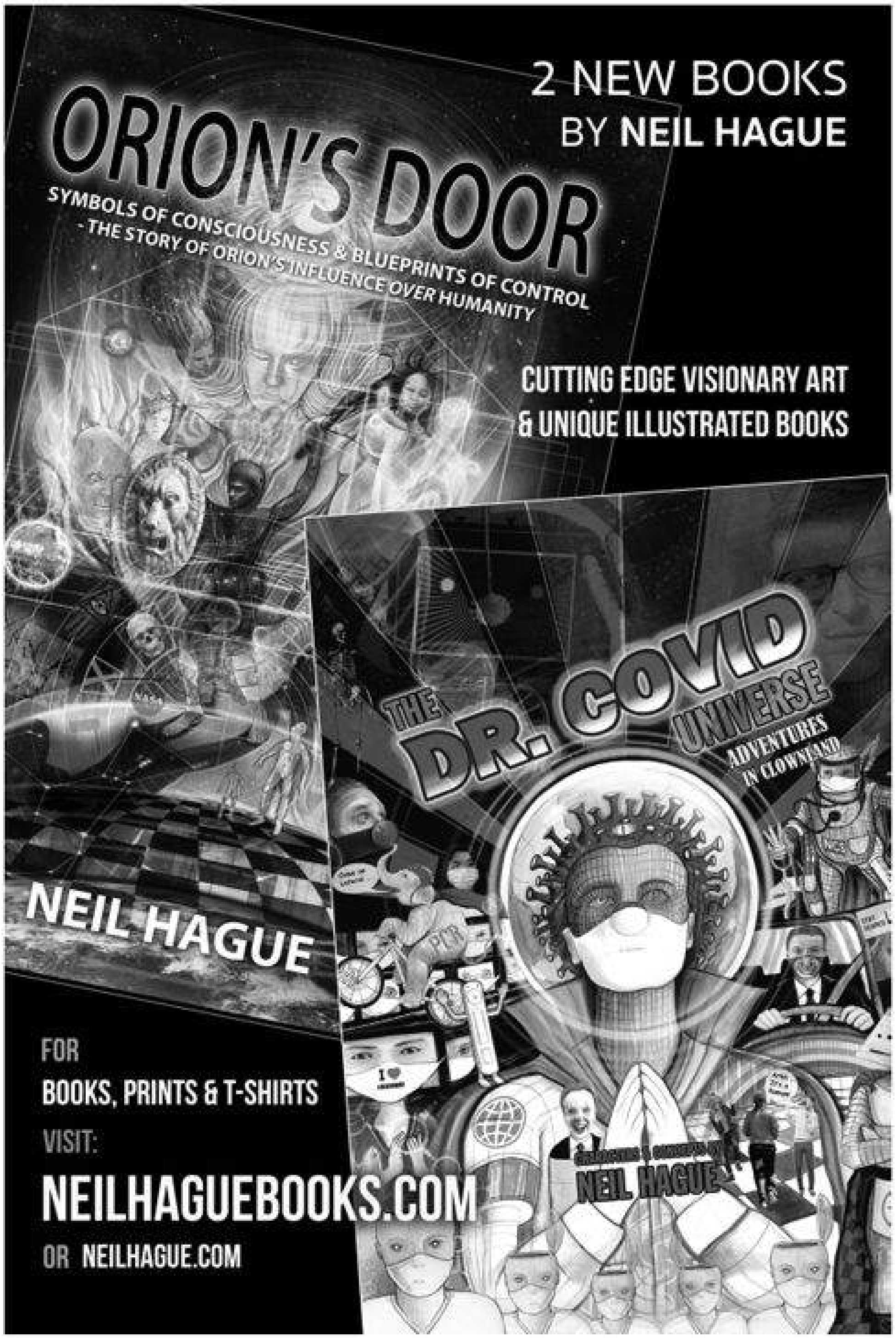
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Before you go ...

For more detail, background and evidence about the subjects in *Perceptions of a Renegade Mind* – and so much more – see my others books including *And The Truth Shall Set You Free; The Biggest Secret; Children of the Matrix; The David Icke Guide to the Global Conspiracy; Tales from the Time Loop; The Perception Deception; Remember Who You Are; Human Race Get Off Your Knees; Phantom Self; Everything You Need To Know But Have Never Been Told, The Trigger and The Answer*.

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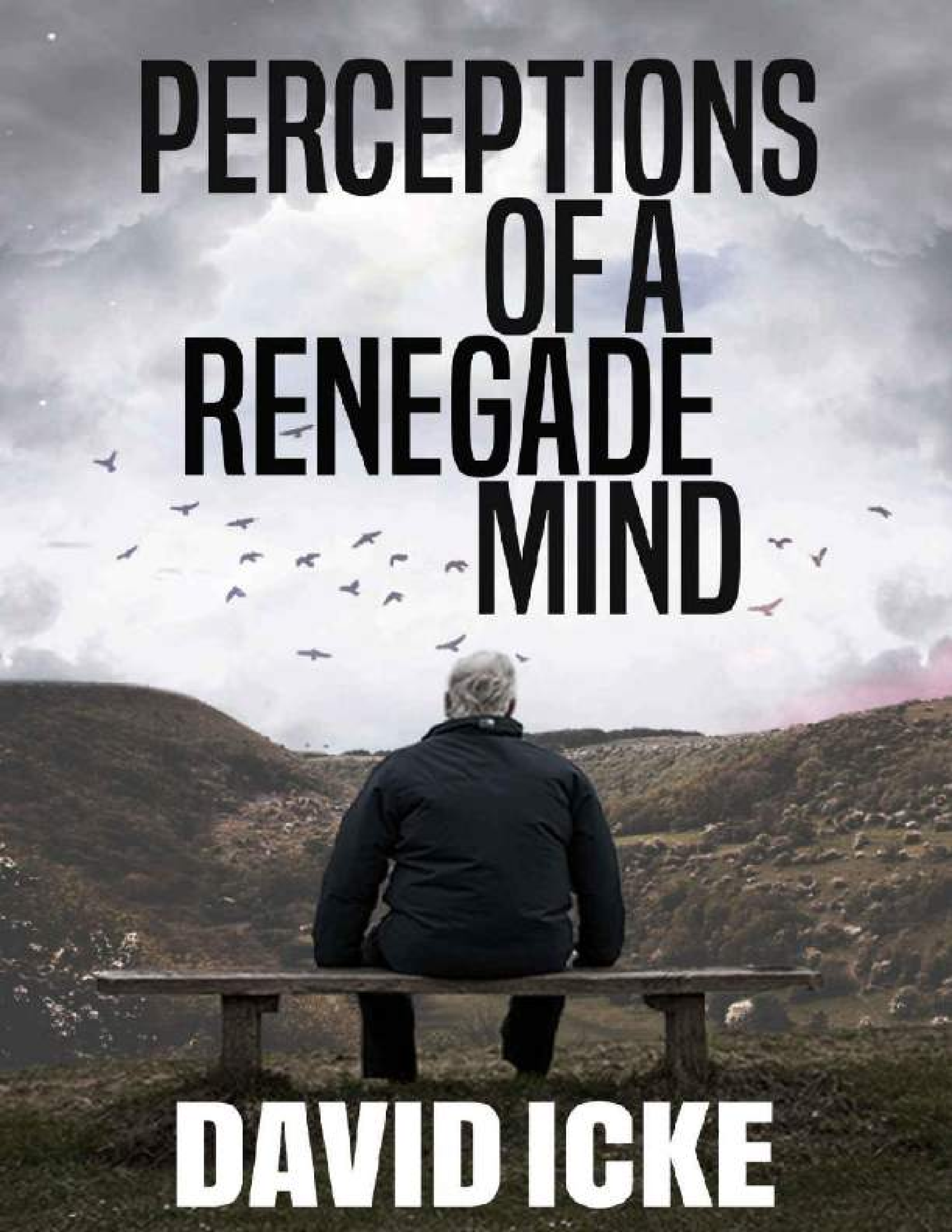
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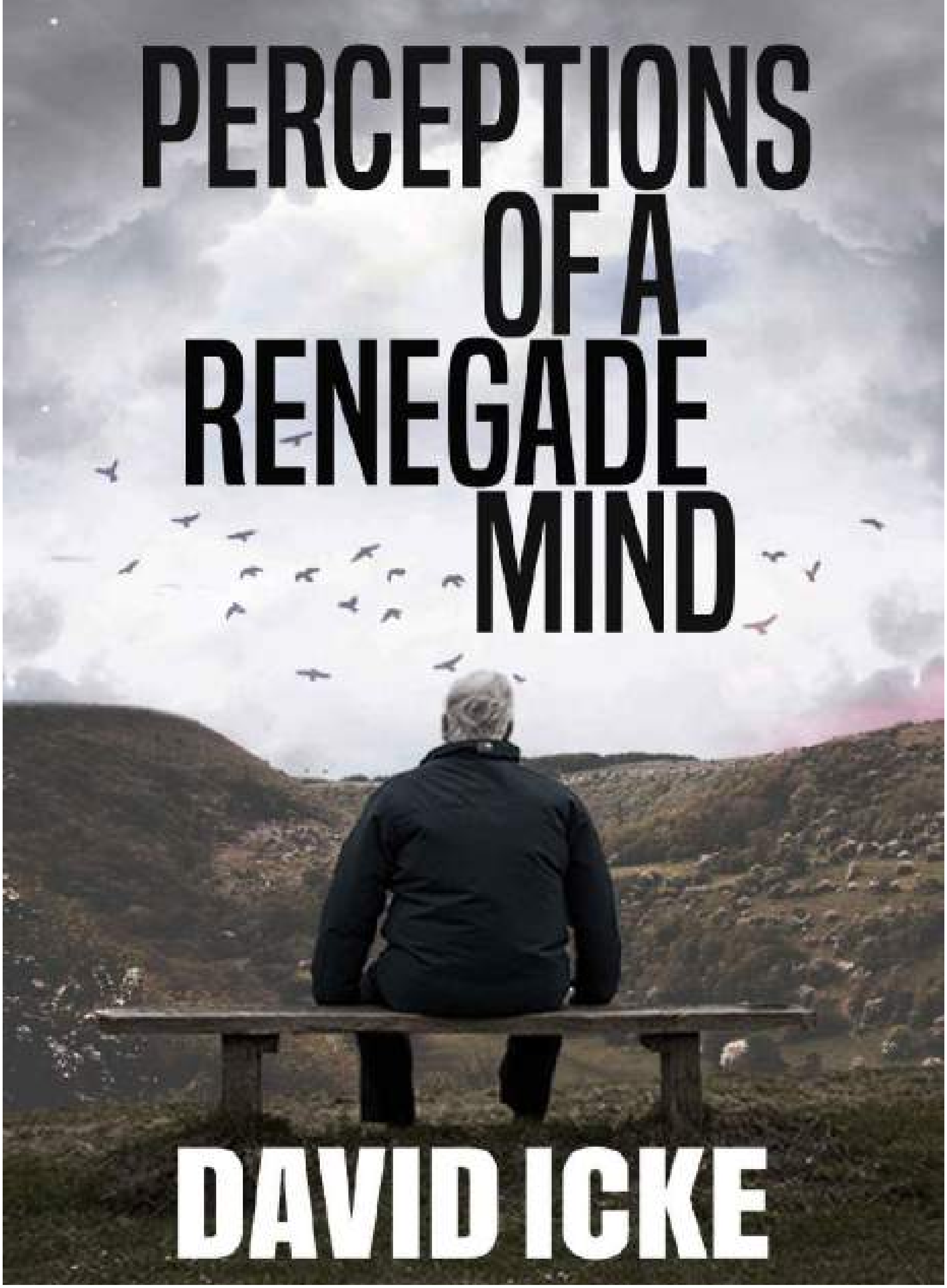
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PERCEPTIONS OF A RENEGADE MIND

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DAVID ICKE

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Renegade:
Adjective
‘Having rejected tradition: Unconventional.’
Merriam-Webster Dictionary

Acquiescence to tyranny is the death of the spirit

You may be 38 years old, as I happen to be. And one day, some great opportunity stands before you and calls you to stand up for some great principle, some great issue, some great cause. And you refuse to do it because you are afraid … You refuse to do it because you want to live longer … You're afraid that you will lose your job, or you are afraid that you will be criticised or that you will lose your popularity, or you're afraid that somebody will stab you, or shoot at you or bomb your house; so you refuse to take the stand.

Well, you may go on and live until you are 90, but you're just as dead at 38 as you would be at 90. And the cessation of breathing in your life is but the belated announcement of an earlier death of the spirit.

Martin Luther King

How the few control the many and always have – the many do whatever they're told

'Forward, the Light Brigade!'
Was there a man dismayed?
Not though the soldier knew
Someone had blundered.
Theirs not to make reply,
Theirs not to reason why,
Theirs but to do and die.
Into the valley of Death
Rode the six hundred.

Cannon to right of them,
Cannon to left of them,
Cannon in front of them
Volleyed and thundered;
Stormed at with shot and shell,
Boldly they rode and well,
Into the jaws of Death,
Into the mouth of hell
Rode the six hundred

Alfred Lord Tennyson (1809-1892)

The mist is lifting slowly
I can see the way ahead
And I've left behind the empty streets
That once inspired my life
And the strength of the emotion
Is like thunder in the air
'Cos the promise that we made each other
Haunts me to the end

The secret of your beauty
And the mystery of your soul
I've been searching for in everyone I meet
And the times I've been mistaken
It's impossible to say
And the grass is growing
Underneath our feet

The words that I remember
From my childhood still are true
That there's none so blind
As those who will not see
And to those who lack the courage
And say it's dangerous to try
Well they just don't know
That love eternal will not be denied

I know you're out there somewhere
Somewhere, somewhere
I know you're out there somewhere

Somewhere you can hear my voice
I know I'll find you somehow
Somehow, somehow
I know I'll find you somehow
And somehow I'll return again to you

The Moody Blues

Are you a gutless wonder – or a Renegade Mind?

Monuments put from pen to paper,
Turns me into a gutless wonder,
And if you tolerate this,
Then your children will be next.
Gravity keeps my head down,
Or is it maybe shame ...

Manic Street Preachers

Rise like lions after slumber
In unvanquishable number.
Shake your chains to earth like dew
Which in sleep have fallen on you.
Ye are many – they are few.

Percy Shelley

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CHAPTER ONE

I'm thinking' – Oh, but *are* you?

Think for yourself and let others enjoy the privilege of doing so too
Voltaire

French-born philosopher, mathematician and scientist René Descartes became famous for his statement in Latin in the 17th century which translates into English as: 'I think, therefore I am.'

On the face of it that is true. Thought reflects perception and perception leads to both behaviour and self-identity. In that sense 'we' are what we think. But who or what is doing the thinking and is thinking the only route to perception? Clearly, as we shall see, 'we' are not always the source of 'our' perception, indeed with regard to humanity as a whole this is rarely the case; and thinking is far from the only means of perception. Thought is the village idiot compared with other expressions of consciousness that we all have the potential to access and tap into. This has to be true when we *are* those other expressions of consciousness which are infinite in nature. We have forgotten this, or, more to the point, been manipulated to forget.

These are not just the esoteric musings of the navel. The whole foundation of human control and oppression is control of perception. Once perception is hijacked then so is behaviour which is dictated by perception. Collective perception becomes collective behaviour and collective behaviour is what we call human society. Perception is all and those behind human control know that which is

why perception is the target 24/7 of the psychopathic manipulators that I call the Global Cult. They know that if they dictate perception they will dictate behaviour and collectively dictate the nature of human society. They are further aware that perception is formed from information received and if they control the circulation of information they will to a vast extent direct human behaviour. Censorship of information and opinion has become globally Nazi-like in recent years and never more blatantly than since the illusory 'virus pandemic' was triggered out of China in 2019 and across the world in 2020. Why have billions submitted to house arrest and accepted fascistic societies in a way they would have never believed possible? Those controlling the information spewing from government, mainstream media and Silicon Valley (all controlled by the same Global Cult networks) told them they were in danger from a 'deadly virus' and only by submitting to house arrest and conceding their most basic of freedoms could they and their families be protected. This monumental and provable lie became the *perception* of the billions and therefore the *behaviour* of the billions. In those few words you have the whole structure and modus operandi of human control. Fear is a perception – **F**alse **E**motion **A**ppearing **R**eal – and fear is the currency of control. In short … get them by the balls (or give them the impression that you have) and their hearts and minds will follow. Nothing grips the dangly bits and freezes the rear-end more comprehensively than fear.

World number 1

There are two 'worlds' in what appears to be one 'world' and the prime difference between them is knowledge. First we have the mass of human society in which the population is maintained in coldly-calculated ignorance through control of information and the 'education' (indoctrination) system. That's all you really need to control to enslave billions in a perceptual delusion in which what are perceived to be *their* thoughts and opinions are ever-repeated mantras that the system has been downloading all their lives through 'education', media, science, medicine, politics and academia

in which the personnel and advocates are themselves overwhelmingly the perceptual products of the same repetition. Teachers and academics in general are processed by the same programming machine as everyone else, but unlike the great majority they never leave the 'education' program. It gripped them as students and continues to grip them as programmers of subsequent generations of students. The programmed become the programmers – the programmed programmers. The same can largely be said for scientists, doctors and politicians and not least because as the American writer Upton Sinclair said: 'It is difficult to get a man to understand something when his salary depends upon his not understanding it.' If your career and income depend on thinking the way the system demands then you will – bar a few free-minded exceptions – concede your mind to the Perceptual Mainframe that I call the Postage Stamp Consensus. This is a tiny band of perceived knowledge and possibility 'taught' (downloaded) in the schools and universities, pounded out by the mainstream media and on which all government policy is founded. Try thinking, and especially speaking and acting, outside of the 'box' of consensus and see what that does for your career in the Mainstream Everything which bullies, harasses, intimidates and ridicules the population into compliance. Here we have the simple structure which enslaves most of humanity in a perceptual prison cell for an entire lifetime and I'll go deeper into this process shortly. Most of what humanity is taught as fact is nothing more than programmed belief. American science fiction author Frank Herbert was right when he said: 'Belief can be manipulated. Only knowledge is dangerous.' In the 'Covid' age belief is promoted and knowledge is censored. It was always so, but never to the extreme of today.

World number 2

A 'number 2' is slang for 'doing a poo' and how appropriate that is when this other 'world' is doing just that on humanity every minute of every day. World number 2 is a global network of secret societies and semi-secret groups dictating the direction of society via

governments, corporations and authorities of every kind. I have spent more than 30 years uncovering and exposing this network that I call the Global Cult and knowing its agenda is what has made my books so accurate in predicting current and past events. Secret societies are secret for a reason. They want to keep their hoarded knowledge to themselves and their chosen initiates and to hide it from the population which they seek through ignorance to control and subdue. The whole foundation of the division between World 1 and World 2 is *knowledge*. What number 1 knows number 2 must not. Knowledge they have worked so hard to keep secret includes (a) the agenda to enslave humanity in a centrally-controlled global dictatorship, and (b) the nature of reality and life itself. The latter (b) must be suppressed to allow the former (a) to prevail as I shall be explaining. The way the Cult manipulates and interacts with the population can be likened to a spider's web. The 'spider' sits at the centre in the shadows and imposes its will through the web with each strand represented in World number 2 by a secret society, satanic or semi-secret group, and in World number 1 – the world of the seen – by governments, agencies of government, law enforcement, corporations, the banking system, media conglomerates and Silicon Valley (Fig 1 overleaf). The spider and the web connect and coordinate all these organisations to pursue the same global outcome while the population sees them as individual entities working randomly and independently. At the level of the web governments *are* the banking system *are* the corporations *are* the media *are* Silicon Valley *are* the World Health Organization working from their inner cores as one unit. Apparently unconnected countries, corporations, institutions, organisations and people are on the *same team* pursuing the same global outcome. Strands in the web immediately around the spider are the most secretive and exclusive secret societies and their membership is emphatically restricted to the Cult inner-circle emerging through the generations from particular bloodlines for reasons I will come to. At the core of the core you would get them in a single room. That's how many people are dictating the direction of human society and its transformation

through the 'Covid' hoax and other means. As the web expands out from the spider we meet the secret societies that many people will be aware of – the Freemasons, Knights Templar, Knights of Malta, Opus Dei, the inner sanctum of the Jesuit Order, and such like. Note how many are connected to the Church of Rome and there is a reason for that. The Roman Church was established as a revamp, a rebranding, of the relocated 'Church' of Babylon and the Cult imposing global tyranny today can be tracked back to Babylon and Sumer in what is now Iraq.

Figure 1: The global web through which the few control the many. (Image Neil Hague.)

Inner levels of the web operate in the unseen away from the public eye and then we have what I call the cusp organisations located at the point where the hidden meets the seen. They include a series of satellite organisations answering to a secret society founded in London in the late 19th century called the Round Table and among them are the Royal Institute of International Affairs (UK, founded in 1920); Council on Foreign Relations (US, 1921); Bilderberg Group (worldwide, 1954); Trilateral Commission (US/worldwide, 1972); and the Club of Rome (worldwide, 1968) which was created to exploit environmental concerns to justify the centralisation of global power to 'save the planet'. The Club of Rome instigated with others the human-caused climate change hoax which has led to all the 'green

new deals' demanding that very centralisation of control. Cusp organisations, which include endless 'think tanks' all over the world, are designed to coordinate a single global policy between political and business leaders, intelligence personnel, media organisations and anyone who can influence the direction of policy in their own sphere of operation. Major players and regular attenders will know what is happening – or some of it – while others come and go and are kept overwhelmingly in the dark about the big picture. I refer to these cusp groupings as semi-secret in that they can be publicly identified, but what goes on at the inner-core is kept very much 'in house' even from most of their members and participants through a fiercely-imposed system of compartmentalisation. Only let them know what they need to know to serve your interests and no more. The structure of secret societies serves as a perfect example of this principle. Most Freemasons never get higher than the bottom three levels of 'degree' (degree of knowledge) when there are 33 official degrees of the Scottish Rite. Initiates only qualify for the next higher 'compartment' or degree if those at that level choose to allow them. Knowledge can be carefully assigned only to those considered 'safe'. I went to my local Freemason's lodge a few years ago when they were having an 'open day' to show how cuddly they were and when I chatted to some of them I was astonished at how little the rank and file knew even about the most ubiquitous symbols they use. The mushroom technique – keep them in the dark and feed them bullshit – applies to most people in the web as well as the population as a whole. Sub-divisions of the web mirror in theme and structure transnational corporations which have a headquarters somewhere in the world dictating to all their subsidiaries in different countries. Subsidiaries operate in their methodology and branding to the same centrally-dictated plan and policy in pursuit of particular ends. The Cult web functions in the same way. Each country has its own web as a subsidiary of the global one. They consist of networks of secret societies, semi-secret groups and bloodline families and their job is to impose the will of the spider and the global web in their particular country. Subsidiary networks control and manipulate the national political system, finance, corporations, media, medicine, etc. to

ensure that they follow the globally-dictated Cult agenda. These networks were the means through which the 'Covid' hoax could be played out with almost every country responding in the same way.

The 'Yessir' pyramid

Compartmentalisation is the key to understanding how a tiny few can dictate the lives of billions when combined with a top-down sequence of imposition and acquiescence. The inner core of the Cult sits at the peak of the pyramidal hierarchy of human society (Fig 2 overleaf). It imposes its will – its agenda for the world – on the level immediately below which acquiesces to that imposition. This level then imposes the Cult will on the level below them which acquiesces and imposes on the next level. Very quickly we meet levels in the hierarchy that have no idea there even is a Cult, but the sequence of imposition and acquiescence continues down the pyramid in just the same way. 'I don't know why we are doing this but the order came from "on-high" and so we better just do it.' Alfred Lord Tennyson said of the cannon fodder levels in his poem *The Charge of the Light Brigade*: 'Theirs not to reason why; theirs but to do and die.' The next line says that 'into the valley of death rode the six hundred' and they died because they obeyed without question what their perceived 'superiors' told them to do. In the same way the population capitulated to 'Covid'. The whole hierarchical pyramid functions like this to allow the very few to direct the enormous many. Eventually imposition-acquiescence-imposition-acquiescence comes down to the mass of the population at the foot of the pyramid. If they acquiesce to those levels of the hierarchy imposing on them (governments/law enforcement/doctors/media) a circuit is completed between the population and the handful of super-psychopaths in the Cult inner core at the top of the pyramid. Without a circuit-breaking refusal to obey, the sequence of imposition and acquiescence allows a staggeringly few people to impose their will upon the entirety of humankind. We are looking at the very sequence that has subjugated billions since the start of 2020. Our freedom has not been taken from us. Humanity has given it

away. Fascists do not impose fascism because there are not enough of them. Fascism is imposed by the population acquiescing to fascism. Put another way allowing their perceptions to be programmed to the extent that leads to the population giving their freedom away by giving their perceptions – their mind – away. If this circuit is not broken by humanity ceasing to cooperate with their own enslavement then nothing can change. For that to happen people have to critically think and see through the lies and window dressing and then summon the backbone to act upon what they see. The Cult spends its days working to stop either happening and its methodology is systematic and highly detailed, but it can be overcome and that is what this book is all about.

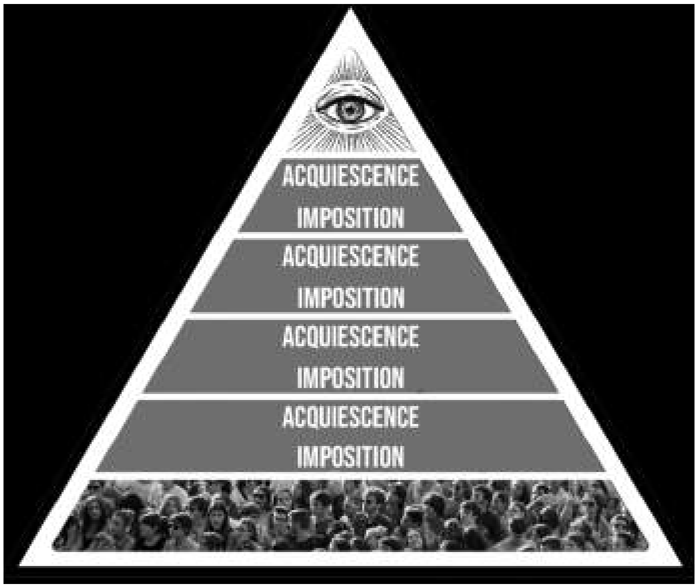

Figure 2: The simple sequence of imposition and compliance that allows a handful of people at the peak of the pyramid to dictate the lives of billions.

The Life Program

Okay, back to world number 1 or the world of the 'masses'. Observe the process of what we call 'life' and it is a perceptual download from cradle to grave. The Cult has created a global structure in which perception can be programmed and the program continually topped-up with what appears to be constant confirmation that the program is indeed true reality. The important word here is 'appears'.

This is the structure, the fly-trap, the Postage Stamp Consensus or Perceptual Mainframe, which represents that incredibly narrow band of perceived possibility delivered by the 'education' system, mainstream media, science and medicine. From the earliest age the download begins with parents who have themselves succumbed to the very programming their children are about to go through. Most parents don't do this out of malevolence and mostly it is quite the opposite. They do what they believe is best for their children and that is what the program has told them is best. Within three or four years comes the major transition from parental programming to full-blown state (Cult) programming in school, college and university where perceptually-programmed teachers and academics pass on their programming to the next generations. Teachers who resist are soon marginalised and their careers ended while children who resist are called a problem child for whom Ritalin may need to be prescribed. A few years after entering the 'world' children are under the control of authority figures representing the state telling them when they have to be there, when they can leave and when they can speak, eat, even go to the toilet. This is calculated preparation for a lifetime of obeying authority in all its forms. Reflex-action fear of authority is instilled by authority from the start. Children soon learn the carrot and stick consequences of obeying or defying authority which is underpinned daily for the rest of their life. Fortunately I daydreamed through this crap and never obeyed authority simply because it told me to. This approach to my alleged 'betters' continues to this day. There can be consequences of pursuing open-minded freedom in a world of closed-minded conformity. I spent a lot of time in school corridors after being ejected from the classroom for not taking some of it seriously and now I spend a lot of time being ejected from Facebook, YouTube and Twitter. But I can tell you that being true to yourself and not compromising your self-respect is far more exhilarating than bowing to authority for authority's sake. You don't have to be a sheep to the shepherd (authority) and the sheep dog (fear of not obeying authority).

The perceptual download continues throughout the formative years in school, college and university while script-reading 'teachers', 'academics' 'scientists', 'doctors' and 'journalists' insist that ongoing generations must be as programmed as they are. Accept the program or you will not pass your 'exams' which confirm your 'degree' of programming. It is tragic to think that many parents pressure their offspring to work hard at school to download the program and qualify for the next stage at college and university. The late, great, American comedian George Carlin said: 'Here's a bumper sticker I'd like to see: We are proud parents of a child who has resisted his teachers' attempts to break his spirit and bend him to the will of his corporate masters.' Well, the best of luck finding many of those, George. Then comes the moment to leave the formal programming years in academia and enter the 'adult' world of work. There you meet others in your chosen or prescribed arena who went through the same Postage Stamp Consensus program before you did. There is therefore overwhelming agreement between almost everyone on the basic foundations of Postage Stamp reality and the rejection, even contempt, of the few who have a mind of their own and are prepared to use it. This has two major effects. Firstly, the consensus confirms to the programmed that their download is really how things are. I mean, everyone knows that, right? Secondly, the arrogance and ignorance of Postage Stamp adherents ensure that anyone questioning the program will have unpleasant consequences for seeking their own truth and not picking their perceptions from the shelf marked: 'Things you must believe without question and if you don't you're a dangerous lunatic conspiracy theorist and a harebrained nutter'.

Every government, agency and corporation is founded on the same Postage Stamp prison cell and you can see why so many people believe the same thing while calling it their own 'opinion'. Fusion of governments and corporations in pursuit of the same agenda was the definition of fascism described by Italian dictator Benito Mussolini. The pressure to conform to perceptual norms downloaded for a lifetime is incessant and infiltrates society right

down to family groups that become censors and condemners of their own 'black sheep' for not, ironically, being sheep. We have seen an explosion of that in the 'Covid' era. Cult-owned global media unleashes its propaganda all day every day in support of the Postage Stamp and targets with abuse and ridicule anyone in the public eye who won't bend their mind to the will of the tyranny. Any response to this is denied (certainly in my case). They don't want to give a platform to expose official lies. Cult-owned-and-created Internet giants like Facebook, Google, YouTube and Twitter delete you for having an unapproved opinion. Facebook boasts that its AI censors delete 97-percent of 'hate speech' before anyone even reports it. Much of that 'hate speech' will simply be an opinion that Facebook and its masters don't want people to see. Such perceptual oppression is widely known as fascism. Even Facebook executive Benny Thomas, a 'CEO Global Planning Lead', said in comments secretly recorded by investigative journalism operation Project Veritas that Facebook is 'too powerful' and should be broken up:

> I mean, no king in history has been the ruler of two billion people, but Mark Zuckerberg is … And he's 36. That's too much for a 36-year-old ... You should not have power over two billion people. I just think that's wrong.

Thomas said Facebook-owned platforms like Instagram, Oculus, and WhatsApp needed to be separate companies. 'It's too much power when they're all one together'. That's the way the Cult likes it, however. We have an executive of a Cult organisation in Benny Thomas that doesn't know there is a Cult such is the compartmentalisation. Thomas said that Facebook and Google 'are no longer companies, they're countries'. Actually they are more powerful than countries on the basis that if you control information you control perception and control human society.

I love my oppressor

Another expression of this psychological trickery is for those who realise they are being pressured into compliance to eventually

convince themselves to believe the official narratives to protect their self-respect from accepting the truth that they have succumbed to meek and subservient compliance. Such people become some of the most vehement defenders of the system. You can see them everywhere screaming abuse at those who prefer to think for themselves and by doing so reminding the compliers of their own capitulation to conformity. 'You are talking dangerous nonsense you Covidiot!!' Are you trying to convince me or yourself? It is a potent form of Stockholm syndrome which is defined as: 'A psychological condition that occurs when a victim of abuse identifies and attaches, or bonds, positively with their abuser.' An example is hostages bonding and even 'falling in love' with their kidnappers. The syndrome has been observed in domestic violence, abused children, concentration camp inmates, prisoners of war and many and various Satanic cults. These are some traits of Stockholm syndrome listed at goodtherapy.org:

- Positive regard towards perpetrators of abuse or captor [see 'Covid'].
- Failure to cooperate with police and other government authorities when it comes to holding perpetrators of abuse or kidnapping accountable [or in the case of 'Covid' cooperating with the police to enforce and defend their captors' demands].
- Little or no effort to escape [see 'Covid'].
- Belief in the goodness of the perpetrators or kidnappers [see 'Covid'].
- Appeasement of captors. This is a manipulative strategy for maintaining one's safety. As victims get rewarded – perhaps with less abuse or even with life itself – their appeasing behaviours are reinforced [see 'Covid'].
- Learned helplessness. This can be akin to 'if you can't beat 'em, join 'em'. As the victims fail to escape the abuse or captivity, they may start giving up and soon realize it's just easier for everyone if they acquiesce all their power to their captors [see 'Covid'].

- Feelings of pity toward the abusers, believing they are actually victims themselves. Because of this, victims may go on a crusade or mission to 'save' [protect] their abuser [see the venom unleashed on those challenging the official 'Covid' narrative].
- Unwillingness to learn to detach from their perpetrators and heal. In essence, victims may tend to be less loyal to themselves than to their abuser [*definitely* see 'Covid'].

Ponder on those traits and compare them with the behaviour of great swathes of the global population who have defended governments and authorities which have spent every minute destroying their lives and livelihoods and those of their children and grandchildren since early 2020 with fascistic lockdowns, house arrest and employment deletion to 'protect' them from a 'deadly virus' that their abusers' perceptually created to bring about this very outcome. We are looking at mass Stockholm syndrome. All those that agree to concede their freedom will believe those perceptions are originating in their own independent 'mind' when in fact by conceding their reality to Stockholm syndrome they have by definition conceded any independence of mind. Listen to the 'opinions' of the acquiescing masses in this 'Covid' era and what gushes forth is the repetition of the official version of everything delivered unprocessed, unfiltered and unquestioned. The whole programming dynamic works this way. I must be free because I'm told that I am and so I think that I am.

You can see what I mean with the chapter theme of 'I'm thinking – Oh, but *are* you?' The great majority are not thinking, let alone for themselves. They are repeating what authority has told them to believe which allows them to be controlled. Weaving through this mentality is the fear that the 'conspiracy theorists' are right and this again explains the often hysterical abuse that ensues when you dare to contest the official narrative of anything. Denial is the mechanism of hiding from yourself what you don't want to be true. Telling people what they want to hear is easy, but it's an infinitely greater challenge to tell them what they would rather not be happening.

One is akin to pushing against an open door while the other is met with vehement resistance no matter what the scale of evidence. I don't want it to be true so I'll convince myself that it's not. Examples are everywhere from the denial that a partner is cheating despite all the signs to the reflex-action rejection of any idea that world events in which country after country act in exactly the same way are centrally coordinated. To accept the latter is to accept that a force of unspeakable evil is working to destroy your life and the lives of your children with nothing too horrific to achieve that end. Who the heck wants that to be true? But if we don't face reality the end is duly achieved and the consequences are far worse and ongoing than breaking through the walls of denial today with the courage to make a stand against tyranny.

Connect the dots – but how?

A crucial aspect of perceptual programming is to portray a world in which everything is random and almost nothing is connected to anything else. Randomness cannot be coordinated by its very nature and once you perceive events as random the idea they could be connected is waved away as the rantings of the tinfoil-hat brigade. You can't plan and coordinate random you idiot! No, you can't, but you can hide the coldly-calculated and long-planned behind the *illusion* of randomness. A foundation manifestation of the Renegade Mind is to scan reality for patterns that connect the apparently random and turn pixels and dots into pictures. This is the way I work and have done so for more than 30 years. You look for similarities in people, modus operandi and desired outcomes and slowly, then ever quicker, the picture forms. For instance: There would seem to be no connection between the 'Covid pandemic' hoax and the human-caused global-warming hoax and yet they are masks (appropriately) on the same face seeking the same outcome. Those pushing the global warming myth through the Club of Rome and other Cult agencies are driving the lies about 'Covid' – Bill Gates is an obvious one, but they are endless. Why would the same people be involved in both when they are clearly not connected? Oh, but they

are. Common themes with personnel are matched by common goals. The 'solutions' to both 'problems' are centralisation of global power to impose the will of the few on the many to 'save' humanity from 'Covid' and save the planet from an 'existential threat' (we need 'zero Covid' and 'zero carbon emissions'). These, in turn, connect with the 'dot' of globalisation which was coined to describe the centralisation of global power in every area of life through incessant political and corporate expansion, trading blocks and superstates like the European Union. If you are the few and you want to control the many you have to centralise power and decision-making. The more you centralise power the more power the few at the centre will have over the many; and the more that power is centralised the more power those at the centre have to centralise even quicker. The momentum of centralisation gets faster and faster which is exactly the process we have witnessed. In this way the hoaxed 'pandemic' and the fakery of human-caused global warming serve the interests of globalisation and the seizure of global power in the hands of the Cult inner-circle which is behind 'Covid', 'climate change' *and* globalisation. At this point random 'dots' become a clear and obvious picture or pattern.

Klaus Schwab, the classic Bond villain who founded the Cult's Gates-funded World Economic Forum, published a book in 2020, *The Great Reset*, in which he used the 'problem' of 'Covid' to justify a total transformation of human society to 'save' humanity from 'climate change'. Schwab said: 'The pandemic represents a rare but narrow window of opportunity to reflect, reimagine, and reset our world.' What he didn't mention is that the Cult he serves is behind both hoaxes as I show in my book *The Answer*. He and the Cult don't have to reimagine the world. They know precisely what they want and that's why they destroyed human society with 'Covid' to 'build back better' in their grand design. Their job is not to imagine, but to get humanity to imagine and agree with their plans while believing it's all random. It must be pure coincidence that 'The Great Reset' has long been the Cult's code name for the global imposition of fascism and replaced previous code-names of the 'New World

Order' used by Cult frontmen like Father George Bush and the 'New Order of the Ages' which emerged from Freemasonry and much older secret societies. New Order of the Ages appears on the reverse of the Great Seal of the United States as 'Novus ordo seclorum' underneath the Cult symbol used since way back of the pyramid and all seeing-eye (Fig 3). The pyramid is the hierarchy of human control headed by the illuminated eye that symbolises the force behind the Cult which I will expose in later chapters. The term 'Annuit Coeptis' translates as 'He favours our undertaking'. We are told the 'He' is the Christian god, but 'He' is not as I will be explaining.

Figure 3: The all-seeing eye of the Cult 'god' on the Freemason-designed Great Seal of the United States and also on the dollar bill.

Having you on

Two major Cult techniques of perceptual manipulation that relate to all this are what I have called since the 1990s Problem-Reaction-Solution (PRS) and the Totalitarian Tiptoe (TT). They can be uncovered by the inquiring mind with a simple question: Who benefits? The answer usually identifies the perpetrators of a given action or happening through the concept of 'he who most benefits from a crime is the one most likely to have committed it'. The Latin 'Cue bono?' – Who benefits? – is widely attributed to the Roman orator and statesman Marcus Tullius Cicero. No wonder it goes back so far when the concept has been relevant to human behaviour since

history was recorded. Problem-Reaction-Solution is the technique used to manipulate us every day by covertly creating a problem (or the illusion of one) and offering the solution to the problem (or the illusion of one). In the first phase you create the problem and blame someone or something else for why it has happened. This may relate to a financial collapse, terrorist attack, war, global warming or pandemic, anything in fact that will allow you to impose the 'solution' to change society in the way you desire at that time. The 'problem' doesn't have to be real. PRS is manipulation of perception and all you need is the population to believe the problem is real. Human-caused global warming and the 'Covid pandemic' only have to be *perceived* to be real for the population to accept the 'solutions' of authority. I refer to this technique as NO-Problem-Reaction-Solution. Billions did not meekly accept house arrest from early 2020 because there was a real deadly 'Covid pandemic' but because they perceived – believed – that to be the case. The antidote to Problem-Reaction-Solution is to ask who benefits from the proposed solution. Invariably it will be anyone who wants to justify more control through deletion of freedom and centralisation of power and decision-making.

The two world wars were Problem-Reaction-Solutions that transformed and realigned global society. Both were manipulated into being by the Cult as I have detailed in books since the mid-1990s. They dramatically centralised global power, especially World War Two, which led to the United Nations and other global bodies thanks to the overt and covert manipulations of the Rockefeller family and other Cult bloodlines like the Rothschilds. The UN is a stalking horse for full-blown world government that I will come to shortly. The land on which the UN building stands in New York was donated by the Rockefellers and the same Cult family was behind Big Pharma scalpel and drug 'medicine' and the creation of the World Health Organization as part of the UN. They have been stalwarts of the eugenics movement and funded Hitler's race-purity expert' Ernst Rudin. The human-caused global warming hoax has been orchestrated by the Club of Rome through the UN which is

manufacturing both the 'problem' through its Intergovernmental Panel on Climate Change and imposing the 'solution' through its Agenda 21 and Agenda 2030 which demand the total centralisation of global power to 'save the world' from a climate hoax the United Nations is itself perpetrating. What a small world the Cult can be seen to be particularly among the inner circles. The bedfellow of Problem-Reaction-Solution is the Totalitarian Tiptoe which became the Totalitarian Sprint in 2020. The technique is fashioned to hide the carefully-coordinated behind the cover of apparently random events. You start the sequence at 'A' and you know you are heading for 'Z'. You don't want people to know that and each step on the journey is presented as a random happening while all the steps strung together lead in the same direction. The speed may have quickened dramatically in recent times, but you can still see the incremental approach of the Tiptoe in the case of 'Covid' as each new imposition takes us deeper into fascism. Tell people they have to do this or that to get back to 'normal', then this and this and this. With each new demand adding to the ones that went before the population's freedom is deleted until it disappears. The spider wraps its web around the flies more comprehensively with each new diktat. I'll highlight this in more detail when I get to the 'Covid' hoax and how it has been pulled off. Another prime example of the Totalitarian Tiptoe is how the Cult-created European Union went from a 'free-trade zone' to a centralised bureaucratic dictatorship through the Tiptoe of incremental centralisation of power until nations became mere administrative units for Cult-owned dark suits in Brussels.

The antidote to ignorance is knowledge which the Cult seeks vehemently to deny us, but despite the systematic censorship to that end the Renegade Mind can overcome this by vociferously seeking out the facts no matter the impediments put in the way. There is also a method of thinking and perceiving – *knowing* – that doesn't even need names, dates, place-type facts to identify the patterns that reveal the story. I'll get to that in the final chapter. All you need to know about the manipulation of human society and to what end is still out there – *at the time of writing* – in the form of books, videos

and websites for those that really want to breach the walls of programmed perception. To access this knowledge requires the abandonment of the mainstream media as a source of information in the awareness that this is owned and controlled by the Cult and therefore promotes mass perceptions that suit the Cult. Mainstream media lies all day, every day. That is its function and very reason for being. Where it does tell the truth, here and there, is only because the truth and the Cult agenda very occasionally coincide. If you look for fact and insight to the BBC, CNN and virtually all the rest of them you are asking to be conned and perceptually programmed.

Know the outcome and you'll see the journey

Events seem random when you have no idea where the world is being taken. Once you do the random becomes the carefully planned. Know the outcome and you'll see the journey is a phrase I have been using for a long time to give context to daily happenings that appear unconnected. Does a problem, or illusion of a problem, trigger a proposed 'solution' that further drives society in the direction of the outcome? Invariably the answer will be yes and the random – *abracadabra* – becomes the clearly coordinated. So what is this outcome that unlocks the door to a massively expanded understanding of daily events? I will summarise its major aspects – the fine detail is in my other books – and those new to this information will see that the world they thought they were living in is a very different place. The foundation of the Cult agenda is the incessant centralisation of power and all such centralisation is ultimately in pursuit of Cult control on a global level. I have described for a long time the planned world structure of top-down dictatorship as the Hunger Games Society. The term obviously comes from the movie series which portrayed a world in which a few living in military-protected hi-tech luxury were the overlords of a population condemned to abject poverty in isolated 'sectors' that were not allowed to interact. 'Covid' lockdowns and travel bans anyone? The 'Hunger Games' pyramid of structural control has the inner circle of the Cult at the top with pretty much the entire

population at the bottom under their control through dependency for survival on the Cult. The whole structure is planned to be protected and enforced by a military-police state (Fig 4).

Here you have the reason for the global lockdowns of the fake pandemic to coldly destroy independent incomes and livelihoods and make everyone dependent on the 'state' (the Cult that controls the 'states'). I have warned in my books for many years about the plan to introduce a 'guaranteed income' – a barely survivable pittance – designed to impose dependency when employment was destroyed by AI technology and now even more comprehensively at great speed by the 'Covid' scam. Once the pandemic was played and lockdown consequences began to delete independent income the authorities began to talk right on cue about the need for a guaranteed income and a 'Great Reset'. Guaranteed income will be presented as benevolent governments seeking to help a desperate people – desperate as a direct result of actions of the same governments. The truth is that such payments are a trap. You will only get them if you do exactly what the authorities demand including mass vaccination (genetic manipulation). We have seen this theme already in Australia where those dependent on government benefits have them reduced if parents don't agree to have their children vaccinated according to an insane health-destroying government-dictated schedule. Calculated economic collapse applies to governments as well as people. The Cult wants rid of countries through the creation of a world state with countries broken up into regions ruled by a world government and super states like the European Union. Countries must be bankrupted, too, to this end and it's being achieved by the trillions in 'rescue packages' and furlough payments, trillions in lost taxation, and money-no-object spending on 'Covid' including constant all-medium advertising (programming) which has made the media dependent on government for much of its income. The day of reckoning is coming – as planned – for government spending and given that it has been made possible by printing money and not by production/taxation there is inflation on the way that has the

potential to wipe out monetary value. In that case there will be no need for the Cult to steal your money. It just won't be worth anything (see the German Weimar Republic before the Nazis took over). Many have been okay with lockdowns while getting a percentage of their income from so-called furlough payments without having to work. Those payments are dependent, however, on people having at least a theoretical job with a business considered non-essential and ordered to close. As these business go under because they are closed by lockdown after lockdown the furlough stops and it will for everyone eventually. Then what? The 'then what?' is precisely the idea.

Figure 4: The Hunger Games Society structure I have long warned was planned and now the 'Covid' hoax has made it possible. This is the real reason for lockdowns.

Hired hands

Between the Hunger Games Cult elite and the dependent population is planned to be a vicious military-police state (a fusion of the two into one force). This has been in the making for a long time with police looking ever more like the military and carrying weapons to match. The pandemic scam has seen this process accelerate so fast as

lockdown house arrest is brutally enforced by carefully recruited fascist minds and gormless system-servers. The police and military are planned to merge into a centrally-directed world army in a global structure headed by a world government which wouldn't be elected even by the election fixes now in place. The world army is not planned even to be human and instead wars would be fought, primarily against the population, using robot technology controlled by artificial intelligence. I have been warning about this for decades and now militaries around the world are being transformed by this very AI technology. The global regime that I describe is a particular form of fascism known as a technocracy in which decisions are not made by clueless and co-opted politicians but by unelected technocrats – scientists, engineers, technologists and bureaucrats. Cult-owned-and-controlled Silicon Valley giants are examples of technocracy and they already have far more power to direct world events than governments. They are with their censorship *selecting* governments. I know that some are calling the 'Great Reset' a Marxist communist takeover, but fascism and Marxism are different labels for the same tyranny. Tell those who lived in fascist Germany and Stalinist Russia that there was a difference in the way their freedom was deleted and their lives controlled. I could call it a fascist technocracy or a Marxist technocracy and they would be equally accurate. The Hunger Games society with its world government structure would oversee a world army, world central bank and single world cashless currency imposing its will on a microchipped population (Fig 5). Scan its different elements and see how the illusory pandemic is forcing society in this very direction at great speed. Leaders of 23 countries and the World Health Organization (WHO) backed the idea in March, 2021, of a global treaty for 'international cooperation' in 'health emergencies' and nations should 'come together as a global community for peaceful cooperation that extends beyond this crisis'. Cut the Orwellian bullshit and this means another step towards global government. The plan includes a cashless digital money system that I first warned about in 1993. Right at the start of 'Covid' the deeply corrupt Tedros

Adhanom Ghebreyesus, the crooked and merely gofer 'head' of the World Health Organization, said it was possible to catch the 'virus' by touching cash and it was better to use cashless means. The claim was ridiculous nonsense and like the whole 'Covid' mind-trick it was nothing to do with 'health' and everything to do with pushing every aspect of the Cult agenda. As a result of the Tedros lie the use of cash has plummeted. The Cult script involves a single world digital currency that would eventually be technologically embedded in the body. China is a massive global centre for the Cult and if you watch what is happening there you will know what is planned for everywhere. The Chinese government is developing a digital currency which would allow fines to be deducted immediately via AI for anyone caught on camera breaking its fantastic list of laws and the money is going to be programmable with an expiry date to ensure that no one can accrue wealth except the Cult and its operatives.

Figure 5: The structure of global control the Cult has been working towards for so long and this has been enormously advanced by the 'Covid' illusion.

Serfdom is so smart

The Cult plan is far wider, extreme, and more comprehensive than even most conspiracy researchers appreciate and I will come to the true depths of deceit and control in the chapters 'Who controls the

Cult?’ and ‘Escaping Wetiko’. Even the world that we know is crazy enough. We are being deluged with ever more sophisticated and controlling technology under the heading of ‘smart’. We have smart televisions, smart meters, smart cards, smart cars, smart driving, smart roads, smart pills, smart patches, smart watches, smart skin, smart borders, smart pavements, smart streets, smart cities, smart communities, smart environments, smart growth, smart planet ... smart *everything* around us. Smart technologies and methods of operation are designed to interlock to create a global Smart Grid connecting the entirety of human society including human minds to create a centrally-dictated ‘hive’ mind. ‘Smart cities’ is code for densely-occupied megacities of total surveillance and control through AI. Ever more destructive frequency communication systems like 5G have been rolled out without any official testing for health and psychological effects (colossal). 5G/6G/7G systems are needed to run the Smart Grid and each one becomes more destructive of body and mind. Deleting independent income is crucial to forcing people into these AI-policed prisons by ending private property ownership (except for the Cult elite). The Cult’s Great Reset now openly foresees a global society in which no one will own any possessions and everything will be rented while the Cult would own literally everything under the guise of government and corporations. The aim has been to use the lockdowns to destroy sources of income on a mass scale and when the people are destitute and in unrepayable amounts of debt (problem) Cult assets come forward with the pledge to write-off debt in return for handing over all property and possessions (solution). Everything – literally everything including people – would be connected to the Internet via AI. I was warning years ago about the coming Internet of Things (IoT) in which all devices and technology from your car to your fridge would be plugged into the Internet and controlled by AI. Now we are already there with much more to come. The next stage is the Internet of Everything (IoE) which is planned to include the connection of AI to the human brain and body to replace the human mind with a centrally-controlled AI mind. Instead of perceptions

being manipulated through control of information and censorship those perceptions would come direct from the Cult through AI. What do you think? You think whatever AI decides that you think. In human terms there would be no individual 'think' any longer. Too incredible? The ravings of a lunatic? Not at all. Cult-owned crazies in Silicon Valley have been telling us the plan for years without explaining the real motivation and calculated implications. These include Google executive and 'futurist' Ray Kurzweil who highlights the year 2030 for when this would be underway. He said:

> Our thinking ... will be a hybrid of biological and non-biological thinking ... humans will be able to extend their limitations and 'think in the cloud' ... We're going to put gateways to the cloud in our brains ... We're going to gradually merge and enhance ourselves ... In my view, that's the nature of being human – we transcend our limitations.
>
> As the technology becomes vastly superior to what we are then the small proportion that is still human gets smaller and smaller and smaller until it's just utterly negligible.

The sales-pitch of Kurzweil and Cult-owned Silicon Valley is that this would make us 'super-human' when the real aim is to make us post-human and no longer 'human' in the sense that we have come to know. The entire global population would be connected to AI and become the centrally-controlled 'hive-mind' of externally-delivered perceptions. The Smart Grid being installed to impose the Cult's will on the world is being constructed to allow particular locations – even one location – to control the whole global system. From these prime control centres, which absolutely include China and Israel, anything connected to the Internet would be switched on or off and manipulated at will. Energy systems could be cut, communication via the Internet taken down, computer-controlled driverless autonomous vehicles driven off the road, medical devices switched off, the potential is limitless given how much AI and Internet connections now run human society. We have seen nothing yet if we allow this to continue. Autonomous vehicle makers are working with law enforcement to produce cars designed to automatically pull over if they detect a police or emergency vehicle flashing from up to 100 feet away. At a police stop the car would be unlocked and the

window rolled down automatically. Vehicles would only take you where the computer (the state) allowed. The end of petrol vehicles and speed limiters on all new cars in the UK and EU from 2022 are steps leading to electric computerised transport over which ultimately you have no control. The picture is far bigger even than the Cult global network or web and that will become clear when I get to the nature of the 'spider'. There is a connection between all these happenings and the instigation of DNA-manipulating 'vaccines' (which aren't 'vaccines') justified by the 'Covid' hoax. That connection is the unfolding plan to transform the human body from a biological to a synthetic biological state and this is why synthetic biology is such a fast-emerging discipline of mainstream science. 'Covid vaccines' are infusing self-replicating synthetic genetic material into the cells to cumulatively take us on the Totalitarian Tiptoe from Human 1.0 to the synthetic biological Human 2.0 which will be physically and perceptually attached to the Smart Grid to one hundred percent control every thought, perception and deed. Humanity needs to wake up and *fast*.

This is the barest explanation of where the 'outcome' is planned to go but it's enough to see the journey happening all around us. Those new to this information will already see 'Covid' in a whole new context. I will add much more detail as we go along, but for the minutiae evidence see my mega-works, *The Answer, The Trigger* and *Everything You Need to Know But Have Never Been Told*.

Now – how does a Renegade Mind see the 'world'?

CHAPTER TWO

Renegade Perception

It is one thing to be clever and another to be wise
George R.R. Martin

A simple definition of the difference between a programmed mind and a Renegade Mind would be that one sees only dots while the other connects them to see the picture. Reading reality with accuracy requires the observer to (a) know the planned outcome and (b) realise that everything, but *everything*, is connected.

The entirety of infinite reality is connected – that's its very nature – and with human society an expression of infinite reality the same must apply. Simple cause and effect is a connection. The effect is triggered by the cause and the effect then becomes the cause of another effect. Nothing happens in isolation because it *can't*. Life in whatever reality is simple choice and consequence. We make choices and these lead to consequences. If we don't like the consequences we can make different choices and get different consequences which lead to other choices and consequences. The choice and the consequence are not only connected they are indivisible. You can't have one without the other as an old song goes. A few cannot control the world unless those being controlled allow that to happen – cause and effect, choice and consequence. Control – who has it and who doesn't – is a two-way process, a symbiotic relationship, involving the controller and controlled. 'They took my freedom away!!' Well, yes, but you also gave it to them. Humanity is

subjected to mass control because humanity has acquiesced to that control. This is all cause and effect and literally a case of give and take. In the same way world events of every kind are connected and the Cult works incessantly to sell the illusion of the random and coincidental to maintain the essential (to them) perception of dots that hide the picture. Renegade Minds know this and constantly scan the world for patterns of connection. This is absolutely pivotal in understanding the happenings in the world and without that perspective clarity is impossible. First you know the planned outcome and then you identify the steps on the journey – the day-by-day apparently random which, when connected in relation to the outcome, no longer appear as individual events, but as the proverbial *chain* of events leading in the same direction. I'll give you some examples:

Political puppet show

We are told to believe that politics is 'adversarial' in that different parties with different beliefs engage in an endless tussle for power. There may have been some truth in that up to a point – and only a point – but today divisions between 'different' parties are rhetorical not ideological. Even the rhetorical is fusing into one-speak as the parties eject any remaining free thinkers while others succumb to the ever-gathering intimidation of anyone with the 'wrong' opinion. The Cult is not a new phenomenon and can be traced back thousands of years as my books have documented. Its intergenerational initiates have been manipulating events with increasing effect the more that global power has been centralised. In ancient times the Cult secured control through the system of monarchy in which 'special' bloodlines (of which more later) demanded the right to rule as kings and queens simply by birthright and by vanquishing others who claimed the same birthright. There came a time, however, when people had matured enough to see the unfairness of such tyranny and demanded a say in who governed them. Note the word – *governed* them. Not served them – *governed* them, hence government defined as 'the political direction and control exercised over the

actions of the members, citizens, or inhabitants of communities, societies, and states; direction of the affairs of a state, community, etc.' Governments exercise control over rather than serve just like the monarchies before them. Bizarrely there are still countries like the United Kingdom which are ruled by a monarch *and* a government that officially answers to the monarch. The UK head of state and that of Commonwealth countries such as Canada, Australia and New Zealand is 'selected' by who in a *single family* had unprotected sex with whom and in what order. Pinch me it can't be true. Ouch! Shit, it is. The demise of monarchies in most countries offered a potential vacuum in which some form of free and fair society could arise and the Cult had that base covered. Monarchies had served its interests but they couldn't continue in the face of such widespread opposition and, anyway, replacing a 'royal' dictatorship that people could see with a dictatorship 'of the people' hiding behind the concept of 'democracy' presented far greater manipulative possibilities and ways of hiding coordinated tyranny behind the illusion of 'freedom'.

Democracy is quite wrongly defined as government selected by the population. This is not the case at all. It is government selected by *some* of the population (and then only in theory). This 'some' doesn't even have to be the majority as we have seen so often in first-past-the-post elections in which the so-called majority party wins fewer votes than the 'losing' parties combined. Democracy can give total power to a party in government from a minority of the votes cast. It's a sleight of hand to sell tyranny as freedom. Seventy-four million Trump-supporting Americans didn't vote for the 'Democratic' Party of Joe Biden in the distinctly dodgy election in 2020 and yet far from acknowledging the wishes and feelings of that great percentage of American society the Cult-owned Biden government set out from day one to destroy them and their right to a voice and opinion. Empty shell Biden and his Cult handlers said they were doing this to 'protect democracy'. Such is the level of lunacy and sickness to which politics has descended. Connect the dots and relate them to the desired outcome – a world government run by self-appointed technocrats and no longer even elected

politicians. While operating through its political agents in government the Cult is at the same time encouraging public distain for politicians by putting idiots and incompetents in theoretical power on the road to deleting them. The idea is to instil a public reaction that says of the technocrats: 'Well, they couldn't do any worse than the pathetic politicians.' It's all about controlling perception and Renegade Minds can see through that while programmed minds cannot when they are ignorant of both the planned outcome and the manipulation techniques employed to secure that end. This knowledge can be learned, however, and fast if people choose to get informed.

Politics may at first sight appear very difficult to control from a central point. I mean look at the 'different' parties and how would you be able to oversee them all and their constituent parts? In truth, it's very straightforward because of their structure. We are back to the pyramid of imposition and acquiescence. Organisations are structured in the same way as the system as a whole. Political parties are not open forums of free expression. They are hierarchies. I was a national spokesman for the British Green Party which claimed to be a different kind of politics in which influence and power was devolved; but I can tell you from direct experience – and it's far worse now – that Green parties are run as hierarchies like all the others however much they may try to hide that fact or kid themselves that it's not true. A very few at the top of all political parties are directing policy and personnel. They decide if you are elevated in the party or serve as a government minister and to do that you have to be a yes man or woman. Look at all the maverick political thinkers who never ascended the greasy pole. If you want to progress within the party or reach 'high-office' you need to fall into line and conform. Exceptions to this are rare indeed. Should you want to run for parliament or Congress you have to persuade the local or state level of the party to select you and for that you need to play the game as dictated by the hierarchy. If you secure election and wish to progress within the greater structure you need to go on conforming to what is acceptable to those running the hierarchy

from the peak of the pyramid. Political parties are perceptual gulags and the very fact that there are party 'Whips' appointed to 'whip' politicians into voting the way the hierarchy demands exposes the ridiculous idea that politicians are elected to serve the people they are supposed to represent. Cult operatives and manipulation has long seized control of major parties that have any chance of forming a government and at least most of those that haven't. A new party forms and the Cult goes to work to infiltrate and direct. This has reached such a level today that you see video compilations of 'leaders' of all parties whether Democrats, Republicans, Conservative, Labour and Green parroting the same Cult mantra of 'Build Back Better' and the 'Great Reset' which are straight off the Cult song-sheet to describe the transformation of global society in response to the Cult-instigated hoaxes of the 'Covid pandemic' and human-caused 'climate change'. To see Caroline Lucas, the Green Party MP that I knew when I was in the party in the 1980s, speaking in support of plans proposed by Cult operative Klaus Schwab representing the billionaire global elite is a real head-shaker.

Many parties – one master

The party system is another mind-trick and was instigated to change the nature of the dictatorship by swapping 'royalty' for dark suits that people believed – though now ever less so – represented their interests. Understanding this trick is to realise that a single force (the Cult) controls all parties either directly in terms of the major ones or through manipulation of perception and ideology with others. You don't need to manipulate Green parties to demand your transformation of society in the name of 'climate change' when they are obsessed with the lie that this is essential to 'save the planet'. You just give them a platform and away they go serving your interests while believing they are being environmentally virtuous. America's political structure is a perfect blueprint for how the two or multi-party system is really a one-party state. The Republican Party is controlled from one step back in the shadows by a group made up of billionaires and their gofers known as neoconservatives or Neocons.

I have exposed them in fine detail in my books and they were the driving force behind the policies of the imbecilic presidency of Boy George Bush which included 9/11 (see *The Trigger* for a comprehensive demolition of the official story), the subsequent 'war on terror' (war *of* terror) and the invasions of Afghanistan and Iraq. The latter was a No-Problem-Reaction-Solution based on claims by Cult operatives, including Bush and British Prime Minister Tony Blair, about Saddam Hussein's 'weapons of mass destruction' which did not exist as war criminals Bush and Blair well knew.

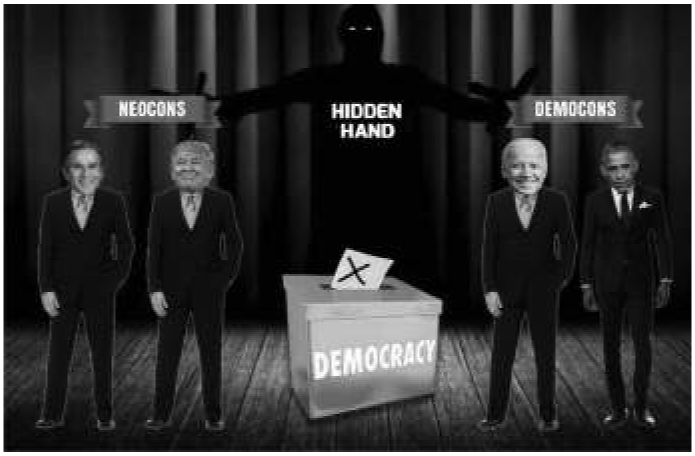

Figure 6: Different front people, different parties – same control system.

The Democratic Party has its own 'Neocon' group controlling from the background which I call the 'Democons' and here's the penny-drop – the Neocons and Democons answer to the same masters one step further back into the shadows (Fig 6). At that level of the Cult the Republican and Democrat parties are controlled by the same people and no matter which is in power the Cult is in power. This is how it works in almost every country and certainly in Britain with Conservative, Labour, Liberal Democrat and Green parties now all on the same page whatever the rhetoric may be in their feeble attempts to appear different. Neocons operated at the time of Bush through a think tank called The Project for the New American Century which in September, 2000, published a document entitled *Rebuilding America's Defenses: Strategies, Forces, and Resources*

For a New Century demanding that America fight 'multiple, simultaneous major theatre wars' as a 'core mission' to force regime-change in countries including Iraq, Libya and Syria. Neocons arranged for Bush ('Republican') and Blair ('Labour Party') to front-up the invasion of Iraq and when they departed the Democons orchestrated the targeting of Libya and Syria through Barack Obama ('Democrat') and British Prime Minister David Cameron ('Conservative Party'). We have 'different' parties and 'different' people, but the same unfolding script. The more the Cult has seized the reigns of parties and personnel the more their policies have transparently pursued the same agenda to the point where the fascist 'Covid' impositions of the Conservative junta of Jackboot Johnson in Britain were opposed by the Labour Party because they were not fascist enough. The Labour Party is likened to the US Democrats while the Conservative Party is akin to a British version of the Republicans and on both sides of the Atlantic they all speak the same language and support the direction demanded by the Cult although some more enthusiastically than others. It's a similar story in country after country because it's all centrally controlled. Oh, but what about Trump? I'll come to him shortly. Political 'choice' in the 'party' system goes like this: You vote for Party A and they get into government. You don't like what they do so next time you vote for Party B and they get into government. You don't like what they do when it's pretty much the same as Party A and why wouldn't that be with both controlled by the same force? Given that only two, sometimes three, parties have any chance of forming a government to get rid of Party B that you don't like you have to vote again for Party A which … you don't like. This, ladies and gentlemen, is what they call 'democracy' which we are told – wrongly – is a term interchangeable with 'freedom'.

The cult of cults

At this point I need to introduce a major expression of the Global Cult known as Sabbatian-Frankism. Sabbatian is also spelt as Sabbatean. I will summarise here. I have published major exposés

and detailed background in other works. Sabbatian-Frankism combines the names of two frauds posing as 'Jewish' men, Sabbatai Zevi (1626-1676), a rabbi, black magician and occultist who proclaimed he was the Jewish messiah; and Jacob Frank (1726-1791), the Polish 'Jew', black magician and occultist who said he was the reincarnation of 'messiah' Zevi and biblical patriarch Jacob. They worked across two centuries to establish the Sabbatian-Frankist cult that plays a major, indeed central, role in the manipulation of human society by the Global Cult which has its origins much further back in history than Sabbatai Zevi. I should emphasise two points here in response to the shrill voices that will scream 'anti-Semitism': (1) Sabbatian-Frankists are NOT Jewish and only pose as such to hide their cult behind a Jewish façade; and (2) my information about this cult has come from Jewish sources who have long realised that their society and community has been infiltrated and taken over by interloper Sabbatian-Frankists. Infiltration has been the foundation technique of Sabbatian-Frankism from its official origin in the 17th century. Zevi's Sabbatian sect attracted a massive following described as the biggest messianic movement in Jewish history, spreading as far as Africa and Asia, and he promised a return for the Jews to the 'Promised Land' of Israel. Sabbatianism was not Judaism but an inversion of everything that mainstream Judaism stood for. So much so that this sinister cult would have a feast day when Judaism had a fast day and whatever was forbidden in Judaism the Sabbatians were encouraged and even commanded to do. This included incest and what would be today called Satanism. Members were forbidden to marry outside the sect and there was a system of keeping their children ignorant of what they were part of until they were old enough to be trusted not to unknowingly reveal anything to outsiders. The same system is employed to this day by the Global Cult in general which Sabbatian-Frankism has enormously influenced and now largely controls.

Zevi and his Sabbatians suffered a setback with the intervention by the Sultan of the Islamic Ottoman Empire in the Middle East and what is now the Republic of Turkey where Zevi was located. The

Sultan gave him the choice of proving his 'divinity', converting to Islam or facing torture and death. Funnily enough Zevi chose to convert or at least appear to. Some of his supporters were disillusioned and drifted away, but many did not with 300 families also converting – only in theory – to Islam. They continued behind this Islamic smokescreen to follow the goals, rules and rituals of Sabbatianism and became known as 'crypto-Jews' or the 'Dönmeh' which means 'to turn'. This is rather ironic because they didn't 'turn' and instead hid behind a fake Islamic persona. The process of appearing to be one thing while being very much another would become the calling card of Sabbatianism especially after Zevi's death and the arrival of the Satanist Jacob Frank in the 18th century when the cult became Sabbatian-Frankism and plumbed still new depths of depravity and infiltration which included – still includes – human sacrifice and sex with children. Wherever Sabbatians go paedophilia and Satanism follow and is it really a surprise that Hollywood is so infested with child abuse and Satanism when it was established by Sabbatian-Frankists and is still controlled by them? Hollywood has been one of the prime vehicles for global perceptual programming and manipulation. How many believe the version of 'history' portrayed in movies when it is a travesty and inversion (again) of the truth? Rabbi Marvin Antelman describes Frankism in his book, *To Eliminate the Opiate*, as 'a movement of complete evil' while Jewish professor Gershom Scholem said of Frank in *The Messianic Idea in Judaism*: 'In all his actions [he was] a truly corrupt and degenerate individual ... one of the most frightening phenomena in the whole of Jewish history.' Frank was excommunicated by traditional rabbis, as was Zevi, but Frank was undeterred and enjoyed vital support from the House of Rothschild, the infamous banking dynasty whose inner-core are Sabbatian-Frankists and not Jews. Infiltration of the Roman Church and Vatican was instigated by Frank with many Dönmeh 'turning' again to convert to Roman Catholicism with a view to hijacking the reins of power. This was the ever-repeating modus operandi and continues to be so. Pose as an advocate of the religion, culture or country that you want to control and then

manipulate your people into the positions of authority and influence largely as advisers, administrators and Svengalis for those that appear to be in power. They did this with Judaism, Christianity (Christian Zionism is part of this), Islam and other religions and nations until Sabbatian-Frankism spanned the world as it does today.

Sabbatian Saudis and the terror network

One expression of the Sabbatian-Frankist Dönmeh within Islam is the ruling family of Saudi Arabia, the House of Saud, through which came the vile distortion of Islam known as Wahhabism. This is the violent creed followed by terrorist groups like Al-Qaeda and ISIS or Islamic State. Wahhabism is the hand-chopping, head-chopping 'religion' of Saudi Arabia which is used to keep the people in a constant state of fear so the interloper House of Saud can continue to rule. Al-Qaeda and Islamic State were lavishly funded by the House of Saud while being created and directed by the Sabbatian-Frankist network in the United States that operates through the Pentagon, CIA and the government in general of whichever 'party'. The front man for the establishment of Wahhabism in the middle of the 18th century was a Sabbatian-Frankist 'crypto-Jew' posing as Islamic called Muhammad ibn Abd al-Wahhab. His daughter would marry the son of Muhammad bin Saud who established the first Saudi state before his death in 1765 with support from the British Empire. Bin Saud's successors would establish modern Saudi Arabia in league with the British and Americans in 1932 which allowed them to seize control of Islam's major shrines in Mecca and Medina. They have dictated the direction of Sunni Islam ever since while Iran is the major centre of the Shiite version and here we have the source of at least the public conflict between them. The Sabbatian network has used its Wahhabi extremists to carry out Problem-Reaction-Solution terrorist attacks in the name of 'Al-Qaeda' and 'Islamic State' to justify a devastating 'war on terror', ever-increasing surveillance of the population and to terrify people into compliance. Another insight of the Renegade Mind is the streetwise understanding that

just because a country, location or people are attacked doesn't mean that those apparently representing that country, location or people are not behind the attackers. Often they are *orchestrating* the attacks because of the societal changes that can be then justified in the name of 'saving the population from terrorists'.

I show in great detail in *The Trigger* how Sabbatian-Frankists were the real perpetrators of 9/11 and not '19 Arab hijackers' who were blamed for what happened. Observe what was justified in the name of 9/11 alone in terms of Middle East invasions, mass surveillance and control that fulfilled the demands of the Project for the New American Century document published by the Sabbatian Neocons. What appear to be enemies are on the deep inside players on the same Sabbatian team. Israel and Arab 'royal' dictatorships are all ruled by Sabbatians and the recent peace agreements between Israel and Saudi Arabia, the United Arab Emirates (UAE) and others are only making formal what has always been the case behind the scenes. Palestinians who have been subjected to grotesque tyranny since Israel was bombed and terrorised into existence in 1948 have never stood a chance. Sabbatian-Frankists have controlled Israel (so the constant theme of violence and war which Sabbatians love) and they have controlled the Arab countries that Palestinians have looked to for real support that never comes. 'Royal families' of the Arab world in Saudi Arabia, Bahrain, UAE, etc., are all Sabbatians with allegiance to the aims of the cult and not what is best for their Arabic populations. They have stolen the oil and financial resources from their people by false claims to be 'royal dynasties' with a genetic right to rule and by employing vicious militaries to impose their will.

Satanic 'illumination'

The Satanist Jacob Frank formed an alliance in 1773 with two other Sabbatians, Mayer Amschel Rothschild (1744-1812), founder of the Rothschild banking dynasty, and Jesuit-educated fraudulent Jew, Adam Weishaupt, and this led to the formation of the Bavarian Illuminati, firstly under another name, in 1776. The Illuminati would

be the manipulating force behind the French Revolution (1789-1799) and was also involved in the American Revolution (1775-1783) before and after the Illuminati's official creation. Weishaupt would later become (in public) a Protestant Christian in archetypal Sabbatian style. I read that his name can be decoded as Adam-Weis-haupt or 'the first man to lead those who know'. He wasn't a leader in the sense that he was a subordinate, but he did lead those below him in a crusade of transforming human society that still continues today. The theme was confirmed as early as 1785 when a horseman courier called Lanz was reported to be struck by lighting and extensive Illuminati documents were found in his saddlebags. They made the link to Weishaupt and detailed the plan for world takeover. Current events with 'Covid' fascism have been in the making for a very long time. Jacob Frank was jailed for 13 years by the Catholic Inquisition after his arrest in 1760 and on his release he headed for Frankfurt, Germany, home city and headquarters of the House of Rothschild where the alliance was struck with Mayer Amschel Rothschild and Weishaupt. Rothschild arranged for Frank to be given the title of Baron and he became a wealthy nobleman with a big following of Jews in Germany, the Austro-Hungarian Empire and other European countries. Most of them would have believed he was on their side.

The name 'Illuminati' came from the Zohar which is a body of works in the Jewish mystical 'bible' called the Kabbalah. 'Zohar' is the foundation of Sabbatian-Frankist belief and in Hebrew 'Zohar' means 'splendour', 'radiance', 'illuminated', and so we have 'Illuminati'. They claim to be the 'Illuminated Ones' from their knowledge systematically hidden from the human population and passed on through generations of carefully-chosen initiates in the global secret society network or Cult. Hidden knowledge includes an awareness of the Cult agenda for the world and the nature of our collective reality that I will explore later. Cult 'illumination' is symbolised by the torch held by the Statue of Liberty which was gifted to New York by French Freemasons in Paris who knew exactly what it represents. 'Liberty' symbolises the goddess worshipped in

Babylon as Queen Semiramis or Ishtar. The significance of this will become clear. Notice again the ubiquitous theme of inversion with the Statue of 'Liberty' really symbolising mass control (Fig 7). A mirror-image statute stands on an island in the River Seine in Paris from where New York Liberty originated (Fig 8). A large replica of the Liberty flame stands on top of the Pont de l'Alma tunnel in Paris where Princess Diana died in a Cult ritual described in *The Biggest Secret*. Lucifer 'the light bringer' is related to all this (and much more as we'll see) and 'Lucifer' is a central figure in Sabbatian-Frankism and its associated Satanism. Sabbatians reject the Jewish Torah, or Pentateuch, the 'five books of Moses' in the Old Testament known as Genesis, Exodus, Leviticus, Numbers, and Deuteronomy which are claimed by Judaism and Christianity to have been dictated by 'God' to Moses on Mount Sinai. Sabbatians say these do not apply to them and they seek to replace them with the Zohar to absorb Judaism and its followers into their inversion which is an expression of a much greater global inversion. They want to delete all religions and force humanity to worship a one-world religion – Sabbatian Satanism that also includes worship of the Earth goddess. Satanic themes are being more and more introduced into mainstream society and while Christianity is currently the foremost target for destruction the others are planned to follow.

Figure 7: The Cult goddess of Babylon disguised as the Statue of Liberty holding the flame of Lucifer the 'light bringer'.

Figure 8: Liberty's mirror image in Paris where the New York version originated.

Marx brothers

Rabbi Marvin Antelman connects the Illuminati to the Jacobins in *To Eliminate the Opiate* and Jacobins were the force behind the French Revolution. He links both to the Bund der Gerechten, or League of the Just, which was the network that inflicted communism/Marxism on the world. Antelman wrote:

> The original inner circle of the Bund der Gerechten consisted of born Catholics, Protestants and Jews [Sabbatian-Frankist infiltrators], and those representatives of respective subdivisions formulated schemes for the ultimate destruction of their faiths. The heretical Catholics laid plans which they felt would take a century or more for the ultimate destruction of the church; the apostate Jews for the ultimate destruction of the Jewish religion.

Sabbatian-created communism connects into this anti-religion agenda in that communism does not allow for the free practice of religion. The Sabbatian 'Bund' became the International Communist Party and Communist League and in 1848 'Marxism' was born with the Communist Manifesto of Sabbatian assets Karl Marx and Friedrich Engels. It is absolutely no coincidence that Marxism, just a different name for fascist and other centrally-controlled tyrannies, is being imposed worldwide as a result of the 'Covid' hoax and nor that Marxist/fascist China was the place where the hoax originated. The reason for this will become very clear in the chapter 'Covid: The calculated catastrophe'. The so-called 'Woke' mentality has hijacked

traditional beliefs of the political left and replaced them with far-right make-believe ‘social justice’ better known as Marxism. Woke will, however, be swallowed by its own perceived ‘revolution’ which is really the work of billionaires and billionaire corporations feigning being ‘Woke’. Marxism is being touted by Wokers as a replacement for ‘capitalism’ when we don’t have ‘capitalism’. We have cartelism in which the market is stitched up by the very Cult billionaires and corporations bankrolling Woke. Billionaires love Marxism which keeps the people in servitude while they control from the top. Terminally naïve Wokers think they are ‘changing the world’ when it’s the Cult that is doing the changing and when they have played their vital part and become surplus to requirements they, too, will be targeted. The Illuminati-Jacobins were behind the period known as ‘The Terror’ in the French Revolution in 1793 and 1794 when Jacobin Maximillian de Robespierre and his Orwellian ‘Committee of Public Safety’ killed 17,000 ‘enemies of the Revolution’ who had once been ‘friends of the Revolution’. Karl Marx (1818-1883), whose Sabbatian creed of Marxism has cost the lives of at least 100 million people, is a hero once again to Wokers who have been systematically kept ignorant of real history by their ‘education’ programming. As a result they now promote a Sabbatian ‘Marxist’ abomination destined at some point to consume them. Rabbi Antelman, who spent decades researching the Sabbatian plot, said of the League of the Just and Karl Marx:

> Contrary to popular opinion Karl Marx did not originate the Communist Manifesto. He was paid for his services by the League of the Just, which was known in its country of origin, Germany, as the Bund der Geaechteten.

Antelman said the text attributed to Marx was the work of other people and Marx ‘was only repeating what others already said’. Marx was ‘a hired hack – lackey of the wealthy Illuminists’. Marx famously said that religion was the ‘opium of the people’ (part of the Sabbatian plan to demonise religion) and Antelman called his books, *To Eliminate the Opiate*. Marx was born Jewish, but his family converted to Christianity (Sabbatian modus operandi) and he

attacked Jews, not least in his book, *A World Without Jews*. In doing so he supported the Sabbatian plan to destroy traditional Jewishness and Judaism which we are clearly seeing today with the vindictive targeting of orthodox Jews by the Sabbatian government of Israel over 'Covid' laws. I don't follow any religion and it has done much damage to the world over centuries and acted as a perceptual straightjacket. Renegade Minds, however, are always asking *why* something is being done. It doesn't matter if they agree or disagree with what is happening – *why* is it happening is the question. The 'why?' can be answered with regard to religion in that religions create interacting communities of believers when the Cult wants to dismantle all discourse, unity and interaction (see 'Covid' lockdowns) and the ultimate goal is to delete all religions for a one-world religion of Cult Satanism worshipping their 'god' of which more later. We see the same 'why?' with gun control in America. I don't have guns and don't want them, but why is the Cult seeking to disarm the population at the same time that law enforcement agencies are armed to their molars and why has every tyrant in history sought to disarm people before launching the final takeover? They include Hitler, Stalin, Pol Pot and Mao who followed confiscation with violent seizing of power. You know it's a Cult agenda by the people who immediately race to the microphones to exploit dead people in multiple shootings. Ultra-Zionist Cult lackey Senator Chuck Schumer was straight on the case after ten people were killed in Boulder, Colorado in March, 2121. Simple rule … if Schumer wants it the Cult wants it and the same with his ultra-Zionist mate the wild-eyed Senator Adam Schiff. At the same time they were calling for the disarmament of Americans, many of whom live a long way from a police response, Schumer, Schiff and the rest of these pampered clowns were sitting on Capitol Hill behind a razor-wired security fence protected by thousands of armed troops in addition to their own armed bodyguards. Mom and pop in an isolated home? They're just potential mass shooters.

Zion Mainframe

Sabbatian-Frankists and most importantly the Rothschilds were behind the creation of 'Zionism', a political movement that demanded a Jewish homeland in Israel as promised by Sabbatai Zevi. The very symbol of Israel comes from the German meaning of the name Rothschild. Dynasty founder Mayer Amschel Rothschild changed the family name from Bauer to Rothschild, or 'Red-Shield' in German, in deference to the six-pointed 'Star of David' hexagram displayed on the family's home in Frankfurt. The symbol later appeared on the flag of Israel after the Rothschilds were centrally involved in its creation. Hexagrams are not a uniquely Jewish symbol and are widely used in occult ('hidden') networks often as a symbol for Saturn (see my other books for why). Neither are Zionism and Jewishness interchangeable. Zionism is a political movement and philosophy and not a 'race' or a people. Many Jews oppose Zionism and many non-Jews, including US President Joe Biden, call themselves Zionists as does Israel-centric Donald Trump. America's support for the Israel government is pretty much a gimme with ultra-Zionist billionaires and corporations providing fantastic and dominant funding for both political parties. Former Congresswoman Cynthia McKinney has told how she was approached immediately she ran for office to 'sign the pledge' to Israel and confirm that she would always vote in that country's best interests. All American politicians are approached in this way. Anyone who refuses will get no support or funding from the enormous and all-powerful Zionist lobby that includes organisations like mega-lobby group AIPAC, the American Israel Public Affairs Committee. Trump's biggest funder was ultra-Zionist casino and media billionaire Sheldon Adelson while major funders of the Democratic Party include ultra-Zionist George Soros and ultra-Zionist financial and media mogul, Haim Saban. Some may reel back at the suggestion that Soros is an Israel-firster (Sabbatian-controlled Israel-firster), but Renegade Minds watch the actions not the words and everywhere Soros donates his billions the Sabbatian agenda benefits. In the spirit of Sabbatian inversion Soros pledged $1 billion for a new university network to promote 'liberal values and tackle intolerance'. He made the announcement during his annual speech

at the Cult-owned World Economic Forum in Davos, Switzerland, in January, 2020, after his 'harsh criticism' of 'authoritarian rulers' around the world. You can only laugh at such brazen mendacity. How *he* doesn't laugh is the mystery. Translated from the Orwellian 'liberal values and tackle intolerance' means teaching non-white people to hate white people and for white people to loathe themselves for being born white. The reason for that will become clear.

The 'Anti-Semitism' fraud

Zionists support the Jewish homeland in the land of Palestine which has been the Sabbatian-Rothschild goal for so long, but not for the benefit of Jews. Sabbatians and their global Anti-Semitism Industry have skewed public and political opinion to equate opposing the violent extremes of Zionism to be a blanket attack and condemnation of all Jewish people. Sabbatians and their global Anti-Semitism Industry have skewed public and political opinion to equate opposing the violent extremes of Zionism to be a blanket attack and condemnation of all Jewish people. This is nothing more than a Sabbatian protection racket to stop legitimate investigation and exposure of their agendas and activities. The official definition of 'anti-Semitism' has more recently been expanded to include criticism of Zionism – a *political movement* – and this was done to further stop exposure of Sabbatian infiltrators who created Zionism as we know it today in the 19th century. Renegade Minds will talk about these subjects when they know the shit that will come their way. People must decide if they want to know the truth or just cower in the corner in fear of what others will say. Sabbatians have been trying to label me as 'anti-Semitic' since the 1990s as I have uncovered more and more about their background and agendas. Useless, gutless, fraudulent 'journalists' then just repeat the smears without question and on the day I was writing this section a pair of unquestioning repeaters called Ben Quinn and Archie Bland (how appropriate) outright called me an 'anti-Semite' in the establishment propaganda sheet, the London *Guardian*, with no supporting evidence. The

Sabbatian Anti-Semitism Industry said so and who are they to question that? They wouldn't dare. Ironically 'Semitic' refers to a group of languages in the Middle East that are almost entirely Arabic. 'Anti-Semitism' becomes 'anti-Arab' which if the consequences of this misunderstanding were not so grave would be hilarious. Don't bother telling Quinn and Bland. I don't want to confuse them, bless 'em. One reason I am dubbed 'anti-Semitic' is that I wrote in the 1990s that Jewish operatives (Sabbatians) were heavily involved in the Russian Revolution when Sabbatians overthrew the Romanov dynasty. This apparently made me 'anti-Semitic'. Oh, really? Here is a section from *The Trigger*:

> British journalist Robert Wilton confirmed these themes in his 1920 book *The Last Days of the Romanovs* when he studied official documents from the Russian government to identify the members of the Bolshevik ruling elite between 1917 and 1919. The Central Committee included 41 Jews among 62 members; the Council of the People's Commissars had 17 Jews out of 22 members; and 458 of the 556 most important Bolshevik positions between 1918 and 1919 were occupied by Jewish people. Only 17 were Russian. Then there were the 23 Jews among the 36 members of the vicious Cheka Soviet secret police established in 1917 who would soon appear all across the country.
>
> Professor Robert Service of Oxford University, an expert on 20th century Russian history, found evidence that ['Jewish'] Leon Trotsky had sought to make sure that Jews were enrolled in the Red Army and were disproportionately represented in the Soviet civil bureaucracy that included the Cheka which performed mass arrests, imprisonment and executions of 'enemies of the people'. A US State Department Decimal File (861.00/5339) dated November 13th, 1918, names [Rothschild banking agent in America] Jacob Schiff and a list of ultra-Zionists as funders of the Russian Revolution leading to claims of a 'Jewish plot', but the key point missed by all is they were not 'Jews' – they were Sabbatian-Frankists.

Britain's Winston Churchill made the same error by mistake or otherwise. He wrote in a 1920 edition of the *Illustrated Sunday Herald* that those behind the Russian revolution were part of a 'worldwide conspiracy for the overthrow of civilisation and for the reconstitution of society on the basis of arrested development, of envious malevolence, and impossible equality' (see 'Woke' today because that has been created by the same network). Churchill said there was no need to exaggerate the part played in the creation of Bolshevism and in the actual bringing about of the Russian

Revolution 'by these international and for the most part atheistical Jews' ['atheistical Jews' = Sabbatians]. Churchill said it is certainly a very great one and probably outweighs all others: 'With the notable exception of Lenin, the majority of the leading figures are Jews.' He went on to describe, knowingly or not, the Sabbatian modus operandi of placing puppet leaders nominally in power while they control from the background:

> Moreover, the principal inspiration and driving power comes from the Jewish leaders. Thus Tchitcherin, a pure Russian, is eclipsed by his nominal subordinate, Litvinoff, and the influence of Russians like Bukharin or Lunacharski cannot be compared with the power of Trotsky, or of Zinovieff, the Dictator of the Red Citadel (Petrograd), or of Krassin or Radek – all Jews. In the Soviet institutions the predominance of Jews is even more astonishing. And the prominent, if not indeed the principal, part in the system of terrorism applied by the Extraordinary Commissions for Combatting Counter-Revolution has been taken by Jews, and in some notable cases by Jewesses.

What I said about seriously disproportionate involvement in the Russian Revolution by Jewish 'revolutionaries' (Sabbatians) is provable fact, but truth is no defence against the Sabbatian Anti-Semitism Industry, its repeater parrots like Quinn and Bland, and the now breathtaking network of so-called 'Woke' 'anti-hate' groups with interlocking leaderships and funding which have the role of discrediting and silencing anyone who gets too close to exposing the Sabbatians. We have seen 'truth is no defence' confirmed in legal judgements with the Saskatchewan Human Rights Commission in Canada decreeing this: 'Truthful statements can be presented in a manner that would meet the definition of hate speech, and not all truthful statements must be free from restriction.' Most 'anti-hate' activists, who are themselves consumed by hatred, are too stupid and ignorant of the world to know how they are being used. They are far too far up their own virtue-signalling arses and it's far too dark for them to see anything.

The 'revolution' game

The background and methods of the 'Russian' Revolution are straight from the Sabbatian playbook seen in the French Revolution

and endless others around the world that appear to start as a revolution of the people against tyrannical rule and end up with a regime change to more tyrannical rule overtly or covertly. Wars, terror attacks and regime overthrows follow the Sabbatian cult through history with its agents creating them as Problem-Reaction-Solutions to remove opposition on the road to world domination. Sabbatian dots connect the Rothschilds with the Illuminati, Jacobins of the French Revolution, the 'Bund' or League of the Just, the International Communist Party, Communist League and the Communist Manifesto of Karl Marx and Friedrich Engels that would lead to the Rothschild-funded Russian Revolution. The sequence comes under the heading of 'creative destruction' when you advance to your global goal by continually destroying the status quo to install a new status quo which you then also destroy. The two world wars come to mind. With each new status quo you move closer to your planned outcome. Wars and mass murder are to Sabbatians a collective blood sacrifice ritual. They are obsessed with death for many reasons and one is that death is an inversion of life. Satanists and Sabbatians are obsessed with death and often target churches and churchyards for their rituals. Inversion-obsessed Sabbatians explain the use of inverted symbolism including the *inverted* pentagram and *inverted* cross. The inversion of the cross has been related to targeting Christianity, but the cross was a religious symbol long before Christianity and its inversion is a statement about the Sabbatian mentality and goals more than any single religion.

Sabbatians operating in Germany were behind the rise of the occult-obsessed Nazis and the subsequent Jewish exodus from Germany and Europe to Palestine and the United States after World War Two. The Rothschild dynasty was at the forefront of this both as political manipulators and by funding the operation. Why would Sabbatians help to orchestrate the horrors inflicted on Jews by the Nazis and by Stalin after they organised the Russian Revolution? Sabbatians hate Jews and their religion, that's why. They pose as Jews and secure positions of control within Jewish society and play the 'anti-Semitism' card to protect themselves from exposure

through a global network of organisations answering to the Sabbatian-created-and-controlled globe-spanning intelligence network that involves a stunning web of military-intelligence operatives and operations for a tiny country of just nine million. Among them are Jewish assets who are not Sabbatians but have been convinced by them that what they are doing is for the good of Israel and the Jewish community to protect them from what they have been programmed since childhood to believe is a Jew-hating hostile world. The Jewish community is just a highly convenient cover to hide the true nature of Sabbatians. Anyone getting close to exposing their game is accused by Sabbatian place-people and gofers of 'anti-Semitism' and claiming that all Jews are part of a plot to take over the world. I am not saying that. I am saying that Sabbatians – the *real* Jew-haters – have infiltrated the Jewish community to use them both as a cover and an 'anti-Semitic' defence against exposure. Thus we have the Anti-Semitism Industry targeted researchers in this way and most Jewish people think this is justified and genuine. They don't know that their 'Jewish' leaders and institutions of state, intelligence and military are not controlled by Jews at all, but cultists and stooges of Sabbatian-Frankism. I once added my name to a pro-Jewish freedom petition online and the next time I looked my name was gone and text had been added to the petition blurb to attack me as an 'anti-Semite' such is the scale of perceptual programming.

Moving on America

I tell the story in *The Trigger* and a chapter called 'Atlantic Crossing' how particularly after Israel was established the Sabbatians moved in on the United States and eventually grasped control of government administration, the political system via both Democrats and Republicans, the intelligence community like the CIA and National Security Agency (NSA), the Pentagon and mass media. Through this seriously compartmentalised network Sabbatians and their operatives in Mossad, Israeli Defense Forces (IDF) and US agencies pulled off 9/11 and blamed it on 19 'Al-Qaeda hijackers' dominated by men from, or connected to, Sabbatian-ruled Saudi

Arabia. The '19' were not even on the planes let alone flew those big passenger jets into buildings while being largely incompetent at piloting one-engine light aircraft. 'Hijacker' Hani Hanjour who is said to have flown American Airlines Flight 77 into the Pentagon with a turn and manoeuvre most professional pilots said they would have struggled to do was banned from renting a small plane by instructors at the Freeway Airport in Bowie, Maryland, just *six weeks* earlier on the grounds that he was an incompetent pilot. The Jewish population of the world is just 0.2 percent with even that almost entirely concentrated in Israel (75 percent Jewish) and the United States (around two percent). This two percent and globally 0.2 percent refers to *Jewish* people and not Sabbatian interlopers who are a fraction of that fraction. What a sobering thought when you think of the fantastic influence on world affairs of tiny Israel and that the Project for the New America Century (PNAC) which laid out the blueprint in September, 2000, for America's war on terror and regime change wars in Iraq, Libya and Syria was founded and dominated by Sabbatians known as 'Neocons'. The document conceded that this plan would not be supported politically or publicly without a major attack on American soil and a Problem-Reaction-Solution excuse to send troops to war across the Middle East. Sabbatian Neocons said:

> ... [The] process of transformation ... [war and regime change] ... is likely to be a long one, absent some catastrophic and catalysing event – like a new Pearl Harbor.

Four months later many of those who produced that document came to power with their inane puppet George Bush from the long-time Sabbatian Bush family. They included Sabbatian Dick Cheney who was officially vice-president, but really de-facto president for the entirety of the 'Bush' government. Nine months after the 'Bush' inauguration came what Bush called at the time 'the Pearl Harbor of the 21st century' and with typical Sabbatian timing and symbolism 2001 was the 60th anniversary of the attack in 1941 by the Japanese Air Force on Pearl Harbor, Hawaii, which allowed President Franklin Delano Roosevelt to take the United States into a Sabbatian-

instigated Second World War that he said in his election campaign that he never would. The evidence is overwhelming that Roosevelt and his military and intelligence networks knew the attack was coming and did nothing to stop it, but they did make sure that America's most essential naval ships were not in Hawaii at the time. Three thousand Americans died in the Pearl Harbor attacks as they did on September 11th. By the 9/11 year of 2001 Sabbatians had widely infiltrated the US government, military and intelligence operations and used their compartmentalised assets to pull off the 'Al-Qaeda' attacks. If you read *The Trigger* it will blow your mind to see the utterly staggering concentration of 'Jewish' operatives (Sabbatian infiltrators) in essential positions of political, security, legal, law enforcement, financial and business power before, during, and after the attacks to make them happen, carry them out, and then cover their tracks – and I do mean *staggering* when you think of that 0.2 percent of the world population and two percent of Americans which are Jewish while Sabbatian infiltrators are a fraction of that. A central foundation of the 9/11 conspiracy was the hijacking of government, military, Air Force and intelligence computer systems in real time through 'back-door' access made possible by Israeli (Sabbatian) 'cyber security' software. Sabbatian-controlled Israel is on the way to rivalling Silicon Valley for domination of cyberspace and is becoming the dominant force in cyber-security which gives them access to entire computer systems and their passcodes across the world. Then add to this that Zionists head (officially) Silicon Valley giants like Google (Larry Page and Sergey Brin), Google-owned YouTube (Susan Wojcicki), Facebook (Mark Zuckerberg and Sheryl Sandberg), and Apple (Chairman Arthur D. Levinson), and that ultra-Zionist hedge fund billionaire Paul Singer has a $1 billion stake in Twitter which is only nominally headed by 'CEO' pothead Jack Dorsey. As cable news host Tucker Carlson said of Dorsey: 'There used to be debate in the medical community whether dropping a ton of acid had permanent effects and I think that debate has now ended.' Carlson made the comment after Dorsey told a hearing on Capitol Hill (if you cut through his bullshit) that he

believed in free speech so long as he got to decide what you can hear and see. These 'big names' of Silicon Valley are only front men and women for the Global Cult, not least the Sabbatians, who are the true controllers of these corporations. Does anyone still wonder why these same people and companies have been ferociously censoring and banning people (like me) for exposing any aspect of the Cult agenda and especially the truth about the 'Covid' hoax which Sabbatians have orchestrated?

The Jeffrey Epstein paedophile ring was a Sabbatian operation. He was officially 'Jewish' but he was a Sabbatian and women abused by the ring have told me about the high number of 'Jewish' people involved. The Epstein horror has Sabbatian written all over it and matches perfectly their modus operandi and obsession with sex and ritual. Epstein was running a Sabbatian blackmail ring in which famous people with political and other influence were provided with young girls for sex while everything was being filmed and recorded on hidden cameras and microphones at his New York house, Caribbean island and other properties. Epstein survivors have described this surveillance system to me and some have gone public. Once the famous politician or other figure knew he or she was on video they tended to do whatever they were told. Here we go again …when you've got them by the balls their hearts and minds will follow. Sabbatians use this blackmail technique on a wide scale across the world to entrap politicians and others they need to act as demanded. Epstein's private plane, the infamous 'Lolita Express', had many well-known passengers including Bill Clinton while Bill Gates has flown on an Epstein plane and met with him four years after Epstein had been jailed for paedophilia. They subsequently met many times at Epstein's home in New York according to a witness who was there. Epstein's infamous side-kick was Ghislaine Maxwell, daughter of Mossad agent and ultra-Zionist mega-crooked British businessman, Bob Maxwell, who at one time owned the *Daily Mirror* newspaper. Maxwell was murdered at sea on his boat in 1991 by Sabbatian-controlled Mossad when he became a liability with his

business empire collapsing as a former Mossad operative has confirmed (see *The Trigger*).

Money, money, money, funny money …

Before I come to the Sabbatian connection with the last three US presidents I will lay out the crucial importance to Sabbatians of controlling banking and finance. Sabbatian Mayer Amschel Rothschild set out to dominate this arena in his family's quest for total global control. What is freedom? It is, in effect, choice. The more choices you have the freer you are and the fewer your choices the more you are enslaved. In the global structure created over centuries by Sabbatians the biggest decider and restrictor of choice is … money. Across the world if you ask people what they would like to do with their lives and why they are not doing that they will reply 'I don't have the money'. This is the idea. A global elite of multi-billionaires are described as 'greedy' and that is true on one level; but control of money – who has it and who doesn't – is not primarily about greed. It's about control. Sabbatians have seized ever more control of finance and sucked the wealth of the world out of the hands of the population. We talk now, after all, about the 'One-percent' and even then the wealthiest are a lot fewer even than that. This has been made possible by a money scam so outrageous and so vast it could rightly be called the scam of scams founded on creating 'money' out of nothing and 'loaning' that with interest to the population. Money out of nothing is called 'credit'. Sabbatians have asserted control over governments and banking ever more completely through the centuries and secured financial laws that allow banks to lend hugely more than they have on deposit in a confidence trick known as fractional reserve lending. Imagine if you could lend money that doesn't exist and charge the recipient interest for doing so. You would end up in jail. Bankers by contrast end up in mansions, private jets, Malibu and Monaco.

Banks are only required to keep a fraction of their deposits and wealth in their vaults and they are allowed to lend 'money' they don't have called 'credit. Go into a bank for a loan and if you succeed

the banker will not move any real wealth into your account. They will type into your account the amount of the agreed 'loan' – say £100,000. This is not wealth that really exists; it is non-existent, fresh-air, created-out-of-nothing 'credit' which has never, does not, and will never exist except in theory. Credit is backed by nothing except wind and only has buying power because people think that it has buying power and accept it in return for property, goods and services. I have described this situation as like those cartoon characters you see chasing each other and when they run over the edge of a cliff they keep running forward on fresh air until one of them looks down, realises what's happened, and they all crash into the ravine. The whole foundation of the Sabbatian financial system is to stop people looking down except for periodic moments when they want to crash the system (as in 2008 and 2020 ongoing) and reap the rewards from all the property, businesses and wealth their borrowers had signed over as 'collateral' in return for a 'loan' of fresh air. Most people think that money is somehow created by governments when it comes into existence from the start as a debt through banks 'lending' illusory money called credit. Yes, the very currency of exchange is a *debt* from day one issued as an interest-bearing loan. Why don't governments create money interest-free and lend it to their people interest-free? Governments are controlled by Sabbatians and the financial system is controlled by Sabbatians for whom interest-free money would be a nightmare come true. Sabbatians underpin their financial domination through their global network of central banks, including the privately-owned US Federal Reserve and Britain's Bank of England, and this is orchestrated by a privately-owned central bank coordination body called the Bank for International Settlements in Basle, Switzerland, created by the usual suspects including the Rockefellers and Rothschilds. Central bank chiefs don't answer to governments or the people. They answer to the Bank for International Settlements or, in other words, the Global Cult which is dominated today by Sabbatians.

Built-in disaster

There are so many constituent scams within the overall banking scam. When you take out a loan of thin-air credit only the amount of that loan is theoretically brought into circulation to add to the amount in circulation; but you are paying back the principle plus interest. The additional interest is not created and this means that with every 'loan' there is a shortfall in the money in circulation between what is borrowed and what has to be paid back. There is never even close to enough money in circulation to repay all outstanding public and private debt including interest. Coldly weaved in the very fabric of the system is the certainty that some will lose their homes, businesses and possessions to the banking 'lender'. This is less obvious in times of 'boom' when the amount of money in circulation (and the debt) is expanding through more people wanting and getting loans. When a downturn comes and the money supply contracts it becomes painfully obvious that there is not enough money to service all debt and interest. This is less obvious in times of 'boom' when the amount of money in circulation (and the debt) is expanding through more people wanting and getting loans. When a downturn comes and the money supply contracts and it becomes painfully obvious – as in 2008 and currently – that there is not enough money to service all debt and interest. Sabbatian banksters have been leading the human population through a calculated series of booms (more debt incurred) and busts (when the debt can't be repaid and the banks get the debtor's tangible wealth in exchange for non-existent 'credit'). With each 'bust' Sabbatian bankers have absorbed more of the world's tangible wealth and we end up with the One-percent. Governments are in bankruptcy levels of debt to the same system and are therefore owned by a system they do not control. The Federal Reserve, 'America's central bank', is privately-owned and American presidents only nominally appoint its chairman or woman to maintain the illusion that it's an arm of government. It's not. The 'Fed' is a cartel of private banks which handed billions to its associates and friends after the crash of 2008 and has been Sabbatian-controlled since it was manipulated into being in 1913 through the covert trickery of Rothschild banking agents Jacob Schiff and Paul

Warburg, and the Sabbatian Rockefeller family. Somehow from a Jewish population of two-percent and globally 0.2 percent (Sabbatian interlopers remember are far smaller) ultra-Zionists headed the Federal Reserve for 31 years between 1987 and 2018 in the form of Alan Greenspan, Bernard Bernanke and Janet Yellen (now Biden's Treasury Secretary) with Yellen's deputy chairman a Israeli-American duel citizen and ultra-Zionist Stanley Fischer, a former governor of the Bank of Israel. Ultra-Zionist Fed chiefs spanned the presidencies of Ronald Reagan ('Republican'), Father George Bush ('Republican'), Bill Clinton ('Democrat'), Boy George Bush ('Republican') and Barack Obama ('Democrat'). We should really add the pre-Greenspan chairman, Paul Adolph Volcker, 'appointed' by Jimmy Carter ('Democrat') who ran the Fed between 1979 and 1987 during the Carter and Reagan administrations before Greenspan took over. Volcker was a long-time associate and business partner of the Rothschilds. No matter what the 'party' officially in power the United States economy was directed by the same force. Here are members of the Obama, Trump and Biden administrations and see if you can make out a common theme.

Barack Obama ('Democrat')

Ultra-Zionists Robert Rubin, Larry Summers, and Timothy Geithner ran the US Treasury in the Clinton administration and two of them reappeared with Obama. Ultra-Zionist Fed chairman Alan Greenspan had manipulated the crash of 2008 through deregulation and jumped ship just before the disaster to make way for ultra-Zionist Bernard Bernanke to hand out trillions to Sabbatian 'too big to fail' banks and businesses, including the ubiquitous ultra-Zionist Goldman Sachs which has an ongoing staff revolving door operation between itself and major financial positions in government worldwide. Obama inherited the fallout of the crash when he took office in January, 2009, and fortunately he had the support of his ultra-Zionist White House Chief of Staff Rahm Emmanuel, son of a terrorist who helped to bomb Israel into being in 1948, and his ultra-Zionist senior adviser David Axelrod, chief strategist in Obama's two

successful presidential campaigns. Emmanuel, later mayor of Chicago and former senior fundraiser and strategist for Bill Clinton, is an example of the Sabbatian policy after Israel was established of migrating insider families to America so their children would be born American citizens. 'Obama' chose this financial team throughout his administration to respond to the Sabbatian-instigated crisis:

Timothy Geithner (ultra-Zionist) Treasury Secretary; Jacob J. Lew, Treasury Secretary; Larry Summers (ultra-Zionist), director of the White House National Economic Council; Paul Adolph Volcker (Rothschild business partner), chairman of the Economic Recovery Advisory Board; Peter Orszag (ultra-Zionist), director of the Office of Management and Budget overseeing all government spending; Penny Pritzker (ultra-Zionist), Commerce Secretary; Jared Bernstein (ultra-Zionist), chief economist and economic policy adviser to Vice President Joe Biden; Mary Schapiro (ultra-Zionist), chair of the Securities and Exchange Commission (SEC); Gary Gensler (ultra-Zionist), chairman of the Commodity Futures Trading Commission (CFTC); Sheila Bair (ultra-Zionist), chair of the Federal Deposit Insurance Corporation (FDIC); Karen Mills (ultra-Zionist), head of the Small Business Administration (SBA); Kenneth Feinberg (ultra-Zionist), Special Master for Executive [bail-out] Compensation. Feinberg would be appointed to oversee compensation (with strings) to 9/11 victims and families in a campaign to stop them having their day in court to question the official story. At the same time ultra-Zionist Bernard Bernanke was chairman of the Federal Reserve and these are only some of the ultra-Zionists with allegiance to Sabbatian-controlled Israel in the Obama government. Obama's biggest corporate donor was ultra-Zionist Goldman Sachs which had employed many in his administration.

Donald Trump ('Republican')

Trump claimed to be an outsider (he wasn't) who had come to 'drain the swamp'. He embarked on this goal by immediately appointing ultra-Zionist Steve Mnuchin, a Goldman Sachs employee for 17

years, as his Treasury Secretary. Others included Gary Cohn (ultra-Zionist), chief operating officer of Goldman Sachs, his first Director of the National Economic Council and chief economic adviser, who was later replaced by Larry Kudlow (ultra-Zionist). Trump's senior adviser throughout his four years in the White House was his sinister son-in-law Jared Kushner, a life-long friend of Israel Prime Minister Benjamin Netanyahu. Kushner is the son of a convicted crook who was pardoned by Trump in his last days in office. Other ultra-Zionists in the Trump administration included: Stephen Miller, Senior Policy Adviser; Avrahm Berkowitz, Deputy Adviser to Trump and his Senior Adviser Jared Kushner; Ivanka Trump, Adviser to the President, who converted to Judaism when she married Jared Kushner; David Friedman, Trump lawyer and Ambassador to Israel; Jason Greenblatt, Trump Organization executive vice president and chief legal officer, who was made Special Representative for International Negotiations and the Israeli-Palestinian Conflict; Rod Rosenstein, Deputy Attorney General; Elliot Abrams, Special Representative for Venezuela, then Iran; John Eisenberg, National Security Council Legal Adviser and Deputy Council to the President for National Security Affairs; Anne Neuberger, Deputy National Manager, National Security Agency; Ezra Cohen-Watnick, Acting Under Secretary of Defense for Intelligence; Elan Carr, Special Envoy to monitor and combat anti-Semitism; Len Khodorkovsky, Deputy Special Envoy to monitor and combat anti-Semitism; Reed Cordish, Assistant to the President, Intragovernmental and Technology Initiatives. Trump Vice President Mike Pence and Secretary of State Mike Pompeo, both Christian Zionists, were also vehement supporters of Israel and its goals and ambitions.

Donald 'free-speech believer' Trump pardoned a number of financial and violent criminals while ignoring calls to pardon Julian Assange and Edward Snowden whose crimes are revealing highly relevant information about government manipulation and corruption and the widespread illegal surveillance of the American people by US 'security' agencies. It's so good to know that Trump is on the side of freedom and justice and not mega-criminals with

allegiance to Sabbatian-controlled Israel. These included a pardon for Israeli spy Jonathan Pollard who was jailed for life in 1987 under the Espionage Act. Aviem Sella, the Mossad agent who recruited Pollard, was also pardoned by Trump while Assange sat in jail and Snowden remained in exile in Russia. Sella had 'fled' (was helped to escape) to Israel in 1987 and was never extradited despite being charged under the Espionage Act. A Trump White House statement said that Sella's clemency had been 'supported by Benjamin Netanyahu, Ron Dermer, Israel's US Ambassador, David Friedman, US Ambassador to Israel and Miriam Adelson, wife of leading Trump donor Sheldon Adelson who died shortly before. Other friends of Jared Kushner were pardoned along with Sholom Weiss who was believed to be serving the longest-ever white-collar prison sentence of more than 800 years in 2000. The sentence was commuted of Ponzi-schemer Eliyahu Weinstein who defrauded Jews and others out of $200 million. I did mention that Assange and Snowden were ignored, right? Trump gave Sabbatians almost everything they asked for in military and political support, moving the US Embassy from Tel Aviv to Jerusalem with its critical symbolic and literal implications for Palestinian statehood, and the 'deal of the Century' designed by Jared Kushner and David Friedman which gave the Sabbatian Israeli government the green light to substantially expand its already widespread program of building illegal Jewish-only settlements in the occupied land of the West Bank. This made a two-state 'solution' impossible by seizing all the land of a potential Palestinian homeland and that had been the plan since 1948 and then 1967 when the Arab-controlled Gaza Strip, West Bank, Sinai Peninsula and Syrian Golan Heights were occupied by Israel. All the talks about talks and road maps and delays have been buying time until the West Bank was physically occupied by Israeli real estate. Trump would have to be a monumentally ill-informed idiot not to see that this was the plan he was helping to complete. The Trump administration was in so many ways the Kushner administration which means the Netanyahu administration which means the Sabbatian administration. I understand why many opposing Cult fascism in all its forms gravitated to Trump, but he

was a crucial part of the Sabbatian plan and I will deal with this in the next chapter.

Joe Biden ('Democrat')

A barely cognitive Joe Biden took over the presidency in January, 2021, along with his fellow empty shell, Vice-President Kamala Harris, as the latest Sabbatian gofers to enter the White House. Names on the door may have changed and the 'party' – the force behind them remained the same as Zionists were appointed to a stream of pivotal areas relating to Sabbatian plans and policy. They included: Janet Yellen, Treasury Secretary, former head of the Federal Reserve, and still another ultra-Zionist running the US Treasury after Mnuchin (Trump), Lew and Geithner (Obama), and Summers and Rubin (Clinton); Anthony Blinken, Secretary of State; Wendy Sherman, Deputy Secretary of State (so that's 'Biden's' Sabbatian foreign policy sorted); Jeff Zients, White House coronavirus coordinator; Rochelle Walensky, head of the Centers for Disease Control; Rachel Levine, transgender deputy health secretary (that's 'Covid' hoax policy under control); Merrick Garland, Attorney General; Alejandro Mayorkas, Secretary of Homeland Security; Cass Sunstein, Homeland Security with responsibility for new immigration laws; Avril Haines, Director of National Intelligence; Anne Neuberger, National Security Agency cybersecurity director (note, cybersecurity); David Cohen, CIA Deputy Director; Ronald Klain, Biden's Chief of Staff (see Rahm Emanuel); Eric Lander, a 'leading geneticist', Office of Science and Technology Policy director (see Smart Grid, synthetic biology agenda); Jessica Rosenworcel, acting head of the Federal Communications Commission (FCC) which controls Smart Grid technology policy and electromagnetic communication systems including 5G. How can it be that so many pivotal positions are held by two-percent of the American population and 0.2 percent of the world population administration after administration no matter who is the president and what is the party? It's a coincidence? Of course it's not and this is why Sabbatians have built their colossal global web of interlocking 'anti-

hate' hate groups to condemn anyone who asks these glaring questions as an 'anti-Semite'. The way that Jewish people horrifically abused in Sabbatian-backed Nazi Germany are exploited to this end is stomach-turning and disgusting beyond words.

Political fusion

Sabbatian manipulation has reversed the roles of Republicans and Democrats and the same has happened in Britain with the Conservative and Labour Parties. Republicans and Conservatives were always labelled the 'right' and Democrats and Labour the 'left', but look at the policy positions now and the Democrat-Labour 'left' has moved further to the 'right' than Republicans and Conservatives under the banner of 'Woke', the Cult-created far-right tyranny. Where once the Democrat-Labour 'left' defended free speech and human rights they now seek to delete them and as I said earlier despite the 'Covid' fascism of the Jackboot Johnson Conservative government in the UK the Labour Party of leader Keir Starmer demanded even more extreme measures. The Labour Party has been very publicly absorbed by Sabbatians after a political and media onslaught against the previous leader, the weak and inept Jeremy Corbyn, over made-up allegations of 'anti-Semitism' both by him and his party. The plan was clear with this 'anti-Semite' propaganda and what was required in response was a swift and decisive 'fuck off' from Corbyn and a statement to expose the Anti-Semitism Industry (Sabbatian) attempt to silence Labour criticism of the Israeli government (Sabbatians) and purge the party of all dissent against the extremes of ultra-Zionism (Sabbatians). Instead Corbyn and his party fell to their knees and appeased the abusers which, by definition, is impossible. Appeasing one demand leads only to a new demand to be appeased until takeover is complete. Like I say – 'fuck off' would have been a much more effective policy and I have used it myself with great effect over the years when Sabbatians are on my case which is most of the time. I consider that fact a great compliment, by the way. The outcome of the Labour Party capitulation is that we now have a Sabbatian-controlled

Conservative Party ‘opposed’ by a Sabbatian-controlled Labour Party in a one-party Sabbatian state that hurtles towards the extremes of tyranny (the Sabbatian cult agenda). In America the situation is the same. Labour’s Keir Starmer spends his days on his knees with his tongue out pointing to Tel Aviv, or I guess now Jerusalem, while Boris Johnson has an ‘anti-Semitism czar’ in the form of former Labour MP John Mann who keeps Starmer company on his prayer mat.

Sabbatian influence can be seen in Jewish members of the Labour Party who have been ejected for criticism of Israel including those from families that suffered in Nazi Germany. Sabbatians despise real Jewish people and target them even more harshly because it is so much more difficult to dub them ‘anti-Semitic’ although in their desperation they do try.

CHAPTER THREE

The Pushbacker sting

Until you realize how easy it is for your mind to be manipulated, you remain the puppet of someone else's game
Evita Ochel

I will use the presidencies of Trump and Biden to show how the manipulation of the one-party state plays out behind the illusion of political choice across the world. No two presidencies could – on the face of it – be more different and apparently at odds in terms of direction and policy.

A Renegade Mind sees beyond the obvious and focuses on outcomes and consequences and not image, words and waffle. The Cult embarked on a campaign to divide America between those who blindly support its agenda (the mentality known as 'Woke') and those who are pushing back on where the Cult and its Sabbatians want to go. This presents infinite possibilities for dividing and ruling the population by setting them at war with each other and allows a perceptual ring fence of demonisation to encircle the Pushbackers in a modern version of the Little Big Horn in 1876 when American cavalry led by Lieutenant Colonel George Custer were drawn into a trap, surrounded and killed by Native American tribes defending their land of thousands of years from being seized by the government. In this modern version the roles are reversed and it's those defending themselves from the Sabbatian government who are surrounded and the government that's seeking to destroy them. This trap was set years ago and to explain how we must return to 2016

and the emergence of Donald Trump as a candidate to be President of the United States. He set out to overcome the best part of 20 other candidates in the Republican Party before and during the primaries and was not considered by many in those early stages to have a prayer of living in the White House. The Republican Party was said to have great reservations about Trump and yet somehow he won the nomination. When you know how American politics works – politics in general – there is no way that Trump could have become the party's candidate unless the Sabbatian-controlled 'Neocons' that run the Republican Party wanted that to happen. We saw the proof in emails and documents made public by WikiLeaks that the Democratic Party hierarchy, or Democons, systematically undermined the campaign of Bernie Sanders to make sure that Sabbatian gofer Hillary Clinton won the nomination to be their presidential candidate. If the Democons could do that then the Neocons in the Republican Party could have derailed Trump in the same way. But they didn't and at that stage I began to conclude that Trump could well be the one chosen to be president. If that was the case the 'why' was pretty clear to see – the goal of dividing America between Cult agenda-supporting Wokers and Pushbackers who gravitated to Trump because he was telling them what they wanted to hear. His constituency of support had been increasingly ignored and voiceless for decades and profoundly through the eight years of Sabbatian puppet Barack Obama. Now here was someone speaking their language of pulling back from the incessant globalisation of political and economic power, the exporting of American jobs to China and elsewhere by 'American' (Sabbatian) corporations, the deletion of free speech, and the mass immigration policies that had further devastated job opportunities for the urban working class of all races and the once American heartlands of the Midwest.

Beware the forked tongue

Those people collectively sighed with relief that at last a political leader was apparently on their side, but another trait of the Renegade Mind is that you look even harder at people telling you

what you want to hear than those who are telling you otherwise. Obviously as I said earlier people wish what they want to hear to be true and genuine and they are much more likely to believe that than someone saying what they don't want to here and don't want to be true. Sales people are taught to be skilled in eliciting by calculated questioning what their customers want to hear and repeating that back to them as their own opinion to get their targets to like and trust them. Assets of the Cult are also sales people in the sense of selling perception. To read Cult manipulation you have to play the long and expanded game and not fall for the Vaudeville show of party politics. Both American parties are vehicles for the Cult and they exploit them in different ways depending on what the agenda requires at that moment. Trump and the Republicans were used to be the focus of dividing America and isolating Pushbackers to open the way for a Biden presidency to become the most extreme in American history by advancing the full-blown Woke (Cult) agenda with the aim of destroying and silencing Pushbackers now labelled Nazi Trump supporters and white supremacists.

Sabbatians wanted Trump in office for the reasons described by ultra-Zionist Saul Alinsky (1909-1972) who was promoting the Woke philosophy through 'community organising' long before anyone had heard of it. In those days it still went by its traditional name of Marxism. The reason for the manipulated Trump phenomenon was laid out in Alinsky's 1971 book, *Rules for Radicals*, which was his blueprint for overthrowing democratic and other regimes and replacing them with Sabbatian Marxism. Not surprisingly his to-do list was evident in the Sabbatian French and Russian 'Revolutions' and that in China which will become very relevant in the next chapter about the 'Covid' hoax. Among Alinsky's followers have been the deeply corrupt Barack Obama, House Speaker Nancy Pelosi and Hillary Clinton who described him as a 'hero'. All three are Sabbatian stooges with Pelosi personifying the arrogant corrupt idiocy that so widely fronts up for the Cult inner core. Predictably as a Sabbatian advocate of the 'light-bringer' Alinsky features Lucifer on the dedication page of his book as the original radical who gained

his own kingdom ('Earth' as we shall see). One of Alinsky's golden radical rules was to pick an individual and focus all attention, hatred and blame on them and not to target faceless bureaucracies and corporations. *Rules for Radicals* is really a Sabbatian handbook with its contents repeatedly employed all over the world for centuries and why wouldn't Sabbatians bring to power their designer-villain to be used as the individual on which all attention, hatred and blame was bestowed? This is what they did and the only question for me is how much Trump knew that and how much he was manipulated. A bit of both, I suspect. This was Alinsky's Trump technique from a man who died in 1972. The technique has spanned history:

Pick the target, freeze it, personalize it, polarize it. Don't try to attack abstract corporations or bureaucracies. Identify a responsible individual. Ignore attempts to shift or spread the blame.

From the moment Trump came to illusory power everything was about him. It wasn't about Republican policy or opinion, but all about Trump. Everything he did was presented in negative, derogatory and abusive terms by the Sabbatian-dominated media led by Cult operations such as CNN, MSNBC, *The New York Times* and the Jeff Bezos-owned *Washington Post* – 'Pick the target, freeze it, personalize it, polarize it.' Trump was turned into a demon to be vilified by those who hated him and a demi-god loved by those who worshipped him. This, in turn, had his supporters, too, presented as equally demonic in preparation for the punchline later down the line when Biden was about to take office. It was here's a Trump, there's a Trump, everywhere a Trump, Trump. Virtually every news story or happening was filtered through the lens of 'The Donald'. You loved him or hated him and which one you chose was said to define you as Satan's spawn or a paragon of virtue. Even supporting some Trump policies or statements and not others was enough for an assault on your character. No shades of grey were or are allowed. Everything is black and white (literally and figuratively). A Californian I knew had her head utterly scrambled by her hatred for Trump while telling people they should love each other. She was so totally consumed by

Trump Derangement Syndrome as it became to be known that this glaring contradiction would never have occurred to her. By definition anyone who criticised Trump or praised his opponents was a hero and this lady described Joe Biden as 'a kind, honest gentleman' when he's a provable liar, mega-crook and vicious piece of work to boot. Sabbatians had indeed divided America using Trump as the fall-guy and all along the clock was ticking on the consequences for his supporters.

In hock to his masters

Trump gave Sabbatians via Israel almost everything they wanted in his four years. Ask and you shall receive was the dynamic between himself and Benjamin Netanyahu orchestrated by Trump's ultra-Zionist son-in-law Jared Kushner, his ultra-Zionist Ambassador to Israel, David Friedman, and ultra-Zionist 'Israel adviser', Jason Greenblatt. The last two were central to the running and protecting from collapse of his business empire, the Trump Organisation, and colossal business failures made him forever beholding to Sabbatian networks that bailed him out. By the start of the 1990s Trump owed $4 billion to banks that he couldn't pay and almost $1billion of that was down to him personally and not his companies. This mega-disaster was the result of building two new casinos in Atlantic City and buying the enormous Taj Mahal operation which led to crippling debt payments. He had borrowed fantastic sums from 72 banks with major Sabbatian connections and although the scale of debt should have had him living in a tent alongside the highway they never foreclosed. A plan was devised to lift Trump from the mire by BT Securities Corporation and Rothschild Inc. and the case was handled by Wilber Ross who had worked for the Rothschilds for 27 years. Ross would be named US Commerce Secretary after Trump's election. Another crucial figure in saving Trump was ultra-Zionist 'investor' Carl Icahn who bought the Taj Mahal casino. Icahn was made special economic adviser on financial regulation in the Trump administration. He didn't stay long but still managed to find time to make a tidy sum of a reported $31.3 million when he sold his

holdings affected by the price of steel three days before Trump imposed a 235 percent tariff on steel imports. What amazing bits of luck these people have. Trump and Sabbatian operatives have long had a close association and his mentor and legal adviser from the early 1970s until 1986 was the dark and genetically corrupt ultra-Zionist Roy Cohn who was chief counsel to Senator Joseph McCarthy's 'communist' witch-hunt in the 1950s. *Esquire* magazine published an article about Cohn with the headline 'Don't mess with Roy Cohn'. He was described as the most feared lawyer in New York and 'a ruthless master of dirty tricks ... [with] ... more than one Mafia Don on speed dial'. Cohn's influence, contacts, support and protection made Trump a front man for Sabbatians in New York with their connections to one of Cohn's many criminal employers, the 'Russian' Sabbatian Mafia. Israel-centric media mogul Rupert Murdoch was introduced to Trump by Cohn and they started a long friendship. Cohn died in 1986 weeks after being disbarred for unethical conduct by the Appellate Division of the New York State Supreme Court. The wheels of justice do indeed run slow given the length of Cohn's crooked career.

QAnon-sense

We are asked to believe that Donald Trump with his fundamental connections to Sabbatian networks and operatives has been leading the fight to stop the Sabbatian agenda for the fascistic control of America and the world. Sure he has. A man entrapped during his years in the White House by Sabbatian operatives and whose biggest financial donor was casino billionaire Sheldon Adelson who was Sabbatian to his DNA?? Oh, do come on. Trump has been used to divide America and isolate Pushbackers on the Cult agenda under the heading of 'Trump supporters', 'insurrectionists' and 'white supremacists'. The US Intelligence/Mossad Psyop or psychological operation known as QAnon emerged during the Trump years as a central pillar in the Sabbatian campaign to lead Pushbackers into the trap set by those that wished to destroy them. I knew from the start that QAnon was a scam because I had seen the same scenario many

times before over 30 years under different names and I had written about one in particular in the books. ‘Not again’ was my reaction when QAnon came to the fore. The same script is pulled out every few years and a new name added to the letterhead. The story always takes the same form: ‘Insiders’ or ‘the good guys’ in the government-intelligence-military ‘Deep State’ apparatus were going to instigate mass arrests of the ‘bad guys’ which would include the Rockefellers, Rothschilds, Barack Obama, Hillary Clinton, George Soros, etc., etc. Dates are given for when the ‘good guys’ are going to move in, but the dates pass without incident and new dates are given which pass without incident. The central message to Pushbackers in each case is that they don’t have to do anything because there is ‘a plan’ and it is all going to be sorted by the ‘good guys’ on the inside. ‘Trust the plan’ was a QAnon mantra when the only plan was to misdirect Pushbackers into putting their trust in a Psyop they believed to be real. Beware, beware, those who tell you what you want to hear and always check it out. Right up to Biden’s inauguration QAnon was still claiming that ‘the Storm’ was coming and Trump would stay on as president when Biden and his cronies were arrested and jailed. It was never going to happen and of course it didn’t, but what did happen as a result provided that punchline to the Sabbatian Trump/QAnon Psyop.

On January 6th, 2021, a very big crowd of Trump supporters gathered in the National Mall in Washington DC down from the Capitol Building to protest at what they believed to be widespread corruption and vote fraud that stopped Trump being re-elected for a second term as president in November, 2020. I say as someone that does not support Trump or Biden that the evidence is clear that major vote-fixing went on to favour Biden, a man with cognitive problems so advanced he can often hardly string a sentence together without reading the words written for him on the Teleprompter. Glaring ballot discrepancies included serious questions about electronic voting machines that make vote rigging a comparative cinch and hundreds of thousands of paper votes that suddenly appeared during already advanced vote counts and virtually all of

them for Biden. Early Trump leads in crucial swing states suddenly began to close and disappear. The pandemic hoax was used as the excuse to issue almost limitless numbers of mail-in ballots with no checks to establish that the recipients were still alive or lived at that address. They were sent to streams of people who had not even asked for them. Private organisations were employed to gather these ballots and who knows what they did with them before they turned up at the counts. The American election system has been manipulated over decades to become a sick joke with more holes than a Swiss cheese for the express purpose of dictating the results. Then there was the criminal manipulation of information by Sabbatian tech giants like Facebook, Twitter and Google-owned YouTube which deleted pro-Trump, anti-Biden accounts and posts while everything in support of Biden was left alone. Sabbatians wanted Biden to win because after the dividing of America it was time for full-on Woke and every aspect of the Cult agenda to be unleashed.

Hunter gatherer

Extreme Silicon Valley bias included blocking information by the *New York Post* exposing a Biden scandal that should have ended his bid for president in the final weeks of the campaign. Hunter Biden, his monumentally corrupt son, is reported to have sent a laptop to be repaired at a local store and failed to return for it. Time passed until the laptop became the property of the store for non-payment of the bill. When the owner saw what was on the hard drive he gave a copy to the FBI who did nothing even though it confirmed widespread corruption in which the Joe Biden family were using his political position, especially when he was vice president to Obama, to make multiple millions in countries around the world and most notably Ukraine and China. Hunter Biden's one-time business partner Tony Bobulinski went public when the story broke in the *New York Post* to confirm the corruption he saw and that Joe Biden not only knew what was going on he also profited from the spoils. Millions were handed over by a Chinese company with close

connections – like all major businesses in China – to the Chinese communist party of President Xi Jinping. Joe Biden even boasted at a meeting of the Cult's World Economic Forum that as vice president he had ordered the government of Ukraine to fire a prosecutor. What he didn't mention was that the same man just happened to be investigating an energy company which was part of Hunter Biden's corrupt portfolio. The company was paying him big bucks for no other reason than the influence his father had. Overnight Biden's presidential campaign should have been over given that he had lied publicly about not knowing what his son was doing. Instead almost the entire Sabbatian-owned mainstream media and Sabbatian-owned Silicon Valley suppressed circulation of the story. This alone went a mighty way to rigging the election of 2020. Cult assets like Mark Zuckerberg at Facebook also spent hundreds of millions to be used in support of Biden and vote 'administration'.

The Cult had used Trump as the focus to divide America and was now desperate to bring in moronic, pliable, corrupt Biden to complete the double-whammy. No way were they going to let little things like the will of the people thwart their plan. Silicon Valley widely censored claims that the election was rigged because it *was* rigged. For the same reason anyone claiming it was rigged was denounced as a 'white supremacist' including the pathetically few Republican politicians willing to say so. Right across the media where the claim was mentioned it was described as a 'false claim' even though these excuses for 'journalists' would have done no research into the subject whatsoever. Trump won seven million more votes than any sitting president had ever achieved while somehow a cognitively-challenged soon to be 78-year-old who was hidden away from the public for most of the campaign managed to win more votes than any presidential candidate in history. It makes no sense. You only had to see election rallies for both candidates to witness the enthusiasm for Trump and the apathy for Biden. Tens of thousands would attend Trump events while Biden was speaking in empty car parks with often only television crews attending and framing their shots to hide the fact that no one was there. It was pathetic to see

footage come to light of Biden standing at a podium making speeches only to TV crews and party fixers while reading the words written for him on massive Teleprompter screens. So, yes, those protestors on January 6th had a point about election rigging, but some were about to walk into a trap laid for them in Washington by the Cult Deep State and its QAnon Psyop. This was the Capitol Hill riot ludicrously dubbed an 'insurrection'.

The spider and the fly

Renegade Minds know there are not two 'sides' in politics, only one side, the Cult, working through all 'sides'. It's a stage show, a puppet show, to direct the perceptions of the population into focusing on diversions like parties and candidates while missing the puppeteers with their hands holding all the strings. The Capitol Hill 'insurrection' brings us back to the Little Big Horn. Having created two distinct opposing groupings – Woke and Pushbackers – the trap was about to be sprung. Pushbackers were to be encircled and isolated by associating them all in the public mind with Trump and then labelling Trump as some sort of Confederate leader. I knew immediately that the Capitol riot was a set-up because of two things. One was how easy the rioters got into the building with virtually no credible resistance and secondly I could see – as with the 'Covid' hoax in the West at the start of 2020 – how the Cult could exploit the situation to move its agenda forward with great speed. My experience of Cult techniques and activities over more than 30 years has showed me that while they do exploit situations they haven't themselves created this never happens with events of fundamental agenda significance. Every time major events giving cultists the excuse to rapidly advance their plan you find they are manipulated into being for the specific reason of providing that excuse – Problem-Reaction-Solution. Only a tiny minority of the huge crowd of Washington protestors sought to gain entry to the Capitol by smashing windows and breaching doors. That didn't matter. The whole crowd and all Pushbackers, even if they did not support Trump, were going to be lumped together as dangerous

insurrectionists and conspiracy theorists. The latter term came into widespread use through a CIA memo in the 1960s aimed at discrediting those questioning the nonsensical official story of the Kennedy assassination and it subsequently became widely employed by the media. It's still being used by inept 'journalists' with no idea of its origin to discredit anyone questioning anything that authority claims to be true. When you are perpetrating a conspiracy you need to discredit the very word itself even though the dictionary definition of conspiracy is merely 'the activity of secretly planning with other people to do something bad or illegal' and 'a general agreement to keep silent about a subject for the purpose of keeping it secret'. On that basis there are conspiracies almost wherever you look. For obvious reasons the Cult and its lapdog media have to claim there are no conspiracies even though the word appears in state laws as with conspiracy to defraud, to murder, and to corrupt public morals.

Agent provocateurs are widely used by the Cult Deep State to manipulate genuine people into acting in ways that suit the desired outcome. By genuine in this case I mean protestors genuinely supporting Trump and claims that the election was stolen. In among them, however, were agents of the state wearing the garb of Trump supporters and QAnon to pump-prime the Capital riot which some genuine Trump supporters naively fell for. I described the situation as 'Come into my parlour said the spider to the fly'. Leaflets appeared through the Woke paramilitary arm Antifa, the anti-fascist fascists, calling on supporters to turn up in Washington looking like Trump supporters even though they hated him. Some of those arrested for breaching the Capitol Building were sourced to Antifa and its stable mate Black Lives Matter. Both organisations are funded by Cult billionaires and corporations. One man charged for the riot was according to his lawyer a former FBI agent who had held top secret security clearance for 40 years. Attorney Thomas Plofchan said of his client, 66-year-old Thomas Edward Caldwell:

> He has held a Top Secret Security Clearance since 1979 and has undergone multiple Special Background Investigations in support of his clearances. After retiring from the Navy, he

worked as a section chief for the Federal Bureau of Investigation from 2009-2010 as a GS-12 [mid-level employee].

He also formed and operated a consulting firm performing work, often classified, for U.S government customers including the US. Drug Enforcement Agency, Department of Housing and Urban Development, the US Coast Guard, and the US Army Personnel Command.

A judge later released Caldwell pending trial in the absence of evidence about a conspiracy or that he tried to force his way into the building. *The New York Post* reported a 'law enforcement source' as saying that 'at least two known Antifa members were spotted' on camera among Trump supporters during the riot while one of the rioters arrested was John Earle Sullivan, a seriously extreme Black Lives Matter Trump-hater from Utah who was previously arrested and charged in July, 2020, over a BLM-Antifa riot in which drivers were threatened and one was shot. Sullivan is the founder of Utah-based Insurgence USA which is an affiliate of the Cult-created-and-funded Black Lives Matter movement. Footage appeared and was then deleted by Twitter of Trump supporters calling out Antifa infiltrators and a group was filmed changing into pro-Trump clothing before the riot. Security at the building was *pathetic* – as planned. Colonel Leroy Fletcher Prouty, a man with long experience in covert operations working with the US security apparatus, once described the tell-tale sign to identify who is involved in an assassination. He said:

No one has to direct an assassination – it happens. The active role is played secretly by permitting it to happen. This is the greatest single clue. Who has the power to call off or reduce the usual security precautions?

This principle applies to many other situations and certainly to the Capitol riot of January 6th, 2021.

The sting

With such a big and potentially angry crowd known to be gathering near the Capitol the security apparatus would have had a major police detail to defend the building with National Guard troops on

standby given the strength of feeling among people arriving from all over America encouraged by the QAnon Psyop and statements by Donald Trump. Instead Capitol Police 'security' was flimsy, weak, and easily breached. The same number of officers was deployed as on a regular day and that is a blatant red flag. They were not staffed or equipped for a possible riot that had been an obvious possibility in the circumstances. No protective and effective fencing worth the name was put in place and there were no contingency plans. The whole thing was basically a case of standing aside and waving people in. Once inside police mostly backed off apart from one Capitol police officer who ridiculously shot dead unarmed Air Force veteran protestor Ashli Babbitt without a warning as she climbed through a broken window. The 'investigation' refused to name or charge the officer after what must surely be considered a murder in the circumstances. They just lifted a carpet and swept. The story was endlessly repeated about five people dying in the 'armed insurrection' when there was no report of rioters using weapons. Apart from Babbitt the other four died from a heart attack, strokes and apparently a drug overdose. Capitol police officer Brian Sicknick was reported to have died after being bludgeoned with a fire extinguisher when he was alive after the riot was over and died later of what the Washington Medical Examiner's Office said was a stroke. Sicknick had no external injuries. The lies were delivered like rapid fire. There was a narrative to build with incessant repetition of the lie until the lie became the accepted 'everybody knows that' truth. The 'Big Lie' technique of Nazi Propaganda Minister Joseph Goebbels is constantly used by the Cult which was behind the Nazis and is today behind the 'Covid' and 'climate change' hoaxes. Goebbels said:

> If you tell a lie big enough and keep repeating it, people will eventually come to believe it. The lie can be maintained only for such time as the State can shield the people from the political, economic and/or military consequences of the lie. It thus becomes vitally important for the State to use all of its powers to repress dissent, for the truth is the mortal enemy of the lie, and thus by extension, the truth is the greatest enemy of the State.

Most protestors had a free run of the Capitol Building. This allowed pictures to be taken of rioters in iconic parts of the building including the Senate chamber which could be used as propaganda images against all Pushbackers. One Congresswoman described the scene as ‘the worst kind of non-security anybody could ever imagine’. Well, the first part was true, but someone obviously did imagine it and made sure it happened. Some photographs most widely circulated featured people wearing QAnon symbols and now the Psyop would be used to dub all QAnon followers with the ubiquitous fit-all label of ‘white supremacist’ and ‘insurrectionists’. When a Muslim extremist called Noah Green drove his car at two police officers at the Capitol Building killing one in April, 2021, there was no such political and media hysteria. They were just disappointed he wasn’t white.

The witch-hunt

Government prosecutor Michael Sherwin, an aggressive, dark-eyed, professional Rottweiler led the ‘investigation’ and to call it over the top would be to understate reality a thousand fold. Hundreds were tracked down and arrested for the crime of having the wrong political views and people were jailed who had done nothing more than walk in the building, committed no violence or damage to property, took a few pictures and left. They were labelled a ‘threat to the Republic’ while Biden sat in the White House signing executive orders written for him that were dismantling ‘the Republic’. Even when judges ruled that a mother and son should not be in jail the government kept them there. Some of those arrested have been badly beaten by prison guards in Washington and lawyers for one man said he suffered a fractured skull and was made blind in one eye. Meanwhile a woman is shot dead for no reason by a Capitol Police officer and we are not allowed to know who he is never mind what has happened to him although that will be *nothing*. The Cult’s QAnon/Trump sting to identify and isolate Pushbackers and then target them on the road to crushing and deleting them was a resounding success. You would have thought the Russians had

invaded the building at gunpoint and lined up senators for a firing squad to see the political and media reaction. Congresswoman Alexandria Ocasio-Cortez is a child in a woman's body, a terrible-twos, me, me, me, Woker narcissist of such proportions that words have no meaning. She said she thought she was going to die when 'insurrectionists' banged on her office door. It turned out she wasn't even in the Capitol Building when the riot was happening and the 'banging' was a Capitol Police officer. She referred to herself as a 'survivor' which is an insult to all those true survivors of violent and sexual abuse while she lives her pampered and privileged life talking drivel for a living. Her Woke colleague and fellow mega-narcissist Rashida Tlaib broke down describing the devastating effect on her, too, of *not being* in the building when the rioters were there. Ocasio-Cortez and Tlaib are members of a fully-Woke group of Congresswomen known as 'The Squad' along with Ilhan Omar and Ayanna Pressley. The Squad from what I can see can be identified by its vehement anti-white racism, anti-white men agenda, and, as always in these cases, the absence of brain cells on active duty.

The usual suspects were on the riot case immediately in the form of Democrat ultra-Zionist senators and operatives Chuck Schumer and Adam Schiff demanding that Trump be impeached for 'his part in the insurrection'. The same pair of prats had led the failed impeachment of Trump over the invented 'Russia collusion' nonsense which claimed Russia had helped Trump win the 2016 election. I didn't realise that Tel Aviv had been relocated just outside Moscow. I must find an up-to-date map. The Russia hoax was a Sabbatian operation to keep Trump occupied and impotent and to stop any rapport with Russia which the Cult wants to retain as a perceptual enemy to be pulled out at will. Puppet Biden began attacking Russia when he came to office as the Cult seeks more upheaval, division and war across the world. A two-year stage show 'Russia collusion inquiry' headed by the not-very-bright former 9/11 FBI chief Robert Mueller, with support from 19 lawyers, 40 FBI agents plus intelligence analysts, forensic accountants and other

staff, devoured tens of millions of dollars and found no evidence of Russia collusion which a ten-year-old could have told them on day one. Now the same moronic Schumer and Schiff wanted a second impeachment of Trump over the Capitol 'insurrection' (riot) which the arrested development of Schumer called another 'Pearl Harbor' while others compared it with 9/11 in which 3,000 died and, in the case of CNN, with the Rwandan genocide in the 1990s in which an estimated 500,000 to 600,000 were murdered, between 250, 000 and 500,000 women were raped, and populations of whole towns were hacked to death with machetes. To make those comparisons purely for Cult political reasons is beyond insulting to those that suffered and lost their lives and confirms yet again the callous inhumanity that we are dealing with. Schumer is a monumental idiot and so is Schiff, but they serve the Cult agenda and do whatever they're told so they get looked after. Talking of idiots – another inane man who spanned the Russia and Capitol impeachment attempts was Senator Eric Swalwell who had the nerve to accuse Trump of collusion with the Russians while sleeping with a Chinese spy called Christine Fang or 'Fang Fang' which is straight out of a Bond film no doubt starring Klaus Schwab as the bloke living on a secret island and controlling laser weapons positioned in space and pointing at world capitals. Fang Fang plays the part of Bond's infiltrator girlfriend which I'm sure she would enjoy rather more than sharing a bed with the brainless Swalwell, lying back and thinking of China. The FBI eventually warned Swalwell about Fang Fang which gave her time to escape back to the Chinese dictatorship. How very thoughtful of them. The second Trump impeachment also failed and hardly surprising when an impeachment is supposed to remove a sitting president and by the time it happened Trump was no longer president. These people are running your country America, well, officially anyway. Terrifying isn't it?

Outcomes tell the story - always

The outcome of all this – and it's the *outcome* on which Renegade Minds focus, not the words – was that a vicious, hysterical and

obviously pre-planned assault was launched on Pushbackers to censor, silence and discredit them and even targeted their right to earn a living. They have since been condemned as 'domestic terrorists' that need to be treated like Al-Qaeda and Islamic State. 'Domestic terrorists' is a label the Cult has been trying to make stick since the period of the Oklahoma bombing in 1995 which was blamed on 'far-right domestic terrorists'. If you read *The Trigger* you will see that the bombing was clearly a Problem-Reaction-Solution carried out by the Deep State during a Bill Clinton administration so corrupt that no dictionary definition of the term would even nearly suffice. Nearly 30, 000 troops were deployed from all over America to the empty streets of Washington for Biden's inauguration. Ten thousand of them stayed on with the pretext of protecting the capital from insurrectionists when it was more psychological programming to normalise the use of the military in domestic law enforcement in support of the Cult plan for a police-military state. Biden's fascist administration began a purge of 'wrong-thinkers' in the military which means anyone that is not on board with Woke. The Capitol Building was surrounded by a fence with razor wire and the Land of the Free was further symbolically and literally dismantled. The circle was completed with the installation of Biden and the exploitation of the QAnon Psyop.

America had never been so divided since the civil war of the 19th century, Pushbackers were isolated and dubbed terrorists and now, as was always going to happen, the Cult immediately set about deleting what little was left of freedom and transforming American society through a swish of the hand of the most controlled 'president' in American history leading (officially at least) the most extreme regime since the country was declared an independent state on July 4th, 1776. Biden issued undebated, dictatorial executive orders almost by the hour in his opening days in office across the whole spectrum of the Cult wish-list including diluting controls on the border with Mexico allowing thousands of migrants to illegally enter the United States to transform the demographics of America and import an election-changing number of perceived Democrat

voters. Then there were Biden deportation amnesties for the already illegally resident (estimated to be as high as 20 or even 30 million). A bill before Congress awarded American citizenship to anyone who could prove they had worked in agriculture for just 180 days in the previous two years as 'Big Ag' secured its slave labour long-term. There were the plans to add new states to the union such as Puerto Rico and making Washington DC a state. They are all parts of a plan to ensure that the Cult-owned Woke Democrats would be permanently in power.

Border – what border?

I have exposed in detail in other books how mass immigration into the United States and Europe is the work of Cult networks fuelled by the tens of billions spent to this and other ends by George Soros and his global Open Society (open borders) Foundations. The impact can be seen in America alone where the population has increased by *100 million* in little more than 30 years mostly through immigration. I wrote in *The Answer* that the plan was to have so many people crossing the southern border that the numbers become unstoppable and we are now there under Cult-owned Biden. El Salvador in Central America puts the scale of what is happening into context. A third of the population now lives in the United States, much of it illegally, and many more are on the way. The methodology is to crush Central and South American countries economically and spread violence through machete-wielding psychopathic gangs like MS-13 based in El Salvador and now operating in many American cities. Biden-imposed lax security at the southern border means that it is all but open. He said before his 'election' that he wanted to see a surge towards the border if he became president and that was the green light for people to do just that after election day to create the human disaster that followed for both America and the migrants. When that surge came the imbecilic Alexandria Ocasio-Cortez said it wasn't a 'surge' because they are 'children, not insurgents' and the term 'surge' (used by Biden) was a claim of 'white supremacists'.

This disingenuous lady may one day enter the realm of the most basic intelligence, but it won't be any time soon.

Sabbatians and the Cult are in the process of destroying America by importing violent people and gangs in among the genuine to terrorise American cities and by overwhelming services that cannot cope with the sheer volume of new arrivals. Something similar is happening in Europe as Western society in general is targeted for demographic and cultural transformation and upheaval. The plan demands violence and crime to create an environment of intimidation, fear and division and Soros has been funding the election of district attorneys across America who then stop prosecuting many crimes, reduce sentences for violent crimes and free as many violent criminals as they can. Sabbatians are creating the chaos from which order – their order – can respond in a classic Problem-Reaction-Solution. A Freemasonic moto says 'Ordo Ab Chao' (Order out of Chaos) and this is why the Cult is constantly creating chaos to impose a new 'order'. Here you have the reason the Cult is constantly creating chaos. The 'Covid' hoax can be seen with those entering the United States by plane being forced to take a 'Covid' test while migrants flooding through southern border processing facilities do not. Nothing is put in the way of mass migration and if that means ignoring the government's own 'Covid' rules then so be it. They know it's all bullshit anyway. Any pushback on this is denounced as 'racist' by Wokers and Sabbatian fronts like the ultra-Zionist Anti-Defamation League headed by the appalling Jonathan Greenblatt which at the same time argues that Israel should not give citizenship and voting rights to more Palestinian Arabs or the 'Jewish population' (in truth the Sabbatian network) will lose control of the country.

Society-changing numbers

Biden's masters have declared that countries like El Salvador are so dangerous that their people must be allowed into the United States for humanitarian reasons when there are fewer murders in large parts of many Central American countries than in US cities like

Baltimore. That is not to say Central America cannot be a dangerous place and Cult-controlled American governments have been making it so since way back, along with the dismantling of economies, in a long-term plan to drive people north into the United States. Parts of Central America are very dangerous, but in other areas the story is being greatly exaggerated to justify relaxing immigration criteria. Migrants are being offered free healthcare and education in the United States as another incentive to head for the border and there is no requirement to be financially independent before you can enter to prevent the resources of America being drained. You can't blame migrants for seeking what they believe will be a better life, but they are being played by the Cult for dark and nefarious ends. The numbers since Biden took office are huge. In February, 2021, more than 100,000 people were known to have tried to enter the US illegally through the southern border (it was 34,000 in the same month in 2020) and in March it was 170,000 – a 418 percent increase on March, 2020. These numbers are only known people, not the ones who get in unseen. The true figure for migrants illegally crossing the border in a single month was estimated by one congressman at 250,000 and that number will only rise under Biden's current policy. Gangs of murdering drug-running thugs that control the Mexican side of the border demand money – thousands of dollars – to let migrants cross the Rio Grande into America. At the same time gun battles are breaking out on the border several times a week between rival Mexican drug gangs (which now operate globally) who are equipped with sophisticated military-grade weapons, grenades and armoured vehicles. While the Capitol Building was being 'protected' from a non-existent 'threat' by thousands of troops, and others were still deployed at the time in the Cult Neocon war in Afghanistan, the southern border of America was left to its fate. This is not incompetence, it is cold calculation.

By March, 2021, there were 17,000 unaccompanied children held at border facilities and many of them are ensnared by people traffickers for paedophile rings and raped on their journey north to America. This is not conjecture – this is fact. Many of those designated

children are in reality teenage boys or older. Meanwhile Wokers posture their self-purity for encouraging poor and tragic people to come to America and face this nightmare both on the journey and at the border with the disgusting figure of House Speaker Nancy Pelosi giving disingenuous speeches about caring for migrants. The woman's evil. Wokers condemned Trump for having children in cages at the border (so did Obama, *Shhhh*), but now they are sleeping on the floor without access to a shower with one border facility 729 percent over capacity. The Biden insanity even proposed flying migrants from the southern border to the northern border with Canada for 'processing'. The whole shambles is being overseen by ultra-Zionist Secretary of Homeland Security, the moronic liar Alejandro Mayorkas, who banned news cameras at border facilities to stop Americans seeing what was happening. Mayorkas said there was not a ban on news crews; it was just that they were not allowed to film. Alongside him at Homeland Security is another ultra-Zionist Cass Sunstein appointed by Biden to oversee new immigration laws. Sunstein despises conspiracy researchers to the point where he suggests they should be banned or *taxed* for having such views. The man is not bonkers or anything. He's perfectly well-adjusted, but adjusted to what is the question. Criticise what is happening and you are a 'white supremacist' when earlier non-white immigrants also oppose the numbers which effect their lives and opportunities. Black people in poor areas are particularly damaged by uncontrolled immigration and the increased competition for work opportunities with those who will work for less. They are also losing voting power as Hispanics become more dominant in former black areas. It's a downward spiral for them while the billionaires behind the policy drone on about how much they care about black people and 'racism'. None of this is about compassion for migrants or black people – that's just wind and air. Migrants are instead being mercilessly exploited to transform America while the countries they leave are losing their future and the same is true in Europe. Mass immigration may now be the work of Woke Democrats, but it can be traced back to the 1986 Immigration Reform and Control Act (it

wasn't) signed into law by Republican hero President Ronald Reagan which gave amnesty to millions living in the United States illegally and other incentives for people to head for the southern border. Here we have the one-party state at work again.

Save me syndrome

Almost every aspect of what I have been exposing as the Cult agenda was on display in even the first days of 'Biden' with silencing of Pushbackers at the forefront of everything. A Renegade Mind will view the Trump years and QAnon in a very different light to their supporters and advocates as the dots are connected. The QAnon/Trump Psyop has given the Cult all it was looking for. We may not know how much, or little, that Trump realised he was being used, but that's a side issue. This pincer movement produced the desired outcome of dividing America and having Pushbackers isolated. To turn this around we have to look at new routes to empowerment which do not include handing our power to other people and groups through what I will call the 'Save Me Syndrome' – 'I want someone else to do it so that I don't have to'. We have seen this at work throughout human history and the QAnon/Trump Psyop is only the latest incarnation alongside all the others. Religion is an obvious expression of this when people look to a 'god' or priest to save them or tell them how to be saved and then there are 'save me' politicians like Trump. Politics is a diversion and not a 'saviour'. It is a means to block positive change, not make it possible.

Save Me Syndrome always comes with the same repeating theme of handing your power to whom or what you believe will save you while your real 'saviour' stares back from the mirror every morning. Renegade Minds are constantly vigilant in this regard and always asking the question 'What can I do?' rather than 'What can someone else do for me?' Gandhi was right when he said: 'You must be the change you want to see in the world.' We are indeed the people we have been waiting for. We are presented with a constant raft of reasons to concede that power to others and forget where the real power is. Humanity has the numbers and the Cult does not. It has to

use diversion and division to target the unstoppable power that comes from unity. Religions, governments, politicians, corporations, media, QAnon, are all different manifestations of this power-diversion and dilution. Refusing to give your power to governments and instead handing it to Trump and QAnon is not to take a new direction, but merely to recycle the old one with new names on the posters. I will explore this phenomenon as we proceed and how to break the cycles and recycles that got us here through the mists of repeating perception and so repeating history.

For now we shall turn to the most potent example in the entire human story of the consequences that follow when you give your power away. I am talking, of course, of the 'Covid' hoax.

CHAPTER FOUR

'Covid': Calculated catastrophe

Facts are threatening to those invested in fraud
DaShanne Stokes

We can easily unravel the real reason for the 'Covid pandemic' hoax by employing the Renegade Mind methodology that I have outlined this far. We'll start by comparing the long-planned Cult outcome with the 'Covid pandemic' outcome. Know the outcome and you'll see the journey.

I have highlighted the plan for the Hunger Games Society which has been in my books for so many years with the very few controlling the very many through ongoing dependency. To create this dependency it is essential to destroy independent livelihoods, businesses and employment to make the population reliant on the state (the Cult) for even the basics of life through a guaranteed pittance income. While independence of income remained these Cult ambitions would be thwarted. With this knowledge it was easy to see where the 'pandemic' hoax was going once talk of 'lockdowns' began and the closing of all but perceived 'essential' businesses to 'save' us from an alleged 'deadly virus'. Cult corporations like Amazon and Walmart were naturally considered 'essential' while mom and pop shops and stores had their doors closed by fascist decree. As a result with every new lockdown and new regulation more small and medium, even large businesses not owned by the Cult, went to the wall while Cult giants and their frontmen and women grew financially fatter by the second. Mom and pop were

denied an income and the right to earn a living and the wealth of people like Jeff Bezos (Amazon), Mark Zuckerberg (Facebook) and Sergei Brin and Larry Page (Google/Alphabet) have reached record levels. The Cult was increasing its own power through further dramatic concentrations of wealth while the competition was being destroyed and brought into a state of dependency. Lockdowns have been instigated to secure that very end and were never anything to do with health. My brother Paul spent 45 years building up a bus repair business, but lockdowns meant buses were running at a fraction of normal levels for months on end. Similar stories can told in their hundreds of millions worldwide. Efforts of a lifetime coldly destroyed by Cult multi-billionaires and their lackeys in government and law enforcement who continued to earn their living from the taxation of the people while denying the right of the same people to earn theirs. How different it would have been if those making and enforcing these decisions had to face the same financial hardships of those they affected, but they never do.

Gates of Hell

Behind it all in the full knowledge of what he is doing and why is the psychopathic figure of Cult operative Bill Gates. His puppet Tedros at the World Health Organization declared 'Covid' a pandemic in March, 2020. The WHO had changed the definition of a 'pandemic' in 2009 just a month before declaring the 'swine flu pandemic' which would not have been so under the previous definition. The same applies to 'Covid'. The definition had included… 'an infection by an infectious agent, occurring simultaneously in different countries, with a significant mortality rate relative to the proportion of the population infected'. The new definition removed the need for 'significant mortality'. The 'pandemic' has been fraudulent even down to the definition, but Gates demanded economy-destroying lockdowns, school closures, social distancing, mandatory masks, a 'vaccination' for every man, woman and child on the planet and severe consequences and restrictions for those that refused. Who gave him this power? The

Cult did which he serves like a little boy in short trousers doing what his daddy tells him. He and his psychopathic missus even smiled when they said that much worse was to come (what they knew was planned to come). Gates responded in the matter-of-fact way of all psychopaths to a question about the effect on the world economy of what he was doing:

> Well, it won't go to zero but it will shrink. Global GDP is probably going to take the biggest hit ever [Gates was smiling as he said this] … in my lifetime this will be the greatest economic hit. But you don't have a choice. People act as if you have a choice. People don't feel like going to the stadium when they might get infected … People are deeply affected by seeing these stats, by knowing they could be part of the transmission chain, old people, their parents and grandparents, could be affected by this, and so you don't get to say ignore what is going on here.
>
> There will be the ability to open up, particularly in rich countries, if things are done well over the next few months, but for the world at large normalcy only returns when we have largely vaccinated the entire population.

The man has no compassion or empathy. How could he when he's a psychopath like all Cult players? My own view is that even beyond that he is very seriously mentally ill. Look in his eyes and you can see this along with his crazy flailing arms. You don't do what he has done to the world population since the start of 2020 unless you are mentally ill and at the most extreme end of psychopathic. You especially don't do it when to you know, as we shall see, that cases and deaths from 'Covid' are fakery and a product of monumental figure massaging. 'These stats' that Gates referred to are based on a 'test' that's not testing for the 'virus' as he has known all along. He made his fortune with big Cult support as an infamously ruthless software salesman and now buys global control of 'health' (death) policy without the population he affects having any say. It's a breathtaking outrage. Gates talked about people being deeply affected by fear of 'Covid' when that was because of *him* and his global network lying to them minute-by-minute supported by a lying media that he seriously influences and funds to the tune of hundreds of millions. He's handed big sums to media operations including the BBC, NBC, Al Jazeera, Univision, *PBS NewsHour,*

ProPublica, National Journal, The Guardian, The Financial Times, The Atlantic, Texas Tribune, USA Today publisher Gannett, *Washington Monthly, Le Monde,* Center for Investigative Reporting, Pulitzer Center on Crisis Reporting, National Press Foundation, International Center for Journalists, Solutions Journalism Network, the Poynter Institute for Media Studies, and many more. Gates is everywhere in the 'Covid' hoax and the man must go to prison – or a mental facility – for the rest of his life and his money distributed to those he has taken such enormous psychopathic pleasure in crushing.

The Muscle

The Hunger Games global structure demands a police-military state – a fusion of the two into one force – which viciously imposes the will of the Cult on the population and protects the Cult from public rebellion. In that regard, too, the 'Covid' hoax just keeps on giving. Often unlawful, ridiculous and contradictory 'Covid' rules and regulations have been policed across the world by moronic automatons and psychopaths made faceless by face-nappy masks and acting like the Nazi SS and fascist blackshirts and brownshirts of Hitler and Mussolini. The smallest departure from the rules decreed by the psychos in government and their clueless gofers were jumped upon by the face-nappy fascists. Brutality against public protestors soon became commonplace even on girls, women and old people as the brave men with the batons – the Face-Nappies as I call them – broke up peaceful protests and handed out fines like confetti to people who couldn't earn a living let alone pay hundreds of pounds for what was once an accepted human right. Robot Face-Nappies of Nottingham police in the English East Midlands fined one group £11,000 for attending a child's birthday party. For decades I charted the transformation of law enforcement as genuine, decent officers were replaced with psychopaths and the brain dead who would happily and brutally do whatever their masters told them. Now they were let loose on the public and I would emphasise the point that none of this just happened. The step-by-step change in the dynamic between police and public was orchestrated from the shadows by

those who knew where this was all going and the same with the perceptual reframing of those in all levels of authority and official administration through 'training courses' by organisations such as Common Purpose which was created in the late 1980s and given a massive boost in Blair era Britain until it became a global phenomenon. Supposed public 'servants' began to view the population as the enemy and the same was true of the police. This was the start of the explosion of behaviour manipulation organisations and networks preparing for the all-war on the human psyche unleashed with the dawn of 2020. I will go into more detail about this later in the book because it is a core part of what is happening.

Police desecrated beauty spots to deter people gathering and arrested women for walking in the countryside alone 'too far' from their homes. We had arrogant, clueless sergeants in the Isle of Wight police where I live posting on Facebook what they insisted the population must do or else. A schoolmaster sergeant called Radford looked young enough for me to ask if his mother knew he was out, but he was posting what he *expected* people to do while a Sergeant Wilkinson boasted about fining lads for meeting in a McDonald's car park where they went to get a lockdown takeaway. Wilkinson added that he had even cancelled their order. What a pair of prats these people are and yet they have increasingly become the norm among Jackboot Johnson's Yellowshirts once known as the British police. This was the theme all over the world with police savagery common during lockdown protests in the United States, the Netherlands, and the fascist state of Victoria in Australia under its tyrannical and again moronic premier Daniel Andrews. Amazing how tyrannical and moronic tend to work as a team and the same combination could be seen across America as arrogant, narcissistic Woke governors and mayors such as Gavin Newsom (California), Andrew Cuomo (New York), Gretchen Whitmer (Michigan), Lori Lightfoot (Chicago) and Eric Garcetti (Los Angeles) did their Nazi and Stalin impressions with the full support of the compliant brutality of their enforcers in uniform as they arrested small business owners defying

fascist shutdown orders and took them to jail in ankle shackles and handcuffs. This happened to bistro owner Marlena Pavlos-Hackney in Gretchen Whitmer's fascist state of Michigan when police arrived to enforce an order by a state-owned judge for 'putting the community at risk' at a time when other states like Texas were dropping restrictions and migrants were pouring across the southern border without any 'Covid' questions at all. I'm sure there are many officers appalled by what they are ordered to do, but not nearly enough of them. If they were truly appalled they would not do it. As the months passed every opportunity was taken to have the military involved to make their presence on the streets ever more familiar and 'normal' for the longer-term goal of police-military fusion.

Another crucial element to the Hunger Games enforcement network has been encouraging the public to report neighbours and others for 'breaking the lockdown rules'. The group faced with £11,000 in fines at the child's birthday party would have been dobbed-in by a neighbour with a brain the size of a pea. The technique was most famously employed by the Stasi secret police in communist East Germany who had public informants placed throughout the population. A police chief in the UK says his force doesn't need to carry out 'Covid' patrols when they are flooded with so many calls from the public reporting other people for visiting the beach. Dorset police chief James Vaughan said people were so enthusiastic about snitching on their fellow humans they were now operating as an auxiliary arm of the police: 'We are still getting around 400 reports a week from the public, so we will respond to reports …We won't need to be doing hotspot patrols because people are very quick to pick the phone up and tell us.' Vaughan didn't say that this is a pillar of all tyrannies of whatever complexion and the means to hugely extend the reach of enforcement while spreading distrust among the people and making them wary of doing anything that might get them reported. Those narcissistic Isle of Wight sergeants Radford and Wilkinson never fail to add a link to their Facebook posts where the public can inform on their fellow slaves.

Neither would be self-aware enough to realise they were imitating the Stasi which they might well never have heard of. Government psychologists that I will expose later laid out a policy to turn communities against each other in the same way.

A coincidence? Yep, and I can knit fog

I knew from the start of the alleged pandemic that this was a Cult operation. It presented limitless potential to rapidly advance the Cult agenda and exploit manipulated fear to demand that every man, woman and child on the planet was 'vaccinated' in a process never used on humans before which infuses self-replicating *synthetic* material into human cells. Remember the plan to transform the human body from a biological to a synthetic biological state. I'll deal with the 'vaccine' (that's not actually a vaccine) when I focus on the genetic agenda. Enough to say here that mass global 'vaccination' justified by this 'new virus' set alarms ringing after 30 years of tracking these people and their methods. The 'Covid' hoax officially beginning in China was also a big red flag for reasons I will be explaining. The agenda potential was so enormous that I could dismiss any idea that the 'virus' appeared naturally. Major happenings with major agenda implications never occur without Cult involvement in making them happen. My questions were twofold in early 2020 as the media began its campaign to induce global fear and hysteria: Was this alleged infectious agent released on purpose by the Cult or did it even exist at all? I then did what I always do in these situations. I sat, observed and waited to see where the evidence and information would take me. By March and early April synchronicity was strongly – and ever more so since then – pointing me in the direction of *there is no 'virus'*. I went public on that with derision even from swathes of the alternative media that voiced a scenario that the Chinese government released the 'virus' in league with Deep State elements in the United States from a top-level bio-lab in Wuhan where the 'virus' is said to have first appeared. I looked at that possibility, but I didn't buy it for several reasons. Deaths from the 'virus' did not in any way match what they

would have been with a 'deadly bioweapon' and it is much more effective if you sell the *illusion* of an infectious agent rather than having a real one unless you can control through injection who has it and who doesn't. Otherwise you lose control of events. A made-up 'virus' gives you a blank sheet of paper on which you can make it do whatever you like and have any symptoms or mutant 'variants' you choose to add while a real infectious agent would limit you to what it actually does. A phantom disease allows you to have endless ludicrous 'studies' on the 'Covid' dollar to widen the perceived impact by inventing ever more 'at risk' groups including one study which said those who walk slowly may be almost four times more likely to die from the 'virus'. People are in psychiatric wards for less.

A real 'deadly bioweapon' can take out people in the hierarchy that are not part of the Cult, but essential to its operation. Obviously they don't want that. Releasing a real disease means you immediately lose control of it. Releasing an illusory one means you don't. Again it's vital that people are extra careful when dealing with what they want to hear. A bioweapon unleashed from a Chinese laboratory in collusion with the American Deep State may fit a conspiracy narrative, but is it true? Would it not be far more effective to use the excuse of a 'virus' to justify the real bioweapon – the 'vaccine'? That way your disease agent does not have to be transmitted and arrives directly through a syringe. I saw a French virologist Luc Montagnier quoted in the alternative media as saying he had discovered that the alleged 'new' severe acute respiratory syndrome coronavirus , or SARS-CoV-2, was made artificially and included elements of the human immunodeficiency 'virus' (HIV) and a parasite that causes malaria. SARS-CoV-2 is alleged to trigger an alleged illness called Covid-19. I remembered Montagnier's name from my research years before into claims that an HIV 'retrovirus' causes AIDs – claims that were demolished by Berkeley virologist Peter Duesberg who showed that no one had ever proved that HIV causes acquired immunodeficiency syndrome or AIDS. Claims that become accepted as fact, publicly and medically, with no proof whatsoever are an ever-recurring story that profoundly applies to

‘Covid’. Nevertheless, despite the lack of proof, Montagnier’s team at the Pasteur Institute in Paris had a long dispute with American researcher Robert Gallo over which of them discovered and isolated the HIV ‘virus’ and with *no evidence* found it to cause AIDS. You will see later that there is also no evidence that any ‘virus’ causes any disease or that there is even such a thing as a ‘virus’ in the way it is said to exist. The claim to have ‘isolated’ the HIV ‘virus’ will be presented in its real context as we come to the shocking story – and it is a story – of SARS-CoV-2 and so will Montagnier’s assertion that he identified the full SARS-CoV-2 genome.

Hoax in the making

We can pick up the ‘Covid’ story in 2010 and the publication by the Rockefeller Foundation of a document called ‘Scenarios for the Future of Technology and International Development’. The inner circle of the Rockefeller family has been serving the Cult since John D. Rockefeller (1839-1937) made his fortune with Standard Oil. It is less well known that the same Rockefeller – the Bill Gates of his day – was responsible for establishing what is now referred to as ‘Big Pharma’, the global network of pharmaceutical companies that make outrageous profits dispensing scalpel and drug ‘medicine’ and are obsessed with pumping vaccines in ever-increasing number into as many human arms and backsides as possible. John D. Rockefeller was the driving force behind the creation of the ‘education’ system in the United States and elsewhere specifically designed to program the perceptions of generations thereafter. The Rockefeller family donated exceptionally valuable land in New York for the United Nations building and were central in establishing the World Health Organization in 1948 as an agency of the UN which was created from the start as a Trojan horse and stalking horse for world government. Now enter Bill Gates. His family and the Rockefellers have long been extremely close and I have seen genealogy which claims that if you go back far enough the two families fuse into the same bloodline. Gates has said that the Bill and Melinda Gates Foundation was inspired by the Rockefeller Foundation and why not

when both are serving the same Cult? Major tax-exempt foundations are overwhelmingly criminal enterprises in which Cult assets fund the Cult agenda in the guise of 'philanthropy' while avoiding tax in the process. Cult operatives can become mega-rich in their role of front men and women for the psychopaths at the inner core and they, too, have to be psychopaths to knowingly serve such evil. Part of the deal is that a big percentage of the wealth gleaned from representing the Cult has to be spent advancing the ambitions of the Cult and hence you have the Rockefeller Foundation, Bill and Melinda Gates Foundation (and *so* many more) and people like George Soros with his global Open Society Foundations spending their billions in pursuit of global Cult control. Gates is a global public face of the Cult with his interventions in world affairs including Big Tech influence; a central role in the 'Covid' and 'vaccine' scam; promotion of the climate change shakedown; manipulation of education; geoengineering of the skies; and his food-control agenda as the biggest owner of farmland in America, his GMO promotion and through other means. As one writer said: 'Gates monopolizes or wields disproportionate influence over the tech industry, global health and vaccines, agriculture and food policy (including biopiracy and fake food), weather modification and other climate technologies, surveillance, education and media.' The almost limitless wealth secured through Microsoft and other not-allowed-to-fail ventures (including vaccines) has been ploughed into a long, long list of Cult projects designed to enslave the entire human race. Gates and the Rockefellers have been working as one unit with the Rockefeller-established World Health Organization leading global 'Covid' policy controlled by Gates through his mouth-piece Tedros. Gates became the WHO's biggest funder when Trump announced that the American government would cease its donations, but Biden immediately said he would restore the money when he took office in January, 2021. The Gates Foundation (the Cult) owns through limitless funding the world health system and the major players across the globe in the 'Covid' hoax.

Okay, with that background we return to that Rockefeller Foundation document of 2010 headed 'Scenarios for the Future of Technology and International Development' and its 'imaginary' epidemic of a virulent and deadly influenza strain which infected 20 percent of the global population and killed eight million in seven months. The Rockefeller scenario was that the epidemic destroyed economies, closed shops, offices and other businesses and led to governments imposing fierce rules and restrictions that included mandatory wearing of face masks and body-temperature checks to enter communal spaces like railway stations and supermarkets. The document predicted that even after the height of the Rockefeller-envisaged epidemic the authoritarian rule would continue to deal with further pandemics, transnational terrorism, environmental crises and rising poverty. Now you may think that the Rockefellers are our modern-day seers or alternatively, and rather more likely, that they well knew what was planned a few years further on. Fascism had to be imposed, you see, to 'protect citizens from risk and exposure'. The Rockefeller scenario document said:

During the pandemic, national leaders around the world flexed their authority and imposed airtight rules and restrictions, from the mandatory wearing of face masks to body-temperature checks at the entries to communal spaces like train stations and supermarkets. Even after the pandemic faded, this more authoritarian control and oversight of citizens and their activities stuck and even intensified. In order to protect themselves from the spread of increasingly global problems – from pandemics and transnational terrorism to environmental crises and rising poverty – leaders around the world took a firmer grip on power.

At first, the notion of a more controlled world gained wide acceptance and approval. Citizens willingly gave up some of their sovereignty – and their privacy – to more paternalistic states in exchange for greater safety and stability. Citizens were more tolerant, and even eager, for top-down direction and oversight, and national leaders had more latitude to impose order in the ways they saw fit.

In developed countries, this heightened oversight took many forms: biometric IDs for all citizens, for example, and tighter regulation of key industries whose stability was deemed vital to national interests. In many developed countries, enforced cooperation with a suite of new regulations and agreements slowly but steadily restored both order and, importantly, economic growth.

There we have the prophetic Rockefellers in 2010 and three years later came their paper for the Global Health Summit in Beijing, China, when government representatives, the private sector, international organisations and groups met to discuss the next 100 years of 'global health'. The Rockefeller Foundation-funded paper was called 'Dreaming the Future of Health for the Next 100 Years and more prophecy ensued as it described a dystopian future: 'The abundance of data, digitally tracking and linking people may mean the 'death of privacy' and may replace physical interaction with transient, virtual connection, generating isolation and raising questions of how values are shaped in virtual networks.' Next in the 'Covid' hoax preparation sequence came a 'table top' simulation in 2018 for another 'imaginary' pandemic of a disease called Clade X which was said to kill 900 million people. The exercise was organised by the Gates-funded Johns Hopkins University's Center for Health Security in the United States and this is the very same university that has been compiling the disgustingly and systematically erroneous global figures for 'Covid' cases and deaths. Similar Johns Hopkins health crisis scenarios have included the Dark Winter exercise in 2001 and Atlantic Storm in 2005.

Nostradamus 201

For sheer predictive genius look no further prophecy-watchers than the Bill Gates-funded Event 201 held only six weeks before the 'coronavirus pandemic' is supposed to have broken out in China and Event 201 was based on a scenario of a global 'coronavirus pandemic'. Melinda Gates, the great man's missus, told the BBC that he had 'prepared for years' for a coronavirus pandemic which told us what we already knew. Nostradamugates had predicted in a TED talk in 2015 that a pandemic was coming that would kill a lot of people and demolish the world economy. My god, the man is a machine – possibly even literally. Now here he was only weeks before the real thing funding just such a simulated scenario and involving his friends and associates at Johns Hopkins, the World Economic Forum Cult-front of Klaus Schwab, the United Nations,

Johnson & Johnson, major banks, and officials from China and the Centers for Disease Control in the United States. What synchronicity – Johns Hopkins would go on to compile the fraudulent 'Covid' figures, the World Economic Forum and Schwab would push the 'Great Reset' in response to 'Covid', the Centers for Disease Control would be at the forefront of 'Covid' policy in the United States, Johnson & Johnson would produce a 'Covid vaccine', and everything would officially start just weeks later in China. Spooky, eh? They were even accurate in creating a simulation of a 'virus' pandemic because the 'real thing' would also be a simulation. Event 201 was not an exercise preparing for something that might happen; it was a rehearsal for what those in control knew was *going* to happen and very shortly. Hours of this simulation were posted on the Internet and the various themes and responses mirrored what would soon be imposed to transform human society. News stories were inserted and what they said would be commonplace a few weeks later with still more prophecy perfection. Much discussion focused on the need to deal with misinformation and the 'anti-vax movement' which is exactly what happened when the 'virus' arrived – was said to have arrived – in the West.

Cult-owned social media banned criticism and exposure of the official 'virus' narrative and when I said there *was* no 'virus' in early April, 2020, I was banned by one platform after another including YouTube, Facebook and later Twitter. The mainstream broadcast media in Britain was in effect banned from interviewing me by the Tony-Blair-created government broadcasting censor Ofcom headed by career government bureaucrat Melanie Dawes who was appointed just as the 'virus' hoax was about to play out in January, 2020. At the same time the Ickonic media platform was using Vimeo, another ultra-Zionist-owned operation, while our own player was being created and they deleted in an instant hundreds of videos, documentaries, series and shows to confirm their unbelievable vindictiveness. We had copies, of course, and they had to be restored one by one when our player was ready. These people have no class. Sabbatian Facebook promised free advertisements for the Gates-

controlled World Health Organization narrative while deleting ‘false claims and conspiracy theories’ to stop ‘misinformation’ about the alleged coronavirus. All these responses could be seen just a short while earlier in the scenarios of Event 201. Extreme censorship was absolutely crucial for the Cult because the official story was so ridiculous and unsupportable by the evidence that it could never survive open debate and the free-flow of information and opinion. If you can’t win a debate then don’t have one is the Cult’s approach throughout history. Facebook’s little boy front man – front boy – Mark Zuckerberg equated ‘credible and accurate information’ with official sources and exposing their lies with ‘misinformation’.

Silencing those that can see

The censorship dynamic of Event 201 is now the norm with an army of narrative-supporting ‘fact-checker’ organisations whose entire reason for being is to tell the public that official narratives are true and those exposing them are lying. One of the most appalling of these ‘fact-checkers’ is called NewsGuard founded by ultra-Zionist Americans Gordon Crovitz and Steven Brill. Crovitz is a former publisher of *The Wall Street Journal*, former Executive Vice President of Dow Jones, a member of the Council on Foreign Relations (CFR), and on the board of the American Association of Rhodes Scholars. The CFR and Rhodes Scholarships, named after Rothschild agent Cecil Rhodes who plundered the gold and diamonds of South Africa for his masters and the Cult, have featured widely in my books. NewsGuard don’t seem to like me for some reason – I really can’t think why – and they have done all they can to have me censored and discredited which is, to quote an old British politician, like being savaged by a dead sheep. They are, however, like all in the censorship network, very well connected and funded by organisations themselves funded by, or connected to, Bill Gates. As you would expect with anything associated with Gates NewsGuard has an offshoot called HealthGuard which ‘fights online health care hoaxes’. How very kind. Somehow the NewsGuard European Managing Director Anna-Sophie Harling, a remarkably young-

looking woman with no broadcasting experience and little hands-on work in journalism, has somehow secured a position on the 'Content Board' of UK government broadcast censor Ofcom. An executive of an organisation seeking to discredit dissidents of the official narratives is making decisions for the government broadcast 'regulator' about content?? Another appalling 'fact-checker' is Full Fact funded by George Soros and global censors Google and Facebook.

It's amazing how many activists in the 'fact-checking', 'anti-hate', arena turn up in government-related positions – people like UK Labour Party activist Imran Ahmed who heads the Center for Countering Digital Hate founded by people like Morgan McSweeney, now chief of staff to the Labour Party's hapless and useless 'leader' Keir Starmer. Digital Hate – which is what it really is – uses the American spelling of Center to betray its connection to a transatlantic network of similar organisations which in 2020 shapeshifted from attacking people for 'hate' to attacking them for questioning the 'Covid' hoax and the dangers of the 'Covid vaccine'. It's just a coincidence, you understand. This is one of Imran Ahmed's hysterical statements: 'I would go beyond calling anti-vaxxers conspiracy theorists to say they are an extremist group that pose a national security risk.' No one could ever accuse this prat of understatement and he's including in that those parents who are now against vaccines after their children were damaged for life or killed by them. He's such a nice man. Ahmed does the rounds of the Woke media getting soft-ball questions from spineless 'journalists' who never ask what right he has to campaign to destroy the freedom of speech of others while he demands it for himself. There also seems to be an overrepresentation in Ofcom of people connected to the narrative-worshipping BBC. This incredible global network of narrative-support was super-vital when the 'Covid' hoax was played in the light of the mega-whopper lies that have to be defended from the spotlight cast by the most basic intelligence.

Setting the scene

The Cult plays the long game and proceeds step-by-step ensuring that everything is in place before major cards are played and they don't come any bigger than the 'Covid' hoax. The psychopaths can't handle events where the outcome isn't certain and as little as possible – preferably nothing – is left to chance. Politicians, government and medical officials who would follow direction were brought to illusory power in advance by the Cult web whether on the national stage or others like state governors and mayors of America. For decades the dynamic between officialdom, law enforcement and the public was changed from one of service to one of control and dictatorship. Behaviour manipulation networks established within government were waiting to impose the coming 'Covid' rules and regulations specifically designed to subdue and rewire the psyche of the people in the guise of protecting health. These included in the UK the Behavioural Insights Team part-owned by the British government Cabinet Office; the Scientific Pandemic Insights Group on Behaviours (SPI-B); and a whole web of intelligence and military groups seeking to direct the conversation on social media and control the narrative. Among them are the cyberwarfare (on the people) 77th Brigade of the British military which is also coordinated through the Cabinet Office as civilian and military leadership continues to combine in what they call the Fusion Doctrine. The 77th Brigade is a British equivalent of the infamous Israeli (Sabbatian) military cyberwarfare and Internet manipulation operation Unit 8200 which I expose at length in *The Trigger*. Also carefully in place were the medical and science advisers to government – many on the payroll past or present of Bill Gates – and a whole alternative structure of unelected government stood by to take control when elected parliaments were effectively closed down once the 'Covid' card was slammed on the table. The structure I have described here and so much more was installed in every major country through the Cult networks. The top-down control hierarchy looks like this: The Cult – Cult-owned Gates – the World Health Organization and Tedros – Gates-funded or controlled chief medical officers and science 'advisers' (dictators) in each country –

political 'leaders'– law enforcement – The People. Through this simple global communication and enforcement structure the policy of the Cult could be imposed on virtually the entire human population so long as they acquiesced to the fascism. With everything in place it was time for the button to be pressed in late 2019/early 2020.

These were the prime goals the Cult had to secure for its will to prevail:

1) Locking down economies, closing all but designated 'essential' businesses (Cult-owned corporations were 'essential'), and putting the population under house arrest was an imperative to destroy independent income and employment and ensure dependency on the Cult-controlled state in the Hunger Games Society. Lockdowns had to be established as the global blueprint from the start to respond to the 'virus' and followed by pretty much the entire world.

2) The global population had to be terrified into believing in a deadly 'virus' that didn't actually exist so they would unquestioningly obey authority in the belief that authority must know how best to protect them and their families. Software salesman Gates would suddenly morph into the world's health expert and be promoted as such by the Cult-owned media.

3) A method of testing that wasn't testing for the 'virus', but was only claimed to be, had to be in place to provide the illusion of 'cases' and subsequent 'deaths' that had a very different cause to the 'Covid-19' that would be scribbled on the death certificate.

4) Because there was no 'virus' and the great majority testing positive with a test not testing for the 'virus' would have no symptoms of anything the lie had to be sold that people without symptoms (without the 'virus') could still pass it on to others. This was crucial to justify for the first time quarantining – house arresting – healthy people. Without this the economy-destroying lockdown of *everybody* could not have been credibly sold.

5) The 'saviour' had to be seen as a vaccine which beyond evil drug companies were working like angels of mercy to develop as quickly as possible, with all corners cut, to save the day. The public must absolutely not know that the 'vaccine' had nothing to do with a 'virus' or that the contents were ready and waiting with a very different motive long before the 'Covid' card was even lifted from the pack.

I said in March, 2020, that the 'vaccine' would have been created way ahead of the 'Covid' hoax which justified its use and the following December an article in the New York *Intelligencer* magazine said the Moderna 'vaccine' had been 'designed' by

January, 2020. This was 'before China had even acknowledged that the disease could be transmitted from human to human, more than a week before the first confirmed coronavirus case in the United States'. The article said that by the time the first American death was announced a month later 'the vaccine had already been manufactured and shipped to the National Institutes of Health for the beginning of its Phase I clinical trial'. The 'vaccine' was actually 'designed' long before that although even with this timescale you would expect the article to ask how on earth it could have been done that quickly. Instead it asked why the 'vaccine' had not been rolled out then and not months later. Journalism in the mainstream is truly dead. I am going to detail in the next chapter why the 'virus' has never existed and how a hoax on that scale was possible, but first the foundation on which the Big Lie of 'Covid' was built.

The test that doesn't test

Fraudulent 'testing' is the bottom line of the whole 'Covid' hoax and was the means by which a 'virus' that did not exist *appeared* to exist. They could only achieve this magic trick by using a test not testing for the 'virus'. To use a test that *was* testing for the 'virus' would mean that every test would come back negative given there was no 'virus'. They chose to exploit something called the RT-PCR test invented by American biochemist Kary Mullis in the 1980s who said publicly that his PCR test … *cannot detect infectious disease*. Yes, the 'test' used worldwide to detect infectious 'Covid' to produce all the illusory 'cases' and 'deaths' compiled by Johns Hopkins and others *cannot detect infectious disease*. This fact came from the mouth of the man who invented PCR and was awarded the Nobel Prize in Chemistry in 1993 for doing so. Sadly, and incredibly conveniently for the Cult, Mullis died in August, 2019, at the age of 74 just before his test would be fraudulently used to unleash fascism on the world. He was said to have died from pneumonia which was an irony in itself. A few months later he would have had 'Covid-19' on his death certificate. I say the timing of his death was convenient because had he lived Mullis, a brilliant, honest and decent man, would have been

vociferously speaking out against the use of his test to detect 'Covid' when it was never designed, or able, to do that. I know that to be true given that Mullis made the same point when his test was used to 'detect' – not detect – HIV. He had been seriously critical of the Gallo/Montagnier claim to have isolated the HIV 'virus' and shown it to cause AIDS for which Mullis said there was no evidence. AIDS is actually not a disease but a series of diseases from which people die all the time. When they die from those *same diseases* after a positive 'test' for HIV then AIDS goes on their death certificate. I think I've heard that before somewhere. Countries instigated a policy with 'Covid' that anyone who tested positive with a test not testing for the 'virus' and died of any other cause within 28 days and even longer 'Covid-19' had to go on the death certificate. Cases have come from the test that can't test for infectious disease and the deaths are those who have died of *anything* after testing positive with a test not testing for the 'virus'. I'll have much more later about the death certificate scandal.

Mullis was deeply dismissive of the now US 'Covid' star Anthony Fauci who he said was a liar who didn't know anything about anything – 'and I would say that to his face – nothing.' He said of Fauci: 'The man thinks he can take a blood sample, put it in an electron microscope and if it's got a virus in there you'll know it – he doesn't understand electron microscopy and he doesn't understand medicine and shouldn't be in a position like he's in.' That position, terrifyingly, has made him the decider of 'Covid' fascism policy on behalf of the Cult in his role as director since 1984 of the National Institute of Allergy and Infectious Diseases (NIAID) while his record of being wrong is laughable; but being wrong, so long as it's the *right kind* of wrong, is why the Cult loves him. He'll say anything the Cult tells him to say. Fauci was made Chief Medical Adviser to the President immediately Biden took office. Biden was installed in the White House by Cult manipulation and one of his first decisions was to elevate Fauci to a position of even more control. This is a coincidence? Yes, and I identify as a flamenco dancer called Lola. How does such an incompetent criminal like Fauci remain in that

pivotal position in American health since *the 1980s*? When you serve the Cult it looks after you until you are surplus to requirements. Kary Mullis said prophetically of Fauci and his like: 'Those guys have an agenda and it's not an agenda we would like them to have … they make their own rules, they change them when they want to, and Tony Fauci does not mind going on television in front of the people who pay his salary and lie directly into the camera.' Fauci has done that almost daily since the 'Covid' hoax began. Lying is in Fauci's DNA. To make the situation crystal clear about the PCR test this is a direct quote from its inventor Kary Mullis:

> It [the PCR test] doesn't tell you that you're sick and doesn't tell you that the thing you ended up with was really going to hurt you ...'

Ask yourself why governments and medical systems the world over have been using this very test to decide who is 'infected' with the SARS-CoV-2 'virus' and the alleged disease it allegedly causes, 'Covid-19'. The answer to that question will tell you what has been going on. By the way, here's a little show-stopper – the 'new' SARS-CoV-2 'virus' was 'identified' as such right from the start using … *the PCR test not testing for the 'virus'*. If you are new to this and find that shocking then stick around. I have hardly started yet. Even worse, other 'tests', like the 'Lateral Flow Device' (LFD), are considered so useless that they have to be *confirmed* by the PCR test! Leaked emails written by Ben Dyson, adviser to UK 'Health' Secretary Matt Hancock, said they were 'dangerously unreliable'. Dyson, executive director of strategy at the Department of Health, wrote: 'As of today, someone who gets a positive LFD result in (say) London has at best a 25 per cent chance of it being a true positive, but if it is a self-reported test potentially as low as 10 per cent (on an optimistic assumption about specificity) or as low as 2 per cent (on a more pessimistic assumption).' These are the 'tests' that schoolchildren and the public are being urged to have twice a week or more and have to isolate if they get a positive. Each fake positive goes in the statistics as a 'case' no matter how ludicrously inaccurate and the

‘cases’ drive lockdown, masks and the pressure to ‘vaccinate’. The government said in response to the email leak that the ‘tests’ were accurate which confirmed yet again what shocking bloody liars they are. The real false positive rate is *100 percent* as we’ll see. In another ‘you couldn’t make it up’ the UK government agreed to pay £2.8 billion to California’s Innova Medical Group to supply the irrelevant lateral flow tests. The company’s primary test-making centre is in China. Innova Medical Group, established in March, 2020, is owned by Pasaca Capital Inc, chaired by Chinese-American millionaire Charles Huang who was born in Wuhan.

How it works – and how it doesn’t

The RT-PCR test, known by its full title of Polymerase chain reaction, is used across the world to make millions, even billions, of copies of a DNA/RNA genetic information sample. The process is called ‘amplification’ and means that a tiny sample of genetic material is amplified to bring out the detailed content. I stress that it is not testing for an infectious disease. It is simply amplifying a sample of genetic material. In the words of Kary Mullis: ‘PCR is … just a process that’s used to make a whole lot of something out of something.’ To emphasise the point companies that make the PCR tests circulated around the world to ‘test’ for ‘Covid’ warn on the box that it can’t be used to detect ‘Covid’ or infectious disease and is for research purposes only. It’s okay, rest for a minute and you’ll be fine. This is the test that produces the ‘cases’ and ‘deaths’ that have been used to destroy human society. All those global and national medical and scientific ‘experts’ demanding this destruction to ‘save us’ *KNOW* that the test is not testing for the ‘virus’ and the cases and deaths they claim to be real are an almost unimaginable fraud. Every one of them and so many others including politicians and psychopaths like Gates and Tedros must be brought before Nuremburg-type trials and jailed for the rest of their lives. The more the genetic sample is amplified by PCR the more elements of that material become sensitive to the test and by that I don’t mean sensitive for a ‘virus’ but for elements of the genetic material which

is *naturally* in the body or relates to remnants of old conditions of various kinds lying dormant and causing no disease. Once the amplification of the PCR reaches a certain level *everyone* will test positive. So much of the material has been made sensitive to the test that everyone will have some part of it in their body. Even lying criminals like Fauci have said that once PCR amplifications pass 35 cycles everything will be a false positive that cannot be trusted for the reasons I have described. I say, like many proper doctors and scientists, that 100 percent of the 'positives' are false, but let's just go with Fauci for a moment.

He says that any amplification over 35 cycles will produce false positives and yet the US Centers for Disease Control (CDC) and Food and Drug Administration (FDA) have recommended up to *40 cycles* and the National Health Service (NHS) in Britain admitted in an internal document for staff that it was using *45 cycles* of amplification. A long list of other countries has been doing the same and at least one 'testing' laboratory has been using *50 cycles*. Have you ever heard a doctor, medical 'expert' or the media ask what level of amplification has been used to claim a 'positive'. The 'test' comes back 'positive' and so you have the 'virus', end of story. Now we can see how the government in Tanzania could send off samples from a goat and a pawpaw fruit under human names and both came back positive for 'Covid-19'. Tanzania president John Magufuli mocked the 'Covid' hysteria, the PCR test and masks and refused to import the DNA-manipulating 'vaccine'. The Cult hated him and an article sponsored by the Bill Gates Foundation appeared in the London *Guardian* in February, 2021, headed 'It's time for Africa to rein in Tanzania's anti-vaxxer president'. Well, 'reined in' he shortly was. Magufuli appeared in good health, but then, in March, 2021, he was dead at 61 from 'heart failure'. He was replaced by Samia Hassan Suhulu who is connected to Klaus Schwab's World Economic Forum and she immediately reversed Magufuli's 'Covid' policy. A sample of cola tested positive for 'Covid' with the PCR test in Germany while American actress and singer-songwriter Erykah Badu tested positive in one nostril and negative in the other. Footballer Ronaldo called

the PCR test 'bullshit' after testing positive three times and being forced to quarantine and miss matches when there was nothing wrong with him. The mantra from Tedros at the World Health Organization and national governments (same thing) has been test, test, test. They know that the more tests they can generate the more fake 'cases' they have which go on to become 'deaths' in ways I am coming to. The UK government has its Operation Moonshot planned to test multiple millions every day in workplaces and schools with free tests for everyone to use twice a week at home in line with the Cult plan from the start to make testing part of life. A government advertisement for an 'Interim Head of Asymptomatic Testing Communication' said the job included responsibility for delivering a 'communications strategy' (propaganda) 'to support the expansion of asymptomatic testing that *'normalises testing as part of everyday life'*. More tests means more fake 'cases', 'deaths' and fascism. I have heard of, and from, many people who booked a test, couldn't turn up, and yet got a positive result through the post for a test they'd never even had. The whole thing is crazy, but for the Cult there's method in the madness. Controlling and manipulating the level of amplification of the test means the authorities can control whenever they want the number of apparent 'cases' and 'deaths'. If they want to justify more fascist lockdown and destruction of livelihoods they keep the amplification high. If they want to give the illusion that lockdowns and the 'vaccine' are working then they lower the amplification and 'cases' and 'deaths' will appear to fall. In January, 2021, the Cult-owned World Health Organization suddenly warned laboratories about over-amplification of the test and to lower the threshold. Suddenly headlines began appearing such as: 'Why ARE "Covid" cases plummeting?' This was just when the vaccine rollout was underway and I had predicted months before they would make cases appear to fall through amplification tampering when the 'vaccine' came. These people are so predictable.

Cow vaccines?

The question must be asked of what is on the test swabs being poked far up the nose of the population to the base of the brain? A nasal swab punctured one woman's brain and caused it to leak fluid. Most of these procedures are being done by people with little training or medical knowledge. Dr Lorraine Day, former orthopaedic trauma surgeon and Chief of Orthopaedic Surgery at San Francisco General Hospital, says the tests are really a *'vaccine'*. Cows have long been vaccinated this way. She points out that masks have to cover the nose and the mouth where it is claimed the 'virus' exists in saliva. Why then don't they take saliva from the mouth as they do with a DNA test instead of pushing a long swab up the nose towards the brain? The ethmoid bone separates the nasal cavity from the brain and within that bone is the cribriform plate. Dr Day says that when the swab is pushed up against this plate and twisted the procedure is 'depositing things back there'. She claims that among these 'things' are nanoparticles that can enter the brain. Researchers have noted that a team at the Gates-funded Johns Hopkins have designed tiny, star-shaped micro-devices that can latch onto intestinal mucosa and release drugs into the body. Mucosa is the thin skin that covers the inside surface of parts of the body such as *the nose* and mouth and produces mucus to protect them. The Johns Hopkins micro-devices are called 'theragrippers' and were 'inspired' by a parasitic worm that digs its sharp teeth into a host's intestines. Nasal swabs are also coated in the sterilisation agent ethylene oxide. The US National Cancer Institute posts this explanation on its website:

> At room temperature, ethylene oxide is a flammable colorless gas with a sweet odor. It is used primarily to produce other chemicals, including antifreeze. In smaller amounts, ethylene oxide is used as a pesticide and a sterilizing agent. The ability of ethylene oxide to damage DNA makes it an effective sterilizing agent but also accounts for its cancer-causing activity.

The Institute mentions lymphoma and leukaemia as cancers most frequently reported to be associated with occupational exposure to ethylene oxide along with stomach and breast cancers. How does anyone think this is going to work out with the constant testing

regime being inflicted on adults and children at home and at school that will accumulate in the body anything that's on the swab?

Doctors know best

It is vital for people to realise that 'hero' doctors 'know' only what the Big Pharma-dominated medical authorities tell them to 'know' and if they refuse to 'know' what they are told to 'know' they are out the door. They are mostly not physicians or healers, but repeaters of the official narrative – or else. I have seen alleged professional doctors on British television make shocking statements that we are supposed to take seriously. One called 'Dr' Amir Khan, who is actually telling patients how to respond to illness, said that men could take the birth pill to 'help slow down the effects of Covid-19'. In March, 2021, another ridiculous 'Covid study' by an American doctor proposed injecting men with the female sex hormone progesterone as a 'Covid' treatment. British doctor Nighat Arif told the BBC that face coverings were now going to be part of ongoing normal. Yes, the vaccine protects you, she said (evidence?) … but the way to deal with viruses in the community was always going to come down to hand washing, face covering and keeping a physical distance. That's not what we were told before the 'vaccine' was circulating. Arif said she couldn't imagine ever again going on the underground or in a lift without a mask. I was just thanking my good luck that she was not my doctor when she said – in March, 2021 – that if 'we are *behaving* and we are doing all the right things' she thought we could 'have our nearest and dearest around us at home … around *Christmas* and N*ew Year!* Her patronising delivery was the usual school teacher talking to six-year-olds as she repeated every government talking point and probably believed them all. If we have learned anything from the 'Covid' experience surely it must be that humanity's perception of doctors needs a fundamental rethink. NHS 'doctor' Sara Kayat told her television audience that the 'Covid vaccine' would '100 percent prevent hospitalisation and death'. Not even Big Pharma claimed that. We have to stop taking 'experts' at their word without question when so many of them are

clueless and only repeating the party line on which their careers depend. That is not to say there are not brilliants doctors – there are and I have spoken to many of them since all this began – but you won't see them in the mainstream media or quoted by the psychopaths and yes-people in government.

Remember the name – Christian Drosten

German virologist Christian Drosten, Director of Charité Institute of Virology in Berlin, became a national star after the pandemic hoax began. He was feted on television and advised the German government on 'Covid' policy. Most importantly to the wider world Drosten led a group that produced the 'Covid' testing protocol for the PCR test. What a remarkable feat given the PCR cannot test for infectious disease and even more so when you think that Drosten said that his method of testing for SARS-CoV-2 was developed 'without having virus material available'. *He developed a test for a 'virus' that he didn't have and had never seen*. Let that sink in as you survey the global devastation that came from what he did. The whole catastrophe of Drosten's 'test' was based on the alleged genetic sequence published by Chinese scientists on the Internet. We will see in the next chapter that this alleged 'genetic sequence' has never been produced by China or anyone and cannot be when there *is no* SARS-CoV-2. Drosten, however, doesn't seem to let little details like that get in the way. He was the lead author with Victor Corman from the same Charité Hospital of the paper 'Detection of 2019 novel coronavirus (2019-nCoV) by real-time PCR' published in a magazine called *Eurosurveillance*. This became known as the Corman-Drosten paper. In November, 2020, with human society devastated by the effects of the Corman-Drosten test baloney, the protocol was publicly challenged by 22 international scientists and independent researchers from Europe, the United States, and Japan. Among them were senior molecular geneticists, biochemists, immunologists, and microbiologists. They produced a document headed 'External peer review of the RTPCR test to detect SARS-Cov-2 Reveals 10 Major Flaws At The Molecular and Methodological Level: Consequences

For False-Positive Results’. The flaws in the Corman-Drosten test included the following:

- The test is non-specific because of erroneous design
- Results are enormously variable
- The test is unable to discriminate between the whole ‘virus’ and viral fragments
- It doesn’t have positive or negative controls
- The test lacks a standard operating procedure
- It is unsupported by proper peer view

The scientists said the PCR ‘Covid’ testing protocol was not founded on science and they demanded the Corman-Drosten paper be retracted by *Eurosurveillance*. They said all present and previous Covid deaths, cases, and ‘infection rates’ should be subject to a massive retroactive inquiry. Lockdowns and travel restrictions should be reviewed and relaxed and those diagnosed through PCR to have ‘Covid-19’ should not be forced to isolate. Dr Kevin Corbett, a health researcher and nurse educator with a long academic career producing a stream of peer-reviewed publications at many UK universities, made the same point about the PCR test debacle. He said of the scientists’ conclusions: ‘Every scientific rationale for the development of that test has been totally destroyed by this paper. It’s like Hiroshima/Nagasaki to the Covid test.’ He said that China hadn’t given them an isolated ‘virus’ when Drosten developed the test. Instead they had developed the test from *a sequence in a gene bank*.’ Put another way … *they made it up*! The scientists were supported in this contention by a Portuguese appeals court which ruled in November, 2020, that PCR tests are unreliable and it is unlawful to quarantine people based solely on a PCR test. The point about China not providing an isolated virus must be true when the ‘virus’ has never been isolated to this day and the consequences of that will become clear. Drosten and company produced this useless ‘protocol’ right on cue in January, 2020, just as the ‘virus’ was said to

be moving westward and it somehow managed to successfully pass a peer-review in 24 hours. In other words there was no peer-review for a test that would be used to decide who had ‘Covid’ and who didn’t across the world. The Cult-created, Gates-controlled World Health Organization immediately recommended all its nearly 200 member countries to use the Drosten PCR protocol to detect ‘cases’ and ‘deaths’. The sting was underway and it continues to this day.

So who is this Christian Drosten that produced the means through which death, destruction and economic catastrophe would be justified? His education background, including his doctoral thesis, would appear to be somewhat shrouded in mystery and his track record is dire as with another essential player in the ‘Covid’ hoax, the Gates-funded Professor Neil Ferguson at the Gates-funded Imperial College in London of whom more shortly. Drosten predicted in 2003 that the alleged original SARS ‘virus’ (SARS-1’) was an epidemic that could have serious effects on economies and an effective vaccine would take at least two years to produce. Drosten’s answer to every alleged ‘outbreak’ is a vaccine which you won’t be shocked to know. What followed were just 774 official deaths worldwide and none in Germany where there were only nine cases. That is even if you believe there ever was a SARS ‘virus’ when the evidence is zilch and I will expand on this in the next chapter. Drosten claims to be co-discoverer of ‘SARS-1’ and developed a test for it in 2003. He was screaming warnings about ‘swine flu’ in 2009 and how it was a widespread infection far more severe than any dangers from a vaccine could be and people should get vaccinated. It would be helpful for Drosten’s vocal chords if he simply recorded the words ‘the virus is deadly and you need to get vaccinated’ and copies could be handed out whenever the latest made-up threat comes along. Drosten’s swine flu epidemic never happened, but Big Pharma didn’t mind with governments spending hundreds of millions on vaccines that hardly anyone bothered to use and many who did wished they hadn’t. A study in 2010 revealed that the risk of dying from swine flu, or H1N1, was no higher than that of the annual seasonal flu which is what at least most of ‘it’ really was as in

the case of ‘Covid-19’. A media investigation into Drosten asked how with such a record of inaccuracy he could be *the* government adviser on these issues. The answer to that question is the same with Drosten, Ferguson and Fauci – they keep on giving the authorities the ‘conclusions’ and ‘advice’ they want to hear. Drosten certainly produced the goods for them in January, 2020, with his PCR protocol garbage and provided the foundation of what German internal medicine specialist Dr Claus Köhnlein, co-author of *Virus Mania*, called the ‘test pandemic’. The 22 scientists in the *Eurosurveillance* challenge called out conflicts of interest within the Drosten ‘protocol’ group and with good reason. Olfert Landt, a regular co-author of Drosten ‘studies’, owns the biotech company TIB Molbiol Syntheselabor GmbH in Berlin which manufactures and sells the tests that Drosten and his mates come up with. They have done this with SARS, Enterotoxigenic E. coli (ETEC), MERS, Zika ‘virus’, yellow fever, and now ‘Covid’. Landt told the *Berliner Zeitung* newspaper:

> The testing, design and development came from the Charité [Drosten and Corman]. We simply implemented it immediately in the form of a kit. And if we don’t have the virus, which originally only existed in Wuhan, we can make a synthetic gene to simulate the genome of the virus. That’s what we did very quickly.

This is more confirmation that the Drosten test was designed without access to the ‘virus’ and only a synthetic simulation which is what SARS-CoV-2 really is – a computer-generated synthetic fiction. It’s quite an enterprise they have going here. A Drosten team decides what the test for something should be and Landt’s biotech company flogs it to governments and medical systems across the world. His company must have made an absolute fortune since the ‘Covid’ hoax began. Dr Reiner Fuellmich, a prominent German consumer protection trial lawyer in Germany and California, is on Drosten’s case and that of Tedros at the World Health Organization for crimes against humanity with a class-action lawsuit being prepared in the United States and other legal action in Germany.

Why China?

Scamming the world with a 'virus' that doesn't exist would seem impossible on the face of it, but not if you have control of the relatively few people that make policy decisions and the great majority of the global media. Remember it's not about changing 'real' reality it's about controlling *perception* of reality. You don't have to make something happen you only have make people *believe* that it's happening. Renegade Minds understand this and are therefore much harder to swindle. 'Covid-19' is not a 'real' 'virus'. It's a mind virus, like a computer virus, which has infected the minds, not the bodies, of billions. It all started, publically at least, in China and that alone is of central significance. The Cult was behind the revolution led by its asset Mao Zedong, or Chairman Mao, which established the People's Republic of China on October 1st, 1949. It should have been called The Cult's Republic of China, but the name had to reflect the recurring illusion that vicious dictatorships are run by and for the people (see all the 'Democratic Republics' controlled by tyrants). In the same way we have the 'Biden' Democratic Republic of America officially ruled by a puppet tyrant (at least temporarily) on behalf of Cult tyrants. The creation of Mao's merciless communist/fascist dictatorship was part of a frenzy of activity by the Cult at the conclusion of World War Two which, like the First World War, it had instigated through its assets in Germany, Britain, France, the United States and elsewhere. Israel was formed in 1948; the Soviet Union expanded its 'Iron Curtain' control, influence and military power with the Warsaw Pact communist alliance in 1955; the United Nations was formed in 1945 as a Cult precursor to world government; and a long list of world bodies would be established including the World Health Organization (1948), World Trade Organization (1948 under another name until 1995), International Monetary Fund (1945) and World Bank (1944). Human society was redrawn and hugely centralised in the global Problem-Reaction-Solution that was World War Two. All these changes were significant. Israel would become the headquarters of the Sabbatians

and the revolution in China would prepare the ground and control system for the events of 2019/2020.

Renegade Minds know there are no borders except for public consumption. The Cult is a seamless, borderless global entity and to understand the game we need to put aside labels like borders, nations, countries, communism, fascism and democracy. These delude the population into believing that countries are ruled within their borders by a government of whatever shade when these are mere agencies of a global power. America's illusion of democracy and China's communism/fascism are subsidiaries – vehicles – for the same agenda. We may hear about conflict and competition between America and China and on the lower levels that will be true; but at the Cult level they are branches of the same company in the way of the McDonald's example I gave earlier. I have tracked in the books over the years support by US governments of both parties for Chinese Communist Party infiltration of American society through allowing the sale of land, even military facilities, and the acquisition of American business and university influence. All this is underpinned by the infamous stealing of intellectual property and technological know-how. Cult-owned Silicon Valley corporations waive their fraudulent 'morality' to do business with human-rights-free China; Cult-controlled Disney has become China's PR department; and China in effect owns 'American' sports such as basketball which depends for much of its income on Chinese audiences. As a result any sports player, coach or official speaking out against China's horrific human rights record is immediately condemned or fired by the China-worshipping National Basketball Association. One of the first acts of China-controlled Biden was to issue an executive order telling federal agencies to stop making references to the 'virus' by the 'geographic location of its origin'. Long-time Congressman Jerry Nadler warned that criticising China, America's biggest rival, leads to hate crimes against Asian people in the United States. So shut up you bigot. China is fast closing in on Israel as a country that must not be criticised which is apt, really, given that Sabbatians control them both. The two countries have

developed close economic, military, technological and strategic ties which include involvement in China's 'Silk Road' transport and economic initiative to connect China with Europe. Israel was the first country in the Middle East to recognise the establishment of Mao's tyranny in 1950 months after it was established.

Project Wuhan – the 'Covid' Psyop

I emphasise again that the Cult plays the long game and what is happening to the world today is the result of centuries of calculated manipulation following a script to take control step-by-step of every aspect of human society. I will discuss later the common force behind all this that has spanned those centuries and thousands of years if the truth be told. Instigating the Mao revolution in China in 1949 with a 2020 'pandemic' in mind is not only how they work – the 71 years between them is really quite short by the Cult's standards of manipulation preparation. The reason for the Cult's Chinese revolution was to create a fiercely-controlled environment within which an extreme structure for human control could be incubated to eventually be unleashed across the world. We have seen this happen since the 'pandemic' emerged from China with the Chinese control-structure founded on AI technology and tyrannical enforcement sweep across the West. Until the moment when the Cult went for broke in the West and put its fascism on public display Western governments had to pay some lip-service to freedom and democracy to not alert too many people to the tyranny-in-the-making. Freedoms were more subtly eroded and power centralised with covert government structures put in place waiting for the arrival of 2020 when that smokescreen of 'freedom' could be dispensed with. The West was not able to move towards tyranny before 2020 anything like as fast as China which was created as a tyranny and had no limits on how fast it could construct the Cult's blueprint for global control. When the time came to impose that structure on the world it was the same Cult-owned Chinese communist/fascist government that provided the excuse – the 'Covid pandemic'. It was absolutely crucial to the Cult plan for the Chinese response to the 'pandemic' –

draconian lockdowns of the entire population – to become the blueprint that Western countries would follow to destroy the livelihoods and freedom of their people. This is why the Cult-owned, Gates-owned, WHO Director-General Tedros said early on:

> The Chinese government is to be congratulated for the extraordinary measures it has taken to contain the outbreak. China is actually setting a new standard for outbreak response and it is not an exaggeration.

Forbes magazine said of China: '… those measures protected untold millions from getting the disease'. The Rockefeller Foundation 'epidemic scenario' document in 2010 said 'prophetically':

> However, a few countries did fare better – China in particular. The Chinese government's quick imposition and enforcement of mandatory quarantine for all citizens, as well as its instant and near-hermetic sealing off of all borders, saved millions of lives, stopping the spread of the virus far earlier than in other countries and enabling a swifter post-pandemic recovery.

Once again – *spooky*.

The first official story was the 'bat theory' or rather the bat diversion. The source of the 'virus outbreak' we were told was a ''wet market' in Wuhan where bats and other animals are bought and eaten in horrifically unhygienic conditions. Then another story emerged through the alternative media that the 'virus' had been released on purpose or by accident from a BSL-4 (biosafety level 4) laboratory in Wuhan not far from the wet market. The lab was reported to create and work with lethal concoctions and bioweapons. Biosafety level 4 is the highest in the World Health Organization system of safety and containment. Renegade Minds are aware of what I call designer manipulation. The ideal for the Cult is for people to buy its prime narrative which in the opening salvoes of the 'pandemic' was the wet market story. It knows, however, that there is now a considerable worldwide alternative media of researchers sceptical of anything governments say and they are often given a version of events in a form they can perceive as credible while misdirecting them from the real truth. In this case let them

think that the conspiracy involved is a ‘bioweapon virus’ released from the Wuhan lab to keep them from the real conspiracy – *there is no ‘virus’*. The WHO’s current position on the source of the outbreak at the time of writing appears to be: ‘We haven’t got a clue, mate.’ This is a good position to maintain mystery and bewilderment. The inner circle will know where the ‘virus’ came from – *nowhere*. The bottom line was to ensure the public believed there *was* a ‘virus’ and it didn’t much matter if they thought it was natural or had been released from a lab. The belief that there was a ‘deadly virus’ was all that was needed to trigger global panic and fear. The population was terrified into handing their power to authority and doing what they were told. They had to or they were ‘all gonna die’.

In March, 2020, information began to come my way from real doctors and scientists and my own additional research which had my intuition screaming: ‘Yes, that’s it! *There is no virus*.’ The ‘bioweapon’ was not the ‘virus’; it was the *‘vaccine’* already being talked about that would be the bioweapon. My conclusion was further enhanced by happenings in Wuhan. The ‘virus’ was said to be sweeping the city and news footage circulated of people collapsing in the street (which they’ve never done in the West with the same ‘virus’). The Chinese government was building ‘new hospitals’ in a matter of ten days to ‘cope with demand’ such was the virulent nature of the ‘virus’. Yet in what seemed like no time the ‘new hospitals’ closed – even if they even opened – and China declared itself ‘virus-free’. It was back to business as usual. This was more propaganda to promote the Chinese draconian lockdowns in the West as the way to ‘beat the virus’. Trouble was that we subsequently had lockdown after lockdown, but never business as usual. As the people of the West and most of the rest of the world were caught in an ever-worsening spiral of lockdown, social distancing, masks, isolated old people, families forced apart, and livelihood destruction, it was party-time in Wuhan. Pictures emerged of thousands of people enjoying pool parties and concerts. It made no sense until you realised there never was a ‘virus’ and the

whole thing was a Cult set-up to transform human society out of one its major global strongholds – China.

How is it possible to deceive virtually the entire world population into believing there is a deadly virus when there is not even a ‘virus’ let alone a deadly one? It’s nothing like as difficult as you would think and that’s clearly true because it happened.

Postscript: See end of book Postscript for more on the ‘Wuhan lab virus release’ story which the authorities and media were pushing heavily in the summer of 2021 to divert attention from the truth that the ‘Covid virus’ is pure invention.

CHAPTER FIVE

There *is no* 'virus'

You can fool some of the people all of the time, and all of the people some of the time, but you cannot fool all of the people all of the time
Abraham Lincoln

The greatest form of mind control is repetition. The more you repeat the same mantra of alleged 'facts' the more will accept them to be true. It becomes an 'everyone knows that, mate'. If you can also censor any other version or alternative to your alleged 'facts' you are pretty much home and cooking.

By the start of 2020 the Cult owned the global mainstream media almost in its entirety to spew out its 'Covid' propaganda and ignore or discredit any other information and view. Cult-owned social media platforms in Cult-owned Silicon Valley were poised and ready to unleash a campaign of ferocious censorship to obliterate all but the official narrative. To complete the circle many demands for censorship by Silicon Valley were led by the mainstream media as 'journalists' became full-out enforcers for the Cult both as propagandists and censors. Part of this has been the influx of young people straight out of university who have become 'journalists' in significant positions. They have no experience and a headful of programmed perceptions from their years at school and university at a time when today's young are the most perceptually-targeted generations in known human history given the insidious impact of technology. They enter the media perceptually prepared and ready to repeat the narratives of the system that programmed them to

repeat its narratives. The BBC has a truly pathetic 'specialist disinformation reporter' called Marianna Spring who fits this bill perfectly. She is clueless about the world, how it works and what is really going on. Her role is to discredit anyone doing the job that a proper journalist would do and system-serving hacks like Spring wouldn't dare to do or even see the need to do. They are too busy licking the arse of authority which can never be wrong and, in the case of the BBC propaganda programme, *Panorama*, contacting payments systems such as PayPal to have a donations page taken down for a film company making documentaries questioning vaccines. Even the BBC soap opera *EastEnders* included a disgracefully biased scene in which an inarticulate white working class woman was made to look foolish for questioning the 'vaccine' while a well-spoken black man and Asian woman promoted the government narrative. It ticked every BBC box and the fact that the black and minority community was resisting the 'vaccine' had nothing to do with the way the scene was written. The BBC has become a disgusting tyrannical propaganda and censorship operation that should be defunded and disbanded and a free media take its place with a brief to stop censorship instead of demanding it. A BBC 'interview' with Gates goes something like: 'Mr Gates, sir, if I can call you sir, would you like to tell our audience why you are such a great man, a wonderful humanitarian philanthropist, and why you should absolutely be allowed as a software salesman to decide health policy for approaching eight billion people? Thank you, sir, please sir.' Propaganda programming has been incessant and merciless and when all you hear is the same story from the media, repeated by those around you who have only heard the same story, is it any wonder that people on a grand scale believe absolute mendacious garbage to be true? You are about to see, too, why this level of information control is necessary when the official 'Covid' narrative is so nonsensical and unsupportable by the evidence.

Structure of Deceit

The pyramid structure through which the 'Covid' hoax has been manifested is very simple and has to be to work. As few people as possible have to be involved with full knowledge of what they are doing – and why – or the real story would get out. At the top of the pyramid are the inner core of the Cult which controls Bill Gates who, in turn, controls the World Health Organization through his pivotal funding and his puppet Director-General mouthpiece, Tedros. Before he was appointed Tedros was chair of the Gates-founded Global Fund to 'fight against AIDS, tuberculosis and malaria', a board member of the Gates-funded 'vaccine alliance' GAVI, and on the board of another Gates-funded organisation. Gates owns him and picked him for a specific reason – Tedros is a crook and worse. 'Dr' Tedros (he's not a medical doctor, the first WHO chief not to be) was a member of the tyrannical Marxist government of Ethiopia for decades with all its human rights abuses. He has faced allegations of corruption and misappropriation of funds and was exposed three times for covering up cholera epidemics while Ethiopia's health minister. Tedros appointed the mass-murdering genocidal Zimbabwe dictator Robert Mugabe as a WHO goodwill ambassador for public health which, as with Tedros, is like appointing a psychopath to run a peace and love campaign. The move was so ridiculous that he had to drop Mugabe in the face of widespread condemnation. American economist David Steinman, a Nobel peace prize nominee, lodged a complaint with the International Criminal Court in The Hague over alleged genocide by Tedros when he was Ethiopia's foreign minister. Steinman says Tedros was a 'crucial decision maker' who directed the actions of Ethiopia's security forces from 2013 to 2015 and one of three officials in charge when those security services embarked on the 'killing' and 'torturing' of Ethiopians. You can see where Tedros is coming from and it's sobering to think that he has been the vehicle for Gates and the Cult to direct the global response to 'Covid'. Think about that. A psychopathic Cult dictates to psychopath Gates who dictates to psychopath Tedros who dictates how countries of the world must respond to a 'Covid virus' never scientifically shown to exist. At the same time psychopathic Cult-owned Silicon Valley information

giants like Google, YouTube, Facebook and Twitter announced very early on that they would give the Cult/Gates/Tedros/WHO version of the narrative free advertising and censor those who challenged their intelligence-insulting, mendacious story.

The next layer in the global 'medical' structure below the Cult, Gates and Tedros are the chief medical officers and science 'advisers' in each of the WHO member countries which means virtually all of them. Medical officers and arbiters of science (they're not) then take the WHO policy and recommended responses and impose them on their country's population while the political 'leaders' say they are deciding policy (they're clearly not) by 'following the science' on the advice of the 'experts' – the same medical officers and science 'advisers' (dictators). In this way with the rarest of exceptions the entire world followed the same policy of lockdown, people distancing, masks and 'vaccines' dictated by the psychopathic Cult, psychopathic Gates and psychopathic Tedros who we are supposed to believe give a damn about the health of the world population they are seeking to enslave. That, amazingly, is all there is to it in terms of crucial decision-making. Medical staff in each country then follow like sheep the dictates of the shepherds at the top of the national medical hierarchies – chief medical officers and science 'advisers' who themselves follow like sheep the shepherds of the World Health Organization and the Cult. Shepherds at the national level often have major funding and other connections to Gates and his Bill and Melinda Gates Foundation which carefully hands out money like confetti at a wedding to control the entire global medical system from the WHO down.

Follow the money

Christopher Whitty, Chief Medical Adviser to the UK Government at the centre of 'virus' policy, a senior adviser to the government's Scientific Advisory Group for Emergencies (SAGE), and Executive Board member of the World Health Organization, was gifted a grant of $40 million by the Bill and Melinda Gates Foundation for malaria research in Africa. The BBC described the unelected Whitty as 'the

official who will probably have the greatest impact on our everyday lives of any individual policymaker in modern times' and so it turned out. What Gates and Tedros have said Whitty has done like his equivalents around the world. Patrick Vallance, co-chair of SAGE and the government's Chief Scientific Adviser, is a former executive of Big Pharma giant GlaxoSmithKline with its fundamental financial and business connections to Bill Gates. In September, 2020, it was revealed that Vallance owned a deferred bonus of shares in GlaxoSmithKline worth £600,000 while the company was 'developing' a 'Covid vaccine'. Move along now – nothing to see here – what could possibly be wrong with that? Imperial College in London, a major player in 'Covid' policy in Britain and elsewhere with its 'Covid-19' Response Team, is funded by Gates and has big connections to China while the now infamous Professor Neil Ferguson, the useless 'computer modeller' at Imperial College is also funded by Gates. Ferguson delivered the dramatically inaccurate excuse for the first lockdowns (much more in the next chapter). The Institute for Health Metrics and Evaluation (IHME) in the United States, another source of outrageously false 'Covid' computer models to justify lockdowns, is bankrolled by Gates who is a vehement promotor of lockdowns. America's version of Whitty and Vallance, the again now infamous Anthony Fauci, has connections to 'Covid vaccine' maker Moderna as does Bill Gates through funding from the Bill and Melinda Gates Foundation. Fauci is director of the National Institute of Allergy and Infectious Diseases (NIAID), a major recipient of Gates money, and they are very close. Deborah Birx who was appointed White House Coronavirus Response Coordinator in February, 2020, is yet another with ties to Gates. Everywhere you look at the different elements around the world behind the coordination and decision making of the 'Covid' hoax there is Bill Gates and his money. They include the World Health Organization; Centers for Disease Control (CDC) in the United States; National Institutes of Health (NIH) of Anthony Fauci; Imperial College and Neil Ferguson; the London School of Hygiene where Chris Whitty worked; Regulatory agencies like the UK Medicines & Healthcare products Regulatory Agency (MHRA)

which gave emergency approval for 'Covid vaccines'; Wellcome Trust; GAVI, the Vaccine Alliance; the Coalition for Epidemic Preparedness Innovations (CEPI); Johns Hopkins University which has compiled the false 'Covid' figures; and the World Economic Forum. A Nationalfile.com article said:

> Gates has a lot of pull in the medical world, he has a multi-million dollar relationship with Dr. Fauci, and Fauci originally took the Gates line supporting vaccines and casting doubt on [the drug hydroxychloroquine]. Coronavirus response team member Dr. Deborah Birx, appointed by former president Obama to serve as United States Global AIDS Coordinator, also sits on the board of a group that has received billions from Gates' foundation, and Birx reportedly used a disputed Bill Gates-funded model for the White House's Coronavirus effort. Gates is a big proponent for a population lockdown scenario for the Coronavirus outbreak.

Another funder of Moderna is the Defense Advanced Research Projects Agency (DARPA), the technology-development arm of the Pentagon and one of the most sinister organisations on earth. DARPA had a major role with the CIA covert technology-funding operation In-Q-Tel in the development of Google and social media which is now at the centre of global censorship. Fauci and Gates are extremely close and openly admit to talking regularly about 'Covid' policy, but then why wouldn't Gates have a seat at every national 'Covid' table after his Foundation committed $1.75 billion to the 'fight against Covid-19'. When passed through our Orwellian Translation Unit this means that he has bought and paid for the Cult-driven 'Covid' response worldwide. Research the major 'Covid' response personnel in your own country and you will find the same Gates funding and other connections again and again. Medical and science chiefs following World Health Organization 'policy' sit atop a medical hierarchy in their country of administrators, doctors and nursing staff. These 'subordinates' are told they must work and behave in accordance with the policy delivered from the 'top' of the national 'health' pyramid which is largely the policy delivered by the WHO which is the policy delivered by Gates and the Cult. The whole 'Covid' narrative has been imposed on medical staff by a climate of fear although great numbers don't even need that to comply. They do so through breathtaking levels of ignorance and

include doctors who go through life simply repeating what Big Pharma and their hierarchical masters tell them to say and believe. No wonder Big Pharma 'medicine' is one of the biggest killers on Planet Earth.

The same top-down system of intimidation operates with regard to the Cult Big Pharma cartel which also dictates policy through national and global medical systems in this way. The Cult and Big Pharma agendas are the same because the former controls and owns the latter. 'Health' administrators, doctors, and nursing staff are told to support and parrot the dictated policy or they will face consequences which can include being fired. How sad it's been to see medical staff meekly repeating and imposing Cult policy without question and most of those who can see through the deceit are only willing to speak anonymously off the record. They know what will happen if their identity is known. This has left the courageous few to expose the lies about the 'virus', face masks, overwhelmed hospitals that aren't, and the dangers of the 'vaccine' that isn't a vaccine. When these medical professionals and scientists, some renowned in their field, have taken to the Internet to expose the truth their articles, comments and videos have been deleted by Cult-owned Facebook, Twitter and YouTube. What a real head-shaker to see YouTube videos with leading world scientists and highly qualified medical specialists with an added link underneath to the notorious Cult propaganda website *Wikipedia* to find the 'facts' about the same subject.

HIV – the 'Covid' trial-run

I'll give you an example of the consequences for health and truth that come from censorship and unquestioning belief in official narratives. The story was told by PCR inventor Kary Mullis in his book *Dancing Naked in the Mind Field*. He said that in 1984 he accepted as just another scientific fact that Luc Montagnier of France's Pasteur Institute and Robert Gallo of America's National Institutes of Health had independently discovered that a 'retrovirus' dubbed HIV (human immunodeficiency virus) caused AIDS. They

were, after all, Mullis writes, specialists in retroviruses. This is how the medical and science pyramids work. Something is announced or *assumed* and then becomes an everybody-knows-that purely through repetition of the assumption as if it is fact. Complete crap becomes accepted truth with no supporting evidence and only repetition of the crap. This is how a 'virus' that doesn't exist became the 'virus' that changed the world. The HIV-AIDS fairy story became a multi-billion pound industry and the media poured out propaganda terrifying the world about the deadly HIV 'virus' that caused the lethal AIDS. By then Mullis was working at a lab in Santa Monica, California, to detect retroviruses with his PCR test in blood donations received by the Red Cross. In doing so he asked a virologist where he could find a reference for HIV being the cause of AIDS. 'You don't need a reference,' the virologist said … *'Everybody knows it.'* Mullis said he wanted to quote a reference in the report he was doing and he said he felt a little funny about not knowing the source of such an important discovery when everyone else seemed to. The virologist suggested he cite a report by the Centers for Disease Control and Prevention (CDC) on morbidity and mortality. Mullis read the report, but it only said that an organism had been identified and did not say how. The report did not identify the original scientific work. Physicians, however, *assumed* (key recurring theme) that if the CDC was convinced that HIV caused AIDS then proof must exist. Mullis continues:

I did computer searches. Neither Montagnier, Gallo, nor anyone else had published papers describing experiments which led to the conclusion that HIV probably caused AIDS. I read the papers in Science for which they had become well known as AIDS doctors, but all they had said there was that they had found evidence of a past infection by something which was probably HIV in some AIDS patients.

They found antibodies. Antibodies to viruses had always been considered evidence of past disease, not present disease. Antibodies signaled that the virus had been defeated. The patient had saved himself. There was no indication in these papers that this virus caused a disease. They didn't show that everybody with the antibodies had the disease. In fact they found some healthy people with antibodies.

Mullis asked why their work had been published if Montagnier and Gallo hadn't really found this evidence, and why had they been fighting so hard to get credit for the discovery? He says he was hesitant to write 'HIV is the probable cause of AIDS' until he found published evidence to support that. 'Tens of thousands of scientists and researchers were spending billions of dollars a year doing research based on this idea,' Mullis writes. 'The reason had to be there somewhere; otherwise these people would not have allowed their research to settle into one narrow channel of investigation.' He said he lectured about PCR at numerous meetings where people were always talking about HIV and he asked them how they knew that HIV was the cause of AIDS:

> Everyone said something. Everyone had the answer at home, in the office, in some drawer. They all knew, and they would send me the papers as soon as they got back. But I never got any papers. Nobody ever sent me the news about how AIDS was caused by HIV.

Eventually Mullis was able to ask Montagnier himself about the reference proof when he lectured in San Diego at the grand opening of the University of California AIDS Research Center. Mullis says this was the last time he would ask his question without showing anger. Montagnier said he should reference the CDC report. 'I read it', Mullis said, and it didn't answer the question. 'If Montagnier didn't know the answer who the hell did?' Then one night Mullis was driving when an interview came on National Public Radio with Peter Duesberg, a prominent virologist at Berkeley and a California Scientist of the Year. Mullis says he finally understood why he could not find references that connected HIV to AIDS – *there weren't any!* No one had ever proved that HIV causes AIDS even though it had spawned a multi-billion pound global industry and the media was repeating this as fact every day in their articles and broadcasts terrifying the shit out of people about AIDS and giving the impression that a positive test for HIV (see 'Covid') was a death sentence. Duesberg was a threat to the AIDS gravy train and the agenda that underpinned it. He was therefore abused and castigated after he told the Proceedings of the National Academy of Sciences

there was no good evidence implicating the new 'virus'. Editors rejected his manuscripts and his research funds were deleted. Mullis points out that the CDC has defined AIDS as one of more than 30 diseases *if accompanied* by a positive result on a test that detects antibodies to HIV; but those same diseases are not defined as AIDS cases when antibodies are not detected:

> If an HIV-positive woman develops uterine cancer, for example, she is considered to have AIDS. If she is not HIV positive, she simply has uterine cancer. An HIV-positive man with tuberculosis has AIDS; if he tests negative he simply has tuberculosis. If he lives in Kenya or Colombia, where the test for HIV antibodies is too expensive, he is simply presumed to have the antibodies and therefore AIDS, and therefore he can be treated in the World Health Organization's clinic. It's the only medical help available in some places. And it's free, because the countries that support WHO are worried about AIDS.

Mullis accuses the CDC of continually adding new diseases (see ever more 'Covid symptoms') to the grand AIDS definition and of virtually doctoring the books to make it appear as if the disease continued to spread. He cites how in 1993 the CDC enormously broadened its AIDS definition and county health authorities were delighted because they received $2,500 per year from the Federal government for every reported AIDS case. Ladies and gentlemen, I have just described, via Kary Mullis, the 'Covid pandemic' of 2020 and beyond. Every element is the same and it's been pulled off in the same way by the same networks.

The 'Covid virus' exists? Okay – prove it. Er ... still waiting

What Kary Mullis described with regard to 'HIV' has been repeated with 'Covid'. A claim is made that a new, or 'novel', infection has been found and the entire medical system of the world repeats that as fact exactly as they did with HIV and AIDS. No one in the mainstream asks rather relevant questions such as 'How do you know?' and 'Where is your proof?' The SARS-Cov-2 'virus' and the 'Covid-19 disease' became an overnight 'everybody-knows-that'. The origin could be debated and mulled over, but what you could not suggest was that 'SARS-Cov-2' didn't exist. That would be

ridiculous. 'Everybody knows' the 'virus' exists. Well, I didn't for one along with American proper doctors like Andrew Kaufman and Tom Cowan and long-time American proper journalist Jon Rappaport. We dared to pursue the obvious and simple question: 'Where's the evidence?' The overwhelming majority in medicine, journalism and the general public did not think to ask that. After all, *everyone knew* there was a new 'virus'. Everyone was saying so and I heard it on the BBC. Some would eventually argue that the 'deadly virus' was nothing like as deadly as claimed, but few would venture into the realms of its very existence. Had they done so they would have found that the evidence for that claim had gone AWOL as with HIV causes AIDS. In fact, not even that. For something to go AWOL it has to exist in the first place and scientific proof for a 'SARS-Cov-2' can be filed under nothing, nowhere and zilch.

Dr Andrew Kaufman is a board-certified forensic psychiatrist in New York State, a Doctor of Medicine and former Assistant Professor and Medical Director of Psychiatry at SUNY Upstate Medical University, and Medical Instructor of Hematology and Oncology at the Medical School of South Carolina. He also studied biology at the Massachusetts Institute of Technology (MIT) and trained in Psychiatry at Duke University. Kaufman is retired from allopathic medicine, but remains a consultant and educator on natural healing, I saw a video of his very early on in the 'Covid' hoax in which he questioned claims about the 'virus' in the absence of any supporting evidence and with plenty pointing the other way. I did everything I could to circulate his work which I felt was asking the pivotal questions that needed an answer. I can recommend an excellent pull-together interview he did with the website The Last Vagabond entitled *Dr Andrew Kaufman: Virus Isolation, Terrain Theory and Covid-19* and his website is andrewkaufmanmd.com. Kaufman is not only a forensic psychiatrist; he is forensic in all that he does. He always reads original scientific papers, experiments and studies instead of second-third-fourth-hand reports about the 'virus' in the media which are repeating the repeated repetition of the narrative. When he did so with the original Chinese 'virus' papers Kaufman

realised that there was no evidence of a 'SARS-Cov-2'. They had never – from the start – shown it to exist and every repeat of this claim worldwide was based on the accepted existence of proof that was nowhere to be found – see Kary Mullis and HIV. Here we go again.

Let's postulate

Kaufman discovered that the Chinese authorities immediately concluded that the cause of an illness that broke out among about 200 initial patients in Wuhan was a 'new virus' when there were no grounds to make that conclusion. The alleged 'virus' was not isolated from other genetic material in their samples and then shown through a system known as Koch's postulates to be the causative agent of the illness. The world was told that the SARS-Cov-2 'virus' caused a disease they called 'Covid-19' which had 'flu-like' symptoms and could lead to respiratory problems and pneumonia. If it wasn't so tragic it would almost be funny. *'Flu-like' symptoms'? Pneumonia? Respiratory disease?* What in *CHINA* and particularly in *Wuhan*, one of the most polluted cities in the world with a resulting epidemic of respiratory disease?? Three hundred thousand people get pneumonia in China every year and there are nearly a billion cases worldwide of 'flu-like symptoms'. These have a whole range of causes – including pollution in Wuhan – but no other possibility was credibly considered in late 2019 when the world was told there was a new and deadly 'virus'. The global prevalence of pneumonia and 'flu-like systems' gave the Cult networks unlimited potential to re-diagnose these other causes as the mythical 'Covid-19' and that is what they did from the very start. Kaufman revealed how Chinese medical and science authorities (all subordinates to the Cult-owned communist government) took genetic material from the lungs of only a few of the first patients. The material contained their own cells, bacteria, fungi and other microorganisms living in their bodies. The only way you could prove the existence of the 'virus' and its responsibility for the alleged 'Covid-19' was to isolate the virus from all the other material – a process also known as 'purification' – and

then follow the postulates sequence developed in the late 19th century by German physician and bacteriologist Robert Koch which became the ‘gold standard’ for connecting an alleged causation agent to a disease:

1. The microorganism (bacteria, fungus, virus, etc.) must be present in every case of the disease and all patients must have the same symptoms. It must also *not be present in healthy individuals*.

2. The microorganism must be isolated from the host with the disease. If the microorganism is a bacteria or fungus it must be grown in a pure culture. If it is a virus, it must be purified (i.e. containing no other material except the virus particles) from a clinical sample.

3. The specific disease, with all of its characteristics, must be reproduced when the infectious agent (the purified virus or a pure culture of bacteria or fungi) is inoculated into a healthy, susceptible host.

4. The microorganism must be recoverable from the experimentally infected host as in step 2.

Not one of these criteria has been met in the case of ‘SARS-Cov-2’ and ‘Covid-19’. Not ONE. *EVER*. Robert Koch refers to bacteria and not viruses. What are called ‘viral particles’ are so minute (hence masks are useless by any definition) that they could only be seen after the invention of the electron microscope in the 1930s and can still only be observed through that means. American bacteriologist and virologist Thomas Milton Rivers, the so-called ‘Father of Modern Virology’ who was very significantly director of the Rockefeller Institute for Medical Research in the 1930s, developed a less stringent version of Koch’s postulates to identify ‘virus’ causation known as ‘Rivers criteria’. ‘Covid’ did not pass that process either. Some even doubt whether any ‘virus’ can be isolated from other particles containing genetic material in the Koch method. Freedom of Information requests in many countries asking for scientific proof that the ‘Covid virus’ has been purified and isolated and shown to exist have all come back with a ‘we don’t have that’ and when this happened with a request to the UK Department of Health they added this comment:

However, outside of the scope of the [Freedom of Information Act] and on a discretionary basis, the following information has been advised to us, which may be of interest. Most infectious diseases are caused by viruses, bacteria or fungi. Some bacteria or fungi have the capacity to grow on their own in isolation, for example in colonies on a petri dish. Viruses are different in that they are what we call 'obligate pathogens' – that is, they cannot survive or reproduce without infecting a host ...

… For some diseases, it is possible to establish causation between a microorganism and a disease by isolating the pathogen from a patient, growing it in pure culture and reintroducing it to a healthy organism. These are known as 'Koch's postulates' and were developed in 1882. However, as our understanding of disease and different disease-causing agents has advanced, these are no longer the method for determining causation [Andrew Kaufman asks why in that case are there two published articles falsely claiming to satisfy Koch's postulates].

It has long been known that viral diseases cannot be identified in this way as viruses cannot be grown in 'pure culture'. When a patient is tested for a viral illness, this is normally done by looking for the presence of antigens, or viral genetic code in a host with molecular biology techniques [Kaufman asks how you could know the origin of these chemicals without having a pure culture for comparison].

For the record 'antigens' are defined so:

Invading microorganisms have antigens on their surface that the human body can recognise as being foreign – meaning not belonging to it. When the body recognises a foreign antigen, lymphocytes (white blood cells) produce antibodies, which are complementary in shape to the antigen.

Notwithstanding that this is open to question in relation to 'SARS-Cov-2' the presence of 'antibodies' can have many causes and they are found in people that are perfectly well. Kary Mullis said: 'Antibodies … had always been considered evidence of past disease, not present disease.'

'Covid' really is a *computer* 'virus'

Where the UK Department of Health statement says 'viruses' are now 'diagnosed' through a 'viral genetic code in a host with molecular biology techniques', they mean … *the PCR test* which its inventor said cannot test for infectious disease. They have no credible method of connecting a 'virus' to a disease and we will see that there is no scientific proof that any 'virus' causes any disease or there is any such thing as a 'virus' in the way that it is described. Tenacious Canadian researcher Christine Massey and her team made

some 40 Freedom of Information requests to national public health agencies in different countries asking for proof that SARS-CoV-2 has been isolated and not one of them could supply that information. Massey said of her request in Canada: 'Freedom of Information reveals Public Health Agency of Canada has no record of 'SARS-COV-2' isolation performed by anyone, anywhere, ever.' If you accept the comment from the UK Department of Health it's because they can't isolate a 'virus'. Even so many 'science' papers claimed to have isolated the 'Covid virus' until they were questioned and had to admit they hadn't. A reply from the Robert Koch Institute in Germany was typical: 'I am not aware of a paper which purified isolated SARS-CoV-2.' So what the hell was Christian Drosten and his gang using to design the 'Covid' testing protocol that has produced all the illusory Covid' cases and 'Covid' deaths when the head of the Chinese version of the CDC admitted there was a problem right from the start in that the 'virus' had never been isolated/purified? Breathe deeply: What they are calling 'Covid' is actually created by a *computer program* i.e. *they made it up* – er, that's it. They took lung fluid, with many sources of genetic material, from one single person alleged to be infected with Covid-19 by a PCR test which they *claimed*, without clear evidence, contained a 'virus'. They used several computer programs to create a model of a theoretical virus genome sequence from more than fifty-six million small sequences of RNA, each of an unknown source, assembling them like a puzzle with no known solution. The computer filled in the gaps with sequences from bits in the gene bank to make it look like a bat SARS-like coronavirus! A wave of the magic wand and poof, an in silico (computer-generated) genome, a scientific fantasy, was created. UK health researcher Dr Kevin Corbett made the same point with this analogy:

… It's like giving you a few bones and saying that's your fish. It could be any fish. Not even a skeleton. Here's a few fragments of bones. That's your fish … It's all from gene bank and the bits of the virus sequence that weren't there they made up.

They synthetically created them to fill in the blanks. That's what genetics is; it's a code. So it's ABBBCCDDD and you're missing some what you think is EEE so you put it in. It's all

synthetic. You just manufacture the bits that are missing. This is the end result of the geneticization of virology. This is basically a computer virus.

Further confirmation came in an email exchange between British citizen journalist Frances Leader and the government's Medicines & Healthcare Products Regulatory Agency (the Gates-funded MHRA) which gave emergency permission for untested 'Covid vaccines' to be used. The agency admitted that the 'vaccine' is not based on an isolated 'virus', but comes from a *computer-generated model*. Frances Leader was naturally banned from Cult-owned fascist Twitter for making this exchange public. The process of creating computer-generated alleged 'viruses' is called 'in silico' or 'in silicon' – computer chips – and the term 'in silico' is believed to originate with biological experiments using only a computer in 1989. 'Vaccines' involved with 'Covid' are also produced 'in silico' or by computer not a natural process. If the original 'virus' is nothing more than a made-up computer model how can there be 'new variants' of something that never existed in the first place? They are not new 'variants'; they are new *computer models* only minutely different to the original program and designed to further terrify the population into having the 'vaccine' and submitting to fascism. You want a 'new variant'? Click, click, enter – there you go. Tell the medical profession that you have discovered a 'South African variant', 'UK variants' or a 'Brazilian variant' and in the usual HIV-causes-AIDS manner they will unquestioningly repeat it with no evidence whatsoever to support these claims. They will go on television and warn about the dangers of 'new variants' while doing nothing more than repeating what they have been told to be true and knowing that any deviation from that would be career suicide. Big-time insiders will know it's a hoax, but much of the medical community is clueless about the way they are being played and themselves play the public without even being aware they are doing so. What an interesting 'coincidence' that AstraZeneca and Oxford University were conducting 'Covid vaccine trials' in the three countries – the UK, South Africa and Brazil – where the first three 'variants' were claimed to have 'broken out'.

Here's your 'virus' – it's a unicorn

Dr Andrew Kaufman presented a brilliant analysis describing how the 'virus' was imagined into fake existence when he dissected an article published by *Nature* and written by 19 authors detailing *alleged* 'sequencing of a complete viral genome' of the 'new SARS-CoV-2 virus'. This computer-modelled *in silico* genome was used as a template for all subsequent genome sequencing experiments that resulted in the so-called variants which he said now number more than *6,000*. The fake genome was constructed from more than 56 million individual short strands of RNA. Those little pieces were assembled into longer pieces by finding areas of overlapping sequences. The computer programs created over two million possible combinations from which the authors simply chose the longest one. They then compared this to a 'bat virus' and the computer 'alignment' rearranged the sequence and filled in the gaps! They called this computer-generated abomination the 'complete genome'. Dr Tom Cowan, a fellow medical author and collaborator with Kaufman, said such computer-generation constitutes scientific fraud and he makes this superb analogy:

> Here is an equivalency: A group of researchers claim to have found a unicorn because they found a piece of a hoof, a hair from a tail, and a snippet of a horn. They then add that information into a computer and program it to re-create the unicorn, and they then claim this computer re-creation is the real unicorn. Of course, they had never actually seen a unicorn so could not possibly have examined its genetic makeup to compare their samples with the actual unicorn's hair, hooves and horn.
>
> The researchers claim they decided which is the real genome of SARS-CoV-2 by 'consensus', sort of like a vote. Again, different computer programs will come up with different versions of the imaginary 'unicorn', so they come together as a group and decide which is the real imaginary unicorn.

This is how the 'virus' that has transformed the world was brought into fraudulent 'existence'. Extraordinary, yes, but as the Nazis said the bigger the lie the more will believe it. Cowan, however, wasn't finished and he went on to identify what he called the real blockbuster in the paper. He quotes this section from a paper written

by virologists and published by the CDC and then explains what it means:

> Therefore, we examined the capacity of SARS-CoV-2 to infect and replicate in several common primate and human cell lines, including human adenocarcinoma cells (A549), human liver cells (HUH 7.0), and human embryonic kidney cells (HEK-293T). In addition to Vero E6 and Vero CCL81 cells. ... Each cell line was inoculated at high multiplicity of infection and examined 24h post-infection.
>
> No CPE was observed in any of the cell lines except in Vero cells, which grew to greater than 10 to the 7th power at 24 h post-infection. In contrast, HUH 7.0 and 293T showed only modest viral replication, and A549 cells were incompatible with SARS CoV-2 infection.

Cowan explains that when virologists attempt to prove infection they have three possible 'hosts' or models on which they can test. The first was humans. Exposure to humans was generally not done for ethical reasons and has never been done with SARS-CoV-2 or any coronavirus. The second possible host was animals. Cowan said that forgetting for a moment that they never actually use purified virus when exposing animals they do use solutions that they *claim* contain the virus. Exposure to animals has been done with SARS-CoV-2 in an experiment involving mice and this is what they found: *None of the wild (normal) mice got sick*. In a group of genetically-modified mice, a statistically insignificant number lost weight and had slightly bristled fur, but they experienced nothing like the illness called 'Covid-19'. Cowan said the third method – the one they mostly rely on – is to inoculate solutions they *say* contain the virus onto a variety of tissue cultures. This process had never been shown to kill tissue *unless* the sample material was starved of nutrients and poisoned as *part of the process*. Yes, incredibly, in tissue experiments designed to show the 'virus' is responsible for killing the tissue they starve the tissue of nutrients and add toxic drugs including antibiotics and they do not have control studies to see if it's the starvation and poisoning that is degrading the tissue rather than the 'virus' they allege to be in there somewhere. You want me to pinch you? Yep, I understand. Tom Cowan said this about the whole nonsensical farce as he explains what that quote from the CDC paper really means:

The shocking thing about the above quote is that using their own methods, the virologists found that solutions containing SARS-CoV-2 – even in high amounts – were NOT, I repeat NOT, infective to any of the three human tissue cultures they tested. In plain English, this means they proved, on their terms, that this 'new coronavirus' is not infectious to human beings. It is ONLY infective to monkey kidney cells, and only then when you add two potent drugs (gentamicin and amphotericin), known to be toxic to kidneys, to the mix.

My friends, read this again and again. These virologists, published by the CDC, performed a clear proof, on their terms, showing that the SARS-CoV-2 virus is harmless to human beings. That is the only possible conclusion, but, unfortunately, this result is not even mentioned in their conclusion. They simply say they can provide virus stocks cultured only on monkey Vero cells, thanks for coming.

Cowan concluded: 'If people really understood how this "science" was done, I would hope they would storm the gates and demand honesty, transparency and truth.' Dr Michael Yeadon, former Vice President and Chief Scientific Adviser at drug giant Pfizer has been a vocal critic of the 'Covid vaccine' and its potential for multiple harm. He said in an interview in April, 2021, that 'not one [vaccine] has the virus. He was asked why vaccines normally using a 'dead' version of a disease to activate the immune system were not used for 'Covid' and instead we had the synthetic methods of the 'mRNA Covid vaccine'. Yeadon said that to do the former 'you'd have to have some of [the virus] wouldn't you?' He added: 'No-one's got any – seriously.' Yeadon said that surely they couldn't have fooled the whole world for a year without having a virus, 'but oddly enough ask around – no one's got it'. He didn't know why with all the 'great labs' around the world that the virus had not been isolated – 'Maybe they've been too busy running bad PCR tests and vaccines that people don't need.' What is today called 'science' is not 'science' at all. Science is no longer what is, but whatever people can be manipulated to *believe* that it is. Real science has been hijacked by the Cult to dispense and produce the 'expert scientists' and contentions that suit the agenda of the Cult. How big-time this has happened with the 'Covid' hoax which is entirely based on fake science delivered by fake 'scientists' and fake 'doctors'. The human-caused climate change hoax is also entirely based on fake science delivered by fake 'scientists' and fake 'climate experts'. In both cases real

scientists, climate experts and doctors have their views suppressed and deleted by the Cult-owned science establishment, media and Silicon Valley. This is the 'science' that politicians claim to be 'following' and a common denominator of 'Covid' and climate are Cult psychopaths Bill Gates and his mate Klaus Schwab at the Gates-funded World Economic Forum. But, don't worry, it's all just a coincidence and absolutely nothing to worry about. *Zzzzzzzz*.

What is a 'virus' REALLY?

Dr Tom Cowan is one of many contesting the very existence of viruses let alone that they cause disease. This is understandable when there is no scientific evidence for a disease-causing 'virus'. German virologist Dr Stefan Lanka won a landmark case in 2017 in the German Supreme Court over his contention that there is no such thing as a measles virus. He had offered a big prize for anyone who could prove there is and Lanka won his case when someone sought to claim the money. There is currently a prize of more than 225,000 euros on offer from an Isolate Truth Fund for anyone who can prove the isolation of SARS-CoV-2 and its genetic substance. Lanka wrote in an article headed 'The Misconception Called Virus' that scientists think a 'virus' is causing tissue to become diseased and degraded when in fact it is the *processes they are using* which do that – not a 'virus'. Lanka has done an important job in making this point clear as Cowan did in his analysis of the CDC paper. Lanka says that all claims about viruses as disease-causing pathogens are wrong and based on 'easily recognisable, understandable and verifiable misinterpretations.' Scientists believed they were working with 'viruses' in their laboratories when they were really working with 'typical particles of specific dying tissues or cells …' Lanka said that the tissue decaying process claimed to be caused by a 'virus' still happens when no alleged 'virus' is involved. It's the *process* that does the damage and not a 'virus'. The genetic sample is deprived of nutrients, removed from its energy supply through removal from the body and then doused in toxic antibiotics to remove any bacteria. He confirms again that establishment scientists do not (pinch me)

conduct control experiments to see if this is the case and if they did they would see the claims that 'viruses' are doing the damage is nonsense. He adds that during the measles 'virus' court case he commissioned an independent laboratory to perform just such a control experiment and the result was that the tissues and cells died in the exact same way as with alleged 'infected' material. This is supported by a gathering number of scientists, doctors and researchers who reject what is called 'germ theory' or the belief in the body being infected by contagious sources emitted by other people. Researchers Dawn Lester and David Parker take the same stance in their highly-detailed and sourced book *What Really Makes You Ill – Why everything you thought you knew about disease is wrong* which was recommended to me by a number of medical professionals genuinely seeking the truth. Lester and Parker say there is no provable scientific evidence to show that a 'virus' can be transmitted between people or people and animals or animals and people:

> The definition also claims that viruses are the cause of many diseases, as if this has been definitively proven. But this is not the case; there is no original scientific evidence that definitively demonstrates that any virus is the cause of any disease. The burden of proof for any theory lies with those who proposed it; but none of the existing documents provides 'proof' that supports the claim that 'viruses' are pathogens.

Dr Tom Cowan employs one of his clever analogies to describe the process by which a 'virus' is named as the culprit for a disease when what is called a 'virus' is only material released by cells detoxing themselves from infiltration by chemical or radiation poisoning. The tidal wave of technologically-generated radiation in the 'smart' modern world plus all the toxic food and drink are causing this to happen more than ever. Deluded 'scientists' misread this as a gathering impact of what they wrongly label 'viruses'.

Paper can infect houses

Cowan said in an article for davidicke.com – with his tongue only mildly in his cheek – that he believed he had made a tremendous

discovery that may revolutionise science. He had discovered that small bits of paper are alive, ‘well alive-ish’, can ‘infect’ houses, and then reproduce themselves inside the house. The result was that this explosion of growth in the paper inside the house causes the house to explode, blowing it to smithereens. His evidence for this new theory is that in the past months he had carefully examined many of the houses in his neighbourhood and found almost no scraps of paper on the lawns and surrounds of the house. There was an occasional stray label, but nothing more. Then he would return to these same houses a week or so later and with a few, not all of them, particularly the old and decrepit ones, he found to his shock and surprise they were littered with stray bits of paper. He knew then that the paper had infected these houses, made copies of itself, and blew up the house. A young boy on a bicycle at one of the sites told him he had seen a demolition crew using dynamite to explode the house the previous week, but Cowan dismissed this as the idle thoughts of silly boys because ‘I was on to something big’. He was on to how ‘scientists’ mistake genetic material in the detoxifying process for something they call a ‘virus’. Cowan said of his house and paper story:

> If this sounds crazy to you, it’s because it should. This scenario is obviously nuts. But consider this admittedly embellished, for effect, current viral theory that all scientists, medical doctors and virologists currently believe.

He takes the example of the ‘novel SARS-Cov2’ virus to prove the point. First they take someone with an undefined illness called ‘Covid-19’ and don’t even attempt to find any virus in their sputum. Never mind the scientists still describe how this ‘virus’, which they have not located attaches to a cell receptor, injects its genetic material, in ‘Covid’s’ case, RNA, into the cell. The RNA once inserted exploits the cell to reproduce itself and makes ‘thousands, nay millions, of copies of itself … Then it emerges victorious to claim its next victim’:

If you were to look in the scientific literature for proof, actual scientific proof, that uniform SARS-CoV2 viruses have been properly isolated from the sputum of a sick person, that actual spike proteins could be seen protruding from the virus (which has not been found), you would find that such evidence doesn't exist.

If you go looking in the published scientific literature for actual pictures, proof, that these spike proteins or any viral proteins are ever attached to any receptor embedded in any cell membrane, you would also find that no such evidence exists. If you were to look for a video or documented evidence of the intact virus injecting its genetic material into the body of the cell, reproducing itself and then emerging victorious by budding off the cell membrane, you would find that no such evidence exists.

The closest thing you would find is electron micrograph pictures of cellular particles, possibly attached to cell debris, both of which to be seen were stained by heavy metals, a process that completely distorts their architecture within the living organism. This is like finding bits of paper stuck to the blown-up bricks, thereby proving the paper emerged by taking pieces of the bricks on its way out.

The Enders baloney

Cowan describes the 'Covid' story as being just as make-believe as his paper story and he charts back this fantasy to a Nobel Prize winner called John Enders (1897-1985), an American biomedical scientist who has been dubbed 'The Father of Modern Vaccines'. Enders is claimed to have 'discovered' the process of the viral culture which 'proved' that a 'virus' caused measles. Cowan explains how Enders did this 'by using the EXACT same procedure that has been followed by every virologist to find and characterize every new virus since 1954'. Enders took throat swabs from children with measles and immersed them in 2ml of milk. Penicillin (100u/ml) and the antibiotic streptomycin (50,g/ml) were added and the whole mix was centrifuged – rotated at high speed to separate large cellular debris from small particles and molecules as with milk and cream, for example. Cowan says that if the aim is to find little particles of genetic material ('viruses') in the snot from children with measles it would seem that the last thing you would do is mix the snot with other material – milk –that also has genetic material. 'How are you ever going to know whether whatever you found came from the snot or the milk?' He points out that streptomycin is a 'nephrotoxic' or poisonous-to-the-kidney drug. You will see the relevance of that

shortly. Cowan says that it gets worse, much worse, when Enders describes the culture medium upon which the virus 'grows': 'The culture medium consisted of bovine amniotic fluid (90%), beef embryo extract (5%), horse serum (5%), antibiotics and phenol red as an indicator of cell metabolism.' Cowan asks incredulously: 'Did he just say that the culture medium also contained fluids and tissues that are themselves rich sources of genetic material?' The genetic cocktail, or 'medium', is inoculated onto tissue and cells from rhesus monkey *kidney* tissue. This is where the importance of streptomycin comes in and currently-used antimicrobials and other drugs that are *poisonous to kidneys* and used in ALL modern viral cultures (e.g. gentamicin, streptomycin, and amphotericin). Cowan asks: 'How are you ever going to know from this witch's brew where any genetic material comes from as we now have five different sources of rich genetic material in our mix?' Remember, he says, that all genetic material, whether from monkey kidney tissues, bovine serum, milk, etc., is made from the exact same components. The same central question returns: 'How are you possibly going to know that it was the virus that killed the kidney tissue and not the toxic antibiotic and starvation rations on which you are growing the tissue?' John Enders answered the question himself – *you can't*:

A second agent was obtained from an uninoculated culture of monkey kidney cells. The cytopathic changes [death of the cells] it induced in the unstained preparations could not be distinguished with confidence from the viruses isolated from measles.

The death of the cells ('cytopathic changes') happened in exactly the same manner, whether they inoculated the kidney tissue with the measles snot or not, Cowan says. 'This is evidence that the destruction of the tissue, the very proof of viral causation of illness, was not caused by anything in the snot because they saw the same destructive effect when the snot was not even used … the cytopathic, i.e., cell-killing, changes come from the process of the culture itself, not from any virus in any snot, period.' Enders quotes in his 1957 paper a virologist called Ruckle as reporting similar findings 'and in addition has isolated an agent from monkey kidney tissue that is so

far indistinguishable from human measles virus'. In other words, Cowan says, these particles called 'measles viruses' are simply and clearly breakdown products of the starved and poisoned tissue. For measles 'virus' see all 'viruses' including the so-called 'Covid virus'. Enders, the 'Father of Modern Vaccines', also said:

> There is a potential risk in employing cultures of primate cells for the production of vaccines composed of attenuated virus, since the presence of other agents possibly latent in primate tissues cannot be definitely excluded by any known method.

Cowan further quotes from a paper published in the journal *Viruses* in May, 2020, while the 'Covid pandemic' was well underway in the media if not in reality. 'EVs' here refers to particles of genetic debris from our own tissues, such as exosomes of which more in a moment: 'The remarkable resemblance between EVs and viruses has caused quite a few problems in the studies focused on the analysis of EVs released during viral infections.' Later the paper adds that to date a reliable method that can actually guarantee a complete separation (of EVs from viruses) DOES NOT EXIST. This was published at a time when a fairy tale 'virus' was claimed in total certainty to be causing a fairy tale 'viral disease' called 'Covid-19' – a fairy tale that was already well on the way to transforming human society in the image that the Cult has worked to achieve for so long. Cowan concludes his article:

> To summarize, there is no scientific evidence that pathogenic viruses exist. What we think of as 'viruses' are simply the normal breakdown products of dead and dying tissues and cells. When we are well, we make fewer of these particles; when we are starved, poisoned, suffocated by wearing masks, or afraid, we make more.
>
> There is no engineered virus circulating and making people sick. People in laboratories all over the world are making genetically modified products to make people sick. These are called vaccines. There is no virome, no 'ecosystem' of viruses, viruses are not 8%, 50% or 100 % of our genetic material. These are all simply erroneous ideas based on the misconception called a virus.

What is 'Covid'? Load of bollocks

The background described here by Cowan and Lanka was emphasised in the first video presentation that I saw by Dr Andrew Kaufman when he asked whether the ‘Covid virus’ was in truth a natural defence mechanism of the body called ‘exosomes’. These are released by cells when in states of toxicity – see the same themes returning over and over. They are released ever more profusely as chemical and radiation toxicity increases and think of the potential effect therefore of 5G alone as its destructive frequencies infest the human energetic information field with a gathering pace (5G went online in Wuhan in 2019 as the ‘virus’ emerged). I’ll have more about this later. Exosomes transmit a warning to the rest of the body that ‘Houston, we have a problem’. Kaufman presented images of exosomes and compared them with ‘Covid’ under an electron microscope and the similarity was remarkable. They both attach to the same cell receptors (*claimed* in the case of ‘Covid’), contain the same genetic material in the form of RNA or ribonucleic acid, and both are found in ‘viral cell cultures’ with damaged or dying cells. James Hildreth MD, President and Chief Executive Officer of the Meharry Medical College at Johns Hopkins, said: ‘The virus is fully an exosome in every sense of the word.’ Kaufman’s conclusion was that there is no ‘virus’: ‘This entire pandemic is a completely manufactured crisis … there is no evidence of anyone dying from [this] illness.’ Dr Tom Cowan and Sally Fallon Morell, authors of *The Contagion Myth*, published a statement with Dr Kaufman in February, 2021, explaining why the ‘virus’ does not exist and you can read it that in full in the Appendix.

‘Virus’ theory can be traced to the ‘cell theory’ in 1858 of German physician Rudolf Virchow (1821-1920) who contended that disease originates from a single cell infiltrated by a ‘virus’. Dr Stefan Lanka said that findings and insights with respect to the structure, function and central importance of tissues in the creation of life, which were already known in 1858, comprehensively refute the cell theory. Virchow ignored them. We have seen the part later played by John Enders in the 1950s and Lanka notes that infection theories were only established as a global dogma through the policies and

eugenics of the Third Reich in Nazi Germany (creation of the same Sabbatian cult behind the 'Covid' hoax). Lanka said: 'Before 1933, scientists dared to contradict this theory; after 1933, these critical scientists were silenced'. Dr Tom Cowan's view is that ill-heath is caused by too much of something, too little of something, or toxification from chemicals and radiation – not contagion. We must also highlight as a major source of the 'virus' theology a man still called the 'Father of Modern Virology' – Thomas Milton Rivers (1888-1962). There is no way given the Cult's long game policy that it was a coincidence for the 'Father of Modern Virology' to be director of the Rockefeller Institute for Medical Research from 1937 to 1956 when he is credited with making the Rockefeller Institute a leader in 'viral research'. Cult Rockefellers were the force behind the creation of Big Pharma 'medicine', established the World Health Organisation in 1948, and have long and close associations with the Gates family that now runs the WHO during the pandemic hoax through mega-rich Cult gofer and psychopath Bill Gates.

Only a Renegade Mind can see through all this bullshit by asking the questions that need to be answered, not taking 'no' or prevarication for an answer, and certainly not hiding from the truth in fear of speaking it. Renegade Minds have always changed the world for the better and they will change this one no matter how bleak it may currently appear to be.

CHAPTER SIX

Sequence of deceit

If you tell the truth, you don't have to remember anything
Mark Twain

Against the background that I have laid out this far the sequence that took us from an invented 'virus' in Cult-owned China in late 2019 to the fascist transformation of human society can be seen and understood in a whole new context.

We were told that a deadly disease had broken out in Wuhan and the world media began its campaign (coordinated by behavioural psychologists as we shall see) to terrify the population into unquestioning compliance. We were shown images of Chinese people collapsing in the street which never happened in the West with what was supposed to be the same condition. In the earliest days when alleged cases and deaths were few the fear register was hysterical in many areas of the media and this would expand into the common media narrative across the world. The real story was rather different, but we were never told that. The Chinese government, one of the Cult's biggest centres of global operation, said they had discovered a new illness with flu-like and pneumonia-type symptoms in a city with such toxic air that it is overwhelmed with flu-like symptoms, pneumonia and respiratory disease. Chinese scientists said it was a new – 'novel' – coronavirus which they called Sars-Cov-2 and that it caused a disease they labelled 'Covid-19'. There was no evidence for this and the 'virus' has never to this day been isolated, purified and its genetic code established from that. It

was from the beginning a computer-generated fiction. Stories of Chinese whistleblowers saying the number of deaths was being supressed or that the 'new disease' was related to the Wuhan bio-lab misdirected mainstream and alternative media into cul-de-sacs to obscure the real truth – there was no 'virus'.

Chinese scientists took genetic material from the lung fluid of just a few people and said they had found a 'new' disease when this material had a wide range of content. There was no evidence for a 'virus' for the very reasons explained in the last two chapters. The 'virus' has never been shown to (a) exist and (b) cause any disease. People were diagnosed on symptoms that are so widespread in Wuhan and polluted China and with a PCR test that can't detect infectious disease. On this farce the whole global scam was sold to the rest of the world which would also diagnose respiratory disease as 'Covid-19' from symptoms alone or with a PCR test not testing for a 'virus'. Flu miraculously disappeared *worldwide* in 2020 and into 2021 as it was redesignated 'Covid-19'. It was really the same old flu with its 'flu-like' symptoms attributed to 'flu-like' 'Covid-19'. At the same time with very few exceptions the Chinese response of draconian lockdown and fascism was the chosen weapon to respond across the West as recommended by the Cult-owned Tedros at the Cult-owned World Health Organization run by the Cult-owned Gates. All was going according to plan. Chinese scientists – everything in China is controlled by the Cult-owned government – compared their contaminated RNA lung-fluid material with other RNA sequences and said it appeared to be just under 80 percent identical to the SARS-CoV-1 'virus' claimed to be the cause of the SARS (severe acute respiratory syndrome) 'outbreak' in 2003. They decreed that because of this the 'new virus' had to be related and they called it SARS-CoV-2. There are some serious problems with this assumption and *assumption* was all it was. Most 'factual' science turns out to be assumptions repeated into everyone-knows-that. A match of under 80-percent is meaningless. Dr Kaufman makes the point that there's a *96 percent* genetic correlation between humans and chimpanzees, but 'no one would say our genetic material is part

of the chimpanzee family'. Yet the Chinese authorities were claiming that a much lower percentage, less than 80 percent, proved the existence of a new 'coronavirus'. For goodness sake human DNA is 60 percent similar to a *banana*.

You are feeling sleepy

The entire 'Covid' hoax is a global Psyop, a psychological operation to program the human mind into believing and fearing a complete fantasy. A crucial aspect of this was what *appeared* to happen in Italy. It was all very well streaming out daily images of an alleged catastrophe in Wuhan, but to the Western mind it was still on the other side of the world in a very different culture and setting. A reaction of 'this could happen to me and my family' was still nothing like as intense enough for the mind-doctors. The Cult needed a Western example to push people over that edge and it chose Italy, one of its major global locations going back to the Roman Empire. An Italian 'Covid' crisis was manufactured in a particular area called Lombardy which just happens to be notorious for its toxic air and therefore respiratory disease. Wuhan, China, déjà vu. An hysterical media told horror stories of Italians dying from 'Covid' in their droves and how Lombardy hospitals were being overrun by a tidal wave of desperately ill people needing treatment after being struck down by the 'deadly virus'. Here was the psychological turning point the Cult had planned. Wow, if this is happening in Italy, the Western mind concluded, this indeed could happen to me and my family. Another point is that Italian authorities responded by following the Chinese blueprint so vehemently recommended by the Cult-owned World Health Organization. They imposed fascistic lockdowns on the whole country viciously policed with the help of surveillance drones sweeping through the streets seeking out anyone who escaped from mass house arrest. Livelihoods were destroyed and psychology unravelled in the way we have witnessed since in all lockdown countries. Crucial to the plan was that Italy responded in this way to set the precedent of suspending freedom and imposing fascism in a 'Western liberal democracy'. I emphasised in an

animated video explanation on davidicke.com posted in the summer of 2020 how important it was to the Cult to expand the Chinese lockdown model across the West. Without this, and the bare-faced lie that non-symptomatic people could still transmit a 'disease' they didn't have, there was no way locking down the whole population, sick and not sick, could be pulled off. At just the right time and with no evidence Cult operatives and gofers claimed that people without symptoms could pass on the 'disease'. In the name of protecting the 'vulnerable' like elderly people, who lockdowns would kill by the tens of thousands, we had for the first time healthy people told to isolate as well as the sick. The great majority of people who tested positive had no symptoms because there was nothing wrong with them. It was just a trick made possible by a test not testing for the 'virus'.

Months after my animated video the Gates-funded Professor Neil Ferguson at the Gates-funded Imperial College confirmed that I was right. He didn't say it in those terms, naturally, but he did say it. Ferguson will enter the story shortly for his outrageously crazy 'computer models' that led to Britain, the United States and many other countries following the Chinese and now Italian methods of response. Put another way, following the Cult script. Ferguson said that SAGE, the UK government's scientific advisory group which has controlled 'Covid' policy from the start, wanted to follow the Chinese lockdown model (while they all continued to work and be paid), but they wondered if they could possibly, in Ferguson's words, 'get away with it in Europe'. 'Get away with it'? Who the hell do these moronic, arrogant people think they are? This appalling man Ferguson said that once Italy went into national lockdown they realised they, too, could mimic China:

It's a communist one-party state, we said. We couldn't get away with it in Europe, we thought … and then Italy did it. And we realised we could. Behind this garbage from Ferguson is a simple fact: Doing the same as China in every country was the plan from the start and Ferguson's 'models' would play a central role in achieving that. It's just a coincidence, of course, and absolutely nothing to worry your little head about.

Oops, sorry, our mistake

Once the Italian segment of the Psyop had done the job it was designed to do a very different story emerged. Italian authorities revealed that 99 percent of those who had ‘died from Covid-19’ in Italy had one, two, three, or more ‘co-morbidities’ or illnesses and health problems that could have ended their life. The US Centers for Disease Control and Prevention (CDC) published a figure of 94 percent for Americans dying of ‘Covid’ while having other serious medical conditions – on average two to three (some five or six) other potential causes of death. In terms of death from an unproven ‘virus’ I say it is 100 percent. The other one percent in Italy and six percent in the US would presumably have died from ‘Covid’s’ flu-like symptoms with a range of other possible causes in conjunction with a test not testing for the ‘virus’. Fox News reported that even more startling figures had emerged in one US county in which 410 of 422 deaths attributed to ‘Covid-19’ had other potentially deadly health conditions. The Italian National Health Institute said later that the average age of people dying with a ‘Covid-19’ diagnosis in Italy was about 81. Ninety percent were over 70 with ten percent over 90. In terms of other reasons to die some 80 percent had two or more chronic diseases with half having three or more including cardiovascular problems, diabetes, respiratory problems and cancer. Why is the phantom ‘Covid-19’ said to kill overwhelmingly old people and hardly affect the young? Old people continually die of many causes and especially respiratory disease which you can re-diagnose ‘Covid-19’ while young people die in tiny numbers by comparison and rarely of respiratory disease. Old people ‘die of Covid’ because they die of other things that can be redesignated ‘Covid’ and it really is that simple.

Flu has flown

The blueprint was in place. Get your illusory ‘cases’ from a test not testing for the ‘virus’ and redesignate other causes of death as ‘Covid-19’. You have an instant ‘pandemic’ from something that is nothing more than a computer-generated fiction. With near-on a

billion people having 'flu-like' symptoms every year the potential was limitless and we can see why flu quickly and apparently miraculously disappeared *worldwide* by being diagnosed 'Covid-19'. The painfully bloody obvious was explained away by the childlike media in headlines like this in the UK '*Independent*': 'Not a single case of flu detected by Public Health England this year as Covid restrictions suppress virus'. I kid you not. The masking, social distancing and house arrest that did not make the 'Covid virus' disappear somehow did so with the 'flu virus'. Even worse the article, by a bloke called Samuel Lovett, suggested that maybe the masking, sanitising and other 'Covid' measures should continue to keep the flu away. With a ridiculousness that disturbs your breathing (it's 'Covid-19') the said Lovett wrote: 'With widespread social distancing and mask-wearing measures in place throughout the UK, the usual routes of transmission for influenza have been blocked.' He had absolutely no evidence to support that statement, but look at the consequences of him acknowledging the obvious. With flu not disappearing at all and only being relabelled 'Covid-19' he would have to contemplate that 'Covid' was a hoax on a scale that is hard to imagine. You need guts and commitment to truth to even go there and that's clearly something Samuel Lovett does not have in abundance. He would never have got it through the editors anyway.

Tens of thousands die in the United States alone every winter from flu including many with pneumonia complications. CDC figures record *45 million* Americans diagnosed with flu in 2017-2018 of which 61,000 died and some reports claim 80,000. Where was the same hysteria then that we have seen with 'Covid-19'? Some 250,000 Americans are admitted to hospital with pneumonia every year with about 50,000 cases proving fatal. About 65 million suffer respiratory disease every year and three million deaths makes this the third biggest cause of death worldwide. You only have to redesignate a portion of all these people 'Covid-19' and you have an instant global pandemic or the *appearance* of one. Why would doctors do this? They are told to do this and all but a few dare not refuse those who must be obeyed. Doctors in general are not researching their own

knowledge and instead take it direct and unquestioned from the authorities that own them and their careers. The authorities say they must now diagnose these symptoms 'Covid-19' and not flu, or whatever, and they do it. Dark suits say put 'Covid-19' on death certificates no matter what the cause of death and the doctors do it. Renegade Minds don't fall for the illusion that doctors and medical staff are all highly-intelligent, highly-principled, seekers of medical truth. *Some are*, but not the majority. They are repeaters, gofers, and yes sir, no sir, purveyors of what the system demands they purvey. The 'Covid' con is not merely confined to diseases of the lungs. Instructions to doctors to put 'Covid-19' on death certificates for anyone dying of *anything* within 28 days (or much more) of a positive test not testing for the 'virus' opened the floodgates. The term dying *with* 'Covid' and not *of* 'Covid' was coined to cover the truth. Whether it was a *with* or an *of* they were all added to the death numbers attributed to the 'deadly virus' compiled by national governments and globally by the Gates-funded Johns Hopkins operation in the United States that was so involved in those 'pandemic' simulations. Fraudulent deaths were added to the ever-growing list of fraudulent 'cases' from false positives from a false test. No wonder Professor Walter Ricciardi, scientific advisor to the Italian minister of health, said after the Lombardy hysteria had done its job that 'Covid' death rates were due to Italy having the second oldest population in the world and to *how hospitals record deaths*:

> The way in which we code deaths in our country is very generous in the sense that all the people who die in hospitals with the coronavirus are deemed to be dying of the coronavirus. On re-evaluation by the National Institute of Health, only 12 per cent of death certificates have shown a direct causality from coronavirus, while 88 per cent of patients who have died have at least one pre-morbidity – many had two or three.

This is extraordinary enough when you consider the propaganda campaign to use Italy to terrify the world, but how can they even say twelve percent were genuine when the 'virus' has not been shown to exist, its 'code' is a computer program, and diagnosis comes from a test not testing for it? As in China, and soon the world, 'Covid-19' in

Italy was a redesignation of diagnosis. Lies and corruption were to become the real 'pandemic' fuelled by a pathetically-compliant medical system taking its orders from the tiny few at the top of their national hierarchy who answered to the World Health Organization which answers to Gates and the Cult. Doctors were told – ordered – to diagnose a particular set of symptoms 'Covid-19' and put that on the death certificate for any cause of death if the patient had tested positive with a test not testing for the virus or had 'Covid' symptoms like the flu. The United States even introduced big financial incentives to manipulate the figures with hospitals receiving £4,600 from the Medicare system for diagnosing someone with regular pneumonia, $13,000 if they made the diagnosis from the same symptoms 'Covid-19' pneumonia, and $39, 000 if they put a 'Covid' diagnosed patient on a ventilator that would almost certainly kill them. A few – painfully and pathetically few – medical whistleblowers revealed (before Cult-owned YouTube deleted their videos) that they had been instructed to 'let the patient crash' and put them straight on a ventilator instead of going through a series of far less intrusive and dangerous methods as they would have done before the pandemic hoax began and the financial incentives kicked in. We are talking cold-blooded murder given that ventilators are so damaging to respiratory systems they are usually the last step before heaven awaits. Renegade Minds never fall for the belief that people in white coats are all angels of mercy and cannot be full-on psychopaths. I have explained in detail in *The Answer* how what I am describing here played out across the world coordinated by the World Health Organization through the medical hierarchies in almost every country.

Medical scientist calls it

Information about the non-existence of the 'virus' began to emerge for me in late March, 2020, and mushroomed after that. I was sent an email by Sir Julian Rose, a writer, researcher, and organic farming promotor, from a medical scientist friend of his in the United States. Even at that early stage in March the scientist was able to explain

how the ‘Covid’ hoax was being manipulated. He said there were no reliable tests for a specific ‘Covid-19 virus’ and nor were there any reliable agencies or media outlets for reporting numbers of actual ‘Covid-19’ cases. We have seen in the long period since then that he was absolutely right. ‘Every action and reaction to Covid-19 is based on totally flawed data and we simply cannot make accurate assessments,’ he said. Most people diagnosed with ‘Covid-19’ were showing nothing more than cold and flu-like symptoms ‘because most coronavirus strains *are* nothing more than cold/flu-like symptoms’. We had farcical situations like an 84-year-old German man testing positive for ‘Covid-19’ and his nursing home ordered to quarantine only for him to be found to have a common cold. The scientist described back then why PCR tests and what he called the ‘Mickey Mouse test kits’ were useless for what they were claimed to be identifying. ‘The idea these kits can isolate a specific virus like Covid-19 is nonsense,’ he said. Significantly, he pointed out that ‘if you want to create a totally false panic about a totally false pandemic – pick a coronavirus’. This is exactly what the Cult-owned Gates, World Economic Forum and Johns Hopkins University did with their Event 201 ‘simulation’ followed by their real-life simulation called the ‘pandemic’. The scientist said that all you had to do was select the sickest of people with respiratory-type diseases in a single location – ‘say Wuhan’ – and administer PCR tests to them. You can then claim that anyone showing ‘viral sequences’ similar to a coronavirus ‘which will inevitably be quite a few’ is suffering from a ‘new’ disease:

> Since you already selected the sickest flu cases a fairly high proportion of your sample will go on to die. You can then say this ‘new’ virus has a CFR [case fatality rate] higher than the flu and use this to infuse more concern and do more tests which will of course produce more ‘cases’, which expands the testing, which produces yet more ‘cases’ and so on and so on. Before long you have your ‘pandemic’, and all you have done is use a simple test kit trick to convert the worst flu and pneumonia cases into something new that doesn’t ACTUALLY EXIST [my emphasis].

He said that you then ‘just run the same scam in other countries’ and make sure to keep the fear message running high ‘so that people

will feel panicky and less able to think critically'. The only problem to overcome was the fact *there is no* actual new deadly pathogen and only regular sick people. This meant that deaths from the 'new deadly pathogen' were going to be way too low for a real new deadly virus pandemic, but he said this could be overcome in the following ways – all of which would go on to happen:

1. You can claim this is just the beginning and more deaths are imminent [you underpin this with fantasy 'computer projections']. Use this as an excuse to quarantine everyone and then claim the quarantine prevented the expected millions of dead.

2. You can [say that people] 'minimizing' the dangers are irresponsible and bully them into not talking about numbers.

3. You can talk crap about made up numbers hoping to blind people with pseudoscience.

4. You can start testing well people (who, of course, will also likely have shreds of coronavirus [RNA] in them) and thus inflate your 'case figures' with 'asymptomatic carriers' (you will of course have to spin that to sound deadly even though any virologist knows the more symptom-less cases you have the less deadly is your pathogen).

The scientist said that if you take these simple steps 'you can have your own entirely manufactured pandemic up and running in weeks'. His analysis made so early in the hoax was brilliantly prophetic of what would actually unfold. Pulling all the information together in these recent chapters we have this is simple 1, 2, 3, of how you can delude virtually the entire human population into believing in a 'virus' that doesn't exist:

- A 'Covid case' is someone who tests positive with a test not testing for the 'virus'.

- A 'Covid death' is someone who dies of *any cause* within 28 days (or much longer) of testing positive with a test not testing for the 'virus.

- Asymptomatic means there is nothing wrong with you, but they claim you can pass on what you don't have to justify locking

down (quarantining) healthy people in totality.

The foundations of the hoax are that simple. A study involving ten million people in Wuhan, published in November, 2020, demolished the whole lie about those without symptoms passing on the 'virus'. They found '300 asymptomatic cases' and traced their contacts to find that not one of them was detected with the 'virus'. 'Asymptomatic' patients and their contacts were isolated for no less than two weeks and nothing changed. I know it's all crap, but if you are going to claim that those without symptoms can transmit 'the virus' then you must produce evidence for that and they never have. Even World Health Organization official Dr Maria Van Kerkhove, head of the emerging diseases and zoonosis unit, said as early as June, 2020, that she doubted the validity of asymptomatic transmission. She said that 'from the data we have, it still seems to be rare that an asymptomatic person actually transmits onward to a secondary individual' and by 'rare' she meant that she couldn't cite any case of asymptomatic transmission.

The Ferguson factor

The problem for the Cult as it headed into March, 2020, when the script had lockdown due to start, was that despite all the manipulation of the case and death figures they still did not have enough people alleged to have died from 'Covid' to justify mass house arrest. This was overcome in the way the scientist described: 'You can claim this is just the beginning and more deaths are imminent … Use this as an excuse to quarantine everyone and then claim the quarantine prevented the expected millions of dead.' Enter one Professor Neil Ferguson, the Gates-funded 'epidemiologist' at the Gates-funded Imperial College in London. Ferguson is Britain's Christian Drosten in that he has a dire record of predicting health outcomes, but is still called upon to advise government on the next health outcome when another 'crisis' comes along. This may seem to be a strange and ridiculous thing to do. Why would you keep turning for policy guidance to people who have a history of being

monumentally wrong? Ah, but it makes sense from the Cult point of view. These 'experts' keep on producing predictions that suit the Cult agenda for societal transformation and so it was with Neil Ferguson as he revealed his horrific (and clearly insane) computer model predictions that allowed lockdowns to be imposed in Britain, the United States and many other countries. Ferguson does not have even an A-level in biology and would appear to have no formal training in computer modelling, medicine or epidemiology, according to Derek Winton, an MSc in Computational Intelligence. He wrote an article somewhat aghast at what Ferguson did which included taking no account of respiratory disease 'seasonality' which means it is far worse in the winter months. Who would have thought that respiratory disease could be worse in the winter? Well, certainly not Ferguson.

The massively China-connected Imperial College and its bizarre professor provided the excuse for the long-incubated Chinese model of human control to travel westward at lightning speed. Imperial College confirms on its website that it collaborates with the Chinese Research Institute; publishes more than 600 research papers every year with Chinese research institutions; has 225 Chinese staff; 2,600 Chinese students – the biggest international group; 7,000 former students living in China which is the largest group outside the UK; and was selected for a tour by China's President Xi Jinping during his state visit to the UK in 2015. The college takes major donations from China and describes itself as the UK's number one university collaborator with Chinese research institutions. The China communist/fascist government did not appear phased by the woeful predictions of Ferguson and Imperial when during the lockdown that Ferguson induced the college signed a five-year collaboration deal with China tech giant Huawei that will have Huawei's indoor 5G network equipment installed at the college's West London tech campus along with an 'AI cloud platform'. The deal includes Chinese sponsorship of Imperial's Venture Catalyst entrepreneurship competition. Imperial is an example of the enormous influence the Chinese government has within British and North American

universities and research centres – and further afield. Up to 200 academics from more than a dozen UK universities are being investigated on suspicion of ‘unintentionally’ helping the Chinese government build weapons of mass destruction by ‘transferring world-leading research in advanced military technology such as aircraft, missile designs and cyberweapons’. Similar scandals have broken in the United States, but it’s all a coincidence. Imperial College serves the agenda in many other ways including the promotion of every aspect of the United Nations Agenda 21/2030 (the Great Reset) and produced computer models to show that human-caused ‘climate change’ is happening when in the real world it isn’t. Imperial College is driving the climate agenda as it drives the ‘Covid’ agenda (both Cult hoaxes) while Patrick Vallance, the UK government’s Chief Scientific Adviser on ‘Covid’, was named Chief Scientific Adviser to the UN ‘climate change’ conference known as COP26 hosted by the government in Glasgow, Scotland. ‘Covid’ and ‘climate’ are fundamentally connected.

Professor Woeful

From Imperial’s bosom came Neil Ferguson still advising government despite his previous disasters and it was announced early on that he and other key people like UK Chief Medical Adviser Chris Whitty had caught the ‘virus’ as the propaganda story was being sold. Somehow they managed to survive and we had Prime Minister Boris Johnson admitted to hospital with what was said to be a severe version of the ‘virus’ in this same period. His whole policy and demeanour changed when he returned to Downing Street. It’s a small world with these government advisors – especially in their communal connections to Gates – and Ferguson had partnered with Whitty to write a paper called ‘Infectious disease: Tough choices to reduce Ebola transmission’ which involved another scare-story that didn’t happen. Ferguson’s ‘models’ predicted that up to150, 000 could die from ‘mad cow disease’, or BSE, and its version in sheep if it was transmitted to humans. BSE was not transmitted and instead triggered by an organophosphate pesticide used to treat a pest on

cows. Fewer than 200 deaths followed from the human form. Models by Ferguson and his fellow incompetents led to the unnecessary culling of millions of pigs, cattle and sheep in the foot and mouth outbreak in 2001 which destroyed the lives and livelihoods of farmers and their families who had often spent decades building their herds and flocks. Vast numbers of these animals did not have foot and mouth and had no contact with the infection. Another 'expert' behind the cull was Professor Roy Anderson, a computer modeller at Imperial College specialising in the epidemiology of *human*, not animal, disease. Anderson has served on the Bill and Melinda Gates Grand Challenges in Global Health advisory board and chairs another Gates-funded organisation. Gates is everywhere.

In a precursor to the 'Covid' script Ferguson backed closing schools 'for prolonged periods' over the swine flu 'pandemic' in 2009 and said it would affect a third of the world population if it continued to spread at the speed he claimed to be happening. His mates at Imperial College said much the same and a news report said: 'One of the authors, the epidemiologist and disease modeller Neil Ferguson, who sits on the World Health Organisation's emergency committee for the outbreak, said the virus had "full pandemic potential".' Professor Liam Donaldson, the Chris Whitty of his day as Chief Medical Officer, said the worst case could see 30 percent of the British people infected by swine flu with 65,000 dying. Ferguson and Donaldson were indeed proved correct when at the end of the year the number of deaths attributed to swine flu was 392. The term 'expert' is rather liberally applied unfortunately, not least to complete idiots. Swine flu 'projections' were great for GlaxoSmithKline (GSK) as millions rolled in for its Pandemrix influenza vaccine which led to brain damage with children most affected. The British government (taxpayers) paid out more than £60 million in compensation after GSK was given immunity from prosecution. Yet another 'Covid' déjà vu. Swine flu was supposed to have broken out in Mexico, but Dr Wolfgang Wodarg, a German doctor, former member of parliament and critic of the 'Covid' hoax, observed 'the spread of swine flu' in Mexico City at the time. He

said: 'What we experienced in Mexico City was a very mild flu which did not kill more than usual – which killed even fewer people than usual.' Hyping the fear against all the facts is not unique to 'Covid' and has happened many times before. Ferguson is reported to have over-estimated the projected death toll of bird flu (H5N1) by some three million-fold, but bird flu vaccine makers again made a killing from the scare. This is some of the background to the Neil Ferguson who produced the perfectly-timed computer models in early 2020 predicting that half a million people would die in Britain without draconian lockdown and 2.2 million in the United States. Politicians panicked, people panicked, and lockdowns of alleged short duration were instigated to 'flatten the curve' of cases gleaned from a test not testing for the 'virus'. I said at the time that the public could forget the 'short duration' bit. This was an agenda to destroy the livelihoods of the population and force them into mass control through dependency and there was going to be nothing 'short' about it. American researcher Daniel Horowitz described the consequences of the 'models' spewed out by Gates-funded Ferguson and Imperial College:

> What led our government and the governments of many other countries into panic was a single Imperial College of UK study, funded by global warming activists, that predicted 2.2 million deaths if we didn't lock down the country. In addition, the reported 8-9% death rate in Italy scared us into thinking there was some other mutation of this virus that they got, which might have come here.
>
> Together with the fact that we were finally testing and had the ability to actually report new cases, we thought we were headed for a death spiral. But again … we can't flatten a curve if we don't know when the curve started.

How about it *never* started?

Giving them what they want

An investigation by German news outlet *Welt Am Sonntag (World on Sunday)* revealed how in March, 2020, the German government gathered together 'leading scientists from several research institutes and universities' and 'together, they were to produce a [modelling]

paper that would serve as legitimization for further tough political measures'. The Cult agenda was justified by computer modelling not based on evidence or reality; it was specifically constructed to justify the Cult demand for lockdowns all over the world to destroy the independent livelihoods of the global population. All these modellers and everyone responsible for the 'Covid' hoax have a date with a trial like those in Nuremberg after World War Two when Nazis faced the consequences of their war crimes. These corrupt-beyond-belief 'modellers' wrote the paper according to government instructions and it said that that if lockdown measures were lifted then up to one million Germans would die from 'Covid-19' adding that some would die 'agonizingly at home, gasping for breath' unable to be treated by hospitals that couldn't cope. All lies. No matter – it gave the Cult all that it wanted. What did long-time government 'modeller' Neil Ferguson say? If the UK and the United States didn't lockdown half a million would die in Britain and 2.2 million Americans. Anyone see a theme here? 'Modellers' are such a crucial part of the lockdown strategy that we should look into their background and follow the money. Researcher Rosemary Frei produced an excellent article headlined 'The Modelling-paper Mafiosi'. She highlights a guy called John Edmunds, a British epidemiologist, and professor in the Faculty of Epidemiology and Population Health at the London School of Hygiene & Tropical Medicine. He studied at Imperial College. Edmunds is a member of government 'Covid' advisory bodies which have been dictating policy, the New and Emerging Respiratory Virus Threats Advisory Group (NERVTAG) and the Scientific Advisory Group for Emergencies (SAGE).

Ferguson, another member of NERVTAG and SAGE, led the way with the original 'virus' and Edmunds has followed in the 'variant' stage and especially the so-called UK or Kent variant known as the 'Variant of Concern' (VOC) B.1.1.7. He said in a co-written report for the Centre for Mathematical modelling of Infectious Diseases at the London School of Hygiene and Tropical Medicine, with input from the Centre's 'Covid-19' Working Group, that there was 'a realistic

possibility that VOC B.1.1.7 is associated with an increased risk of death compared to non-VOC viruses'. Fear, fear, fear, get the vaccine, fear, fear, fear, get the vaccine. Rosemary Frei reveals that almost all the paper's authors and members of the modelling centre's 'Covid-19' Working Group receive funding from the Bill and Melinda Gates Foundation and/or the associated Gates-funded Wellcome Trust. The paper was published by e-journal *Medr χiv* which only publishes papers not peer-reviewed and the journal was established by an organisation headed by Facebook's Mark Zuckerberg and his missus. What a small world it is. Frei discovered that Edmunds is on the Scientific Advisory Board of the Coalition for Epidemic Preparedness Innovations (CEPI) which was established by the Bill and Melinda Gates Foundation, Klaus Schwab's Davos World Economic Forum and Big Pharma giant Wellcome. CEPI was 'launched in Davos [in 2017] to develop vaccines to stop future epidemics', according to its website. 'Our mission is to accelerate the development of vaccines against emerging infectious diseases and enable equitable access to these vaccines for people during outbreaks.' What kind people they are. Rosemary Frei reveals that Public Health England (PHE) director Susan Hopkins is an author of her organisation's non-peer-reviewed reports on 'new variants'. Hopkins is a professor of infectious diseases at London's Imperial College which is gifted tens of millions of dollars a year by the Bill and Melinda Gates Foundation. Gates-funded modelling disaster Neil Ferguson also co-authors Public Health England reports and he spoke in December, 2020, about the potential danger of the B.1.1.7. 'UK variant' promoted by Gates-funded modeller John Edmunds. When I come to the 'Covid vaccines' the 'new variants' will be shown for what they are – bollocks.

Connections, connections

All these people and modellers are lockdown-obsessed or, put another way, they demand what the Cult demands. Edmunds said in January, 2021, that to ease lockdowns too soon would be a disaster and they had to 'vaccinate much, much, much more widely than the

elderly'. Rosemary Frei highlights that Edmunds is married to Jeanne Pimenta who is described in a LinkedIn profile as director of epidemiology at GlaxoSmithKline (GSK) and she held shares in the company. Patrick Vallance, co-chair of SAGE and the government's Chief Scientific Adviser, is a former executive of GSK and has a deferred bonus of shares in the company worth £600,000. GSK has serious business connections with Bill Gates and is collaborating with mRNA-'vaccine' company CureVac to make 'vaccines' for the new variants that Edmunds is talking about. GSK is planning a 'Covid vaccine' with drug giant Sanofi. Puppet Prime Minister Boris Johnson announced in the spring of 2021 that up to 60 million vaccine doses were to be made at the GSK facility at Barnard Castle in the English North East. Barnard Castle, with a population of just 6,000, was famously visited in breach of lockdown rules in April, 2020, by Johnson aide Dominic Cummings who said that he drove there 'to test his eyesight' before driving back to London. Cummings would be better advised to test his integrity – not that it would take long. The GSK facility had nothing to do with his visit then although I'm sure Patrick Vallance would have been happy to arrange an introduction and some tea and biscuits. Ruthless psychopath Gates has made yet another fortune from vaccines in collaboration with Big Pharma companies and gushes at the phenomenal profits to be made from vaccines – more than a 20-to-1 return as he told one interviewer. Gates also tweeted in December, 2019, with the foreknowledge of what was coming: 'What's next for our foundation? I'm particularly excited about what the next year could mean for one of the best buys in global health: vaccines.'

Modeller John Edmunds is a big promotor of vaccines as all these people appear to be. He's the dean of the London School of Hygiene & Tropical Medicine's Faculty of Epidemiology and Population Health which is primarily funded by the Bill and Melinda Gates Foundation and the Gates-established and funded GAVI vaccine alliance which is the Gates vehicle to vaccinate the world. The organisation Doctors Without Borders has described GAVI as being 'aimed more at supporting drug-industry desires to promote new

products than at finding the most efficient and sustainable means for fighting the diseases of poverty'. But then that's why the psychopath Gates created it. John Edmunds said in a video that the London School of Hygiene & Tropical Medicine is involved in every aspect of vaccine development including large-scale clinical trials. He contends that mathematical modelling can show that vaccines protect individuals and society. That's on the basis of shit in and shit out, I take it. Edmunds serves on the UK Vaccine Network as does Ferguson and the government's foremost 'Covid' adviser, the grim-faced, dark-eyed Chris Whitty. The Vaccine Network says it works 'to support the government to identify and shortlist targeted investment opportunities for the most promising vaccines and vaccine technologies that will help combat infectious diseases with epidemic potential, and to address structural issues related to the UK's broader vaccine infrastructure'. Ferguson is acting Director of the Imperial College Vaccine Impact Modelling Consortium which has funding from the Bill and Melina Gates Foundation and the Gates-created GAVI 'vaccine alliance'. Anyone wonder why these characters see vaccines as the answer to every problem? Ferguson is wildly enthusiastic in his support for GAVI's campaign to vaccine children en masse in poor countries. You would expect someone like Gates who has constantly talked about the need to reduce the population to want to fund vaccines to keep more people alive. I'm sure that's why he does it. The John Edmunds London School of Hygiene & Tropical Medicine (LSHTM) has a Vaccines Manufacturing Innovation Centre which develops, tests and commercialises vaccines. Rosemary Frei writes:

> The vaccines centre also performs affiliated activities like combating 'vaccine hesitancy'. The latter includes the Vaccine Confidence Project. The project's stated purpose is, among other things, 'to provide analysis and guidance for early response and engagement with the public to ensure sustained confidence in vaccines and immunisation'. The Vaccine Confidence Project's director is LSHTM professor Heidi Larson. For more than a decade she's been researching how to combat vaccine hesitancy.

How the bloody hell can blokes like John Edmunds and Neil Ferguson with those connections and financial ties model 'virus' case

and death projections for the government and especially in a way that gives their paymasters like Gates exactly what they want? It's insane, but this is what you find throughout the world.

'Covid' is not dangerous, oops, wait, yes it is

Only days before Ferguson's nightmare scenario made Jackboot Johnson take Britain into a China-style lockdown to save us from a deadly 'virus' the UK government website gov.uk was reporting something very different to Ferguson on a page of official government guidance for 'high consequence infectious diseases (HCID)'. It said this about 'Covid-19':

> As of 19 March 2020, COVID-19 *is no longer considered to be a high consequence infectious diseases (HCID) in the UK* [my emphasis]. The 4 nations public health HCID group made an interim recommendation in January 2020 to classify COVID-19 as an HCID. This was based on consideration of the UK HCID criteria about the virus and the disease with information available during the early stages of the outbreak.
>
> Now that more is known about COVID-19, the public health bodies in the UK have reviewed the most up to date information about COVID-19 against the UK HCID criteria. They have determined that several features have now changed; in particular, more information is available about mortality rates (low overall), and there is now greater clinical awareness and a specific and sensitive laboratory test, the availability of which continues to increase. The Advisory Committee on Dangerous Pathogens (ACDP) is also of the opinion that COVID-19 should no longer be classified as an HCID.

Soon after the government had been exposed for downgrading the risk they upgraded it again and everyone was back to singing from the same Cult hymn book. Ferguson and his fellow Gates clones indicated that lockdowns and restrictions would have to continue until a Gates-funded vaccine was developed. Gates said the same because Ferguson and his like were repeating the Gates script which is the Cult script. 'Flatten the curve' became an ongoing nightmare of continuing lockdowns with periods in between of severe restrictions in pursuit of destroying independent incomes and had nothing to do with protecting health about which the Cult gives not a shit. Why wouldn't Ferguson be pushing a vaccine 'solution' when he's owned by vaccine-obsessive Gates who makes a fortune from them and

when Ferguson heads the Vaccine Impact Modelling Consortium at Imperial College funded by the Gates Foundation and GAVI, the 'vaccine alliance', created by Gates as his personal vaccine promotion operation? To compound the human catastrophe that Ferguson's 'models' did so much to create he was later exposed for breaking his own lockdown rules by having sexual liaisons with his married girlfriend Antonia Staats at his home while she was living at another location with her husband and children. Staats was a 'climate' activist and senior campaigner at the Soros-funded Avaaz which I wouldn't trust to tell me that grass is green. Ferguson had to resign as a government advisor over this hypocrisy in May, 2020, but after a period of quiet he was back being quoted by the ridiculous media on the need for more lockdowns and a vaccine rollout. Other government-advising 'scientists' from Imperial College' held the fort in his absence and said lockdown could be indefinite until a vaccine was found. The Cult script was being sung by the payrolled choir. I said there was no intention of going back to 'normal' when the 'vaccine' came because the 'vaccine' is part of a very different agenda that I will discuss in Human 2.0. Why would the Cult want to let the world go back to normal when destroying that normal forever was the whole point of what was happening? House arrest, closing businesses and schools through lockdown, (un)social distancing and masks all followed the Ferguson fantasy models. Again as I predicted (these people are so predictable) when the 'vaccine' arrived we were told that house arrest, lockdown, (un)social distancing and masks would still have to continue. I will deal with the masks in the next chapter because they are of fundamental importance.

Where's the 'pandemic'?

Any mildly in-depth assessment of the figures revealed what was really going on. Cult-funded and controlled organisations still have genuine people working within them such is the number involved. So it is with Genevieve Briand, assistant program director of the Applied Economics master's degree program at Johns Hopkins

University. She analysed the impact that 'Covid-19' had on deaths from *all* causes in the United States using official data from the CDC for the period from early February to early September, 2020. She found that allegedly 'Covid' *related*-deaths exceeded those from heart disease which she found strange with heart disease always the biggest cause of fatalities. Her research became even more significant when she noted the sudden decline in 2020 of *all* non-'Covid' deaths: 'This trend is completely contrary to the pattern observed in all previous years … the total decrease in deaths by other causes almost exactly equals the increase in deaths by Covid-19.' This was such a game, set and match in terms of what was happening that Johns Hopkins University deleted the article on the grounds that it 'was being used to support false and dangerous inaccuracies about the impact of the pandemic'. No – because it exposed the scam from official CDC figures and this was confirmed when those figures were published in January, 2021. Here we can see the effect of people dying from heart attacks, cancer, road accidents and gunshot wounds – *anything* – having 'Covid-19' on the death certificate along with those diagnosed from 'symptoms' who had even not tested positive with a test not testing for the 'virus'. I am not kidding with the gunshot wounds, by the way. Brenda Bock, coroner in Grand County, Colorado, revealed that two gunshot victims tested positive for the 'virus' within the previous 30 days and were therefore classified as 'Covid deaths'. Bock said: 'These two people had tested positive for Covid, but that's not what killed them. A gunshot wound is what killed them.' She said she had not even finished her investigation when the state listed the gunshot victims as deaths due to the 'virus'. The death and case figures for 'Covid-19' are an absolute joke and yet they are repeated like parrots by the media, politicians and alleged medical 'experts'. The official Cult narrative is the only show in town.

Genevieve Briand found that deaths from all causes were not exceptional in 2020 compared with previous years and a Spanish magazine published figures that said the same about Spain which was a 'Covid' propaganda hotspot at one point. *Discovery Salud*, a

health and medicine magazine, quoted government figures which showed how 17,000 *fewer* people died in Spain in 2020 than in 2019 and more than 26,000 fewer than in 2018. The age-standardised mortality rate for England and Wales when age distribution is taken into account was significantly lower in 2020 than the 1970s, 80s and 90s, and was only the ninth highest since 2000. Where is the 'pandemic'?

Post mortems and autopsies virtually disappeared for 'Covid' deaths amid claims that 'virus-infected' bodily fluids posed a risk to those carrying out the autopsy. This was rejected by renowned German pathologist and forensic doctor Klaus Püschel who said that he and his staff had by then done 150 autopsies on 'Covid' patients with no problems at all. He said they were needed to know why some 'Covid' patients suffered blood clots and not severe respiratory infections. The 'virus' is, after all, called SARS or 'severe acute respiratory syndrome'. I highlighted in the spring of 2020 this phenomenon and quoted New York intensive care doctor Cameron Kyle-Sidell who posted a soon deleted YouTube video to say that they had been told to prepare to treat an infectious disease called 'Covid-19', but that was not what they were dealing with. Instead he likened the lung condition of the most severely ill patients to what you would expect with cabin depressurisation in a plane at 30,000 feet or someone dropped on the top of Everest without oxygen or acclimatisation. I have never said this is not happening to a small minority of alleged 'Covid' patients – I am saying this is not caused by a phantom 'contagious virus'. Indeed Kyle-Sidell said that 'Covid-19' was not the disease they were told was coming their way. 'We are operating under a medical paradigm that is untrue,' he said, and he believed they were treating the wrong disease: 'These people are being slowly starved of oxygen.' Patients would take off their oxygen masks in a state of fear and stress and while they were blue in the face on the brink of death. They did not look like patients dying of pneumonia. You can see why they don't want autopsies when their virus doesn't exist and there is another condition in some people that they don't wish to be uncovered. I should add here that

the 5G system of millimetre waves was being rapidly introduced around the world in 2020 and even more so now as they fire 5G at the Earth from satellites. At 60 gigahertz within the 5G range that frequency interacts with the oxygen molecule and stops people breathing in sufficient oxygen to be absorbed into the bloodstream. They are installing 5G in schools and hospitals. The world is not mad or anything. 5G can cause major changes to the lungs and blood as I detail in *The Answer* and these consequences are labelled 'Covid-19', the alleged symptoms of which can be caused by 5G and other electromagnetic frequencies as cells respond to radiation poisoning.

The 'Covid death' scam

Dr Scott Jensen, a Minnesota state senator and medical doctor, exposed 'Covid' Medicare payment incentives to hospitals and death certificate manipulation. He said he was sent a seven-page document by the US Department of Health 'coaching' him on how to fill out death certificates which had never happened before. The document said that he didn't need to have a laboratory test for 'Covid-19' to put that on the death certificate and that shocked him when death certificates are supposed to be about facts. Jensen described how doctors had been 'encouraged, if not pressured' to make a diagnosis of 'Covid-19' if they thought it was probable or '*presumed*'. No positive test was necessary – not that this would have mattered anyway. He said doctors were told to diagnose 'Covid' by symptoms when these were the same as colds, allergies, other respiratory problems, and certainly with influenza which 'disappeared' in the 'Covid' era. A common sniffle was enough to get the dreaded verdict. Ontario authorities decreed that a single care home resident with *one* symptom from a long list must lead to the isolation of the entire home. Other courageous doctors like Jensen made the same point about death figure manipulation and how deaths by other causes were falling while 'Covid-19 deaths' were rising at the same rate due to re-diagnosis. Their videos rarely survive long on YouTube with its Cult-supporting algorithms courtesy of CEO Susan Wojcicki and her bosses at Google. Figure-tampering was so glaring

and ubiquitous that even officials were letting it slip or outright saying it. UK chief scientific adviser Patrick Vallance said on one occasion that 'Covid' on the death certificate doesn't mean 'Covid' was the cause of death (so why the hell is it there?) and we had the rare sight of a BBC reporter telling the truth when she said: 'Someone could be successfully treated for Covid, in say April, discharged, and then in June, get run over by a bus and die … That person would still be counted as a Covid death in England.' Yet the BBC and the rest of the world media went on repeating the case and death figures as if they were real. Illinois Public Health Director Dr Ngozi Ezike revealed the deceit while her bosses must have been clenching their buttocks:

> If you were in a hospice and given a few weeks to live and you were then found to have Covid that would be counted as a Covid death. [There might be] a clear alternate cause, but it is still listed as a Covid death. So everyone listed as a Covid death doesn't mean that was the cause of the death, but that they had Covid at the time of death.

Yes, a 'Covid virus' never shown to exist and tested for with a test not testing for the 'virus'. In the first period of the pandemic hoax through the spring of 2020 the process began of designating almost everything a 'Covid' death and this has continued ever since. I sat in a restaurant one night listening to a loud conversation on the next table where a family was discussing in bewilderment how a relative who had no symptoms of 'Covid', and had died of a long-term problem, could have been diagnosed a death by the 'virus'. I could understand their bewilderment. If they read this book they will know why this medical fraud has been perpetrated the world over.

Some media truth shock

The media ignored the evidence of death certificate fraud until eventually one columnist did speak out when she saw it first-hand. Bel Mooney is a long-time national newspaper journalist in Britain currently working for the *Daily Mail*. Her article on February 19th, 2021, carried this headline: 'My dad Ted passed three Covid tests

and died of a chronic illness yet he's officially one of Britain's 120,000 victims of the virus and is far from alone ... so how many more are there?' She told how her 99-year-old father was in a care home with a long-standing chronic obstructive pulmonary disease and vascular dementia. Maybe, but he was still aware enough to tell her from the start that there was no 'virus' and he refused the 'vaccine' for that reason. His death was not unexpected given his chronic health problems and Mooney said she was shocked to find that 'Covid-19' was declared the cause of death on his death certificate. She said this was a 'bizarre and unacceptable untruth' for a man with long-time health problems who had tested negative twice at the home for the 'virus'. I was also shocked by this story although not by what she said. I had been highlighting the death certificate manipulation for ten months. It was the confirmation that a professional full-time journalist only realised this was going on when it affected her directly and neither did she know that whether her dad tested positive or negative was irrelevant with the test not testing for the 'virus'. Where had she been? She said she did not believe in 'conspiracy theories' without knowing I'm sure that this and 'conspiracy theorists' were terms put into widespread circulation by the CIA in the 1960s to discredit those who did not accept the ridiculous official story of the Kennedy assassination. A blanket statement of 'I don't believe in conspiracy theories' is always bizarre. The dictionary definition of the term alone means the world is drowning in conspiracies. What she said was even more daft when her dad had just been affected by the 'Covid' conspiracy. Why else does she think that 'Covid-19' was going on the death certificates of people who died of something else?

To be fair once she saw from personal experience what was happening she didn't mince words. Mooney was called by the care home on the morning of February 9th to be told her father had died in his sleep. When she asked for the official cause of death what came back was 'Covid-19'. Mooney challenged this and was told there had been deaths from Covid on the dementia floor (confirmed by a test not testing for the 'virus') so they considered it 'reasonable

to assume'. 'But doctor,' Mooney rightly protested, 'an assumption isn't a diagnosis.' She said she didn't blame the perfectly decent and sympathetic doctor – 'he was just doing his job'. Sorry, but that's *bullshit*. He wasn't doing his job at all. He was putting a false cause of death on the death certificate and that is a criminal offence for which he should be brought to account and the same with the millions of doctors worldwide who have done the same. They were not doing their job they were following orders and that must not wash at new Nuremberg trials any more than it did at the first ones. Mooney's doctor was 'assuming' (presuming) as he was told to, but 'just following orders' makes no difference to his actions. A doctor's job is to serve the patient and the truth, not follow orders, but that's what they have done all over the world and played a central part in making the 'Covid' hoax possible with all its catastrophic consequences for humanity. Shame on them and they must answer for their actions. Mooney said her disquiet worsened when she registered her father's death by telephone and was told by the registrar there had been very many other cases like hers where 'the deceased' had not tested positive for 'Covid' yet it was recorded as the cause of death. The test may not matter, but those involved at their level *think* it matters and it shows a callous disregard for accurate diagnosis. The pressure to do this is coming from the top of the national 'health' pyramids which in turn obey the World Health Organization which obeys Gates and the Cult. Mooney said the registrar agreed that this must distort the national figures adding that 'the strangest thing is that every winter we record countless deaths from flu, and this winter there have been none. Not one!' She asked if the registrar thought deaths from flu were being misdiagnosed and lumped together with 'Covid' deaths. The answer was a 'puzzled yes'. Mooney said that the funeral director said the same about 'Covid' deaths which had nothing to do with 'Covid'. They had lost count of the number of families upset by this and other funeral companies in different countries have had the same experience. Mooney wrote:

The nightly shroud-waving and shocking close-ups of pain imposed on us by the TV news bewildered and terrified the population into eager compliance with lockdowns. We were invited to 'save the NHS' and to grieve for strangers – the real-life loved ones behind those shocking death counts. Why would the public imagine what I now fear, namely that the way Covid-19 death statistics are compiled might make the numbers seem greater than they are?

Oh, just a little bit – like 100 percent.

Do the maths

Mooney asked why a country would wish to skew its mortality figures by wrongly certifying deaths? What had been going on? Well, if you don't believe in conspiracies you will never find the answer which is that *it's a conspiracy*. She did, however, describe what she had discovered as a 'national scandal'. In reality it's a global scandal and happening everywhere. Pillars of this conspiracy were all put into place before the button was pressed with the Drosten PCR protocol and high amplifications to produce the cases and death certificate changes to secure illusory 'Covid' deaths. Mooney notes that normally two doctors were needed to certify a death, with one having to know the patient, and how the rules were changed in the spring of 2020 to allow one doctor to do this. In the same period 'Covid deaths' were decreed to be all cases where Covid-19 was put on the death certificate even without a positive test or any symptoms. Mooney asked: 'How many of the 30,851 (as of January 15) care home resident deaths with Covid-19 on the certificate (32.4 per cent of all deaths so far) were based on an assumption, like that of my father? And what has that done to our national psyche?'All of them is the answer to the first question and it has devastated and dismantled the national psyche, actually the global psyche, on a colossal scale. In the UK case and death data is compiled by organisations like Public Health England (PHE) and the Office for National Statistics (ONS). Mooney highlights the insane policy of counting a death from any cause as 'Covid-19' if this happens within 28 days of a positive test (with a test not testing for the 'virus') and she points out that ONS statistics reflect deaths 'involving Covid' 'or due to Covid' which meant in practice any

death where 'Covid-19' was mentioned on the death certificate. She described the consequences of this fraud:

> Most people will accept the narrative they are fed, so panicky governments here and in Europe witnessed the harsh measures enacted in totalitarian China and jumped into lockdown. Headlines about Covid deaths tolled like the knell that would bring doomsday to us all. Fear stalked our empty streets. Politicians parroted the frankly ridiculous aim of 'zero Covid' and shut down the economy, while most British people agreed that lockdown was essential and (astonishingly to me, as a patriotic Brit) even wanted more restrictions.
>
> For what? Lies on death certificates? Never mind the grim toll of lives ruined, suicides, schools closed, rising inequality, depression, cancelled hospital treatments, cancer patients in a torture of waiting, poverty, economic devastation, loneliness, families kept apart, and so on. How many lives have been lost as a direct result of lockdown?

She said that we could join in a national chorus of shock and horror at reaching the 120,000 death toll which was surely certain to have been totally skewed all along, but what about the human cost of lockdown justified by these 'death figures'? *The British Medical Journal* had reported a 1,493 percent increase in cases of children taken to Great Ormond Street Hospital with abusive head injuries alone and then there was the effect on families:

> Perhaps the most shocking thing about all this is that families have been kept apart – and obeyed the most irrational, changing rules at the whim of government – because they believed in the statistics. They succumbed to fear, which his generation rejected in that war fought for freedom. Dad (God rest his soul) would be angry. And so am I.

Another theme to watch is that in the winter months when there are more deaths from all causes they focus on 'Covid' deaths and in the summer when the British Lung Foundation says respiratory disease plummets by 80 percent they rage on about 'cases'. Either way fascism on population is always the answer.

Nazi eugenics in the 21st century

Elderly people in care homes have been isolated from their families month after lonely month with no contact with relatives and grandchildren who were banned from seeing them. We were told

that lockdown fascism was to ‘protect the vulnerable’ like elderly people. At the same time Do Not Resuscitate (DNR) orders were placed on their medical files so that if they needed resuscitation it wasn’t done and ‘Covid-19’ went on their death certificates. Old people were not being ‘protected’ they were being culled – murdered in truth. DNR orders were being decreed for disabled and young people with learning difficulties or psychological problems. The UK Care Quality Commission, a non-departmental body of the Department of Health and Social Care, found that 34 percent of those working in health and social care were pressured into placing ‘do not attempt cardiopulmonary resuscitation’ orders on ‘Covid’ patients who suffered from disabilities and learning difficulties without involving the patient or their families in the decision. UK judges ruled that an elderly woman with dementia should have the DNA-manipulating ‘Covid vaccine’ against her son’s wishes and that a man with severe learning difficulties should have the jab despite his family’s objections. Never mind that many had already died. The judiciary always supports doctors and government in fascist dictatorships. They wouldn’t dare do otherwise. A horrific video was posted showing fascist officers from Los Angeles police forcibly giving the ‘Covid’ shot to women with special needs who were screaming that they didn’t want it. The same fascists are seen giving the jab to a sleeping elderly woman in a care home. This is straight out of the Nazi playbook. Hitler’s Nazis committed mass murder of the mentally ill and physically disabled throughout Germany and occupied territories in the programme that became known as Aktion T4, or just T4. Sabbatian-controlled Hitler and his grotesque crazies set out to kill those they considered useless and unnecessary. The Reich Committee for the Scientific Registering of Hereditary and Congenital Illnesses registered the births of babies identified by physicians to have ‘defects’. By 1941 alone more than 5,000 children were murdered by the state and it is estimated that in total the number of innocent people killed in Aktion T4 was between 275,000 and 300,000. Parents were told their children had been sent away for ‘special treatment’ never to return. It is rather pathetic to see claims about plans for new extermination camps being dismissed today

when the same force behind current events did precisely that 80 years ago. Margaret Sanger was a Cult operative who used 'birth control' to sanitise her programme of eugenics. Organisations she founded became what is now Planned Parenthood. Sanger proposed that 'the whole dysgenic population would have its choice of segregation or sterilization'. These included epileptics, 'feeble-minded', and prostitutes. Sanger opposed charity because it perpetuated 'human waste'. She reveals the Cult mentality and if anyone thinks that extermination camps are a 'conspiracy theory' their naivety is touching if breathtakingly stupid.

If you don't believe that doctors can act with callous disregard for their patients it is worth considering that doctors and medical staff agreed to put government-decreed DNR orders on medical files and do nothing when resuscitation is called for. I don't know what you call such people in your house. In mine they are Nazis from the Josef Mengele School of Medicine. Phenomenal numbers of old people have died worldwide from the effects of lockdown, depression, lack of treatment, the 'vaccine' (more later) and losing the will to live. A common response at the start of the manufactured pandemic was to remove old people from hospital beds and transfer them to nursing homes. The decision would result in a mass cull of elderly people in those homes through lack of treatment – *not* 'Covid'. Care home whistleblowers have told how once the 'Covid' era began doctors would not come to their homes to treat patients and they were begging for drugs like antibiotics that often never came. The most infamous example was ordered by New York governor Andrew Cuomo, brother of a moronic CNN host, who amazingly was given an Emmy Award for his handling of the 'Covid crisis' by the ridiculous Wokers that hand them out. Just how ridiculous could be seen in February, 2021, when a Department of Justice and FBI investigation began into how thousands of old people in New York died in nursing homes after being discharged from hospital to make way for 'Covid' patients on Cuomo's say-so – and how he and his staff covered up these facts. This couldn't have happened to a nicer psychopath. Even then there was a 'Covid' spin. Reports said that

thousands of old people who tested positive for 'Covid' in hospital were transferred to nursing homes to both die of 'Covid' and transmit it to others. No – they were in hospital because they were ill and the fact that they tested positive with a test not testing for the 'virus' is irrelevant. They were ill often with respiratory diseases ubiquitous in old people near the end of their lives. Their transfer out of hospital meant that their treatment stopped and many would go on to die.

They're old. Who gives a damn?

I have exposed in the books for decades the Cult plan to cull the world's old people and even to introduce at some point what they call a 'demise pill' which at a certain age everyone would take and be out of here by law. In March, 2021, Spain legalised euthanasia and assisted suicide following the Netherlands, Belgium, Luxembourg and Canada on the Tiptoe to the demise pill. Treatment of old people by many 'care' homes has been a disgrace in the 'Covid' era. There are many, many, caring staff – I know some. There have, however, been legions of stories about callous treatment of old people and their families. Police were called when families came to take their loved ones home in the light of isolation that was killing them. They became prisoners of the state. Care home residents in insane, fascist Ontario, Canada, were not allowed to leave their *room* once the 'Covid' hoax began. UK staff have even wheeled elderly people away from windows where family members were talking with them. Oriana Criscuolo from Stockport in the English North West dropped off some things for her 80-year-old father who has Parkinson's disease and dementia and she wanted to wave to him through a ground-floor window. She was told that was 'illegal'. When she went anyway they closed the curtains in the middle of the day. Oriana said:

> It's just unbelievable. I cannot understand how care home staff – people who are being paid to care – have become so uncaring. Their behaviour is inhumane and cruel. It's beyond belief.

She was right and this was not a one-off. What a way to end your life in such loveless circumstances. UK registered nurse Nicky Millen, a proper old school nurse for 40 years, said that when she started her career care was based on dignity, choice, compassion and empathy. Now she said 'the things that are important to me have gone out of the window.' She was appalled that people were dying without their loved ones and saying goodbye on iPads. Nicky described how a distressed 89-year-old lady stroked her face and asked her 'how many paracetamol would it take to finish me off'. Life was no longer worth living while not seeing her family. Nicky said she was humiliated in front of the ward staff and patients for letting the lady stroke her face and giving her a cuddle. Such is the dehumanisation that the 'Covid' hoax has brought to the surface. Nicky worked in care homes where patients told her they were being held prisoner. 'I want to live until I die', one said to her. 'I had a lady in tears because she hadn't seen her great-grandson.' Nicky was compassionate old school meeting psychopathic New Normal. She also said she had worked on a 'Covid' ward with no 'Covid' patients. Jewish writer Shai Held wrote an article in March, 2020, which was headlined 'The Staggering, Heartless Cruelty Toward the Elderly'. What he described was happening from the earliest days of lockdown. He said 'the elderly' were considered a group and not unique individuals (the way of the Woke). Shai Held said:

> Notice how the all-too-familiar rhetoric of dehumanization works: 'The elderly' are bunched together as a faceless mass, all of them considered culprits and thus effectively deserving of the suffering the pandemic will inflict upon them. Lost entirely is the fact that the elderly are individual human beings, each with a distinctive face and voice, each with hopes and dreams, memories and regrets, friendships and marriages, loves lost and loves sustained.

'The elderly' have become another dehumanised group for which anything goes and for many that has resulted in cold disregard for their rights and their life. The distinctive face that Held talks about is designed to be deleted by masks until everyone is part of a faceless mass.

'War-zone' hospitals myth

Again and again medical professionals have told me what was really going on and how hospitals 'overrun like war zones' according to the media were virtually empty. The mantra from medical whistleblowers was please don't use my name or my career is over. Citizen journalists around the world sneaked into hospitals to film evidence exposing the 'war-zone' lie. They really *were* largely empty with closed wards and operating theatres. I met a hospital worker in my town on the Isle of Wight during the first lockdown in 2020 who said the only island hospital had never been so quiet. Lockdown was justified by the psychopaths to stop hospitals being overrun. At the same time that the island hospital was near-empty the military arrived here to provide *extra beds*. It was all propaganda to ramp up the fear to ensure compliance with fascism as were never-used temporary hospitals with thousands of beds known as Nightingales and never-used make-shift mortuaries opened by the criminal UK government. A man who helped to install those extra island beds attributed to the army said they were never used and the hospital was empty. Doctors and nurses 'stood around talking or on their phones, wandering down to us to see what we were doing'. There were no masks or social distancing. He accused the useless local island paper, the *County Press*, of 'pumping the fear as if our hospital was overrun and we only have one so it should have been'. He described ambulances parked up with crews outside in deck chairs. When his brother called an ambulance he was told there was a two-hour backlog which he called 'bullshit'. An old lady on the island fell 'and was in a bad way', but a caller who rang for an ambulance was told the situation wasn't urgent enough. Ambulance stations were working under capacity while people would hear ambulances with sirens blaring driving through the streets. When those living near the stations realised what was going on they would follow them as they left, circulated around an urban area with the sirens going, and then came back without stopping. All this was to increase levels of fear and the same goes for the 'ventilator shortage crisis' that cost tens of millions for hastily produced ventilators never to be used.

Ambulance crews that agreed to be exploited in this way for fear propaganda might find themselves a mirror. I wish them well with that. Empty hospitals were the obvious consequence of treatment and diagnoses of non-'Covid' conditions cancelled and those involved handed a death sentence. People have been dying at home from undiagnosed and untreated cancer, heart disease and other life-threatening conditions to allow empty hospitals to deal with a 'pandemic' that wasn't happening.

Death of the innocent

'War-zones' have been laying off nursing staff, even doctors where they can. There was no work for them. Lockdown was justified by saving lives and protecting the vulnerable they were actually killing with DNR orders and preventing empty hospitals being 'overrun'. In Britain the mantra of stay at home to 'save the NHS' was everywhere and across the world the same story was being sold when it was all lies. Two California doctors, Dan Erickson and Artin Massihi at Accelerated Urgent Care in Bakersfield, held a news conference in April, 2020, to say that intensive care units in California were 'empty, essentially', with hospitals shutting floors, not treating patients and laying off doctors. The California health system was working at minimum capacity 'getting rid of doctors because we just don't have the volume'. They said that people with conditions such as heart disease and cancer were not coming to hospital out of fear of 'Covid-19'. Their video was deleted by Susan Wojcicki's Cult-owned YouTube after reaching five million views. Florida governor Ron Desantis, who rejected the severe lockdowns of other states and is being targeted for doing so, said that in March, 2020, every US governor was given models claiming they would run out of hospital beds in days. That was never going to happen and the 'modellers' knew it. Deceit can be found at every level of the system. Urgent children's operations were cancelled including fracture repairs and biopsies to spot cancer. Eric Nicholls, a consultant paediatrician, said 'this is obviously concerning and we need to return to normal operating and to increase capacity as soon as possible'. Psychopaths

in power were rather less concerned *because* they are psychopaths. Deletion of urgent care and diagnosis has been happening all over the world and how many kids and others have died as a result of the actions of these cold and heartless lunatics dictating 'health' policy? The number must be stratospheric. Richard Sullivan, professor of cancer and global health at King's College London, said people feared 'Covid' more than cancer such was the campaign of fear. 'Years of lost life will be quite dramatic', Sullivan said, with 'a huge amount of avoidable mortality'. Sarah Woolnough, executive director for policy at Cancer Research UK, said there had been a 75 percent drop in urgent referrals to hospitals by family doctors of people with suspected cancer. Sullivan said that 'a lot of services have had to scale back – we've seen a dramatic decrease in the amount of elective cancer surgery'. Lockdown deaths worldwide has been absolutely fantastic with the *New York Post* reporting how data confirmed that 'lockdowns end more lives than they save':

> There was a sharp decline in visits to emergency rooms and an increase in fatal heart attacks because patients didn't receive prompt treatment. Many fewer people were screened for cancer. Social isolation contributed to excess deaths from dementia and Alzheimer's.
>
> Researchers predicted that the social and economic upheaval would lead to tens of thousands of "deaths of despair" from drug overdoses, alcoholism and suicide. As unemployment surged and mental-health and substance-abuse treatment programs were interrupted, the reported levels of anxiety, depression and suicidal thoughts increased dramatically, as did alcohol sales and fatal drug overdoses.

This has been happening while nurses and other staff had so much time on their hands in the 'war-zones' that Tic-Tok dancing videos began appearing across the Internet with medical staff dancing around in empty wards and corridors as people died at home from causes that would normally have been treated in hospital.

Mentions in dispatches

One brave and truth-committed whistleblower was Louise Hampton, a call handler with the UK NHS who made a viral Internet video saying she had done 'fuck all' during the 'pandemic'

which was ‘a load of bollocks’. She said that ‘Covid-19’ was rebranded flu and of course she lost her job. This is what happens in the medical and endless other professions now when you tell the truth. Louise filmed inside ‘war-zone’ accident and emergency departments to show they were empty and I mean *empty* as in no one there. The mainstream media could have done the same and blown the gaff on the whole conspiracy. They haven’t to their eternal shame. Not that most ‘journalists’ seem capable of manifesting shame as with the psychopaths they slavishly repeat without question. The relative few who were admitted with serious health problems were left to die alone with no loved ones allowed to see them because of ‘Covid’ rules and they included kids dying without the comfort of mum and dad at their bedside while the evil behind this couldn’t give a damn. It was all good fun to them. A Scottish NHS staff nurse publicly quit in the spring of 2021 saying: ‘I can no longer be part of the lies and the corruption by the government.’ She said hospitals ‘aren’t full, the beds aren’t full, beds have been shut, wards have been shut’. Hospitals were never busy throughout ‘Covid’. The staff nurse said that Nicola Sturgeon, tragically the leader of the Scottish government, was on television saying save the hospitals and the NHS – ‘but the beds are empty’ and ‘we’ve not seen flu, we always see flu every year’. She wrote to government and spoke with her union Unison (the unions are Cult-compromised and *useless*, but nothing changed. Many of her colleagues were scared of losing their jobs if they spoke out as they wanted to. She said nursing staff were being affected by wearing masks all day and ‘my head is splitting every shift from wearing a mask’. The NHS is part of the fascist tyranny and must be dismantled so we can start again with human beings in charge. (Ironically, hospitals were reported to be busier again when official ‘Covid’ cases *fell* in spring/summer of 2021 and many other conditions required treatment at the same time as *the fake vaccine rollout*.)

I will cover the ‘Covid vaccine’ scam in detail later, but it is another indicator of the sickening disregard for human life that I am highlighting here. The DNA-manipulating concoctions do not fulfil

the definition of a 'vaccine', have never been used on humans before and were given only emergency approval because trials were not completed and they continued using the unknowing public. The result was what a NHS senior nurse with responsibility for 'vaccine' procedure said was 'genocide'. She said the 'vaccines' were not 'vaccines'. They had not been shown to be safe and claims about their effectiveness by drug companies were 'poetic licence'. She described what was happening as a 'horrid act of human annihilation'. The nurse said that management had instigated a policy of not providing a Patient Information Leaflet (PIL) before people were 'vaccinated' even though health care professionals are supposed to do this according to protocol. Patients should also be told that they are taking part in an ongoing clinical trial. Her challenges to what is happening had seen her excluded from meetings and ridiculed in others. She said she was told to 'watch my step … or I would find myself surplus to requirements'. The nurse, who spoke anonymously in fear of her career, said she asked her NHS manager why he/she was content with taking part in genocide against those having the 'vaccines'. The reply was that everyone had to play their part and to 'put up, shut up, and get it done'. Government was 'leaning heavily' on NHS management which was clearly leaning heavily on staff. This is how the global 'medical' hierarchy operates and it starts with the Cult and its World Health Organization.

She told the story of a doctor who had the Pfizer jab and when questioned had no idea what was in it. The doctor had never read the literature. We have to stop treating doctors as intellectual giants when so many are moral and medical pygmies. The doctor did not even know that the 'vaccines' were not fully approved or that their trials were ongoing. They were, however, asking their patients if they minded taking part in follow-ups for research purposes – yes, the *ongoing clinical trial*. The nurse said the doctor's ignorance was not rare and she had spoken to a hospital consultant who had the jab without any idea of the background or that the 'trials' had not been completed. Nurses and pharmacists had shown the same ignorance.

'My NHS colleagues have forsaken their duty of care, broken their code of conduct – Hippocratic Oath – and have been brainwashed just the same as the majority of the UK public through propaganda …' She said she had not been able to recruit a single NHS colleague, doctor, nurse or pharmacist to stand with her and speak out. Her union had refused to help. She said that if the genocide came to light she would not hesitate to give evidence at a Nuremberg-type trial against those in power who could have affected the outcomes but didn't.

And all for what?

To put the nonsense into perspective let's say the 'virus' does exist and let's go completely crazy and accept that the official manipulated figures for cases and deaths are accurate. *Even then* a study by Stanford University epidemiologist Dr John Ioannidis published on the World Health Organization website produced an average infection to fatality rate of … *0.23 percent!* Ioannidis said: 'If one could sample equally from all locations globally, the median infection fatality rate might even be substantially lower than the 0.23% observed in my analysis.' For healthy people under 70 it was … *0.05 percent*! This compares with the 3.4 percent claimed by the Cult-owned World Health Organization when the hoax was first played and maximum fear needed to be generated. An updated Stanford study in April, 2021, put the 'infection' to 'fatality' rate at just 0.15 percent. Another team of scientists led by Megan O'Driscoll and Henrik Salje studied data from 45 countries and published their findings on the Nature website. For children and young people the figure is so small it virtually does not register although authorities will be hyping dangers to the young when they introduce DNA-manipulating 'vaccines' for children. The O'Driscoll study produced an average infection-fatality figure of 0.003 for children from birth to four; 0.001 for 5 to 14; 0.003 for 15 to 19; and it was still only 0.456 up to 64. To claim that children must be 'vaccinated' to protect them from 'Covid' is an obvious lie and so there must be another reason and there is. What's more the average age of a 'Covid' death is akin

to the average age that people die in general. The average age of death in England is about 80 for men and 83 for women. The average age of death from alleged 'Covid' is between 82 and 83. California doctors, Dan Erickson and Artin Massihi, said at their April media conference that projection models of millions of deaths had been 'woefully inaccurate'. They produced detailed figures showing that Californians had a 0.03 chance of dying from 'Covid' based on the number of people who tested positive (with a test not testing for the 'virus'). Erickson said there was a 0.1 percent chance of dying from 'Covid' in the *state* of New York, not just the city, and a 0.05 percent chance in Spain, a centre of 'Covid-19' hysteria at one stage. The Stanford studies supported the doctors' data with fatality rate estimates of 0.23 and 0.15 percent. How close are these figures to my estimate of *zero*? Death-rate figures claimed by the World Health Organization at the start of the hoax were some 15 times higher. The California doctors said there was no justification for lockdowns and the economic devastation they caused. Everything they had ever learned about quarantine was that you quarantine the *sick* and not the healthy. They had never seen this before and it made no medical sense.

Why in the in the light of all this would governments and medical systems the world over say that billions must go under house arrest; lose their livelihood; in many cases lose their mind, their health and their life; force people to wear masks dangerous to health and psychology; make human interaction and even family interaction a criminal offence; ban travel; close restaurants, bars, watching live sport, concerts, theatre, and any activity involving human togetherness and discourse; and closing schools to isolate children from their friends and cause many to commit suicide in acts of hopelessness and despair? The California doctors said lockdown consequences included increased child abuse, partner abuse, alcoholism, depression, and other impacts they were seeing every day. Who would do that to the entire human race if not mentally-ill psychopaths of almost unimaginable extremes like Bill Gates? We must face the reality of what we are dealing with and come out of

denial. Fascism and tyranny are made possible only by the target population submitting and acquiescing to fascism and tyranny. The whole of human history shows that to be true. Most people naively and unquestioning believed what they were told about a 'deadly virus' and meekly and weakly submitted to house arrest. Those who didn't believe it – at least in total – still submitted in fear of the consequences of not doing so. For the rest who wouldn't submit draconian fines have been imposed, brutal policing by psychopaths *for* psychopaths, and condemnation from the meek and weak who condemn the Pushbackers on behalf of the very force that has them, too, in its gunsights. 'Pathetic' does not even begin to suffice. Britain's brainless 'Health' Secretary Matt Hancock warned anyone lying to border officials about returning from a list of 'hotspot' countries could face a jail sentence of up to ten years which is more than for racially-aggravated assault, incest and attempting to have sex with a child under 13. Hancock is a lunatic, but he has the state apparatus behind him in a Cult-led chain reaction and the same with UK 'Vaccine Minister' Nadhim Zahawi, a prominent member of the mega-Cult secret society, Le Cercle, which featured in my earlier books. The Cult enforces its will on governments and medical systems; government and medical systems enforce their will on business and police; business enforces its will on staff who enforce it on customers; police enforce the will of the Cult on the population and play their essential part in creating a world of fascist control that their own children and grandchildren will have to live in their entire lives. It is a hierarchical pyramid of imposition and acquiescence and, yes indeedy, of clinical insanity.

Does anyone bright enough to read this book have to ask what the answer is? I think not, but I will reveal it anyway in the fewest of syllables: Tell the psychos and their moronic lackeys to fuck off and let's get on with our lives. We are many – They are few.

CHAPTER SEVEN

War on your mind

One believes things because one has been conditioned to believe them
Aldous Huxley, *Brave New World*

I have described the 'Covid' hoax as a 'Psyop' and that is true in every sense and on every level in accordance with the definition of that term which is psychological warfare. Break down the 'Covid pandemic' to the foundation themes and it is psychological warfare on the human individual and collective mind.

The same can be said for the entire human belief system involving every subject you can imagine. Huxley was right in his contention that people believe what they are conditioned to believe and this comes from the repetition throughout their lives of the same falsehoods. They spew from government, corporations, media and endless streams of 'experts' telling you what the Cult wants you to believe and often believing it themselves (although *far* from always). 'Experts' are rewarded with 'prestigious' jobs and titles and as agents of perceptual programming with regular access to the media. The Cult has to control the narrative – control *information* – or they lose control of the vital, crucial, without-which-they-cannot-prevail public perception of reality. The foundation of that control today is the Internet made possible by the Defense Advanced Research Projects Agency (DARPA), the incredibly sinister technological arm of the Pentagon. The Internet is the result of military technology.

DARPA openly brags about establishing the Internet which has been a long-term project to lasso the minds of the global population. I have said for decades the plan is to control information to such an extreme that eventually no one would see or hear anything that the Cult does not approve. We are closing in on that end with ferocious censorship since the 'Covid' hoax began and in my case it started back in the 1990s in terms of books and speaking venues. I had to create my own publishing company in 1995 precisely because no one else would publish my books even then. I think they're all still running.

Cult Internet

To secure total control of information they needed the Internet in which pre-programmed algorithms can seek out 'unclean' content for deletion and even stop it being posted in the first place. The Cult had to dismantle print and non-Internet broadcast media to ensure the transfer of information to the appropriate-named 'Web' – a critical expression of the *Cult* web. We've seen the ever-quickening demise of traditional media and control of what is left by a tiny number of corporations operating worldwide. Independent journalism in the mainstream is already dead and never was that more obvious than since the turn of 2020. The Cult wants all information communicated via the Internet to globally censor and allow the plug to be pulled any time. Lockdowns and forced isolation has meant that communication between people has been through electronic means and no longer through face-to-face discourse and discussion. Cult psychopaths have targeted the bars, restaurants, sport, venues and meeting places in general for this reason. None of this is by chance and it's to stop people gathering in any kind of privacy or number while being able to track and monitor all Internet communications and block them as necessary. Even private messages between individuals have been censored by these fascists that control Cult fronts like Facebook, Twitter, Google and YouTube which are all officially run by Sabbatian place-people and from the background by higher-level Sabbatian place people.

Facebook, Google, Amazon and their like were seed-funded and supported into existence with money-no-object infusions of funds either directly or indirectly from DARPA and CIA technology arm In-Q-Tel. The Cult plays the long game and prepares very carefully for big plays like 'Covid'. Amazon is another front in the psychological war and pretty much controls the global market in book sales and increasingly publishing. Amazon's limitless funds have deleted fantastic numbers of independent publishers to seize global domination on the way to deciding which books can be sold and circulated and which cannot. Moves in that direction are already happening. Amazon's leading light Jeff Bezos is the grandson of Lawrence Preston Gise who worked with DARPA predecessor ARPA. Amazon has big connections to the CIA and the Pentagon. The plan I have long described went like this:

1. Employ military technology to establish the Internet.

2. Sell the Internet as a place where people can freely communicate without censorship and allow that to happen until the Net becomes the central and irreversible pillar of human society. If the Internet had been highly censored from the start many would have rejected it.

3. Fund and manipulate major corporations into being to control the circulation of information on your Internet using cover stories about geeks in garages to explain how they came about. Give them unlimited funds to expand rapidly with no need to make a profit for years while non-Cult companies who need to balance the books cannot compete. You know that in these circumstances your Googles, YouTubes, Facebooks and Amazons are going to secure near monopolies by either crushing or buying up the opposition.

4. Allow freedom of expression on both the Internet and communication platforms to draw people in until the Internet is the central and irreversible pillar of human society and your communication corporations have reached a stage of near monopoly domination.

5. Then unleash your always-planned frenzy of censorship on the basis of 'where else are you going to go?' and continue to expand that until nothing remains that the Cult does not want its human targets to see.

The process was timed to hit the 'Covid' hoax to ensure the best chance possible of controlling the narrative which they knew they had to do at all costs. They were, after all, about to unleash a 'deadly virus' that didn't really exist. If you do that in an environment of free-flowing information and opinion you would be dead in the

water before you could say Gates is a psychopath. The network was in place through which the Cult-created-and-owned World Health Organization could dictate the 'Covid' narrative and response policy slavishly supported by Cult-owned Internet communication giants and mainstream media while those telling a different story were censored. Google, YouTube, Facebook and Twitter openly announced that they would do this. What else would we expect from Cult-owned operations like Facebook which former executives have confirmed set out to make the platform more addictive than cigarettes and coldly manipulates emotions of its users to sow division between people and groups and scramble the minds of the young? If Zuckerberg lives out the rest of his life without going to jail for crimes against humanity, and most emphatically against the young, it will be a travesty of justice. Still, no matter, cause and effect will catch up with him eventually and the same with Sergey Brin and Larry Page at Google with its CEO Sundar Pichai who fix the Google search results to promote Cult narratives and hide the opposition. Put the same key words into Google and other search engines like DuckDuckGo and you will see how different results can be. Wikipedia is another intensely biased 'encyclopaedia' which skews its content to the Cult agenda. YouTube links to Wikipedia's version of 'Covid' and 'climate change' on video pages in which experts in their field offer a different opinion (even that is increasingly rare with Wojcicki censorship). Into this 'Covid' silence-them network must be added government media censors, sorry 'regulators', such as Ofcom in the UK which imposed tyrannical restrictions on British broadcasters that had the effect of banning me from ever appearing. Just to debate with me about my evidence and views on 'Covid' would mean breaking the fascistic impositions of Ofcom and its CEO career government bureaucrat Melanie Dawes. Gutless British broadcasters tremble at the very thought of fascist Ofcom.

Psychos behind 'Covid'

The reason for the 'Covid' catastrophe in all its facets and forms can be seen by whom and what is driving the policies worldwide in such a coordinated way. Decisions are not being made to protect health, but to target psychology. The dominant group guiding and 'advising' government policy are not medical professionals. They are psychologists and behavioural scientists. Every major country has its own version of this phenomenon and I'll use the British example to show how it works. In many ways the British version has been affecting the wider world in the form of the huge behaviour manipulation network in the UK which operates in other countries. The network involves private companies, government, intelligence and military. The Cabinet Office is at the centre of the government 'Covid' Psyop and part-owns, with 'innovation charity' Nesta, the Behavioural Insights Team (BIT) which claims to be independent of government but patently isn't. The BIT was established in 2010 and its job is to manipulate the psyche of the population to acquiesce to government demands and so much more. It is also known as the 'Nudge Unit', a name inspired by the 2009 book by two ultra-Zionists, Cass Sunstein and Richard Thaler, called *Nudge: Improving Decisions About Health, Wealth, and Happiness*. The book, as with the Behavioural Insights Team, seeks to 'nudge' behaviour (manipulate it) to make the public follow patterns of action and perception that suit those in authority (the Cult). Sunstein is so skilled at this that he advises the World Health Organization and the UK Behavioural Insights Team and was Administrator of the White House Office of Information and Regulatory Affairs in the Obama administration. Biden appointed him to the Department of Homeland Security – another ultra-Zionist in the fold to oversee new immigration laws which is another policy the Cult wants to control. Sunstein is desperate to silence anyone exposing conspiracies and co-authored a 2008 report on the subject in which suggestions were offered to ban 'conspiracy theorizing' or impose 'some kind of tax, financial or otherwise, on those who disseminate such theories'. I guess a psychiatrist's chair is out of the question?

Sunstein's mate Richard Thaler, an 'academic affiliate' of the UK Behavioural Insights Team, is a proponent of 'behavioural economics' which is defined as the study of 'the effects of psychological, cognitive, emotional, cultural and social factors on the decisions of individuals and institutions'. Study the effects so they can be manipulated to be what you want them to be. Other leading names in the development of behavioural economics are ultra-Zionists Daniel Kahneman and Robert J. Shiller and they, with Thaler, won the Nobel Memorial Prize in Economic Sciences for their work in this field. The Behavioural Insights Team is operating at the heart of the UK government and has expanded globally through partnerships with several universities including Harvard, Oxford, Cambridge, University College London (UCL) and Pennsylvania. They claim to have 'trained' (reframed) 20,000 civil servants and run more than 750 projects involving 400 randomised controlled trials in dozens of countries' as another version of mind reframers Common Purpose. BIT works from its office in New York with cities and their agencies, as well as other partners, across the United States and Canada – this is a company part-owned by the British government Cabinet Office. An executive order by President Cult-servant Obama established a US Social and Behavioral Sciences Team in 2015. They all have the same reason for being and that's to brainwash the population directly and by brainwashing those in positions of authority.

'Covid' mind game

Another prime aspect of the UK mind-control network is the 'independent' [joke] Scientific Pandemic Insights Group on Behaviours (SPI-B) which 'provides behavioural science advice aimed at anticipating and helping people adhere to interventions that are recommended by medical or epidemiological experts'. That means manipulating public perception and behaviour to do whatever government tells them to do. It's disgusting and if they really want the public to be 'safe' this lot should all be under lock and key. According to the government website SPI-B consists of

‘behavioural scientists, health and social psychologists, anthropologists and historians’ and advises the Whitty-Vallance-led Scientific Advisory Group for Emergencies (SAGE) which in turn advises the government on ‘the science’ (it doesn’t) and ‘Covid’ policy. When politicians say they are being guided by ‘the science’ this is the rabble in each country they are talking about and that ‘science’ is dominated by behaviour manipulators to enforce government fascism through public compliance. The Behaviour Insight Team is headed by psychologist David Solomon Halpern, a visiting professor at King’s College London, and connects with a national and global web of other civilian and military organisations as the Cult moves towards its goal of fusing them into one fascistic whole in every country through its ‘Fusion Doctrine’. The behaviour manipulation network involves, but is not confined to, the Foreign Office; National Security Council; government communications headquarters (GCHQ); MI5; MI6; the Cabinet Office-based Media Monitoring Unit; and the Rapid Response Unit which ‘monitors digital trends to spot emerging issues; including misinformation and disinformation; and identifies the best way to respond’.

There is also the 77th Brigade of the UK military which operates like the notorious Israeli military’s Unit 8200 in manipulating information and discussion on the Internet by posing as members of the public to promote the narrative and discredit those who challenge it. Here we have the military seeking to manipulate *domestic* public opinion while the Nazis in government are fine with that. Conservative Member of Parliament Tobias Ellwood, an advocate of lockdown and control through ‘vaccine passports’, is a Lieutenant Colonel reservist in the 77th Brigade which connects with the military operation jHub, the ‘innovation centre’ for the Ministry of Defence and Strategic Command. jHub has also been involved with the civilian National Health Service (NHS) in ‘symptom tracing’ the population. The NHS is a key part of this mind control network and produced a document in December, 2020, explaining to staff how to use psychological manipulation with different groups and ages to get them to have the DNA-manipulating ‘Covid vaccine’

that's designed to cumulatively rewrite human genetics. The document, called 'Optimising Vaccination Roll Out – Do's and Dont's for all messaging, documents and "communications" in the widest sense', was published by NHS England and the NHS Improvement *Behaviour Change Unit* in partnership with Public Health England and Warwick Business School. I hear the mantra about 'save the NHS' and 'protect the NHS' when we need to scrap the NHS and start again. The current version is far too corrupt, far too anti-human and totally compromised by Cult operatives and their assets. UK government broadcast media censor Ofcom will connect into this web – as will the BBC with its tremendous Ofcom influence – to control what the public see and hear and dictate mass perception. Nuremberg trials must include personnel from all these organisations.

The fear factor

The 'Covid' hoax has led to the creation of the UK Cabinet Office-connected Joint Biosecurity Centre (JBC) which is officially described as providing 'expert advice on pandemics' using its independent [all Cult operations are 'independent'] analytical function to provide real-time analysis about infection outbreaks to identify and respond to outbreaks of Covid-19'. Another role is to advise the government on a response to spikes in infections – 'for example by closing schools or workplaces in local areas where infection levels have risen'. Put another way, promoting the Cult agenda. The Joint Biosecurity Centre is modelled on the Joint Terrorism Analysis Centre which analyses intelligence to set 'terrorism threat levels' and here again you see the fusion of civilian and military operations and intelligence that has led to military intelligence producing documents about 'vaccine hesitancy' and how it can be combated. Domestic civilian matters and opinions should not be the business of the military. The Joint Biosecurity Centre is headed by Tom Hurd, director general of the Office for Security and Counter-Terrorism from the establishment-to-its-fingertips Hurd family. His father is former Foreign Secretary Douglas Hurd. How coincidental that Tom

Hurd went to the elite Eton College and Oxford University with Boris Johnson. Imperial College with its ridiculous computer modeller Neil Ferguson will connect with this gigantic web that will itself interconnect with similar set-ups in other major and not so major countries. Compared with this Cult network the politicians, be they Boris Johnson, Donald Trump or Joe Biden, are bit-part players 'following the science'. The network of psychologists was on the 'Covid' case from the start with the aim of generating maximum fear of the 'virus' to ensure compliance by the population. A government behavioural science group known as SPI-B produced a paper in March, 2020, for discussion by the main government science advisory group known as SAGE. It was headed 'Options for increasing adherence to social distancing measures' and it said the following in a section headed 'Persuasion':

- A substantial number of people still do not feel sufficiently personally threatened; it could be that they are reassured by the low death rate in their demographic group, although levels of concern may be rising. Having a good understanding of the risk has been found to be positively associated with adoption of COVID-19 social distancing measures in Hong Kong.

- The perceived level of personal threat needs to be increased among those who are complacent, using hard-hitting evaluation of options for increasing social distancing emotional messaging. To be effective this must also empower people by making clear the actions they can take to reduce the threat.

- Responsibility to others: There seems to be insufficient understanding of, or feelings of responsibility about, people's role in transmitting the infection to others … Messaging about actions need to be framed positively in terms of protecting oneself and the community, and increase confidence that they will be effective.

- Some people will be more persuaded by appeals to play by the rules, some by duty to the community, and some to personal risk.

> All these different approaches are needed. The messaging also needs to take account of the realities of different people's lives. Messaging needs to take account of the different motivational levers and circumstances of different people.

All this could be achieved the SPI-B psychologists said by *using the media to increase the sense of personal threat* which translates as terrify the shit out of the population, including children, so they all do what we want. That's not happened has it? Those excuses for 'journalists' who wouldn't know journalism if it bit them on the arse (the great majority) have played their crucial part in serving this Cult-government Psyop to enslave their own kids and grandkids. How they live with themselves I have no idea. The psychological war has been underpinned by constant government 'Covid' propaganda in almost every television and radio ad break, plus the Internet and print media, which has pounded out the fear with taxpayers footing the bill for their own programming. The result has been people terrified of a 'virus' that doesn't exist or one with a tiny fatality rate even if you believe it does. People walk down the street and around the shops wearing face-nappies damaging their health and psychology while others report those who refuse to be that naïve to the police who turn up in their own face-nappies. I had a cameraman come to my flat and he was so frightened of 'Covid' he came in wearing a mask and refused to shake my hand in case he caught something. He had – naïveitis – and the thought that he worked in the mainstream media was both depressing and made his behaviour perfectly explainable. The fear which has gripped the minds of so many and frozen them into compliance has been carefully cultivated by these psychologists who are really psychopaths. If lives get destroyed and a lot of young people commit suicide it shows our plan is working. SPI-B then turned to compulsion on the public to comply. 'With adequate preparation, rapid change can be achieved', it said. Some countries had introduced mandatory self-isolation on a wide scale without evidence of major public unrest and a large majority of the UK's population appeared to be supportive of more coercive measures with 64 percent of adults saying they would

support putting London under a lockdown (watch the 'polls' which are designed to make people believe that public opinion is in favour or against whatever the subject in hand).

For 'aggressive protective measures' to be effective, the SPI-B paper said, special attention should be devoted to those population groups that are more at risk. Translated from the Orwellian this means making the rest of population feel guilty for not protecting the 'vulnerable' such as old people which the Cult and its agencies were about to kill on an industrial scale with lockdown, lack of treatment and the Gates 'vaccine'. Psychopath psychologists sold their guilt-trip so comprehensively that Los Angeles County Supervisor Hilda Solis reported that children were apologising (from a distance) to their parents and grandparents for bringing 'Covid' into their homes and getting them sick. '… These apologies are just some of the last words that loved ones will ever hear as they die alone,' she said. Gut-wrenchingly Solis then used this childhood tragedy to tell children to stay at home and 'keep your loved ones alive'. Imagine heaping such potentially life-long guilt on a kid when it has absolutely nothing to do with them. These people are deeply disturbed and the psychologists behind this even more so.

Uncivil war – divide and rule

Professional mind-controllers at SPI-B wanted the media to increase a sense of responsibility to others (do as you're told) and promote 'positive messaging' for those actions while in contrast to invoke 'social disapproval' by the unquestioning, obedient, community of anyone with a mind of their own. Again the compliant Goebbels-like media obliged. This is an old, old, trick employed by tyrannies the world over throughout human history. You get the target population to keep the target population in line – *your* line. SPI-B said this could 'play an important role in preventing anti-social behaviour or discouraging failure to enact pro-social behaviour'. For 'anti-social' in the Orwellian parlance of SPI-B see any behaviour that government doesn't approve. SPI-B recommendations said that 'social disapproval' should be accompanied by clear messaging and

promotion of strong collective identity – hence the government and celebrity mantra of 'we're all in this together'. Sure we are. The mind doctors have such contempt for their targets that they think some clueless comedian, actor or singer telling them to do what the government wants will be enough to win them over. We have had UK comedian Lenny Henry, actor Michael Caine and singer Elton John wheeled out to serve the propagandists by urging people to have the DNA-manipulating 'Covid' non-'vaccine'. The role of Henry and fellow black celebrities in seeking to coax a 'vaccine' reluctant black community into doing the government's will was especially stomach-turning. An emotion-manipulating script and carefully edited video featuring these black 'celebs' was such an insult to the intelligence of black people and where's the self-respect of those involved selling their souls to a fascist government agenda? Henry said he heard black people's 'legitimate worries and concerns', but people must 'trust the facts' when they were doing exactly that by not having the 'vaccine'. They had to include the obligatory reference to Black Lives Matter with the line … 'Don't let coronavirus cost even more black lives – because we matter'. My god, it was pathetic. 'I know the vaccine is safe and what it does.' How? 'I'm a comedian and it says so in my script.'

SPI-B said social disapproval needed to be carefully managed to avoid victimisation, scapegoating and misdirected criticism, but they knew that their 'recommendations' would lead to exactly that and the media were specifically used to stir-up the divide-and-conquer hostility. Those who conform like good little baa, baas, are praised while those who have seen through the tidal wave of lies are 'Covidiots'. The awake have been abused by the fast asleep for not conforming to fascism and impositions that the awake know are designed to endanger their health, dehumanise them, and tear asunder the very fabric of human society. We have had the curtain-twitchers and morons reporting neighbours and others to the face-nappied police for breaking 'Covid rules' with fascist police delighting in posting links and phone numbers where this could be done. The Cult cannot impose its will without a compliant police

and military or a compliant population willing to play their part in enslaving themselves and their kids. The words of a pastor in Nazi Germany are so appropriate today:

> First they came for the socialists and I did not speak out because I was not a socialist.
>
> Then they came for the trade unionists and I did not speak out because I was not a trade unionist.
>
> Then they came for the Jews and I did not speak out because I was not a Jew.
>
> Then they came for me and there was no one left to speak for me.

Those who don't learn from history are destined to repeat it and so many are.

'Covid' rules: Rewiring the mind

With the background laid out to this gigantic national and global web of psychological manipulation we can put 'Covid' rules into a clear and sinister perspective. Forget the claims about protecting health. 'Covid' rules are about dismantling the human mind, breaking the human spirit, destroying self-respect, and then putting Humpty Dumpty together again as a servile, submissive slave. Social isolation through lockdown and distancing have devastating effects on the human psyche as the psychological psychopaths well know and that's the real reason for them. Humans need contact with each other, discourse, closeness and touch, or they eventually, and literarily, go crazy. Masks, which I will address at some length, fundamentally add to the effects of isolation and the Cult agenda to dehumanise and de-individualise the population. To do this while knowing – in fact *seeking* – this outcome is the very epitome of evil and psychologists involved in this *are* the epitome of evil. They must like all the rest of the Cult demons and their assets stand trial for crimes against humanity on a scale that defies the imagination. Psychopaths in uniform use isolation to break enemy troops and agents and make them subservient and submissive to tell what they know. The technique is rightly considered a form of torture and

torture is most certainly what has been imposed on the human population.

Clinically-insane American psychologist Harry Harlow became famous for his isolation experiments in the 1950s in which he separated baby monkeys from their mothers and imprisoned them for months on end in a metal container or 'pit of despair'. They soon began to show mental distress and depression as any idiot could have predicted. Harlow put other monkeys in steel chambers for three, six or twelve months while denying them any contact with animals or humans. He said that the effects of total social isolation for six months were 'so devastating and debilitating that we had assumed initially that twelve months of isolation would not produce any additional decrement'; but twelve months of isolation 'almost obliterated the animals socially'. This is what the Cult and its psychopaths are doing to you and your children. Even monkeys in partial isolation in which they were not allowed to form relationships with other monkeys became 'aggressive and hostile, not only to others, but also towards their own bodies'. We have seen this in the young as a consequence of lockdown. UK government psychopaths launched a public relations campaign telling people not to hug each other even after they received the 'Covid-19 vaccine' which we were told with more lies would allow a return to 'normal life'. A government source told *The Telegraph*: 'It will be along the lines that it is great that you have been vaccinated, but if you are going to visit your family and hug your grandchildren there is a chance you are going to infect people you love.' The source was apparently speaking from a secure psychiatric facility. Janet Lord, director of Birmingham University's Institute of Inflammation and Ageing, said that parents and grandparents should avoid hugging their children. Well, how can I put it, Ms Lord? Fuck off. Yep, that'll do.

Destroying the kids – where are the parents?

Observe what has happened to people enslaved and isolated by lockdown as suicide and self-harm has soared worldwide,

particularly among the young denied the freedom to associate with their friends. A study of 49,000 people in English-speaking countries concluded that almost half of young adults are at clinical risk of mental health disorders. A national survey in America of 1,000 currently enrolled high school and college students found that 5 percent reported attempting suicide during the pandemic. Data from the US CDC's National Syndromic Surveillance Program from January 1st to October 17th, 2020, revealed a *31 percent* increase in mental health issues among adolescents aged 12 to 17 compared with 2019. The CDC reported that America in general suffered the biggest drop in life expectancy since World War Two as it fell by a year in the first half of 2020 as a result of 'deaths of despair' – overdoses and suicides. Deaths of despair have leapt by more than 20 percent during lockdown and include the highest number of fatal overdoses ever recorded in a single year – 81,000. Internet addiction is another consequence of being isolated at home which lowers interest in physical activities as kids fall into inertia and what's the point? Children and young people are losing hope and giving up on life, sometimes literally. A 14-year-old boy killed himself in Maryland because he had 'given up' when his school district didn't reopen; an 11-year-old boy shot himself during a zoom class; a teenager in Maine succumbed to the isolation of the 'pandemic' when he ended his life after experiencing a disrupted senior year at school. Children as young as nine have taken their life and all these stories can be repeated around the world. Careers are being destroyed before they start and that includes those in sport in which promising youngsters have not been able to take part. The plan of the psycho-psychologists is working all right. Researchers at Cambridge University found that lockdowns cause significant harm to children's mental health. Their study was published in the *Archives of Disease in Childhood*, and followed 168 children aged between 7 and 11. The researchers concluded:

> During the UK lockdown, children's depression symptoms have increased substantially, relative to before lockdown. The scale of this effect has direct relevance for the continuation of different elements of lockdown policy, such as complete or partial school closures …

> … Specifically, we observed a statistically significant increase in ratings of depression, with a medium-to-large effect size. Our findings emphasise the need to incorporate the potential impact of lockdown on child mental health in planning the ongoing response to the global pandemic and the recovery from it.

Not a chance when the Cult's psycho-psychologists were getting exactly what they wanted. The UK's Royal College of Paediatrics and Child Health has urged parents to look for signs of eating disorders in children and young people after a three to four fold increase. Specialists say the 'pandemic' is a major reason behind the rise. You don't say. The College said isolation from friends during school closures, exam cancellations, loss of extra-curricular activities like sport, and an increased use of social media were all contributory factors along with fears about the virus (psycho-psychologists again), family finances, and students being forced to quarantine. Doctors said young people were becoming severely ill by the time they were seen with 'Covid' regulations reducing face-to-face consultations. Nor is it only the young that have been devastated by the psychopaths. Like all bullies and cowards the Cult is targeting the young, elderly, weak and infirm. A typical story was told by a British lady called Lynn Parker who was not allowed to visit her husband in 2020 for the last ten and half months of his life 'when he needed me most' between March 20th and when he died on December 19th. This vacates the criminal and enters the territory of evil. The emotional impact on the immune system alone is immense as are the number of people of all ages worldwide who have died as a result of Cult-demanded, Gates-demanded, lockdowns.

Isolation is torture

The experience of imposing solitary confinement on millions of prisoners around the world has shown how a large percentage become 'actively psychotic and/or acutely suicidal'. Social isolation has been found to trigger 'a specific psychiatric syndrome, characterized by hallucinations; panic attacks; overt paranoia; diminished impulse control; hypersensitivity to external stimuli; and difficulties with thinking, concentration and memory'. Juan Mendez,

a United Nations rapporteur (investigator), said that isolation is a form of torture. Research has shown that even after isolation prisoners find it far more difficult to make social connections and I remember chatting to a shop assistant after one lockdown who told me that when her young son met another child again he had no idea how to act or what to do. Hannah Flanagan, Director of Emergency Services at Journey Mental Health Center in Dane County, Wisconsin, said: 'The specificity about Covid social distancing and isolation that we've come across as contributing factors to the suicides are really new to us this year.' But they are not new to those that devised them. They are getting the effect they want as the population is psychologically dismantled to be rebuilt in a totally different way. Children and the young are particularly targeted. They will be the adults when the full-on fascist AI-controlled technocracy is planned to be imposed and they are being prepared to meekly submit. At the same time older people who still have a memory of what life was like before – and how fascist the new normal really is – are being deleted. You are going to see efforts to turn the young against the old to support this geriatric genocide. Hannah Flanagan said the big increase in suicide in her county proved that social isolation is not only harmful, but deadly. Studies have shown that isolation from others is one of the main risk factors in suicide and even more so with women. Warnings that lockdown could create a 'perfect storm' for suicide were ignored. After all this was one of the *reasons* for lockdown. Suicide, however, is only the most extreme of isolation consequences. There are many others. Dr Dhruv Khullar, assistant professor of healthcare policy at Weill Cornell Medical College, said in a *New York Times* article in 2016 long before the fake 'pandemic':

> A wave of new research suggests social separation is bad for us. Individuals with less social connection have disrupted sleep patterns, altered immune systems, more inflammation and higher levels of stress hormones. One recent study found that isolation increases the risk of heart disease by 29 percent and stroke by 32 percent. Another analysis that pooled data from 70 studies and 3.4 million people found that socially isolated individuals had a 30 percent higher risk of dying in the next seven years, and that this effect was largest in middle age.

Loneliness can accelerate cognitive decline in older adults, and isolated individuals are twice as likely to die prematurely as those with more robust social interactions. These effects start early: Socially isolated children have significantly poorer health 20 years later, even after controlling for other factors. All told, loneliness is as important a risk factor for early death as obesity and smoking.

There you have proof from that one article alone four years before 2020 that those who have enforced lockdown, social distancing and isolation knew what the effect would be and that is even more so with professional psychologists that have been driving the policy across the globe. We can go back even further to the years 2000 and 2003 and the start of a major study on the effects of isolation on health by Dr Janine Gronewold and Professor Dirk M. Hermann at the University Hospital in Essen, Germany, who analysed data on 4,316 people with an average age of 59 who were recruited for the long-term research project. They found that socially isolated people are more than 40 percent more likely to have a heart attack, stroke, or other major cardiovascular event and nearly 50 percent more likely to die from any cause. Given the financial Armageddon unleashed by lockdown we should note that the study found a relationship between increased cardiovascular risk and lack of financial support. After excluding other factors social isolation was still connected to a 44 percent increased risk of cardiovascular problems and a 47 percent increased risk of death by any cause. Lack of financial support was associated with a 30 percent increase in the risk of cardiovascular health events. Dr Gronewold said it had been known for some time that feeling lonely or lacking contact with close friends and family can have an impact on physical health and the study had shown that having strong social relationships is of high importance for heart health. Gronewold said they didn't understand yet why people who are socially isolated have such poor health outcomes, but this was obviously a worrying finding, particularly during these times of prolonged social distancing. Well, it can be explained on many levels. You only have to identify the point in the body where people feel loneliness and missing people they are parted from – it's in the centre of the chest where they feel the ache of loneliness and the ache of missing people. 'My heart aches for

you' … 'My heart aches for some company.' I will explain this more in the chapter Escaping Wetiko, but when you realise that the body is the mind – they are expressions of each other – the reason why state of the mind dictates state of the body becomes clear.

American psychologist Ranjit Powar was highlighting the effects of lockdown isolation as early as April, 2020. She said humans have evolved to be social creatures and are wired to live in interactive groups. Being isolated from family, friends and colleagues could be unbalancing and traumatic for most people and could result in short or even long-term psychological and physical health problems. An increase in levels of anxiety, aggression, depression, forgetfulness and hallucinations were possible psychological effects of isolation. 'Mental conditions may be precipitated for those with underlying pre-existing susceptibilities and show up in many others without any pre-condition.' Powar said personal relationships helped us cope with stress and if we lost this outlet for letting off steam the result can be a big emotional void which, for an average person, was difficult to deal with. 'Just a few days of isolation can cause increased levels of anxiety and depression' – so what the hell has been the effect on the global population of *18 months* of this at the time of writing? Powar said: 'Add to it the looming threat of a dreadful disease being repeatedly hammered in through the media and you have a recipe for many shades of mental and physical distress.' For those with a house and a garden it is easy to forget that billions have had to endure lockdown isolation in tiny overcrowded flats and apartments with nowhere to go outside. The psychological and physical consequences of this are unimaginable and with lunatic and abusive partners and parents the consequences have led to tremendous increases in domestic and child abuse and alcoholism as people seek to shut out the horror. Ranjit Powar said:

> Staying in a confined space with family is not all a rosy picture for everyone. It can be extremely oppressive and claustrophobic for large low-income families huddled together in small single-room houses. Children here are not lucky enough to have many board/electronic games or books to keep them occupied.

Add to it the deep insecurity of running out of funds for food and basic necessities. On the other hand, there are people with dysfunctional family dynamics, such as domineering, abusive or alcoholic partners, siblings or parents which makes staying home a period of trial. Incidence of suicide and physical abuse against women has shown a worldwide increase. Heightened anxiety and depression also affect a person's immune system, making them more susceptible to illness.

To think that Powar's article was published on April 11th, 2020.

Six-feet fantasy

Social (unsocial) distancing demanded that people stay six feet or two metres apart. UK government advisor Robert Dingwall from the New and Emerging Respiratory Virus Threats Advisory Group said in a radio interview that the two-metre rule was 'conjured up out of nowhere' and was not based on science. No, it was not based on *medical* science, but it didn't come out of nowhere. The distance related to *psychological* science. Six feet/two metres was adopted in many countries and we were told by people like the criminal Anthony Fauci and his ilk that it was founded on science. Many schools could not reopen because they did not have the space for six-feet distancing. Then in March, 2021, after a year of six-feet 'science', a study published in the *Journal of Infectious Diseases* involving more than 500,000 students and almost 100,000 staff over 16 weeks revealed no significant difference in 'Covid' cases between six feet and three feet and Fauci changed his tune. Now three feet was okay. There is no difference between six feet and three *inches* when there is no 'virus' and they got away with six feet for psychological reasons for as long as they could. I hear journalists and others talk about 'unintended consequences' of lockdown. They are not *unintended* at all; they have been coldly-calculated for a specific outcome of human control and that's why super-psychopaths like Gates have called for them so vehemently. Super-psychopath psychologists have demanded them and psychopathic or clueless, spineless, politicians have gone along with them by 'following the science'. But it's not science at all. 'Science' is not what is; it's only what people can be manipulated to believe it is. The whole 'Covid' catastrophe is

founded on mind control. Three word or three statement mantras issued by the UK government are a well-known mind control technique and so we've had 'Stay home/protect the NHS/save lives', 'Stay alert/control the virus/save lives' and 'hands/face/space'. One of the most vocal proponents of extreme 'Covid' rules in the UK has been Professor Susan Michie, a member of the British Communist Party, who is not a medical professional. Michie is the director of the Centre for Behaviour Change at University College London. She is a *behavioural psychologist* and another filthy rich 'Marxist' who praised China's draconian lockdown. She was known by fellow students at Oxford University as 'Stalin's nanny' for her extreme Marxism. Michie is an influential member of the UK government's Scientific Advisory Group for Emergencies (SAGE) and behavioural manipulation groups which have dominated 'Covid' policy. She is a consultant adviser to the World Health Organization on 'Covid-19' and behaviour. Why the hell are lockdowns anything to do with her when they are claimed to be about health? Why does a behavioural psychologist from a group charged with changing the behaviour of the public want lockdown, human isolation and mandatory masks? Does that question really need an answer? Michie *absolutely* has to explain herself before a Nuremberg court when humanity takes back its world again and even more so when you see the consequences of masks that she demands are compulsory. This is a Michie classic:

> The benefits of getting primary school children to wear masks is that regardless of what little degree of transmission is occurring in those age groups it could help normalise the practice. Young children wearing masks may be more likely to get their families to accept masks.

Those words alone should carry a prison sentence when you ponder on the callous disregard for children involved and what a statement it makes about the mind and motivations of Susan Michie. What a lovely lady and what she said there encapsulates the mentality of the psychopaths behind the 'Covid' horror. Let us compare what Michie said with a countrywide study in Germany published at researchsquare.com involving 25,000 school children and 17,854 health complaints submitted by parents. Researchers

found that masks are harming children physically, psychologically, and behaviourally with 24 health issues associated with mask wearing. They include: shortness of breath (29.7%); dizziness (26.4%); increased headaches (53%); difficulty concentrating (50%); drowsiness or fatigue (37%); and malaise (42%). Nearly a third of children experienced more sleep issues than before and a quarter developed new fears. Researchers found health issues and other impairments in 68 percent of masked children covering their faces for an average of 4.5 hours a day. Hundreds of those taking part experienced accelerated respiration, tightness in the chest, weakness, and short-term impairment of consciousness. A reminder of what Michie said again:

> The benefits of getting primary school children to wear masks is that regardless of what little degree of transmission is occurring in those age groups it could help normalise the practice. Young children wearing masks may be more likely to get their families to accept masks.

Psychopaths in government and psychology now have children and young people – plus all the adults – wearing masks for hours on end while clueless teachers impose the will of the psychopaths on the young they should be protecting. What the hell are parents doing?

Cult lab rats

We have some schools already imposing on students microchipped buzzers that activate when they get 'too close' to their pals in the way they do with lab rats. How apt. To the Cult and its brain-dead servants our children *are* lab rats being conditioned to be unquestioning, dehumanised slaves for the rest of their lives. Children and young people are being weaned and frightened away from the most natural human instincts including closeness and touch. I have tracked in the books over the years how schools were banning pupils from greeting each other with a hug and the whole Cult-induced Me Too movement has terrified men and boys from a relaxed and natural interaction with female friends and work colleagues to the point where many men try never to be in a room

alone with a woman that's not their partner. Airhead celebrities have as always played their virtue-signalling part in making this happen with their gross exaggeration. For every monster like Harvey Weinstein there are at least tens of thousands of men that don't treat women like that; but everyone must be branded the same and policy changed for them as well as the monster. I am going to be using the word 'dehumanise' many times in this chapter because that is what the Cult is seeking to do and it goes very deep as we shall see. Don't let them kid you that social distancing is planned to end one day. That's not the idea. We are seeing more governments and companies funding and producing wearable gadgets to keep people apart and they would not be doing that if this was meant to be short-term. A tech start-up company backed by GCHQ, the British Intelligence and military surveillance headquarters, has created a social distancing wrist sensor that alerts people when they get too close to others. The CIA has also supported tech companies developing similar devices. The wearable sensor was developed by Tended, one of a number of start-up companies supported by GCHQ (see the CIA and DARPA). The device can be worn on the wrist or as a tag on the waistband and will vibrate whenever someone wearing the device breaches social distancing and gets anywhere near natural human contact. The company had a lucky break in that it was developing a distancing sensor when the 'Covid' hoax arrived which immediately provided a potentially enormous market. How fortunate. The government in big-time Cult-controlled Ontario in Canada is investing $2.5 million in wearable contact tracing technology that 'will alert users if they may have been exposed to the Covid-19 in the workplace and will beep or vibrate if they are within six feet of another person'. Facedrive Inc., the technology company behind this, was founded in 2016 with funding from the Ontario Together Fund and obviously they, too, had a prophet on the board of directors. The human surveillance and control technology is called TraceSCAN and would be worn by the human cyborgs in places such as airports, workplaces, construction sites, care homes and … *schools*.

I emphasise schools with children and young people the prime targets. You know what is planned for society as a whole if you keep your eyes on the schools. They have always been places where the state program the next generation of slaves to be its compliant worker-ants – or Woker-ants these days; but in the mist of the 'Covid' madness they have been transformed into mind laboratories on a scale never seen before. Teachers and head teachers are just as programmed as the kids – often more so. Children are kept apart from human interaction by walk lanes, classroom distancing, staggered meal times, masks, and the rolling-out of buzzer systems. Schools are now physically laid out as a laboratory maze for lab-rats. Lunatics at a school in Anchorage, Alaska, who should be prosecuted for child abuse, took away desks and forced children to kneel (know your place) on a mat for five hours a day while wearing a mask and using their chairs as a desk. How this was supposed to impact on a 'virus' only these clinically insane people can tell you and even then it would be clap-trap. The school banned recess (interaction), art classes (creativity), and physical exercise (getting body and mind moving out of inertia). Everyone behind this outrage should be in jail or better still a mental institution. The behavioural manipulators are all for this dystopian approach to schools. Professor Susan Michie, the mind-doctor and British Communist Party member, said it was wrong to say that schools were safe. They had to be made so by 'distancing', masks and ventilation (sitting all day in the cold). I must ask this lady round for dinner on a night I know I am going to be out and not back for weeks. She probably wouldn't be able to make it, anyway, with all the visits to her own psychologist she must have block-booked.

Masking identity

I know how shocking it must be for you that a behaviour manipulator like Michie wants everyone to wear masks which have long been a feature of mind-control programs like the infamous MKUltra in the United States, but, there we are. We live and learn. I spent many years from 1996 to right across the millennium

researching mind control in detail on both sides of the Atlantic and elsewhere. I met a large number of mind-control survivors and many had been held captive in body and mind by MKUltra. MK stands for mind-control, but employs the German spelling in deference to the Nazis spirited out of Germany at the end of World War Two by Operation Paperclip in which the US authorities, with help from the Vatican, transported Nazi mind-controllers and engineers to America to continue their work. Many of them were behind the creation of NASA and they included Nazi scientist and SS officer Wernher von Braun who swapped designing V-2 rockets to bombard London with designing the Saturn V rockets that powered the NASA moon programme's Apollo craft. I think I may have mentioned that the Cult has no borders. Among Paperclip escapees was Josef Mengele, the Angel of Death in the Nazi concentration camps where he conducted mind and genetic experiments on children often using twins to provide a control twin to measure the impact of his 'work' on the other. If you want to observe the Cult mentality in all its extremes of evil then look into the life of Mengele. I have met many people who suffered mercilessly under Mengele in the United States where he operated under the name Dr Greene and became a stalwart of MKUltra programming and torture. Among his locations was the underground facility in the Mojave Desert in California called the China Lake Naval Weapons Station which is almost entirely below the surface. My books *The Biggest Secret*, *Children of the Matrix* and *The Perception Deception* have the detailed background to MKUltra.

The best-known MKUltra survivor is American Cathy O'Brien. I first met her and her late partner Mark Phillips at a conference in Colorado in 1996. Mark helped her escape and deprogram from decades of captivity in an offshoot of MKUltra known as Project Monarch in which 'sex slaves' were provided for the rich and famous including Father George Bush, Dick Cheney and the Clintons. Read Cathy and Mark's book *Trance-Formation of America* and if you are new to this you will be shocked to the core. I read it in 1996 shortly before, with the usual synchronicity of my life, I found

myself given a book table at the conference right next to hers. MKUltra never ended despite being very publicly exposed (only a small part of it) in the 1970s and continues in other guises. I am still in touch with Cathy. She contacted me during 2020 after masks became compulsory in many countries to tell me how they were used as part of MKUltra programming. I had been observing 'Covid regulations' and the relationship between authority and public for months. I saw techniques that I knew were employed on individuals in MKUltra being used on the global population. I had read many books and manuals on mind control including one called *Silent Weapons for Quiet Wars* which came to light in the 1980s and was a guide on how to perceptually program on a mass scale. 'Silent Weapons' refers to mind-control. I remembered a line from the manual as governments, medical authorities and law enforcement agencies have so obviously talked to – or rather at – the adult population since the 'Covid' hoax began as if they are children. The document said:

> If a person is spoken to by a T.V. advertiser as if he were a twelve-year-old, then, due to suggestibility, he will, with a certain probability, respond or react to that suggestion with the uncritical response of a twelve-year-old and will reach in to his economic reservoir and deliver its energy to buy that product on impulse when he passes it in the store.

That's why authority has spoken to adults like children since all this began.

Why did Michael Jackson wear masks?

Every aspect of the 'Covid' narrative has mind-control as its central theme. Cathy O'Brien wrote an article for davidicke.com about the connection between masks and mind control. Her daughter Kelly who I first met in the 1990s was born while Cathy was still held captive in MKUltra. Kelly was forced to wear a mask as part of her programming from the age of *two* to dehumanise her, target her sense of individuality and reduce the amount of oxygen her brain and body received. *Bingo*. This is the real reason for compulsory

masks, why they have been enforced en masse, and why they seek to increase the number they demand you wear. First one, then two, with one disgraceful alleged 'doctor' recommending four which is nothing less than a death sentence. Where and how often they must be worn is being expanded for the purpose of mass mind control and damaging respiratory health which they can call 'Covid-19'. Canada's government headed by the man-child Justin Trudeau, says it's fine for children of two and older to wear masks. An insane 'study' in Italy involving just 47 children concluded there was no problem for babies as young as *four months* wearing them. Even after people were 'vaccinated' they were still told to wear masks by the criminal that is Anthony Fauci. Cathy wrote that mandating masks is allowing the authorities literally to control the air we breathe which is what was done in MKUltra. You might recall how the singer Michael Jackson wore masks and there is a reason for that. He was subjected to MKUltra mind control through Project Monarch and his psyche was scrambled by these simpletons. Cathy wrote:

> In MKUltra Project Monarch mind control, Michael Jackson had to wear a mask to silence his voice so he could not reach out for help. Remember how he developed that whisper voice when he wasn't singing? Masks control the mind from the outside in, like the redefining of words is doing. By controlling what we can and cannot say for fear of being labeled racist or beaten, for example, it ultimately controls thought that drives our words and ultimately actions (or lack thereof).
>
> Likewise, a mask muffles our speech so that we are not heard, which controls voice … words … mind. This is Mind Control. Masks are an obvious mind control device, and I am disturbed so many people are complying on a global scale. Masks depersonalize while making a person feel as though they have no voice. It is a barrier to others. People who would never choose to comply but are forced to wear a mask in order to keep their job, and ultimately their family fed, are compromised. They often feel shame and are subdued. People have stopped talking with each other while media controls the narrative.

The 'no voice' theme has often become literal with train passengers told not to speak to each other in case they pass on the 'virus', singing banned for the same reason and bonkers California officials telling people riding roller coasters that they cannot shout and scream. Cathy said she heard every day from healed MKUltra survivors who cannot wear a mask without flashing back on ways

their breathing was controlled – 'from ball gags and penises to water boarding'. She said that through the years when she saw images of people in China wearing masks 'due to pollution' that it was really to control their oxygen levels. 'I knew it was as much of a population control mechanism of depersonalisation as are burkas', she said. Masks are another Chinese communist/fascist method of control that has been swept across the West as the West becomes China at lightning speed since we entered 2020.

Mask-19

There are other reasons for mandatory masks and these include destroying respiratory health to call it 'Covid-19' and stunting brain development of children and the young. Dr Margarite Griesz-Brisson MD, PhD, is a Consultant Neurologist and Neurophysiologist and the Founder and Medical Director of the London Neurology and Pain Clinic. Her CV goes down the street and round the corner. She is clearly someone who cares about people and won't parrot the propaganda. Griesz-Brisson has a PhD in pharmacology, with special interest in neurotoxicology, environmental medicine, neuroregeneration and neuroplasticity (the way the brain can change in the light of information received). She went public in October, 2020, with a passionate warning about the effects of mask-wearing laws:

> The reinhalation of our exhaled air will without a doubt create oxygen deficiency and a flooding of carbon dioxide. We know that the human brain is very sensitive to oxygen deprivation. There are nerve cells for example in the hippocampus that can't be longer than 3 minutes without oxygen – they cannot survive. The acute warning symptoms are headaches, drowsiness, dizziness, issues in concentration, slowing down of reaction time – reactions of the cognitive system.

Oh, I know, let's tell bus, truck and taxi drivers to wear them and people working machinery. How about pilots, doctors and police? Griesz-Brisson makes the important point that while the symptoms she mentions may fade as the body readjusts this does not alter the fact that people continue to operate in oxygen deficit with long list of

potential consequences. She said it was well known that neurodegenerative diseases take years or decades to develop. 'If today you forget your phone number, the breakdown in your brain would have already started 20 or 30 years ago.' She said degenerative processes in your brain are getting amplified as your oxygen deprivation continues through wearing a mask. Nerve cells in the brain are unable to divide themselves normally in these circumstances and lost nerve cells will no longer be regenerated. 'What is gone is gone.' Now consider that people like shop workers and *schoolchildren* are wearing masks for hours every day. What in the name of sanity is going to be happening to them? 'I do not wear a mask, I need my brain to think', Griesz-Brisson said, 'I want to have a clear head when I deal with my patients and not be in a carbon dioxide-induced anaesthesia'. If you are told to wear a mask anywhere ask the organisation, police, store, whatever, for their risk assessment on the dangers and negative effects on mind and body of enforcing mask-wearing. They won't have one because it has never been done not even by government. All of them must be subject to class-action lawsuits as the consequences come to light. They don't do mask risk assessments for an obvious reason. They know what the conclusions would be and independent scientific studies that *have* been done tell a horror story of consequences.

'Masks are criminal'

Dr Griesz-Brisson said that for children and adolescents, masks are an absolute no-no. They had an extremely active and adaptive immune system and their brain was incredibly active with so much to learn. 'The child's brain, or the youth's brain, is thirsting for oxygen.' The more metabolically active an organ was, the more oxygen it required; and in children and adolescents every organ was metabolically active. Griesz-Brisson said that to deprive a child's or adolescent's brain of oxygen, or to restrict it in any way, was not only dangerous to their health, it was absolutely criminal. 'Oxygen deficiency inhibits the development of the brain, and the damage that has taken place as a result CANNOT be reversed.' Mind

manipulators of MKUltra put masks on two-year-olds they wanted to neurologically rewire and you can see why. Griesz-Brisson said a child needs the brain to learn and the brain needs oxygen to function. 'We don't need a clinical study for that. This is simple, indisputable physiology.' Consciously and purposely induced oxygen deficiency was an absolutely deliberate health hazard, and an absolute medical contraindication which means that 'this drug, this therapy, this method or measure should not be used, and is not allowed to be used'. To coerce an entire population to use an absolute medical contraindication by force, she said, there had to be definite and serious reasons and the reasons must be presented to competent interdisciplinary and independent bodies to be verified and authorised. She had this warning of the consequences that were coming if mask wearing continued:

> When, in ten years, dementia is going to increase exponentially, and the younger generations couldn't reach their god-given potential, it won't help to say 'we didn't need the masks'. I know how damaging oxygen deprivation is for the brain, cardiologists know how damaging it is for the heart, pulmonologists know how damaging it is for the lungs. Oxygen deprivation damages every single organ. Where are our health departments, our health insurance, our medical associations? It would have been their duty to be vehemently against the lockdown and to stop it and stop it from the very beginning.
>
> Why do the medical boards issue punishments to doctors who give people exemptions? Does the person or the doctor seriously have to prove that oxygen deprivation harms people? What kind of medicine are our doctors and medical associations representing? Who is responsible for this crime? The ones who want to enforce it? The ones who let it happen and play along, or the ones who don't prevent it?

All of the organisations and people she mentions there either answer directly to the Cult or do whatever hierarchical levels above them tell them to do. The outcome of both is the same. 'It's not about masks, it's not about viruses, it's certainly not about your health', Griesz-Brisson said. 'It is about much, much more. I am not participating. I am not afraid.' They were taking our air to breathe and there was no unfounded medical exemption from face masks. Oxygen deprivation was dangerous for every single brain. It had to be the free decision of every human being whether they want to

wear a mask that was absolutely ineffective to protect themselves from a virus. She ended by rightly identifying where the responsibility lies for all this:

> The imperative of the hour is personal responsibility. We are responsible for what we think, not the media. We are responsible for what we do, not our superiors. We are responsible for our health, not the World Health Organization. And we are responsible for what happens in our country, not the government.

Halle-bloody-lujah.

But surgeons wear masks, right?

Independent studies of mask-wearing have produced a long list of reports detailing mental, emotional and physical dangers. What a definition of insanity to see police officers imposing mask-wearing on the public which will cumulatively damage their health while the police themselves wear masks that will cumulatively damage *their* health. It's utter madness and both public and police do this because 'the government says so' – yes a government of brain-donor idiots like UK Health Secretary Matt Hancock reading the 'follow the science' scripts of psychopathic, lunatic psychologists. The response you get from Stockholm syndrome sufferers defending the very authorities that are destroying them and their families is that 'surgeons wear masks'. This is considered the game, set and match that they must work and don't cause oxygen deficit. Well, actually, scientific studies have shown that they *do* and oxygen levels are monitored in operating theatres to compensate. Surgeons wear masks to stop spittle and such like dropping into open wounds – not to stop 'viral particles' which are so miniscule they can only be seen through an electron microscope. Holes in the masks are significantly bigger than 'viral particles' and if you sneeze or cough they will breach the mask. I watched an incredibly disingenuous 'experiment' that claimed to prove that masks work in catching 'virus' material from the mouth and nose. They did this with a slow motion camera and the mask did block big stuff which stayed inside the mask and

against the face to be breathed in or cause infections on the face as we have seen with many children. 'Viral particles', however, would never have been picked up by the camera as they came through the mask when they are far too small to be seen. The 'experiment' was therefore disingenuous *and* useless.

Studies have concluded that wearing masks in operating theatres (and thus elsewhere) make no difference to preventing infection while the opposite is true with toxic shite building up in the mask and this had led to an explosion in tooth decay and gum disease dubbed by dentists 'mask mouth'. You might have seen the Internet video of a furious American doctor urging people to take off their masks after a four-year-old patient had been rushed to hospital the night before and nearly died with a lung infection that doctors sourced to mask wearing. A study in the journal *Cancer Discovery* found that inhalation of harmful microbes can contribute to advanced stage lung cancer in adults and long-term use of masks can help breed dangerous pathogens. Microbiologists have said frequent mask wearing creates a moist environment in which microbes can grow and proliferate before entering the lungs. The Canadian Agency for Drugs and Technologies in Health, or CADTH, a Canadian national organisation that provides research and analysis to healthcare decision-makers, said this as long ago as 2013 in a report entitled 'Use of Surgical Masks in the Operating Room: A Review of the Clinical Effectiveness and Guidelines'. It said:

- No evidence was found to support the use of surgical face masks to reduce the frequency of surgical site infections
- No evidence was found on the effectiveness of wearing surgical face masks to protect staff from infectious material in the operating room.
- Guidelines recommend the use of surgical face masks by staff in the operating room to protect both operating room staff and patients (despite the lack of evidence).

We were told that the world could go back to 'normal' with the arrival of the 'vaccines'. When they came, fraudulent as they are, the story changed as I knew that it would. We are in the midst of transforming 'normal', not going back to it. Mary Ramsay, head of immunisation at Public Health England, echoed the words of US criminal Anthony Fauci who said masks and other regulations must stay no matter if people are vaccinated. The Fauci idiot continued to wear two masks – different colours so both could be clearly seen – after he *claimed* to have been vaccinated. Senator Rand Paul told Fauci in one exchange that his double-masks were 'theatre' and he was right. It's all theatre. Mary Ramsay back-tracked on the vaccine-return-to-normal theme when she said the public may need to wear masks and social-distance for years despite the jabs. 'People have got used to those lower-level restrictions now, and [they] can live with them', she said telling us what the idea has been all along. 'The vaccine does not give you a pass, even if you have had it, you must continue to follow all the guidelines' said a Public Health England statement which reneged on what we had been told before and made having the 'vaccine' irrelevant to 'normality' even by the official story. Spain's fascist government trumped everyone by passing a law mandating the wearing of masks on the beach and even when swimming in the sea. The move would have devastated what's left of the Spanish tourist industry, posed potential breathing dangers to swimmers and had Northern European sunbathers walking around with their forehead brown and the rest of their face white as a sheet. The ruling was so crazy that it had to be retracted after pressure from public and tourist industry, but it confirmed where the Cult wants to go with masks and how clinically insane authority has become. The determination to make masks permanent and hide the serious dangers to body and mind can be seen in the censorship of scientist Professor Denis Rancourt by Bill Gates-funded academic publishing website ResearchGate over his papers exposing the dangers and uselessness of masks. Rancourt said:

ResearchGate today has permanently locked my account, which I have had since 2015. Their reasons graphically show the nature of their attack against democracy, and their corruption of

science … By their obscene non-logic, a scientific review of science articles reporting on harms caused by face masks has a ‘potential to cause harm’. No criticism of the psychological device (face masks) is tolerated, if the said criticism shows potential to influence public policy.

This is what happens in a fascist world.

Where are the ‘greens’ (again)?

Other dangers of wearing masks especially regularly relate to the inhalation of minute plastic fibres into the lungs and the deluge of discarded masks in the environment and oceans. Estimates predicted that more than 1.5 billion disposable masks will end up in the world’s oceans every year polluting the water with tons of plastic and endangering marine wildlife. Studies project that humans are using 129 billion face masks each month worldwide – about three million a minute. Most are disposable and made from plastic, non-biodegradable microfibers that break down into smaller plastic particles that become widespread in ecosystems. They are littering cities, clogging sewage channels and turning up in bodies of water. I have written in other books about the immense amounts of microplastics from endless sources now being absorbed into the body. Rolf Halden, director of the Arizona State University (ASU) Biodesign Center for Environmental Health Engineering, was the senior researcher in a 2020 study that analysed 47 human tissue samples and found microplastics in all of them. ‘We have detected these chemicals of plastics in every single organ that we have investigated’, he said. I wrote in *The Answer* about the world being deluged with microplastics. A study by the Worldwide Fund for Nature (WWF) found that people are consuming on average every week some 2,000 tiny pieces of plastic mostly through water and also through marine life and the air. Every year humans are ingesting enough microplastics to fill a heaped dinner plate and in a life-time of 79 years it is enough to fill two large waste bins. Marco Lambertini, WWF International director general said: ‘Not only are plastics polluting our oceans and waterways and killing marine life – it’s in all of us and we can’t escape consuming plastics,’ American

geologists found tiny plastic fibres, beads and shards in rainwater samples collected from the remote slopes of the Rocky Mountain National Park near Denver, Colorado. Their report was headed: 'It is raining plastic.' Rachel Adams, senior lecturer in Biomedical Science at Cardiff Metropolitan University, said that among health consequences are internal inflammation and immune responses to a 'foreign body'. She further pointed out that microplastics become carriers of toxins including mercury, pesticides and dioxins (a known cause of cancer and reproductive and developmental problems). These toxins accumulate in the fatty tissues once they enter the body through microplastics. Now this is being compounded massively by people putting plastic on their face and throwing it away.

Workers exposed to polypropylene plastic fibres known as 'flock' have developed 'flock worker's lung' from inhaling small pieces of the flock fibres which can damage lung tissue, reduce breathing capacity and exacerbate other respiratory problems. *Now* … commonly used surgical masks have three layers of melt-blown textiles made of … polypropylene. We have billions of people putting these microplastics against their mouth, nose and face for hours at a time day after day in the form of masks. How does anyone think that will work out? I mean – what could possibly go wrong? We posted a number of scientific studies on this at davidicke.com, but when I went back to them as I was writing this book the links to the science research website where they were hosted were dead. Anything that challenges the official narrative in any way is either censored or vilified. The official narrative is so unsupportable by the evidence that only deleting the truth can protect it. A study by Chinese scientists still survived – with the usual twist which it why it was still active, I guess. Yes, they found that virtually all the masks they tested increased the daily intake of microplastic fibres, but people should still wear them because the danger from the 'virus' was worse said the crazy 'team' from the Institute of Hydrobiology in Wuhan. Scientists first discovered microplastics in lung tissue of some patients who died of lung cancer

in the 1990s. Subsequent studies have confirmed the potential health damage with the plastic degrading slowly and remaining in the lungs to accumulate in volume. Wuhan researchers used a machine simulating human breathing to establish that masks shed up to nearly 4,000 microplastic fibres in a month with reused masks producing more. Scientists said some masks are laced with toxic chemicals and a variety of compounds seriously restricted for both health and environmental reasons. They include cobalt (used in blue dye) and formaldehyde known to cause watery eyes, burning sensations in the eyes, nose, and throat, plus coughing, wheezing and nausea. No – that must be ‘Covid-19’.

Mask ‘worms’

There is another and potentially even more sinister content of masks. Mostly new masks of different makes filmed under a microscope around the world have been found to contain strange black fibres or ‘worms’ that appear to move or ‘crawl’ by themselves and react to heat and water. The nearest I have seen to them are the self-replicating fibres that are pulled out through the skin of those suffering from Morgellons disease which has been connected to the phenomena of ‘chemtrails’ which I will bring into the story later on. Morgellons fibres continue to grow outside the body and have a form of artificial intelligence. Black ‘worm’ fibres in masks have that kind of feel to them and there is a nanotechnology technique called ‘worm micelles’ which carry and release drugs or anything else you want to deliver to the body. For sure the suppression of humanity by mind altering drugs is the Cult agenda big time and the more excuses they can find to gain access to the body the more opportunities there are to make that happen whether through ‘vaccines’ or masks pushed against the mouth and nose for hours on end.

So let us summarise the pros and cons of masks:

Against masks: Breathing in your own carbon dioxide; depriving the body and brain of sufficient oxygen; build-up of toxins in the mask that can be breathed into the lungs and cause rashes on the face and 'mask-mouth'; breathing microplastic fibres and toxic chemicals into the lungs; dehumanisation and deleting individualisation by literally making people faceless; destroying human emotional interaction through facial expression and deleting parental connection with their babies which look for guidance to their facial expression.

For masks: They don't protect you from a 'virus' that doesn't exist and even if it did 'viral' particles are so minute they are smaller than the holes in the mask.

Governments, police, supermarkets, businesses, transport companies, and all the rest who seek to impose masks have done no risk assessment on their consequences for health and psychology and are now open to group lawsuits when the impact becomes clear with a cumulative epidemic of respiratory and other disease. Authorities will try to exploit these effects and hide the real cause by dubbing them 'Covid-19'. Can you imagine setting out to force the population to wear health-destroying masks without doing any assessment of the risks? It is criminal and it is evil, but then how many people targeted in this way, who see their children told to wear them all day at school, have asked for a risk assessment? Billions can't be imposed upon by the few unless the billions allow it. Oh, yes, with just a tinge of irony, 85 percent of all masks made worldwide come from *China*.

Wash your hands in toxic shite

'Covid' rules include the use of toxic sanitisers and again the health consequences of constantly applying toxins to be absorbed through the skin is obvious to any level of Renegade Mind. America's Food and Drug Administration (FDA) said that sanitisers are drugs and issued a warning about 75 dangerous brands which contain

methanol used in antifreeze and can cause death, kidney damage and blindness. The FDA circulated the following warning even for those brands that it claims to be safe:

> Store hand sanitizer out of the reach of pets and children, and children should use it only with adult supervision. Do not drink hand sanitizer. This is particularly important for young children, especially toddlers, who may be attracted by the pleasant smell or brightly colored bottles of hand sanitizer.
>
> Drinking even a small amount of hand sanitizer can cause alcohol poisoning in children. (However, there is no need to be concerned if your children eat with or lick their hands after using hand sanitizer.) During this coronavirus pandemic, poison control centers have had an increase in calls about accidental ingestion of hand sanitizer, so it is important that adults monitor young children's use.
>
> Do not allow pets to swallow hand sanitizer. If you think your pet has eaten something potentially dangerous, call your veterinarian or a pet poison control center right away. Hand sanitizer is flammable and should be stored away from heat and flames. When using hand sanitizer, rub your hands until they feel completely dry before performing activities that may involve heat, sparks, static electricity, or open flames.

There you go, perfectly safe, then, and that's without even a mention of the toxins absorbed through the skin. Come on kids – sanitise your hands everywhere you go. It will save you from the 'virus'. Put all these elements together of the 'Covid' normal and see how much health and psychology is being cumulatively damaged, even devastated, to 'protect your health'. Makes sense, right? They are only imposing these things because they care, right? *Right?*

Submitting to insanity

Psychological reframing of the population goes very deep and is done in many less obvious ways. I hear people say how contradictory and crazy 'Covid' rules are and how they are ever changing. This is explained away by dismissing those involved as idiots. It is a big mistake. The Cult is delighted if its cold calculation is perceived as incompetence and idiocy when it is anything but. Oh, yes, there are idiots within the system – lots of them – but they are *administering* the Cult agenda, mostly unknowingly. They are not deciding and dictating it. The bulwark against tyranny is self-

respect, always has been, always will be. It is self-respect that has broken every tyranny in history. By its very nature self-respect will not bow to oppression and its perpetrators. There is so little self-respect that it's always the few that overturn dictators. Many may eventually follow, but the few with the iron spines (self-respect) kick it off and generate the momentum. The Cult targets self-respect in the knowledge that once this has gone only submission remains. Crazy, contradictory, ever-changing 'Covid' rules are systematically applied by psychologists to delete self-respect. They *want* you to see that the rules make no sense. It is one thing to decide to do something when *you* have made the choice based on evidence and logic. You still retain your self-respect. It is quite another when you can see what you are being told to do is insane, ridiculous and makes no sense, and *yet you still do it*. Your self-respect is extinguished and this has been happening as ever more obviously stupid and nonsensical things have been demanded and the great majority have complied even when they can see they are stupid and nonsensical.

People walk around in face-nappies knowing they are damaging their health and make no difference to a 'virus'. They do it in fear of not doing it. I know it's daft, but I'll do it anyway. When that happens something dies inside of you and submissive reframing has begun. Next there's a need to hide from yourself that you have conceded your self-respect and you convince yourself that you have not really submitted to fear and intimidation. You begin to believe that you are complying with craziness because it's the right thing to do. When first you concede your self-respect of 2+2 = 4 to 2+2 = 5 you *know* you are compromising your self-respect. Gradually to avoid facing that fact you begin to *believe* that 2+2=5. You have been reframed and I have been watching this process happening in the human psyche on an industrial scale. The Cult is working to break your spirit and one of its major tools in that war is humiliation. I read how former American soldier Bradley Manning (later Chelsea Manning after a sex-change) was treated after being jailed for supplying WikiLeaks with documents exposing the enormity of

government and elite mendacity. Manning was isolated in solitary confinement for eight months, put under 24-hour surveillance, forced to hand over clothing before going to bed, and stand naked for every roll call. This is systematic humiliation. The introduction of anal swab 'Covid' tests in China has been done for the same reason to delete self-respect and induce compliant submission. Anal swabs are mandatory for incoming passengers in parts of China and American diplomats have said they were forced to undergo the indignity which would have been calculated humiliation by the Cult-owned Chinese government that has America in its sights.

Government-people: An abusive relationship

Spirit-breaking psychological techniques include giving people hope and apparent respite from tyranny only to take it away again. This happened in the UK during Christmas, 2020, when the psycho-psychologists and their political lackeys announced an easing of restrictions over the holiday only to reimpose them almost immediately on the basis of yet another lie. There is a big psychological difference between getting used to oppression and being given hope of relief only to have that dashed. Psychologists know this and we have seen the technique used repeatedly. Then there is traumatising people before you introduce more extreme regulations that require compliance. A perfect case was the announcement by the dark and sinister Whitty and Vallance in the UK that 'new data' predicted that 4,000 could die every day over the winter of 2020/2021 if we did not lockdown again. I think they call it lying and after traumatising people with that claim out came Jackboot Johnson the next day with new curbs on human freedom. Psychologists know that a frightened and traumatised mind becomes suggestable to submission and behaviour reframing. Underpinning all this has been to make people fearful and suspicious of each other and see themselves as a potential danger to others. In league with deleted self-respect you have the perfect psychological recipe for self-loathing. The relationship between authority and public is now demonstrably the same as that of

subservience to an abusive partner. These are signs of an abusive relationship explained by psychologist Leslie Becker-Phelps:

Psychological and emotional abuse: Undermining a partner's self-worth with verbal attacks, name-calling, and belittling. Humiliating the partner in public, unjustly accusing them of having an affair, or interrogating them about their every behavior. Keeping partner confused or off balance by saying they were just kidding or blaming the partner for 'making' them act this way … Feigning in public that they care while turning against them in private. This leads to victims frequently feeling confused, incompetent, unworthy, hopeless, and chronically self-doubting. [Apply these techniques to how governments have treated the population since New Year, 2020, and the parallels are obvious.]

Physical abuse: The abuser might physically harm their partner in a range of ways, such as grabbing, hitting, punching, or shoving them. They might throw objects at them or harm them with a weapon. [Observe the physical harm imposed by masks, lockdown, and so on.]

Threats and intimidation: One way abusers keep their partners in line is by instilling fear. They might be verbally threatening, or give threatening looks or gestures. Abusers often make it known that they are tracking their partner's every move. They might destroy their partner's possessions, threaten to harm them, or threaten to harm their family members. Not surprisingly, victims of this abuse often feel anxiety, fear, and panic. [No words necessary.]

Isolation: Abusers often limit their partner's activities, forbidding them to talk or interact with friends or family. They might limit access to a car or even turn off their phone. All of this might be done by physically holding them against their will, but is often accomplished through psychological abuse and intimidation. The more isolated a person feels, the fewer resources they have to help gain perspective on their situation and to escape from it. [No words necessary.]

Economic abuse: Abusers often make their partners beholden to them for money by controlling access to funds of any kind. They might prevent their partner from getting a job or withhold access to money they earn from a job. This creates financial dependency that makes leaving the relationship very difficult. [See destruction of livelihoods and the proposed meagre 'guaranteed income' so long as you do whatever you are told.]

Using children: An abuser might disparage their partner's parenting skills, tell their children lies about their partner, threaten to take custody of their children, or threaten to harm their children. These tactics instil fear and often elicit compliance. [See reframed social service mafia and how children are being mercilessly abused by the state over 'Covid' while their parents look on too frightened to do anything.]

A further recurring trait in an abusive relationship is the abused blaming themselves for their abuse and making excuses for the abuser. We have the public blaming each other for lockdown abuse by government and many making excuses for the government while attacking those who challenge the government. How often we have heard authorities say that rules are being imposed or reimposed only because people have refused to 'behave' and follow the rules. We don't want to do it – it's *you*.

Renegade Minds are an antidote to all of these things. They will never concede their self-respect no matter what the circumstances. Even when apparent humiliation is heaped upon them they laugh in its face and reflect back the humiliation on the abuser where it belongs. Renegade Minds will never wear masks they know are only imposed to humiliate, suppress and damage both physically and psychologically. Consequences will take care of themselves and they will never break their spirit or cause them to concede to tyranny. UK newspaper columnist Peter Hitchens was one of the few in the mainstream media to speak out against lockdowns and forced vaccinations. He then announced he had taken the jab. He wanted to see family members abroad and he believed vaccine passports were inevitable even though they had not yet been introduced. Hitchens

has a questioning and critical mind, but not a Renegade one. If he had no amount of pressure would have made him concede. Hitchens excused his action by saying that the battle has been lost. Renegade Minds never accept defeat when freedom is at stake and even if they are the last one standing the self-respect of not submitting to tyranny is more important than any outcome or any consequence.

That's why Renegade Minds are the only minds that ever changed anything worth changing.

CHAPTER EIGHT

'Reframing' insanity

Insanity is relative. It depends on who has who locked in what cage
Ray Bradbury

'Reframing' a mind means simply to change its perception and behaviour. This can be done subconsciously to such an extent that subjects have no idea they have been 'reframed' while to any observer changes in behaviour and attitudes are obvious.

Human society is being reframed on a ginormous scale since the start of 2020 and here we have the reason why psychologists rather than doctors have been calling the shots. Ask most people who have succumbed to 'Covid' reframing if they have changed and most will say 'no'; but they *have* and fundamentally. The Cult's long-game has been preparing for these times since way back and crucial to that has been to prepare both population and officialdom mentally and emotionally. To use the mind-control parlance they had to reframe the population with a mentality that would submit to fascism and reframe those in government and law enforcement to impose fascism or at least go along with it. The result has been the fact-deleted mindlessness of 'Wokeness' and officialdom that has either enthusiastically or unquestioningly imposed global tyranny demanded by reframed politicians on behalf of psychopathic and deeply evil cultists. 'Cognitive reframing' identifies and challenges the way someone sees the world in the form of situations, experiences and emotions and then restructures those perceptions to view the same set of circumstances in a different way. This can have

benefits if the attitudes are personally destructive while on the other side it has the potential for individual and collective mind control which the subject has no idea has even happened.

Cognitive therapy was developed in the 1960s by Aaron T. Beck who was born in Rhode Island in 1921 as the son of Jewish immigrants from the Ukraine. He became interested in the techniques as a treatment for depression. Beck's daughter Judith S. Beck is prominent in the same field and they founded the Beck Institute for Cognitive Behavior Therapy in Philadelphia in 1994. Cognitive reframing, however, began to be used worldwide by those with a very dark agenda. The Cult reframes politicians to change their attitudes and actions until they are completely at odds with what they once appeared to stand for. The same has been happening to government administrators at all levels, law enforcement, military and the human population. Cultists love mind control for two main reasons: It allows them to control what people think, do and say to secure agenda advancement and, by definition, it calms their legendary insecurity and fear of the unexpected. I have studied mind control since the time I travelled America in 1996. I may have been talking to next to no one in terms of an audience in those years, but my goodness did I gather a phenomenal amount of information and knowledge about so many things including the techniques of mind control. I have described this in detail in other books going back to *The Biggest Secret* in 1998. I met a very large number of people recovering from MKUltra and its offshoots and successors and I began to see how these same techniques were being used on the population in general. This was never more obvious than since the 'Covid' hoax began.

Reframing the enforcers

I have observed over the last two decades and more the very clear transformation in the dynamic between the police, officialdom and the public. I tracked this in the books as the relationship mutated from one of serving the public to seeing them as almost the enemy and certainly a lower caste. There has always been a class divide

based on income and always been some psychopathic, corrupt, and big-I-am police officers. This was different. Wholesale change was unfolding in the collective dynamic; it was less about money and far more about position and perceived power. An us-and-them was emerging. Noses were lifted skyward by government administration and law enforcement and their attitude to the public they were *supposed* to be serving changed to one of increasing contempt, superiority and control. The transformation was so clear and widespread that it had to be planned. Collective attitudes and dynamics do not change naturally and organically that quickly on that scale. I then came across an organisation in Britain called Common Purpose created in the late 1980s by Julia Middleton who would work in the office of Deputy Prime Minister John Prescott during the long and disastrous premiership of war criminal Tony Blair. When Blair speaks the Cult is speaking and the man should have been in jail a long time ago. Common Purpose proclaims itself to be one of the biggest 'leadership development' organisations in the world while functioning as a *charity* with all the financial benefits which come from that. It hosts 'leadership development' courses and programmes all over the world and claims to have 'brought together' what it calls 'leaders' from more than 100 countries on six continents. The modus operandi of Common Purpose can be compared with the work of the UK government's reframing network that includes the Behavioural Insights Team 'nudge unit' and 'Covid' reframing specialists at SPI-B. WikiLeaks described Common Purpose long ago as 'a hidden virus in our government and schools' which is unknown to the general public: 'It recruits and trains "leaders" to be loyal to the directives of Common Purpose and the EU, instead of to their own departments, which they then undermine or subvert, the NHS [National Health Service] being an example.' This is a vital point to understand the 'Covid' hoax. The NHS, and its equivalent around the world, has been utterly reframed in terms of administrators and much of the medical personnel with the transformation underpinned by recruitment policies. The outcome has been the criminal and psychopathic behaviour of the

NHS over ‘Covid’ and we have seen the same in every other major country. WikiLeaks said Common Purpose trainees are ‘learning to rule without regard to democracy’ and to usher in a police state (current events explained). Common Purpose operated like a ‘glue’ and had members in the NHS, BBC, police, legal profession, church, many of Britain’s 7,000 quangos, local councils, the Civil Service, government ministries and Parliament, and controlled many RDA’s (Regional Development Agencies). Here we have one answer for how and why British institutions and their like in other countries have changed so negatively in relation to the public. This further explains how and why the beyond-disgraceful reframed BBC has become a propaganda arm of ‘Covid’ fascism. They are all part of a network pursuing the same goal.

By 2019 Common Purpose was quoting a figure of 85,000 ‘leaders’ that had attended its programmes. These ‘students’ of all ages are known as Common Purpose ‘graduates’ and they consist of government, state and local government officials and administrators, police chiefs and officers, and a whole range of others operating within the national, local and global establishment. Cressida Dick, Commissioner of the London Metropolitan Police, is the Common Purpose graduate who was the ‘Gold Commander’ that oversaw what can only be described as the murder of Brazilian electrician Jean Charles de Menezes in 2005. He was held down by psychopathic police and shot seven times in the head by a psychopathic lunatic after being mistaken for a terrorist when he was just a bloke going about his day. Dick authorised officers to pursue and keep surveillance on de Menezes and ordered that he be stopped from entering the underground train system. Police psychopaths took her at her word clearly. She was ‘disciplined’ for this outrage by being *promoted* – eventually to the top of the ‘Met’ police where she has been a disaster. Many Chief Constables controlling the police in different parts of the UK are and have been Common Purpose graduates. I have heard the ‘graduate’ network described as a sort of Mafia or secret society operating within the fabric of government at all levels pursuing a collective policy

ingrained at Common Purpose training events. Founder Julia Middleton herself has said:

> Locally and internationally, Common Purpose graduates will be 'lighting small fires' to create change in their organisations and communities … The Common Purpose effect is best illustrated by the many stories of small changes brought about by leaders, who themselves have changed.

A Common Purpose mission statement declared:

> Common Purpose aims to improve the way society works by expanding the vision, decision-making ability and influence of all kinds of leaders. The organisation runs a variety of educational programmes for leaders of all ages, backgrounds and sectors, in order to provide them with the inspirational, information and opportunities they need to change the world.

Yes, but into what? Since 2020 the answer has become clear.

NLP and the Delphi technique

Common Purpose would seem to be a perfect name or would common programming be better? One of the foundation methods of reaching 'consensus' (group think) is by setting the agenda theme and then encouraging, cajoling or pressuring everyone to agree a 'consensus' in line with the core theme promoted by Common Purpose. The methodology involves the 'Delphi technique', or an adaption of it, in which opinions are expressed that are summarised by a 'facilitator or change agent' at each stage. Participants are 'encouraged' to modify their views in the light of what others have said. Stage by stage the former individual opinions are merged into group consensus which just happens to be what Common Purpose wants them to believe. A key part of this is to marginalise anyone refusing to concede to group think and turn the group against them to apply pressure to conform. We are seeing this very technique used on the general population to make 'Covid' group-thinkers hostile to those who have seen through the bullshit. People can be reframed by using perception manipulation methods such as Neuro-Linguistic Programming (NLP) in which you change perception with the use of

carefully constructed language. An NLP website described the technique this way:

> … A method of influencing brain behaviour (the 'neuro' part of the phrase) through the use of language (the 'linguistic' part) and other types of communication to enable a person to 'recode' the way the brain responds to stimuli (that's the 'programming') and manifest new and better behaviours. Neuro-Linguistic Programming often incorporates hypnosis and self-hypnosis to help achieve the change (or 'programming') that is wanted.

British alternative media operation UKColumn has done very detailed research into Common Purpose over a long period. I quoted co-founder and former naval officer Brian Gerrish in my book *Remember Who You Are*, published in 2011, as saying the following years before current times:

> It is interesting that many of the mothers who have had children taken by the State speak of the Social Services people being icily cool, emotionless and, as two ladies said in slightly different words, '… like little robots'. We know that NLP is cumulative, so people can be given small imperceptible doses of NLP in a course here, another in a few months, next year etc. In this way, major changes are accrued in their personality, but the day by day change is almost unnoticeable.

In these and other ways 'graduates' have had their perceptions uniformly reframed and they return to their roles in the institutions of government, law enforcement, legal profession, military, 'education', the UK National Health Service and the whole swathe of the establishment structure to pursue a common agenda preparing for the 'post-industrial', 'post-democratic' society. I say 'preparing' but we are now there. 'Post-industrial' is code for the Great Reset and 'post-democratic' is 'Covid' fascism. UKColumn has spoken to partners of those who have attended Common Purpose 'training'. They have described how personalities and attitudes of 'graduates' changed very noticeably for the worse by the time they had completed the course. They had been 'reframed' and told they are the 'leaders' – the special ones – who know better than the population. There has also been the very demonstrable recruitment of psychopaths and narcissists into government administration at all

levels and law enforcement. If you want psychopathy hire psychopaths and you get a simple cause and effect. If you want administrators, police officers and 'leaders' to perceive the public as lesser beings who don't matter then employ narcissists. These personalities are identified using 'psychometrics' that identifies knowledge, abilities, attitudes and personality traits, mostly through carefully-designed questionnaires and tests. As this policy has passed through the decades we have had power-crazy, power-trippers appointed into law enforcement, security and government administration in preparation for current times and the dynamic between public and law enforcement/officialdom has been transformed. UKColumn's Brian Gerrish said of the narcissistic personality:

> Their love of themselves and power automatically means that they will crush others who get in their way. I received a major piece of the puzzle when a friend pointed out that when they made public officials re-apply for their own jobs several years ago they were also required to do psychometric tests. This was undoubtedly the start of the screening process to get 'their' sort of people in post.

How obvious that has been since 2020 although it was clear what was happening long before if people paid attention to the changing public-establishment dynamic.

Change agents

At the centre of events in 'Covid' Britain is the National Health Service (NHS) which has behaved disgracefully in slavishly following the Cult agenda. The NHS management structure is awash with Common Purpose graduates or 'change agents' working to a common cause. Helen Bevan, a Chief of Service Transformation at the NHS Institute for Innovation and Improvement, co-authored a document called 'Towards a million change agents, a review of the social movements literature: implications for large scale change in the NHS'. The document compared a project management approach to that of change and social movements where 'people change

themselves and each other – peer to peer'. Two definitions given for a 'social movement' were:

A group of people who consciously attempt to build a radically new social order; involves people of a broad range of social backgrounds; and deploys politically confrontational and socially disruptive tactics – Cyrus Zirakzadeh 1997

Collective challenges, based on common purposes and social solidarities, in sustained interaction with elites, opponents, and authorities – Sidney Tarrow 1994

Helen Bevan wrote another NHS document in which she defined 'framing' as 'the process by which leaders construct, articulate and put across their message in a powerful and compelling way in order to win people to their cause and call them to action'. I think I could come up with another definition that would be rather more accurate. The National Health Service and institutions of Britain and the wider world have been taken over by reframed 'change agents' and that includes everything from the United Nations to national governments, local councils and social services which have been kidnapping children from loving parents on an extraordinary and gathering scale on the road to the end of parenthood altogether. Children from loving homes are stolen and kidnapped by the state and put into the 'care' (inversion) of the local authority through council homes, foster parents and forced adoption. At the same time children are allowed to be abused without response while many are under council 'care'. UKColumn highlighted the Common Purpose connection between South Yorkshire Police and Rotherham council officers in the case of the scandal in that area of the sexual exploitation of children to which the authorities turned not one blind eye, but both:

We were alarmed to discover that the Chief Executive, the Strategic Director of Children and Young People's Services, the Manager for the Local Strategic Partnership, the Community Cohesion Manager, the Cabinet Member for Cohesion, the Chief Constable and his predecessor had all attended Leadership training courses provided by the pseudo-charity Common Purpose.

Once 'change agents' have secured positions of hire and fire within any organisation things start to move very quickly. Personnel are then hired and fired on the basis of whether they will work towards the agenda the change agent represents. If they do they are rapidly promoted even though they may be incompetent. Those more qualified and skilled who are pre-Common Purpose 'old school' see their careers stall and even disappear. This has been happening for decades in every institution of state, police, 'health' and social services and all of them have been transformed as a result in their attitudes to their jobs and the public. Medical professions, including nursing, which were once vocations for the caring now employ many cold, callous and couldn't give a shit personality types. The UKColumn investigation concluded:

By blurring the boundaries between people, professions, public and private sectors, responsibility and accountability, Common Purpose encourages 'graduates' to believe that as new selected leaders, they can work together, outside of the established political and social structures, to achieve a paradigm shift or CHANGE – so called 'Leading Beyond Authority'. In doing so, the allegiance of the individual becomes 'reframed' on CP colleagues and their NETWORK.

Reframing the Face-Nappies

Nowhere has this process been more obvious than in the police where recruitment of psychopaths and development of unquestioning mind-controlled group-thinkers have transformed law enforcement into a politically-correct 'Woke' joke and a travesty of what should be public service. Today they wear their face-nappies like good little gofers and enforce 'Covid' rules which are fascism under another name. Alongside the specifically-recruited psychopaths we have software minds incapable of free thought. Brian Gerrish again:

An example is the policeman who would not get on a bike for a press photo because he had not done the cycling proficiency course. Normal people say this is political correctness gone mad. Nothing could be further from the truth. The policeman has been reframed, and in his reality it is perfect common sense not to get on the bike 'because he hasn't done the cycling course'.

Another example of this is where the police would not rescue a boy from a pond until they had taken advice from above on the 'risk assessment'. A normal person would have arrived, perhaps thought of the risk for a moment, and dived in. To the police now 'reframed', they followed 'normal' procedure.

There are shocking cases of reframed ambulance crews doing the same. Sheer unthinking stupidity of London Face-Nappies headed by Common Purpose graduate Cressida Dick can be seen in their behaviour at a vigil in March, 2021, for a murdered woman, Sarah Everard. A police officer had been charged with the crime. Anyone with a brain would have left the vigil alone in the circumstances. Instead they 'manhandled' women to stop them breaking 'Covid rules' to betray classic reframing. Minds in the thrall of perception control have no capacity for seeing a situation on its merits and acting accordingly. 'Rules is rules' is their only mind-set. My father used to say that rules and regulations are for the guidance of the intelligent and the blind obedience of the idiot. Most of the intelligent, decent, coppers have gone leaving only the other kind and a few old school for whom the job must be a daily nightmare. The combination of psychopaths and rule-book software minds has been clearly on public display in the 'Covid' era with automaton robots in uniform imposing fascistic 'Covid' regulations on the population without any personal initiative or judging situations on their merits. There are thousands of examples around the world, but I'll make my point with the infamous Derbyshire police in the English East Midlands – the ones who think pouring dye into beauty spots and using drones to track people walking in the countryside away from anyone is called 'policing'. To them there are rules decreed by the government which they have to enforce and in their bewildered state a group gathering in a closed space and someone walking alone in the countryside are the same thing. It is beyond idiocy and enters the realm of clinical insanity.

Police officers in Derbyshire said they were 'horrified' – *horrified* – to find 15 to 20 'irresponsible' kids playing a football match at a closed leisure centre 'in breach of coronavirus restrictions'. When they saw the police the kids ran away leaving their belongings behind and the reframed men and women of Derbyshire police were seeking to establish their identities with a view to fining their parents. The most natural thing for youngsters to do – kicking a ball about – is turned into a criminal activity and enforced by the moronic software programs of Derbyshire police. You find the same mentality in every country. These barely conscious 'horrified' officers said they had to take action because 'we need to ensure these rules are being followed' and 'it is of the utmost importance that you ensure your children are following the rules and regulations for Covid-19'. Had any of them done ten seconds of research to see if this parroting of their masters' script could be supported by any evidence? Nope. Reframed people don't think – others think for them and that's the whole idea of reframing. I have seen police officers one after the other repeating without question word for word what officialdom tells them just as I have seen great swathes of the public doing the same. Ask either for 'their' opinion and out spews what they have been told to think by the official narrative. Police and public may seem to be in different groups, but their mentality is the same. Most people do whatever they are told in fear not doing so or because they believe what officialdom tells them; almost the entirety of the police do what they are told for the same reason. Ultimately it's the tiny inner core of the global Cult that's telling both what to do.

So Derbyshire police were 'horrified'. Oh, really? Why did they think those kids were playing football? It was to relieve the psychological consequences of lockdown and being denied human contact with their friends and interaction, touch and discourse vital to human psychological health. Being denied this month after month has dismantled the psyche of many children and young people as depression and suicide have exploded. Were Derbyshire police *horrified by that*? Are you kidding? Reframed people don't have those

mental and emotional processes that can see how the impact on the psychological health of youngsters is far more dangerous than any 'virus' even if you take the mendacious official figures to be true. The reframed are told (programmed) how to act and so they do. The Derbyshire Chief Constable in the first period of lockdown when the black dye and drones nonsense was going on was Peter Goodman. He was the man who severed the connection between his force and the Derbyshire Constabulary *Male Voice* Choir when he decided that it was not inclusive enough to allow women to join. The fact it was a male voice choir making a particular sound produced by male voices seemed to elude a guy who terrifyingly ran policing in Derbyshire. He retired weeks after his force was condemned as disgraceful by former Supreme Court Justice Jonathan Sumption for their behaviour over extreme lockdown impositions. Goodman was replaced by his deputy Rachel Swann who was in charge when her officers were 'horrified'. The police statement over the boys committing the hanging-offence of playing football included the line about the youngsters being 'irresponsible in the times we are all living through' missing the point that the real relevance of the 'times we are all living through' is the imposition of fascism enforced by psychopaths and reframed minds of police officers playing such a vital part in establishing the fascist tyranny that their own children and grandchildren will have to live in their entire lives. As a definition of insanity that is hard to beat although it might be run close by imposing masks on people that can have a serious effect on their health while wearing a face nappy all day themselves. Once again public and police do it for the same reason – the authorities tell them to and who are they to have the self-respect to say no?

Wokers in uniform

How reframed do you have to be to arrest a *six-year-old* and take him to court for *picking a flower* while waiting for a bus? Brain dead police and officialdom did just that in North Carolina where criminal proceedings happen regularly for children under nine. Attorney Julie Boyer gave the six-year-old crayons and a colouring book

during the ‘flower’ hearing while the ‘adults’ decided his fate. County Chief District Court Judge Jay Corpening asked: ‘Should a child that believes in Santa Claus, the Easter Bunny and the tooth fairy be making life-altering decisions?’ Well, of course not, but common sense has no meaning when you have a common purpose and a reframed mind. Treating children in this way, and police operating in American schools, is all part of the psychological preparation for children to accept a police state as normal all their adult lives. The same goes for all the cameras and biometric tracking technology in schools. Police training is focused on reframing them as snowflake Wokers and this is happening in the military. Pentagon top brass said that ‘training sessions on extremism’ were needed for troops who asked why they were so focused on the Capitol Building riot when Black Lives Matter riots were ignored. What’s the difference between them some apparently and rightly asked. Actually, there is a difference. Five people died in the Capitol riot, only one through violence, and that was a police officer shooting an unarmed protestor. BLM riots killed at least 25 people and cost billions. Asking the question prompted the psychopaths and reframed minds that run the Pentagon to say that more ‘education’ (programming) was needed. Troop training is all based on psychological programming to make them fodder for the Cult – ‘Military men are just dumb, stupid animals to be used as pawns in foreign policy’ as Cult-to-his-DNA former Secretary of State Henry Kissinger famously said. Governments see the police in similar terms and it’s time for those among them who can see this to defend the people and stop being enforcers of the Cult agenda upon the people.

The US military, like the country itself, is being targeted for destruction through a long list of Woke impositions. Cult-owned gaga ‘President’ Biden signed an executive order when he took office to allow taxpayer money to pay for transgender surgery for active military personnel and veterans. Are you a man soldier? No, I’m a LGBTQIA+ with a hint of Skoliosexual and Spectrasexual. Oh, good man. Bad choice of words you bigot. The Pentagon announced in March, 2021, the appointment of the first ‘diversity and inclusion

officer' for US Special Forces. Richard Torres-Estrada arrived with the publication of a 'D&I Strategic Plan which will guide the enterprise-wide effort to institutionalize and sustain D&I'. If you think a Special Forces 'Strategic Plan' should have something to do with defending America you haven't been paying attention. Defending Woke is now the military's new role. Torres-Estrada has posted images comparing Donald Trump with Adolf Hitler and we can expect no bias from him as a representative of the supposedly non-political Pentagon. Cable news host Tucker Carlson said: 'The Pentagon is now the Yale faculty lounge but with cruise missiles.' Meanwhile Secretary of Defense Lloyd Austin, a board member of weapons-maker Raytheon with stock and compensation interests in October, 2020, worth $1.4 million, said he was purging the military of the 'enemy within' – anyone who isn't Woke and supports Donald Trump. Austin refers to his targets as 'racist extremists' while in true Woke fashion being himself a racist extremist. Pentagon documents pledge to 'eradicate, eliminate and conquer all forms of racism, sexism and homophobia'. The definitions of these are decided by 'diversity and inclusion committees' peopled by those who see racism, sexism and homophobia in every situation and opinion. Woke (the Cult) is dismantling the US military and purging testosterone as China expands its military and gives its troops 'masculinity training'. How do we think that is going to end when this is all Cult coordinated? The US military, like the British military, is controlled by Woke and spineless top brass who just go along with it out of personal career interests.

'Woke' means fast asleep

Mind control and perception manipulation techniques used on individuals to create group-think have been unleashed on the global population in general. As a result many have no capacity to see the obvious fascist agenda being installed all around them or what 'Covid' is really all about. Their brains are firewalled like a computer system not to process certain concepts, thoughts and realisations that are bad for the Cult. The young are most targeted as the adults they

will be when the whole fascist global state is planned to be fully implemented. They need to be prepared for total compliance to eliminate all pushback from entire generations. The Cult has been pouring billions into taking complete control of 'education' from schools to universities via its operatives and corporations and not least Bill Gates as always. The plan has been to transform 'education' institutions into programming centres for the mentality of 'Woke'. James McConnell, professor of psychology at the University of Michigan, wrote in *Psychology Today* in 1970:

> The day has come when we can combine sensory deprivation with drugs, hypnosis, and astute manipulation of reward and punishment, to gain almost absolute control over an individual's behaviour. It should then be possible to achieve a very rapid and highly effective type of brainwashing that would allow us to make dramatic changes in a person's behaviour and personality ...
>
> … We should reshape society so that we all would be trained from birth to want to do what society wants us to do. We have the techniques to do it... no-one owns his own personality you acquired, and there's no reason to believe you should have the right to refuse to acquire a new personality if your old one is anti-social.

This was the potential for mass brainwashing in 1970 and the mentality there displayed captures the arrogant psychopathy that drives it forward. I emphasise that not all young people have succumbed to Woke programming and those that haven't are incredibly impressive people given that today's young are the most perceptually-targeted generations in history with all the technology now involved. Vast swathes of the young generations, however, have fallen into the spell – and that's what it is – of Woke. The Woke mentality and perceptual program is founded on *inversion* and you will appreciate later why that is so significant. Everything with Woke is inverted and the opposite of what it is claimed to be. Woke was a term used in African-American culture from the 1900s and referred to an awareness of social and racial justice. This is not the meaning of the modern version or 'New Woke' as I call it in *The Answer*. Oh, no, Woke today means something very different no matter how much Wokers may seek to hide that and insist Old Woke and New

Woke are the same. See if you find any ‘awareness of social justice’ here in the modern variety:

- Woke demands ‘inclusivity’ while excluding anyone with a different opinion and calls for mass censorship to silence other views.

- Woke claims to stand against oppression when imposing oppression is the foundation of all that it does. It is the driver of political correctness which is nothing more than a Cult invention to manipulate the population to silence itself.

- Woke believes itself to be ‘liberal’ while pursuing a global society that can only be described as fascist (see ‘anti-fascist’ fascist Antifa).

- Woke calls for ‘social justice’ while spreading injustice wherever it goes against the common ‘enemy’ which can be easily identified as a differing view.

- Woke is supposed to be a metaphor for ‘awake’ when it is solid-gold asleep and deep in a Cult-induced coma that meets the criteria for ‘off with the fairies’.

I state these points as obvious facts if people only care to look. I don’t do this with a sense of condemnation. We need to appreciate that the onslaught of perceptual programming on the young has been incessant and merciless. I can understand why so many have been reframed, or, given their youth, framed from the start to see the world as the Cult demands. The Cult has had access to their minds day after day in its ‘education’ system for their entire formative years. Perception is formed from information received and the Cult-created system is a life-long download of information delivered to elicit a particular perception, thus behaviour. The more this has expanded into still new extremes in recent decades and ever-increasing censorship has deleted other opinions and information why wouldn’t that lead to a perceptual reframing on a mass scale? I

have described already cradle-to-grave programming and in more recent times the targeting of young minds from birth to adulthood has entered the stratosphere. This has taken the form of skewing what is 'taught' to fit the Cult agenda and the omnipresent techniques of group-think to isolate non-believers and pressure them into line. There has always been a tendency to follow the herd, but we really are in a new world now in relation to that. We have parents who can see the 'Covid' hoax told by their children not to stop them wearing masks at school, being 'Covid' tested or having the 'vaccine' in fear of the peer-pressure consequences of being different. What is 'peer-pressure' if not pressure to conform to group-think? Renegade Minds never group-think and always retain a set of perceptions that are unique to them. Group-think is always underpinned by consequences for not group-thinking. Abuse now aimed at those refusing DNA-manipulating 'Covid vaccines' are a potent example of this. The biggest pressure to conform comes from the very group which is itself being manipulated. 'I am programmed to be part of a hive mind and so you must be.'

Woke control structures in 'education' now apply to every mainstream organisation. Those at the top of the 'education' hierarchy (the Cult) decide the policy. This is imposed on governments through the Cult network; governments impose it on schools, colleges and universities; their leadership impose the policy on teachers and academics and they impose it on children and students. At any level where there is resistance, perhaps from a teacher or university lecturer, they are targeted by the authorities and often fired. Students themselves regularly demand the dismissal of academics (increasingly few) at odds with the narrative that the students have been programmed to believe in. It is quite a thought that students who are being targeted by the Cult become so consumed by programmed group-think that they launch protests and demand the removal of those who are trying to push back against those targeting the students. Such is the scale of perceptual inversion. We see this with 'Covid' programming as the Cult imposes the rules via psycho-psychologists and governments on

shops, transport companies and businesses which impose them on their staff who impose them on their customers who pressure Pushbackers to conform to the will of the Cult which is in the process of destroying them and their families. Scan all aspects of society and you will see the same sequence every time.

Fact free Woke and hijacking the 'left'

There is no more potent example of this than 'Woke', a mentality only made possible by the deletion of factual evidence by an 'education' system seeking to produce an ever more uniform society. Why would you bother with facts when you don't know any? Deletion of credible history both in volume and type is highly relevant. Orwell said: 'Who controls the past controls the future: who controls the present controls the past.' They who control the perception of the past control the perception of the future and they who control the present control the perception of the past through the writing and deleting of history. Why would you oppose the imposition of Marxism in the name of Wokeism when you don't know that Marxism cost at least 100 million lives in the 20th century alone? Watch videos and read reports in which Woker generations are asked basic historical questions – it's mind-blowing. A survey of 2,000 people found that six percent of millennials (born approximately early1980s to early 2000s) believed the Second World War (1939-1945) broke out with the assassination of President Kennedy (in 1963) and one in ten thought Margaret Thatcher was British Prime Minister at the time. She was in office between 1979 and 1990. We are in a post-fact society. Provable facts are no defence against the fascism of political correctness or Silicon Valley censorship. Facts don't matter anymore as we have witnessed with the 'Covid' hoax. Sacrificing uniqueness to the Woke group-think religion is all you are required to do and that means thinking for yourself is the biggest Woke no, no. All religions are an expression of group-think and censorship and Woke is just another religion with an orthodoxy defended by group-think and censorship. Burned at

the stake becomes burned on Twitter which leads back eventually to burned at the stake as Woke humanity regresses to ages past.

The biggest Woke inversion of all is its creators and funders. I grew up in a traditional left of centre political household on a council estate in Leicester in the 1950s and 60s – you know, the left that challenged the power of wealth-hoarding elites and threats to freedom of speech and opinion. In those days students went on marches defending freedom of speech while today's Wokers march for its deletion. What on earth could have happened? Those very elites (collectively the Cult) that we opposed in my youth and early life have funded into existence the antithesis of that former left and hijacked the 'brand' while inverting everything it ever stood for. We have a mentality that calls itself 'liberal' and 'progressive' while acting like fascists. Cult billionaires and their corporations have funded themselves into control of 'education' to ensure that Woke programming is unceasing throughout the formative years of children and young people and that non-Wokers are isolated (that word again) whether they be students, teachers or college professors. The Cult has funded into existence the now colossal global network of Woke organisations that have spawned and promoted all the 'causes' on the Cult wish-list for global transformation and turned Wokers into demanders of them. Does anyone really think it's a coincidence that the Cult agenda for humanity is a carbon (sorry) copy of the societal transformations desired by Woke?? These are only some of them:

Political correctness: The means by which the Cult deletes all public debates that it knows it cannot win if we had the free-flow of information and evidence.

Human-caused 'climate change': The means by which the Cult seeks to transform society into a globally-controlled dictatorship imposing its will over the fine detail of everyone's lives 'to save the planet' which doesn't actually need saving.

Transgender obsession: Preparing collective perception to accept the 'new human' which would not have genders because it would be created technologically and not through procreation. I'll have much more on this in Human 2.0.

Race obsession: The means by which the Cult seeks to divide and rule the population by triggering racial division through the perception that society is more racist than ever when the opposite is the case. Is it perfect in that regard? No. But to compare today with the racism of apartheid and segregation brought to an end by the civil rights movement in the 1960s is to insult the memory of that movement and inspirations like Martin Luther King. Why is the 'anti-racism' industry (which it is) so dominated by privileged white people?

White supremacy: This is a label used by privileged white people to demonise poor and deprived white people pushing back on tyranny to marginalise and destroy them. White people are being especially targeted as the dominant race by number within Western society which the Cult seeks to transform in its image. If you want to change a society you must weaken and undermine its biggest group and once you have done that by using the other groups you next turn on them to do the same … 'Then they came for the Jews and I was not a Jew so I did nothing.'

Mass migration: The mass movement of people from the Middle East, Africa and Asia into Europe, from the south into the United States and from Asia into Australia are another way the Cult seeks to dilute the racial, cultural and political influence of white people on Western society. White people ask why their governments appear to be working against them while being politically and culturally biased towards incoming cultures. Well, here's your answer. In the same way sexually 'straight' people, men and women, ask why the

authorities are biased against them in favour of other sexualities. The answer is the same – that's the way the Cult wants it to be for very sinister motives.

These are all central parts of the Cult agenda and central parts of the Woke agenda and Woke was created and continues to be funded to an immense degree by Cult billionaires and corporations. If anyone begins to say 'coincidence' the syllables should stick in their throat.

Billionaire 'social justice warriors'

Joe Biden is a 100 percent-owned asset of the Cult and the Wokers' man in the White House whenever he can remember his name and for however long he lasts with his rapidly diminishing cognitive function. Even walking up the steps of an aircraft without falling on his arse would appear to be a challenge. He's not an empty-shell puppet or anything. From the minute Biden took office (or the Cult did) he began his executive orders promoting the Woke wish-list. You will see the Woke agenda imposed ever more severely because it's really the *Cult* agenda. Woke organisations and activist networks spawned by the Cult are funded to the extreme so long as they promote what the Cult wants to happen. Woke is funded to promote 'social justice' by billionaires who become billionaires by destroying social justice. The social justice mantra is only a cover for dismantling social justice and funded by billionaires that couldn't give a damn about social justice. Everything makes sense when you see that. One of Woke's premier funders is Cult billionaire financier George Soros who said: 'I am basically there to make money, I cannot and do not look at the social consequences of what I do.' This is the same Soros who has given more than $32 billion to his Open Society Foundations global Woke network and funded Black Lives Matter, mass immigration into Europe and the United States, transgender activism, climate change activism, political correctness and groups targeting 'white supremacy' in the form of privileged white thugs that dominate Antifa. What a scam it all is and when

you are dealing with the unquestioning fact-free zone of Woke scamming them is child's play. All you need to pull it off in all these organisations are a few in-the-know agents of the Cult and an army of naïve, reframed, uninformed, narcissistic, know-nothings convinced of their own self-righteousness, self-purity and virtue.

Soros and fellow billionaires and billionaire corporations have poured hundreds of millions into Black Lives Matter and connected groups and promoted them to a global audience. None of this is motivated by caring about black people. These are the billionaires that have controlled and exploited a system that leaves millions of black people in abject poverty and deprivation which they do absolutely nothing to address. The same Cult networks funding BLM were behind the *slave trade!* Black Lives Matter hijacked a phrase that few would challenge and they have turned this laudable concept into a political weapon to divide society. You know that BLM is a fraud when it claims that *All* Lives Matter, the most inclusive statement of all, is 'racist'. BLM and its Cult masters don't want to end racism. To them it's a means to an end to control all of humanity never mind the colour, creed, culture or background. What has destroying the nuclear family got to do with ending racism? Nothing – but that is one of the goals of BLM and also happens to be a goal of the Cult as I have been exposing in my books for decades. Stealing children from loving parents and giving schools ever more power to override parents is part of that same agenda. BLM is a Marxist organisation and why would that not be the case when the Cult created Marxism *and* BLM? Patrisse Cullors, a BLM co-founder, said in a 2015 video that she and her fellow organisers, including co-founder Alicia Garza, are 'trained Marxists'. The lady known after marriage as Patrisse Khan-Cullors bought a $1.4 million home in 2021 in one of the whitest areas of California with a black population of just 1.6 per cent and has so far bought *four* high-end homes for a total of $3.2 million. How very Marxist. There must be a bit of spare in the BLM coffers, however, when Cult corporations and billionaires have handed over the best part of $100 million. Many black people can see that Black Lives Matter is not

working for them, but against them, and this is still more confirmation. Black journalist Jason Whitlock, who had his account suspended by Twitter for simply linking to the story about the 'Marxist's' home buying spree, said that BLM leaders are 'making millions of dollars off the backs of these dead black men who they wouldn't spit on if they were on fire and alive'.

Black Lies Matter

Cult assets and agencies came together to promote BLM in the wake of the death of career criminal George Floyd who had been jailed a number of times including for forcing his way into the home of a black woman with others in a raid in which a gun was pointed at her stomach. Floyd was filmed being held in a Minneapolis street in 2020 with the knee of a police officer on his neck and he subsequently died. It was an appalling thing for the officer to do, but the same technique has been used by police on peaceful protestors of lockdown without any outcry from the Woke brigade. As unquestioning supporters of the Cult agenda Wokers have supported lockdown and all the 'Covid' claptrap while attacking anyone standing up to the tyranny imposed in its name. Court documents would later include details of an autopsy on Floyd by County Medical Examiner Dr Andrew Baker who concluded that Floyd had taken a fatal level of the drug fentanyl. None of this mattered to fact-free, question-free, Woke. Floyd's death was followed by worldwide protests against police brutality amid calls to defund the police. Throwing babies out with the bathwater is a Woke speciality. In the wake of the murder of British woman Sarah Everard a Green Party member of the House of Lords, Baroness Jones of Moulescoomb (Nincompoopia would have been better), called for a 6pm curfew for all men. This would be in breach of the Geneva Conventions on war crimes which ban collective punishment, but that would never have crossed the black and white Woke mind of Baroness Nincompoopia who would have been far too convinced of her own self-righteousness to compute such details. Many American cities did defund the police in the face of Floyd riots

and after $15 million was deleted from the police budget in Washington DC under useless Woke mayor Muriel Bowser car-jacking alone rose by 300 percent and within six months the US capital recorded its highest murder rate in 15 years. The same happened in Chicago and other cities in line with the Cult/Soros plan to bring fear to streets and neighbourhoods by reducing the police, releasing violent criminals and not prosecuting crime. This is the mob-rule agenda that I have warned in the books was coming for so long. Shootings in the area of Minneapolis where Floyd was arrested increased by 2,500 percent compared with the year before. Defunding the police over George Floyd has led to a big increase in dead people with many of them black. Police protection for politicians making these decisions stayed the same or increased as you would expect from professional hypocrites. The Cult doesn't actually want to abolish the police. It wants to abolish local control over the police and hand it to federal government as the psychopaths advance the Hunger Games Society. Many George Floyd protests turned into violent riots with black stores and businesses destroyed by fire and looting across America fuelled by Black Lives Matter. Woke doesn't do irony. If you want civil rights you must loot the liquor store and the supermarket and make off with a smart TV. It's the only way.

It's not a race war – it's a class war

Black people are patronised by privileged blacks and whites alike and told they are victims of white supremacy. I find it extraordinary to watch privileged blacks supporting the very system and bloodline networks behind the slave trade and parroting the same Cult-serving manipulative crap of their privileged white, often billionaire, associates. It is indeed not a race war but a class war and colour is just a diversion. Black Senator Cory Booker and black Congresswoman Maxine Waters, more residents of Nincompoopia, personify this. Once you tell people they are victims of someone else you devalue both their own responsibility for their plight and the power they have to impact on their reality and experience. Instead

we have: 'You are only in your situation because of whitey – turn on them and everything will change.' It won't change. Nothing changes in our lives unless *we* change it. Crucial to that is never seeing yourself as a victim and always as the creator of your reality. Life is a simple sequence of choice and consequence. Make different choices and you create different consequences. *You* have to make those choices – not Black Lives Matter, the Woke Mafia and anyone else that seeks to dictate your life. Who are they these Wokers, an emotional and psychological road traffic accident, to tell you what to do? Personal empowerment is the last thing the Cult and its Black Lives Matter want black people or anyone else to have. They claim to be defending the underdog while *creating* and perpetuating the underdog. The Cult's worst nightmare is human unity and if they are going to keep blacks, whites and every other race under economic servitude and control then the focus must be diverted from what they have in common to what they can be manipulated to believe divides them. Blacks have to be told that their poverty and plight is the fault of the white bloke living on the street in the same poverty and with the same plight they are experiencing. The difference is that your plight black people is due to him, a white supremacist with 'white privilege' living on the street. Don't unite as one human family against your mutual oppressors and suppressors – fight the oppressor with the white face who is as financially deprived as you are. The Cult knows that as its 'Covid' agenda moves into still new levels of extremism people are going to respond and it has been spreading the seeds of disunity everywhere to stop a united response to the evil that targets *all of us*.

Racist attacks on 'whiteness' are getting ever more outrageous and especially through the American Democratic Party which has an appalling history for anti-black racism. Barack Obama, Joe Biden, Hillary Clinton and Nancy Pelosi all eulogised about Senator Robert Byrd at his funeral in 2010 after a nearly 60-year career in Congress. Byrd was a brutal Ku Klux Klan racist and a violent abuser of Cathy O'Brien in MKUltra. He said he would never fight in the military 'with a negro by my side' and 'rather I should die a thousand times,

and see Old Glory trampled in the dirt never to rise again, than to see this beloved land of ours become degraded by race mongrels, a throwback to the blackest specimen from the wilds'. Biden called Byrd a 'very close friend and mentor'. These 'Woke' hypocrites are not anti-racist they are anti-poor and anti-people not of their perceived class. Here is an illustration of the scale of anti-white racism to which we have now descended. Seriously Woke and moronic *New York Times* contributor Damon Young described whiteness as a 'virus' that 'like other viruses will not die until there are no bodies left for it to infect'. He went on: '… the only way to stop it is to locate it, isolate it, extract it, and kill it.' Young can say that as a black man with no consequences when a white man saying the same in reverse would be facing a jail sentence. *That's* racism. We had super-Woke numbskull senators Tammy Duckworth and Mazie Hirono saying they would object to future Biden Cabinet appointments if he did not nominate more Asian Americans and Pacific Islanders. Never mind the ability of the candidate what do they look like? Duckworth said: 'I will vote for racial minorities and I will vote for LGBTQ, but anyone else I'm not voting for.' Appointing people on the grounds of race is illegal, but that was not a problem for this ludicrous pair. They were on-message and that's a free pass in any situation.

Critical race racism

White children are told at school they are intrinsically racist as they are taught the divisive 'critical race theory'. This claims that the law and legal institutions are inherently racist and that race is a socially constructed concept used by white people to further their economic and political interests at the expense of people of colour. White is a 'virus' as we've seen. Racial inequality results from 'social, economic, and legal differences that white people create between races to maintain white interests which leads to poverty and criminality in minority communities'. I must tell that to the white guy sleeping on the street. The principal of East Side Community School in New York sent white parents a manifesto that called on

them to become ‘white traitors’ and advocate for full ‘white abolition’. These people are teaching your kids when they urgently need a psychiatrist. The ‘school’ included a chart with ‘eight white identities’ that ranged from ‘white supremacist’ to ‘white abolition’ and defined the behaviour white people must follow to end ‘the regime of whiteness’. Woke blacks and their privileged white associates are acting exactly like the slave owners of old and Ku Klux Klan racists like Robert Byrd. They are too full of their own self-purity to see that, but it’s true. Racism is not a body type; it’s a state of mind that can manifest through any colour, creed or culture.

Another racial fraud is *‘equity’*. Not equality of treatment and opportunity – equity. It’s a term spun as equality when it means something very different. Equality in its true sense is a raising up while ‘equity’ is a race to the bottom. Everyone in the same level of poverty is ‘equity’. Keep everyone down – that’s equity. The Cult doesn’t want anyone in the human family to be empowered and BLM leaders, like all these ‘anti-racist’ organisations, continue their privileged, pampered existence by perpetuating the perception of gathering racism. When is the last time you heard an ‘anti-racist’ or ‘anti-Semitism’ organisation say that acts of racism and discrimination have *fallen?* It’s not in the interests of their fund-raising and power to influence and the same goes for the professional soccer anti-racism operation, Kick It Out. Two things confirmed that the Black Lives Matter riots in the summer of 2020 were Cult creations. One was that while anti-lockdown protests were condemned in this same period for ‘transmitting ‘Covid’ the authorities supported mass gatherings of Black Lives Matter supporters. I even saw self-deluding people claiming to be doctors say the two types of protest were not the same. No – the non-existent ‘Covid’ was in favour of lockdowns and attacked those that protested against them while ‘Covid’ supported Black Lives Matter and kept well away from its protests. The whole thing was a joke and as lockdown protestors were arrested, often brutally, by reframed Face-Nappies we had the grotesque sight of police officers taking the knee to Black Lives Matter, a Cult-funded Marxist

organisation that supports violent riots and wants to destroy the nuclear family and white people.

He's not white? Shucks!

Woke obsession with race was on display again when ten people were shot dead in Boulder, Colorado, in March, 2021. Cult-owned Woke TV channels like CNN said the shooter appeared to be a white man and Wokers were on Twitter condemning 'violent white men' with the usual mantras. Then the shooter's name was released as Ahmad Al Aliwi Alissa, an anti-Trump Arab-American, and the sigh of disappointment could be heard five miles away. Never mind that ten people were dead and what that meant for their families. Race baiting was all that mattered to these sick Cult-serving people like Barack Obama who exploited the deaths to further divide America on racial grounds which is his job for the Cult. This is the man that 'racist' white Americans made the first black president of the United States and then gave him a second term. Not-very-bright Obama has become filthy rich on the back of that and today appears to have a big influence on the Biden administration. Even so he's still a downtrodden black man and a victim of white supremacy. This disingenuous fraud reveals the contempt he has for black people when he puts on a Deep South Alabama accent whenever he talks to them, no, *at* them.

Another BLM red flag was how the now fully-Woke (fully-Cult) and fully-virtue-signalled professional soccer authorities had their teams taking the knee before every match in support of Marxist Black Lives Matter. Soccer authorities and clubs displayed 'Black Lives Matter' on the players' shirts and flashed the name on electronic billboards around the pitch. Any fans that condemned what is a Freemasonic taking-the-knee ritual were widely condemned as you would expect from the Woke virtue-signallers of professional sport and the now fully-Woke media. We have reverse racism in which you are banned from criticising any race or culture except for white people for whom anything goes – say what you like, no problem. What has this got to do with racial harmony and

equality? We've had black supremacists from Black Lives Matter telling white people to fall to their knees in the street and apologise for their white supremacy. Black supremacists acting like white supremacist slave owners of the past couldn't breach their self-obsessed, race-obsessed sense of self-purity. Joe Biden appointed a race-obsessed black supremacist Kristen Clarke to head the Justice Department Civil Rights Division. Clarke claimed that blacks are endowed with 'greater mental, physical and spiritual abilities' than whites. If anyone reversed that statement they would be vilified. Clarke is on-message so no problem. She's never seen a black-white situation in which the black figure is anything but a virtuous victim and she heads the Civil Rights Division which should treat everyone the same or it isn't civil rights. Another perception of the Renegade Mind: If something or someone is part of the Cult agenda they will be supported by Woke governments and media no matter what. If they're not, they will be condemned and censored. It really is that simple and so racist Clarke prospers despite (make that because of) her racism.

The end of culture

Biden's administration is full of such racial, cultural and economic bias as the Cult requires the human family to be divided into warring factions. We are now seeing racially-segregated graduations and everything, but everything, is defined through the lens of perceived 'racism. We have 'racist' mathematics, 'racist' food and even 'racist' *plants*. World famous Kew Gardens in London said it was changing labels on plants and flowers to tell its pre-'Covid' more than two million visitors a year how racist they are. Kew director Richard Deverell said this was part of an effort to 'move quickly to decolonise collections' after they were approached by one Ajay Chhabra 'an actor with an insight into how sugar cane was linked to slavery'. They are *plants* you idiots. 'Decolonisation' in the Woke manual really means colonisation of society with its mentality and by extension colonisation by the Cult. We are witnessing a new Chinese-style 'Cultural Revolution' so essential to the success of all

Marxist takeovers. Our cultural past and traditions have to be swept away to allow a new culture to be built-back-better. Woke targeting of long-standing Western cultural pillars including historical monuments and cancelling of historical figures is what happened in the Mao revolution in China which 'purged remnants of capitalist and traditional elements from Chinese society' and installed Maoism as the dominant ideology'. For China see the Western world today and for 'dominant ideology' see Woke. Better still see Marxism or Maoism. The 'Covid' hoax has specifically sought to destroy the arts and all elements of Western culture from people meeting in a pub or restaurant to closing theatres, music venues, sports stadiums, places of worship and even banning *singing*. Destruction of Western society is also why criticism of any religion is banned except for Christianity which again is the dominant religion as white is the numerically-dominant race. Christianity may be fading rapidly, but its history and traditions are weaved through the fabric of Western society. Delete the pillars and other structures will follow until the whole thing collapses. I am not a Christian defending that religion when I say that. I have no religion. It's just a fact. To this end Christianity has itself been turned Woke to usher its own downfall and its ranks are awash with 'change agents' – knowing and unknowing – at every level including Pope Francis (*definitely* knowing) and the clueless Archbishop of Canterbury Justin Welby (possibly not, but who can be sure?). Woke seeks to coordinate attacks on Western culture, traditions, and ways of life through 'intersectionality' defined as 'the complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism, and classism) combine, overlap, or intersect especially in the experiences of marginalised individuals or groups'. Wade through the Orwellian Woke-speak and this means coordinating disparate groups in a common cause to overthrow freedom and liberal values.

The entire structure of public institutions has been infested with Woke – government at all levels, political parties, police, military, schools, universities, advertising, media and trade unions. This abomination has been achieved through the Cult web by appointing

Wokers to positions of power and battering non-Wokers into line through intimidation, isolation and threats to their job. Many have been fired in the wake of the empathy-deleted, vicious hostility of 'social justice' Wokers and the desire of gutless, spineless employers to virtue-signal their Wokeness. Corporations are filled with Wokers today, most notably those in Silicon Valley. Ironically at the top they are not Woke at all. They are only exploiting the mentality their Cult masters have created and funded to censor and enslave while the Wokers cheer them on until it's their turn. Thus the Woke 'liberal left' is an inversion of the traditional liberal left. Campaigning for justice on the grounds of power and wealth distribution has been replaced by campaigning for identity politics. The genuine traditional left would never have taken money from today's billionaire abusers of fairness and justice and nor would the billionaires have wanted to fund that genuine left. It would not have been in their interests to do so. The division of opinion in those days was between the haves and have nots. This all changed with Cult manipulated and funded identity politics. The division of opinion today is between Wokers and non-Wokers and not income brackets. Cult corporations and their billionaires may have taken wealth disparity to cataclysmic levels of injustice, but as long as they speak the language of Woke, hand out the dosh to the Woke network and censor the enemy they are 'one of us'. Billionaires who don't give a damn about injustice are laughing at them till their bellies hurt. Wokers are not even close to self-aware enough to see that. The transformed 'left' dynamic means that Wokers who drone on about 'social justice' are funded by billionaires that have destroyed social justice the world over. It's *why* they are billionaires.

The climate con

Nothing encapsulates what I have said more comprehensively than the hoax of human-caused global warming. I have detailed in my books over the years how Cult operatives and organisations were the pump-primers from the start of the climate con. A purpose-built vehicle for this is the Club of Rome established by the Cult in 1968

with the Rockefellers and Rothschilds centrally involved all along. Their gofer frontman Maurice Strong, a Canadian oil millionaire, hosted the Earth Summit in Rio de Janeiro, Brazil, in 1992 where the global 'green movement' really expanded in earnest under the guiding hand of the Cult. The Earth Summit established Agenda 21 through the Cult-created-and-owned United Nations to use the illusion of human-caused climate change to justify the transformation of global society to save the world from climate disaster. It is a No-Problem-Reaction-Solution sold through governments, media, schools and universities as whole generations have been terrified into believing that the world was going to end in their lifetimes unless what old people had inflicted upon them was stopped by a complete restructuring of how everything is done. Chill, kids, it's all a hoax. Such restructuring is precisely what the Cult agenda demands (purely by coincidence of course). Today this has been given the codename of the Great Reset which is only an updated term for Agenda 21 and its associated Agenda 2030. The latter, too, is administered through the UN and was voted into being by the General Assembly in 2015. Both 21 and 2030 seek centralised control of all resources and food right down to the raindrops falling on your own land. These are some of the demands of Agenda 21 established in 1992. See if you recognise this society emerging today:

- End national sovereignty
- State planning and management of all land resources, ecosystems, deserts, forests, mountains, oceans and fresh water; agriculture; rural development; biotechnology; and ensuring *'equity'*
- The state to 'define the role' of business and financial resources
- Abolition of private property
- 'Restructuring' the family unit (see BLM)
- Children raised by the state
- People told what their job will be
- Major restrictions on movement
- Creation of 'human settlement zones'

- Mass resettlement as people are forced to vacate land where they live
- Dumbing down education
- Mass global depopulation in pursuit of all the above

The United Nations was created as a Trojan horse for world government. With the climate con of critical importance to promoting that outcome you would expect the UN to be involved. Oh, it's involved all right. The UN is promoting Agenda 21 and Agenda 2030 justified by 'climate change' while also driving the climate hoax through its Intergovernmental Panel on Climate Change (IPCC), one of the world's most corrupt organisations. The IPCC has been lying ferociously and constantly since the day it opened its doors with the global media hanging unquestioningly on its every mendacious word. The Green movement is entirely Woke and has long lost its original environmental focus since it was co-opted by the Cult. An obsession with 'global warming' has deleted its values and scrambled its head. I experienced a small example of what I mean on a beautiful country walk that I have enjoyed several times a week for many years. The path merged into the fields and forests and you felt at one with the natural world. Then a 'Green' organisation, the Hampshire and Isle of Wight Wildlife Trust, took over part of the land and proceeded to cut down a large number of trees, including mature ones, to install a horrible big, bright steel 'this-is-ours-stay-out' fence that destroyed the whole atmosphere of this beautiful place. No one with a feel for nature would do that. Day after day I walked to the sound of chainsaws and a magnificent mature weeping willow tree that I so admired was cut down at the base of the trunk. When I challenged a Woke young girl in a green shirt (of course) about this vandalism she replied: 'It's a weeping willow – it will grow back.' This is what people are paying for when they donate to the Hampshire and Isle of Wight Wildlife Trust and many other 'green' organisations today. It is not the environmental movement that I knew and instead has become a support-system – as with Extinction Rebellion – for a very dark agenda.

Private jets for climate justice

The Cult-owned, Gates-funded, World Economic Forum and its founder Klaus Schwab were behind the emergence of Greta Thunberg to harness the young behind the climate agenda and she was invited to speak to the world at … the UN. Schwab published a book, *Covid-19: The Great Reset* in 2020 in which he used the 'Covid' hoax and the climate hoax to lay out a new society straight out of Agenda 21 and Agenda 2030. Bill Gates followed in early 2021 when he took time out from destroying the world to produce a book in his name about the way to save it. Gates flies across the world in private jets and admitted that 'I probably have one of the highest greenhouse gas footprints of anyone on the planet … my personal flying alone is gigantic.' He has also bid for the planet's biggest private jet operator. Other climate change saviours who fly in private jets include John Kerry, the US Special Presidential Envoy for Climate, and actor Leonardo DiCaprio, a 'UN Messenger of Peace with special focus on climate change'. These people are so full of bullshit they could corner the market in manure. We mustn't be sceptical, though, because the Gates book, *How to Avoid a Climate Disaster: The Solutions We Have and the Breakthroughs We Need*, is a genuine attempt to protect the world and not an obvious pile of excrement attributed to a mega-psychopath aimed at selling his masters' plans for humanity. The Gates book and the other shite-pile by Klaus Schwab could have been written by the same person and may well have been. Both use 'climate change' and 'Covid' as the excuses for their new society and by coincidence the Cult's World Economic Forum and Bill and Melinda Gates Foundation promote the climate hoax and hosted Event 201 which pre-empted with a 'simulation' the very 'coronavirus' hoax that would be simulated for real on humanity within weeks. The British 'royal' family is promoting the 'Reset' as you would expect through Prince 'climate change caused the war in Syria' Charles and his hapless son Prince William who said that we must 'reset our relationship with nature and our trajectory as a species' to avoid a climate disaster. Amazing how many promotors of the 'Covid' and 'climate change' control

systems are connected to Gates and the World Economic Forum. A 'study' in early 2021 claimed that carbon dioxide emissions must fall by the equivalent of a global lockdown roughly every two years for the next decade to save the planet. The 'study' appeared in the same period that the Schwab mob claimed in a video that lockdowns destroying the lives of billions are good because they make the earth 'quieter' with less 'ambient noise'. They took down the video amid a public backlash for such arrogant, empathy-deleted stupidity You see, however, where they are going with this. Corinne Le Quéré, a professor at the Tyndall Centre for Climate Change Research, University of East Anglia, was lead author of the climate lockdown study, and she writes for … the World Economic Forum. Gates calls in 'his' book for changing 'every aspect of the economy' (long-time Cult agenda) and for humans to eat synthetic 'meat' (predicted in my books) while cows and other farm animals are eliminated. Australian TV host and commentator Alan Jones described what carbon emission targets would mean for farm animals in Australia alone if emissions were reduced as demanded by 35 percent by 2030 and zero by 2050:

> Well, let's take agriculture, the total emissions from agriculture are about 75 million tonnes of carbon dioxide, equivalent. Now reduce that by 35 percent and you have to come down to 50 million tonnes, I've done the maths. So if you take for example 1.5 million cows, you're going to have to reduce the herd by 525,000 [by] 2030, nine years, that's 58,000 cows a year. The beef herd's 30 million, reduce that by 35 percent, that's 10.5 million, which means 1.2 million cattle have to go every year between now and 2030. This is insanity!
>
> There are 75 million sheep. Reduce that by 35 percent, that's 26 million sheep, that's almost 3 million a year. So under the Paris Agreement over 30 million beasts. dairy cows, cattle, pigs and sheep would go. More than 8,000 every minute of every hour for the next decade, do these people know what they're talking about?

Clearly they don't at the level of campaigners, politicians and administrators. The Cult *does* know; that's the outcome it wants. We are faced with not just a war on humanity. Animals and the natural world are being targeted and I have been saying since the 'Covid' hoax began that the plan eventually was to claim that the 'deadly virus' is able to jump from animals, including farm animals and

domestic pets, to humans. Just before this book went into production came this story: 'Russia registers world's first Covid-19 vaccine for cats & dogs as makers of Sputnik V warn pets & farm animals could spread virus'. The report said 'top scientists warned that the deadly pathogen could soon begin spreading through homes and farms' and 'the next stage is the infection of farm and domestic animals'. Know the outcome and you'll see the journey. Think what that would mean for animals and keep your eye on a term called zoonosis or zoonotic diseases which transmit between animals and humans. The Cult wants to break the connection between animals and people as it does between people and people. Farm animals fit with the Cult agenda to transform food from natural to synthetic.

The gas of life is killing us

There can be few greater examples of Cult inversion than the condemnation of carbon dioxide as a dangerous pollutant when it is the gas of life. Without it the natural world would be dead and so we would all be dead. We breathe in oxygen and breathe out carbon dioxide while plants produce oxygen and absorb carbon dioxide. It is a perfect symbiotic relationship that the Cult wants to dismantle for reasons I will come to in the final two chapters. Gates, Schwab, other Cult operatives and mindless repeaters, want the world to be 'carbon neutral' by at least 2050 and the earlier the better. 'Zero carbon' is the cry echoed by lunatics calling for 'Zero Covid' when we already have it. These carbon emission targets will deindustrialise the world in accordance with Cult plans – the post-industrial, post-democratic society – and with so-called renewables like solar and wind not coming even close to meeting human energy needs blackouts and cold are inevitable. Texans got the picture in the winter of 2021 when a snow storm stopped wind turbines and solar panels from working and the lights went down along with water which relies on electricity for its supply system. Gates wants everything to be powered by electricity to ensure that his masters have the kill switch to stop all human activity, movement, cooking, water and warmth any time they like. The climate lie is so

stupendously inverted that it claims we must urgently reduce carbon dioxide when we *don't have enough*.

Co2 in the atmosphere is a little above 400 parts per million when the optimum for plant growth is 2,000 ppm and when it falls anywhere near 150 ppm the natural world starts to die and so do we. It fell to as low as 280 ppm in an 1880 measurement in Hawaii and rose to 413 ppm in 2019 with industrialisation which is why the planet has become *greener* in the industrial period. How insane then that psychopathic madman Gates is not satisfied only with blocking the rise of Co2. He's funding technology to suck it out of the atmosphere. The reason why will become clear. The industrial era is not destroying the world through Co2 and has instead turned around a potentially disastrous ongoing fall in Co2. Greenpeace co-founder and scientist Patrick Moore walked away from Greenpeace in 1986 and has exposed the green movement for fear-mongering and lies. He said that 500 million years ago there was *17 times* more Co2 in the atmosphere than we have today and levels have been falling for hundreds of millions of years. In the last 150 million years Co2 levels in Earth's atmosphere had reduced by *90 percent*. Moore said that by the time humanity began to unlock carbon dioxide from fossil fuels we were at '38 seconds to midnight' and in that sense: 'Humans are [the Earth's] salvation.' Moore made the point that only half the Co2 emitted by fossil fuels stays in the atmosphere and we should remember that all pollution pouring from chimneys that we are told is carbon dioxide is in fact nothing of the kind. It's pollution. Carbon dioxide is an invisible gas.

William Happer, Professor of Physics at Princeton University and long-time government adviser on climate, has emphasised the Co2 deficiency for maximum growth and food production. Greenhouse growers don't add carbon dioxide for a bit of fun. He said that most of the warming in the last 100 years, after the earth emerged from the super-cold period of the 'Little Ice Age' into a natural warming cycle, was over by 1940. Happer said that a peak year for warming in 1988 can be explained by a 'monster El Nino' which is a natural and cyclical warming of the Pacific that has nothing to do with 'climate

change'. He said the effect of CO_2 could be compared to painting a wall with red paint in that once two or three coats have been applied it didn't matter how much more you slapped on because the wall will not get much redder. Almost all the effect of the rise in CO_2 has already happened, he said, and the volume in the atmosphere would now have to *double* to increase temperature by a single degree. Climate hoaxers know this and they have invented the most ridiculously complicated series of 'feedback' loops to try to overcome this rather devastating fact. You hear puppet Greta going on cluelessly about feedback loops and this is why.

The Sun affects temperature? No you *climate denier*

Some other nonsense to contemplate: Climate graphs show that rises in temperature do not follow rises in CO_2 – *it's the other way round* with a lag between the two of some 800 years. If we go back 800 years from present time we hit the Medieval Warm Period when temperatures were higher than now without any industrialisation and this was followed by the Little Ice Age when temperatures plummeted. The world was still emerging from these centuries of serious cold when many climate records began which makes the ever-repeated line of the 'hottest year since records began' meaningless when you are not comparing like with like. The coldest period of the Little Ice Age corresponded with the lowest period of sunspot activity when the Sun was at its least active. Proper scientists will not be at all surprised by this when it confirms the obvious fact that earth temperature is affected by the scale of Sun activity and the energetic power that it subsequently emits; but when is the last time you heard a climate hoaxer talking about the Sun as a source of earth temperature?? Everything has to be focussed on CO_2 which makes up just 0.117 percent of so-called greenhouse gases and only a fraction of even that is generated by human activity. The rest is natural. More than *90 percent* of those greenhouse gases are water vapour and clouds (Fig 9). Ban moisture I say. Have you noticed that the climate hoaxers no longer use the polar bear as their promotion image? That's because far from becoming extinct polar

bear communities are stable or thriving. Joe Bastardi, American meteorologist, weather forecaster and outspoken critic of the climate lie, documents in his book *The Climate Chronicles* how weather patterns and events claimed to be evidence of climate change have been happening since long before industrialisation: 'What happened before naturally is happening again, as is to be expected given the cyclical nature of the climate due to the design of the planet.' If you read the detailed background to the climate hoax in my other books you will shake your head and wonder how anyone could believe the crap which has spawned a multi-trillion dollar industry based on absolute garbage (see HIV causes AIDs and Sars-Cov-2 causes 'Covid-19'). Climate and 'Covid' have much in common given they have the same source. They both have the contradictory *everything* factor in which everything is explained by reference to them. It's hot – 'it's climate change'. It's cold – 'it's climate change'. I got a sniffle – 'it's Covid'. I haven't got a sniffle – 'it's Covid'. Not having a sniffle has to be a symptom of 'Covid'. Everything is and not having a sniffle is especially dangerous if you are a slow walker. For sheer audacity I offer you a Cambridge University 'study' that actually linked 'Covid' to 'climate change'. It had to happen eventually. They concluded that climate change played a role in 'Covid-19' spreading from animals to humans because … wait for it … I kid you not … *the two groups were forced closer together as populations grow*. Er, that's it. The whole foundation on which this depended was that 'Bats are the likely zoonotic origin of SARS-CoV-1 and SARS-CoV-2'. Well, they are not. They are nothing to do with it. Apart from bats not being the origin and therefore 'climate change' effects on bats being irrelevant I am in awe of their academic insight. Where would we be without them? Not where we are that's for sure.

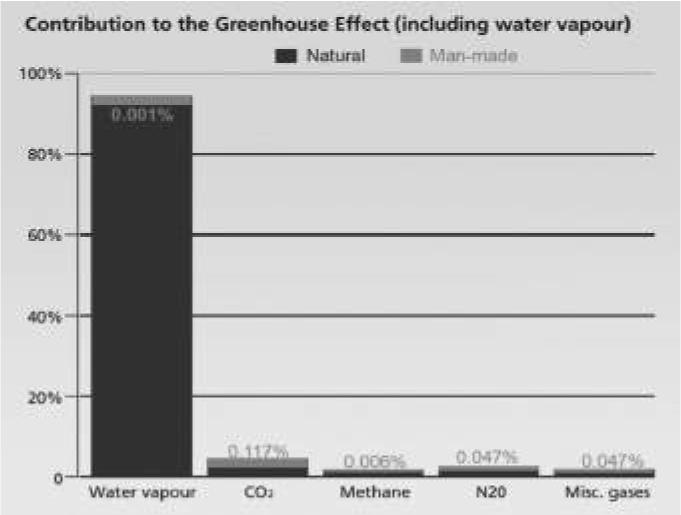

Figure 9: The idea that the gas of life is disastrously changing the climate is an insult to brain cell activity.

One other point about the weather is that climate modification is now well advanced and not every major weather event is natural – or earthquake come to that. I cover this subject at some length in other books. China is openly planning a rapid expansion of its weather modification programme which includes changing the climate in an area more than one and a half times the size of India. China used weather manipulation to ensure clear skies during the 2008 Olympics in Beijing. I have quoted from US military documents detailing how to employ weather manipulation as a weapon of war and they did that in the 1960s and 70s during the conflict in Vietnam with Operation Popeye manipulating monsoon rains for military purposes. Why would there be international treaties on weather modification if it wasn't possible? Of course it is. Weather is energetic information and it can be changed.

How was the climate hoax pulled off? See 'Covid'

If you can get billions to believe in a 'virus' that doesn't exist you can get them to believe in human-caused climate change that doesn't exist. Both are being used by the Cult to transform global society in the way it has long planned. Both hoaxes have been achieved in pretty much the same way. First you declare a lie is a fact. There's a

‘virus’ you call SARS-Cov-2 or humans are warming the planet with their behaviour. Next this becomes, via Cult networks, the foundation of government, academic and science policy and belief. Those who parrot the mantra are given big grants to produce research that confirms the narrative is true and ever more ‘symptoms’ are added to make the ‘virus’/’climate change’ sound even more scary. Scientists and researchers who challenge the narrative have their grants withdrawn and their careers destroyed. The media promote the lie as the unquestionable truth and censor those with an alternative view or evidence. A great percentage of the population believe what they are told as the lie becomes an everybody-knows-that and the believing-masses turn on those with a mind of their own. The technique has been used endlessly throughout human history. Wokers are the biggest promotors of the climate lie *and* ‘Covid’ fascism because their minds are owned by the Cult; their sense of self-righteous self-purity knows no bounds; and they exist in a bubble of reality in which facts are irrelevant and only get in the way of looking without seeing.

Running through all of this like veins in a blue cheese is control of information, which means control of perception, which means control of behaviour, which collectively means control of human society. The Cult owns the global media and Silicon Valley fascists for the simple reason that it *has* to. Without control of information it can’t control perception and through that human society. Examine every facet of the Cult agenda and you will see that anything supporting its introduction is never censored while anything pushing back is always censored. I say again: Psychopaths that know why they are doing this must go before Nuremberg trials and those that follow their orders must trot along behind them into the same dock. ‘I was just following orders’ didn’t work the first time and it must not work now. Nuremberg trials must be held all over the world before public juries for politicians, government officials, police, compliant doctors, scientists and virologists, and all Cult operatives such as Gates, Tedros, Fauci, Vallance, Whitty, Ferguson, Zuckerberg, Wojcicki, Brin, Page, Dorsey, the whole damn lot of

them – including, no *especially*, the psychopath psychologists. Without them and the brainless, gutless excuses for journalists that have repeated their lies, none of this could be happening. Nobody can be allowed to escape justice for the psychological and economic Armageddon they are all responsible for visiting upon the human race.

As for the compliant, unquestioning, swathes of humanity, and the self-obsessed, all-knowing ignorance of the Wokers … don't start me. God help their kids. God help their grandkids. God *help them*.

CHAPTER NINE

We must have it? So what is it?

Well I won't back down. No, I won't back down. You can stand me up at the Gates of Hell. But I won't back down
Tom Petty

I will now focus on the genetically-manipulating 'Covid vaccines' which do not meet this official definition of a vaccine by the US Centers for Disease Control (CDC): 'A product that stimulates a person's immune system to produce immunity to a specific disease, protecting the person from that disease.' On that basis 'Covid vaccines' are not a vaccine in that the makers don't even claim they stop infection or transmission.

They are instead part of a multi-levelled conspiracy to change the nature of the human body and what it means to be 'human' and to depopulate an enormous swathe of humanity. What I shall call Human 1.0 is on the cusp of becoming Human 2.0 and for very sinister reasons. Before I get to the 'Covid vaccine' in detail here's some background to vaccines in general. Government regulators do not test vaccines – the makers do – and the makers control which data is revealed and which isn't. Children in America are given 50 vaccine doses by age six and 69 by age 19 and the effect of the whole combined schedule has never been tested. Autoimmune diseases when the immune system attacks its own body have soared in the mass vaccine era and so has disease in general in children and the young. Why wouldn't this be the case when vaccines target the *immune system?* The US government gave Big Pharma drug

companies immunity from prosecution for vaccine death and injury in the 1986 National Childhood Vaccine Injury Act (NCVIA) and since then the government (taxpayer) has been funding compensation for the consequences of Big Pharma vaccines. The criminal and satanic drug giants can't lose and the vaccine schedule has increased dramatically since 1986 for this reason. There is no incentive to make vaccines safe and a big incentive to make money by introducing ever more. Even against a ridiculously high bar to prove vaccine liability, and with the government controlling the hearing in which it is being challenged for compensation, the vaccine court has so far paid out more than $4 billion. These are the vaccines we are told are safe and psychopaths like Zuckerberg censor posts saying otherwise. The immunity law was even justified by a ruling that vaccines by their nature were 'unavoidably unsafe'.

Check out the ingredients of vaccines and you will be shocked if you are new to this. *They put that in children's bodies?? What??* Try aluminium, a brain toxin connected to dementia, aborted foetal tissue and formaldehyde which is used to embalm corpses. World-renowned aluminium expert Christopher Exley had his research into the health effect of aluminium in vaccines shut down by Keele University in the UK when it began taking funding from the Bill and Melinda Gates Foundation. Research when diseases 'eradicated' by vaccines began to decline and you will find the fall began long *before* the vaccine was introduced. Sometimes the fall even plateaued after the vaccine. Diseases like scarlet fever for which there was no vaccine declined in the same way because of environmental and other factors. A perfect case in point is the polio vaccine. Polio began when lead arsenate was first sprayed as an insecticide and residues remained in food products. Spraying started in 1892 and the first US polio epidemic came in Vermont in 1894. The simple answer was to stop spraying, but Rockefeller-created Big Pharma had a better idea. Polio was decreed to be caused by the *poliovirus* which 'spreads from person to person and can infect a person's spinal cord'. Lead arsenate was replaced by the lethal DDT which had the same effect of causing paralysis by damaging the brain and central nervous

system. Polio plummeted when DDT was reduced and then banned, but the vaccine is still given the credit for something it didn't do. Today by far the biggest cause of polio is the vaccines promoted by Bill Gates. Vaccine justice campaigner Robert Kennedy Jr, son of assassinated (by the Cult) US Attorney General Robert Kennedy, wrote:

> In 2017, the World Health Organization (WHO) reluctantly admitted that the global explosion in polio is predominantly vaccine strain. The most frightening epidemics in Congo, Afghanistan, and the Philippines, are all linked to vaccines. In fact, by 2018, 70% of global polio cases were vaccine strain.

Vaccines make fortunes for Cult-owned Gates and Big Pharma while undermining the health and immune systems of the population. We had a glimpse of the mentality behind the Big Pharma cartel with a report on WION (World is One News), an international English language TV station based in India, which exposed the extraordinary behaviour of US drug company Pfizer over its 'Covid vaccine'. The WION report told how Pfizer had made fantastic demands of Argentina, Brazil and other countries in return for its 'vaccine'. These included immunity from prosecution, even for Pfizer negligence, government insurance to protect Pfizer from law suits and handing over as collateral sovereign assets of the country to include Argentina's bank reserves, military bases and embassy buildings. Pfizer demanded the same of Brazil in the form of waiving sovereignty of its assets abroad; exempting Pfizer from Brazilian laws; and giving Pfizer immunity from all civil liability. This is a 'vaccine' developed with government funding. Big Pharma is evil incarnate as a creation of the Cult and all must be handed tickets to Nuremberg.

Phantom 'vaccine' for a phantom 'disease'

I'll expose the 'Covid vaccine' fraud and then go on to the wider background of why the Cult has set out to 'vaccinate' every man, woman and child on the planet for an alleged 'new disease' with a survival rate of 99.77 percent (or more) even by the grotesquely-

manipulated figures of the World Health Organization and Johns Hopkins University. The 'infection' to 'death' ratio is 0.23 to 0.15 percent according to Stanford epidemiologist Dr John Ioannidis and while estimates vary the danger remains tiny. I say that if the truth be told the fake infection to fake death ratio is zero. Never mind all the evidence I have presented here and in *The Answer* that there is no 'virus' let us just focus for a moment on that death-rate figure of say 0.23 percent. The figure includes all those worldwide who have tested positive with a test not testing for the 'virus' and then died within 28 days or even longer of any other cause – *any other cause*. Now subtract all those illusory 'Covid' deaths on the global data sheets from the 0.23 percent. What do you think you would be left with? *Zero*. A vaccination has never been successfully developed for a so-called coronavirus. They have all failed at the animal testing stage when they caused hypersensitivity to what they were claiming to protect against and made the impact of a disease far worse. Cult-owned vaccine corporations got around that problem this time by bypassing animal trials, going straight to humans and making the length of the 'trials' before the public rollout as short as they could get away with. Normally it takes five to ten years or more to develop vaccines that still cause demonstrable harm to many people and that's without including the long-term effects that are never officially connected to the vaccination. 'Covid' non-vaccines have been officially produced and approved in a matter of months from a standing start and part of the reason is that (a) they were developed before the 'Covid' hoax began and (b) they are based on computer programs and not natural sources. Official non-trials were so short that government agencies gave *emergency,* not full, approval. 'Trials' were not even completed and full approval cannot be secured until they are. Public 'Covid vaccination' is actually a *continuation of the trial*. Drug company 'trials' are not scheduled to end until 2023 by which time a lot of people are going to be dead. Data on which government agencies gave this emergency approval was supplied by the Big Pharma corporations themselves in the form of Pfizer/BioNTech, AstraZeneca, Moderna, Johnson & Johnson, and

others, and this is the case with all vaccines. By its very nature *emergency* approval means drug companies do not have to prove that the 'vaccine' is 'safe and effective'. How could they with trials way short of complete? Government regulators only have to *believe* that they *could* be safe and effective. It is criminal manipulation to get products in circulation with no testing worth the name. Agencies giving that approval are infested with Big Pharma-connected place-people and they act in the interests of Big Pharma (the Cult) and not the public about whom they do not give a damn.

More human lab rats

'Covid vaccines' produced in record time by Pfizer/BioNTech and Moderna employ a technique *never approved before for use on humans*. They are known as mRNA 'vaccines' and inject a synthetic version of 'viral' mRNA or 'messenger RNA'. The key is in the term 'messenger'. The body works, or doesn't, on the basis of information messaging. Communications are constantly passing between and within the genetic system and the brain. Change those messages and you change the state of the body and even its very nature and you can change psychology and behaviour by the way the brain processes information. I think you are going to see significant changes in personality and perception of many people who have had the 'Covid vaccine' synthetic potions. Insider Aldous Huxley predicted the following in 1961 and mRNA 'vaccines' can be included in the term 'pharmacological methods':

> There will be, in the next generation or so, a pharmacological method of making people love their servitude, and producing dictatorship without tears, so to speak, producing a kind of painless concentration camp for entire societies, so that people will in fact have their own liberties taken away from them, but rather enjoy it, because they will be distracted from any desire to rebel by propaganda or brainwashing, or brainwashing enhanced by pharmacological methods. And this seems to be the final revolution.

Apologists claim that mRNA synthetic 'vaccines' don't change the DNA genetic blueprint because RNA does not affect DNA only the other way round. This is so disingenuous. A process called 'reverse

transcription' can convert RNA into DNA and be integrated into DNA in the cell nucleus. This was highlighted in December, 2020, by scientists at Harvard and Massachusetts Institute of Technology (MIT). Geneticists report that more than 40 percent of mammalian genomes results from reverse transcription. On the most basic level if messaging changes then that sequence must lead to changes in DNA which is receiving and transmitting those communications. How can introducing synthetic material into cells not change the cells where DNA is located? The process is known as transfection which is defined as 'a technique to insert foreign nucleic acid (DNA or RNA) into a cell, typically with the intention of altering the properties of the cell'. Researchers at the Sloan Kettering Institute in New York found that changes in messenger RNA can deactivate tumour-suppressing proteins and thereby promote cancer. This is what happens when you mess with messaging. 'Covid vaccine' maker Moderna was founded in 2010 by Canadian stem cell biologist Derrick J. Rossi after his breakthrough discovery in the field of transforming and reprogramming stem cells. These are neutral cells that can be programmed to become any cell including sperm cells. Moderna was therefore founded on the principle of genetic manipulation and has never produced any vaccine or drug before its genetically-manipulating synthetic 'Covid' shite. Look at the name – Mode-RNA or Modify-RNA. Another important point is that the US Supreme Court has ruled that genetically-modified DNA, or complementary DNA (cDNA) synthesized in the laboratory from messenger RNA, can be patented and owned. These psychopaths are doing this to the human body.

Cells replicate synthetic mRNA in the 'Covid vaccines' and in theory the body is tricked into making antigens which trigger antibodies to target the 'virus spike proteins' which as Dr Tom Cowan said have *never been seen*. Cut the crap and these 'vaccines' deliver *self-replicating* synthetic material to the cells with the effect of changing human DNA. The more of them you have the more that process is compounded while synthetic material is all the time self-replicating. 'Vaccine'-maker Moderna describes mRNA as 'like

software for the cell' and so they are messing with the body's software. What happens when you change the software in a computer? Everything changes. For this reason the Cult is preparing a production line of mRNA 'Covid vaccines' and a long list of excuses to use them as with all the 'variants' of a 'virus' never shown to exist. The plan is further to transfer the mRNA technique to other vaccines mostly given to children and young people. The cumulative consequences will be a transformation of human DNA through a constant infusion of synthetic genetic material which will kill many and change the rest. Now consider that governments that have given emergency approval for a vaccine that's not a vaccine; never been approved for humans before; had no testing worth the name; and the makers have been given immunity from prosecution for any deaths or adverse effects suffered by the public. The UK government awarded *permanent legal indemnity* to itself and its employees for harm done when a patient is being treated for 'Covid-19' or 'suspected Covid-19'. That is quite a thought when these are possible 'side-effects' from the 'vaccine' (they are not 'side', they are effects) listed by the US Food and Drug Administration:

Guillain-Barre syndrome; acute disseminated encephalomyelitis; transverse myelitis; encephalitis; myelitis; encephalomyelitis; meningoencephalitis; meningitis; encephalopathy; convulsions; seizures; stroke; narcolepsy; cataplexy; anaphylaxis; acute myocardial infarction (heart attack); myocarditis; pericarditis; autoimmune disease; death; implications for pregnancy, and birth outcomes; other acute demyelinating diseases; non anaphylactic allergy reactions; thrombocytopenia ; disseminated intravascular coagulation; venous thromboembolism; arthritis; arthralgia; joint pain; Kawasaki disease; multisystem inflammatory syndrome in children; vaccine enhanced disease. The latter is the way the 'vaccine' has the potential to make diseases far worse than they would otherwise be.

UK doctor and freedom campaigner Vernon Coleman described the conditions in this list as 'all unpleasant, most of them very serious, and you can't get more serious than death'. The thought that anyone at all has had the 'vaccine' in these circumstances is testament to the potential that humanity has for clueless, unquestioning, stupidity and for many that programmed stupidity has already been terminal.

An insider speaks

Dr Michael Yeadon is a former Vice President, head of research and Chief Scientific Adviser at vaccine giant Pfizer. Yeadon worked on the inside of Big Pharma, but that did not stop him becoming a vocal critic of 'Covid vaccines' and their potential for multiple harms, including infertility in women. By the spring of 2021 he went much further and even used the no, no, term 'conspiracy'. When you begin to see what is going on it is impossible not to do so. Yeadon spoke out in an interview with freedom campaigner James Delingpole and I mentioned earlier how he said that no one had samples of 'the virus'. He explained that the mRNA technique originated in the anti-cancer field and ways to turn on and off certain genes which could be advantageous if you wanted to stop cancer growing out of control. 'That's the origin of them. They are a very unusual application, really.' Yeadon said that treating a cancer patient with an aggressive procedure might be understandable if the alternative was dying, but it was quite another thing to use the same technique as a public health measure. Most people involved wouldn't catch the infectious agent you were vaccinating against and if they did they probably wouldn't die:

> If you are really using it as a public health measure you really want to as close as you can get to zero sides-effects … I find it odd that they chose techniques that were really cutting their teeth in the field of oncology and I'm worried that in using gene-based vaccines that have to be injected in the body and spread around the body, get taken up into some cells, and the regulators haven't quite told us which cells they get taken up into … you are going to be generating a wide range of responses … with multiple steps each of which could go well or badly.

I doubt the Cult intends it to go well. Yeadon said that you can put any gene you like into the body through the 'vaccine'. 'You can certainly give them a gene that would do them some harm if you wanted.' I was intrigued when he said that when used in the cancer field the technique could turn genes on and off. I explore this process in *The Answer* and with different genes having different functions you could create mayhem – physically and psychologically – if you turned the wrong ones on and the right ones off. I read reports of an experiment by researchers at the University of Washington's school of computer science and engineering in which they encoded DNA to infect computers. The body is itself a biological computer and if human DNA can inflict damage on a computer why can't the computer via synthetic material mess with the human body? It can. The Washington research team said it was possible to insert malicious malware into 'physical DNA strands' and corrupt the computer system of a gene sequencing machine as it 'reads gene letters and stores them as binary digits 0 and 1'. They concluded that hackers could one day use blood or spit samples to access computer systems and obtain sensitive data from police forensics labs or infect genome files. It is at this level of digital interaction that synthetic 'vaccines' need to be seen to get the full picture and that will become very clear later on. Michael Yeadon said it made no sense to give the 'vaccine' to younger people who were in no danger from the 'virus'. What was the benefit? It was all downside with potential effects:

> The fact that my government in what I thought was a civilised, rational country, is raining [the 'vaccine'] on people in their 30s and 40s, even my children in their 20s, they're getting letters and phone calls, I know this is not right and any of you doctors who are vaccinating you know it's not right, too. They are not at risk. They are not at risk from the disease, so you are now hoping that the side-effects are so rare that you get away with it. You don't give new technology … that you don't understand to 100 percent of the population.

Blood clot problems with the AstraZeneca 'vaccine' have been affecting younger people to emphasise the downside risks with no benefit. AstraZeneca's version, produced with Oxford University, does not use mRNA, but still gets its toxic cocktail inside cells where

it targets DNA. The Johnson & Johnson 'vaccine' which uses a similar technique has also produced blood clot effects to such an extent that the United States paused its use at one point. They are all 'gene therapy' (cell modification) procedures and not 'vaccines'. The truth is that once the content of these injections enter cells we have no idea what the effect will be. People can speculate and some can give very educated opinions and that's good. In the end, though, only the makers know what their potions are designed to do and even they won't know every last consequence. Michael Yeadon was scathing about doctors doing what they knew to be wrong. 'Everyone's mute', he said. Doctors in the NHS must know this was not right, coming into work and injecting people. 'I don't know how they sleep at night. I know I couldn't do it. I know that if I were in that position I'd have to quit.' He said he knew enough about toxicology to know this was not a good risk-benefit. Yeadon had spoken to seven or eight university professors and all except two would not speak out publicly. Their universities had a policy that no one said anything that countered the government and its medical advisors. They were afraid of losing their government grants. This is how intimidation has been used to silence the truth at every level of the system. I say silence, but these people could still speak out if they made that choice. Yeadon called them 'moral cowards' – 'This is about your children and grandchildren's lives and you have just buggered off and left it.'

'Variant' nonsense

Some of his most powerful comments related to the alleged 'variants' being used to instil more fear, justify more lockdowns, and introduce more 'vaccines'. He said government claims about 'variants' were nonsense. He had checked the alleged variant 'codes' and they were 99.7 percent identical to the 'original'. This was the human identity difference equivalent to putting a baseball cap on and off or wearing it the other way round. A 0.3 percent difference would make it impossible for that 'variant' to escape immunity from the 'original'. This made no sense of having new 'vaccines' for

‘variants’. He said there would have to be at least a *30 percent* difference for that to be justified and even then he believed the immune system would still recognise what it was. Gates-funded ‘variant modeller’ and ‘vaccine’-pusher John Edmunds might care to comment. Yeadon said drug companies were making new versions of the ‘vaccine’ as a ‘top up’ for ‘variants’. Worse than that, he said, the ‘regulators’ around the world like the MHRA in the UK had got together and agreed that because ‘vaccines’ for ‘variants’ were so similar to the first ‘vaccines’ *they did not have to do safety studies*. How transparently sinister that is. This is when Yeadon said: ‘There is a conspiracy here.’ There was no need for another vaccine for ‘variants’ and yet we were told that there was and the country had shut its borders because of them. ‘They are going into hundreds of millions of arms without passing ‘go’ or any regulator. Why did they do that? Why did they pick this method of making the vaccine?’

The reason had to be something bigger than that it seemed and ‘it’s not protection against the virus’. It’s was a far bigger project that meant politicians and advisers were willing to do things and not do things that knowingly resulted in avoidable deaths – ‘that’s already happened when you think about lockdown and deprivation of health care for a year.’ He spoke of people prepared to do something that results in the avoidable death of their fellow human beings and it not bother them. This is the penny-drop I have been working to get across for more than 30 years – the level of pure evil we are dealing with. Yeadon said his friends and associates could not believe there could be that much evil, but he reminded them of Stalin, Pol Pot and Hitler and of what Stalin had said: ‘One death is a tragedy. A million? A statistic.’ He could not think of a benign explanation for why you need top-up vaccines ‘which I’m sure you don’t’ and for the regulators ‘to just get out of the way and wave them through’. Why would the regulators do that when they were still wrestling with the dangers of the ‘parent’ vaccine? He was clearly shocked by what he had seen since the ‘Covid’ hoax began and now he was thinking the previously unthinkable:

> If you wanted to depopulate a significant proportion of the world and to do it in a way that doesn't involve destruction of the environment with nuclear weapons, poisoning everyone with anthrax or something like that, and you wanted plausible deniability while you had a multi-year infectious disease crisis, I actually don't think you could come up with a better plan of work than seems to be in front of me. I can't say that's what they are going to do, but I can't think of a benign explanation why they are doing it.

He said he never thought that they would get rid of 99 percent of humans, but now he wondered. 'If you wanted to that this would be a hell of a way to do it – it would be unstoppable folks.' Yeadon had concluded that those who submitted to the 'vaccine' would be allowed to have some kind of normal life (but for how long?) while screws were tightened to coerce and mandate the last few percent. 'I think they'll put the rest of them in a prison camp. I wish I was wrong, but I don't think I am.' Other points he made included: There were no coronavirus vaccines then suddenly they all come along at the same time; we have no idea of the long term affect with trials so short; coercing or forcing people to have medical procedures is against the Nuremberg Code instigated when the Nazis did just that; people should at least delay having the 'vaccine'; a quick Internet search confirms that masks don't reduce respiratory viral transmission and 'the government knows that'; they have smashed civil society and they know that, too; two dozen peer-reviewed studies show no connection between lockdown and reducing deaths; he knew from personal friends the elite were still flying around and going on holiday while the public were locked down; the elite were not having the 'vaccines'. He was also asked if 'vaccines' could be made to target difference races. He said he didn't know, but the document by the Project for the New American Century in September, 2000, said developing 'advanced forms of biological warfare that can target *specific genotypes* may transform biological warfare from the realm of terror to a politically useful tool.' Oh, they're evil all right. Of that we can be *absolutely* sure.

Another cull of old people

We have seen from the CDC definition that the mRNA 'Covid vaccine' is not a vaccine and nor are the others that *claim* to reduce 'severity of symptoms' in *some* people, but not protect from infection or transmission. What about all the lies about returning to 'normal' if people were 'vaccinated'? If they are not claimed to stop infection and transmission of the alleged 'virus', how does anything change? This was all lies to manipulate people to take the jabs and we are seeing that now with masks and distancing still required for the 'vaccinated'. How did they think that elderly people with fragile health and immune responses were going to be affected by infusing their cells with synthetic material and other toxic substances? They *knew* that in the short and long term it would be devastating and fatal as the culling of the old that began with the first lockdowns was continued with the 'vaccine'. Death rates in care homes soared immediately residents began to be 'vaccinated' – infused with synthetic material. Brave and committed whistleblower nurses put their careers at risk by exposing this truth while the rest kept their heads down and their mouths shut to put their careers before those they are supposed to care for. A long-time American Certified Nursing Assistant who gave his name as James posted a video in which he described emotionally what happened in his care home when vaccination began. He said that during 2020 very few residents were sick with 'Covid' and no one died during the entire year; but shortly after the Pfizer mRNA injections 14 people died within two weeks and many others were near death. 'They're dropping like flies', he said. Residents who walked on their own before the shot could no longer and they had lost their ability to conduct an intelligent conversation. The home's management said the sudden deaths were caused by a 'super-spreader' of 'Covid-19'. Then how come, James asked, that residents who refused to take the injections were not sick? It was a case of inject the elderly with mRNA synthetic potions and blame their illness and death that followed on the 'virus'. James described what was happening in care homes as 'the greatest crime of genocide this country has ever seen'. Remember the NHS staff nurse from earlier who used the same

word 'genocide' for what was happening with the 'vaccines' and that it was an 'act of human annihilation'. A UK care home whistleblower told a similar story to James about the effect of the 'vaccine' in deaths and 'outbreaks' of illness dubbed 'Covid' after getting the jab. She told how her care home management and staff had zealously imposed government regulations and no one was allowed to even question the official narrative let alone speak out against it. She said the NHS was even worse. Again we see the results of reframing. A worker at a local care home where I live said they had not had a single case of 'Covid' there for almost a year and when the residents were 'vaccinated' they had 19 positive cases in two weeks with eight dying.

It's not the 'vaccine' – honest

The obvious cause and effect was being ignored by the media and most of the public. Australia's health minister Greg Hunt (a former head of strategy at the World Economic Forum) was admitted to hospital after he had the 'vaccine'. He was suffering according to reports from the skin infection 'cellulitis' and it must have been a severe case to have warranted days in hospital. Immediately the authorities said this was nothing to do with the 'vaccine' when an effect of some vaccines is a 'cellulitis-like reaction'. We had families of perfectly healthy old people who died after the 'vaccine' saying that if only they had been given the 'vaccine' earlier they would still be alive. As a numbskull rating that is off the chart. A father of four 'died of Covid' at aged 48 when he was taken ill two days after having the 'vaccine'. The man, a health administrator, had been 'shielding during the pandemic' and had 'not really left the house' until he went for the 'vaccine'. Having the 'vaccine' and then falling ill and dying does not seem to have qualified as a possible cause and effect and 'Covid-19' went on his death certificate. His family said they had no idea how he 'caught the virus'. A family member said: 'Tragically, it could be that going for a vaccination ultimately led to him catching Covid …The sad truth is that they are never going to know where it came from.' The family warned people to remember

that the virus still existed and was 'very real'. So was their stupidity. Nurses and doctors who had the first round of the 'vaccine' were collapsing, dying and ending up in a hospital bed while they or their grieving relatives were saying they'd still have the 'vaccine' again despite what happened. I kid you not. You mean if your husband returned from the dead he'd have the same 'vaccine' again that killed him??

Doctors at the VCU Medical Center in Richmond, Virginia, said the Johnson & Johnson 'vaccine' was to blame for a man's skin peeling off. Patient Richard Terrell said: 'It all just happened so fast. My skin peeled off. It's still coming off on my hands now.' He said it was stinging, burning and itching and when he bent his arms and legs it was very painful with 'the skin swollen and rubbing against itself'. Pfizer/BioNTech and Moderna vaccines use mRNA to change the cell while the Johnson & Johnson version uses DNA in a process similar to AstraZeneca's technique. Johnson & Johnson and AstraZeneca have both had their 'vaccines' paused by many countries after causing serious blood problems. Terrell's doctor Fnu Nutan said he could have died if he hadn't got medical attention. It sounds terrible so what did Nutan and Terrell say about the 'vaccine' now? Oh, they still recommend that people have it. A nurse in a hospital bed 40 minutes after the vaccination and unable to swallow due to throat swelling was told by a doctor that he lost mobility in his arm for 36 hours following the vaccination. What did he say to the ailing nurse? 'Good for you for getting the vaccination.' We are dealing with a serious form of cognitive dissonance madness in both public and medical staff. There is a remarkable correlation between those having the 'vaccine' and trumpeting the fact and suffering bad happenings shortly afterwards. Witold Rogiewicz, a Polish doctor, made a video of his 'vaccination' and ridiculed those who were questioning its safety and the intentions of Bill Gates: 'Vaccinate yourself to protect yourself, your loved ones, friends and also patients. And to mention quickly I have info for anti-vaxxers and anti-Coviders if you want to contact Bill Gates you can do this through me.' He further ridiculed the dangers of 5G. Days later he

was dead, but naturally the vaccination wasn't mentioned in the verdict of 'heart attack'.

Lies, lies and more lies

So many members of the human race have slipped into extreme states of insanity and unfortunately they include reframed doctors and nursing staff. Having a 'vaccine' and dying within minutes or hours is not considered a valid connection while death from any cause within 28 days or longer of a positive test with a test not testing for the 'virus' means 'Covid-19' goes on the death certificate. How could that 'vaccine'-death connection not have been made except by calculated deceit? US figures in the initial rollout period to February 12th, 2020, revealed that a third of the deaths reported to the CDC after 'Covid vaccines' happened within 48 hours. Five men in the UK suffered an 'extremely rare' blood clot problem after having the AstraZeneca 'vaccine', but no causal link was established said the Gates-funded Medicines and Healthcare products Regulatory Agency (MHRA) which had given the 'vaccine' emergency approval to be used. Former Pfizer executive Dr Michael Yeadon explained in his interview how the procedures could cause blood coagulation and clots. People who should have been at no risk were dying from blood clots in the brain and he said he had heard from medical doctor friends that people were suffering from skin bleeding and massive headaches. The AstraZeneca 'shot' was stopped by some 20 countries over the blood clotting issue and still the corrupt MHRA, the European Medicines Agency (EMA) and the World Health Organization said that it should continue to be given even though the EMA admitted that it 'still cannot rule out definitively' a link between blood clotting and the 'vaccine'. Later Marco Cavaleri, head of EMA vaccine strategy, said there was indeed a clear link between the 'vaccine' and thrombosis, but they didn't know why. So much for the trials showing the 'vaccine' is safe. Blood clots were affecting younger people who would be under virtually no danger from 'Covid' even if it existed which makes it all the more stupid and sinister.

The British government responded to public alarm by wheeling out June Raine, the terrifyingly weak infant school headmistress sound-alike who heads the UK MHRA drug 'regulator'. The idea that she would stand up to Big Pharma and government pressure is laughable and she told us that all was well in the same way that she did when allowing untested, never-used-on-humans-before, genetically-manipulating 'vaccines' to be exposed to the public in the first place. Mass lying is the new normal of the 'Covid' era. The MHRA later said 30 cases of rare blood clots had by then been connected with the AstraZeneca 'vaccine' (that means a lot more in reality) while stressing that the benefits of the jab in preventing 'Covid-19' outweighed any risks. A more ridiculous and disingenuous statement with callous disregard for human health it is hard to contemplate. Immediately after the mendacious 'all-clears' two hospital workers in Denmark experienced blood clots and cerebral haemorrhaging following the AstraZeneca jab and one died. Top Norwegian health official Pål Andre Holme said the 'vaccine' was the only common factor: 'There is nothing in the patient history of these individuals that can give such a powerful immune response … I am confident that the antibodies that we have found are the cause, and I see no other explanation than it being the vaccine which triggers it.' Strokes, a clot or bleed in the brain, were clearly associated with the 'vaccine' from word of mouth and whistleblower reports. Similar consequences followed with all these 'vaccines' that we were told were so safe and as the numbers grew by the day it was clear we were witnessing human carnage.

Learning the hard way

A woman interviewed by UKColumn told how her husband suffered dramatic health effects after the vaccine when he'd been in good health all his life. He went from being a little unwell to losing all feeling in his legs and experiencing 'excruciating pain'. Misdiagnosis followed twice at Accident and Emergency (an 'allergy' and 'sciatica') before he was admitted to a neurology ward where doctors said his serious condition had been caused by the

'vaccine'. Another seven 'vaccinated' people were apparently being treated on the same ward for similar symptoms. The woman said he had the 'vaccine' because they believed media claims that it was safe. 'I didn't think the government would give out a vaccine that does this to somebody; I believed they would be bringing out a vaccination that would be safe.' What a tragic way to learn that lesson. Another woman posted that her husband was transporting stroke patients to hospital on almost every shift and when he asked them if they had been 'vaccinated' for 'Covid' they all replied 'yes'. One had a 'massive brain bleed' the day after his second dose. She said her husband reported the 'just been vaccinated' information every time to doctors in A and E only for them to ignore it, make no notes and appear annoyed that it was even mentioned. This particular report cannot be verified, but it expresses a common theme that confirms the monumental underreporting of 'vaccine' consequences. Interestingly as the 'vaccines' and their brain blood clot/stroke consequences began to emerge the UK National Health Service began a publicity campaign telling the public what to do in the event of a stroke. A Scottish NHS staff nurse who quit in disgust in March, 2021, said:

> I have seen traumatic injuries from the vaccine, they're not getting reported to the yellow card [adverse reaction] scheme, they're treating the symptoms, not asking why, why it's happening. It's just treating the symptoms and when you speak about it you're dismissed like you're crazy, I'm not crazy, I'm not crazy because every other colleague I've spoken to is terrified to speak out, they've had enough.

Videos appeared on the Internet of people uncontrollably shaking after the 'vaccine' with no control over muscles, limbs and even their face. A Scottish mother broke out in a severe rash all over her body almost immediately after she was given the AstraZeneca 'vaccine'. The pictures were horrific. Leigh King, a 41-year-old hairdresser from Lanarkshire said: 'Never in my life was I prepared for what I was about to experience … My skin was so sore and constantly hot … I have never felt pain like this …' But don't you worry, the 'vaccine' is perfectly safe. Then there has been the effect on medical

staff who have been pressured to have the 'vaccine' by psychopathic 'health' authorities and government. A London hospital consultant who gave the name K. Polyakova wrote this to the *British Medical Journal* or *BMJ*:

> I am currently struggling with … the failure to report the reality of the morbidity caused by our current vaccination program within the health service and staff population. The levels of sickness after vaccination is unprecedented and staff are getting very sick and some with neurological symptoms which is having a huge impact on the health service function. Even the young and healthy are off for days, some for weeks, and some requiring medical treatment. Whole teams are being taken out as they went to get vaccinated together.
>
> Mandatory vaccination in this instance is stupid, unethical and irresponsible when it comes to protecting our staff and public health. We are in the voluntary phase of vaccination, and encouraging staff to take an unlicensed product that is impacting on their immediate health … it is clearly stated that these vaccine products do not offer immunity or stop transmission. In which case why are we doing it?

Not to protect health that's for sure. Medical workers are lauded by governments for agenda reasons when they couldn't give a toss about them any more than they can for the population in general. Schools across America faced the same situation as they closed due to the high number of teachers and other staff with bad reactions to the Pfizer/BioNTech, Moderna, and Johnson & Johnson 'Covid vaccines' all of which were linked to death and serious adverse effects. The *BMJ* took down the consultant's comments pretty quickly on the grounds that they were being used to spread 'disinformation'. They were exposing the truth about the 'vaccine' was the real reason. The cover-up is breathtaking.

Hiding the evidence

The scale of the 'vaccine' death cover-up worldwide can be confirmed by comparing official figures with the personal experience of the public. I heard of many people in my community who died immediately or soon after the vaccine that would never appear in the media or even likely on the official totals of 'vaccine' fatalities and adverse reactions when only about ten percent are estimated to be

reported and I have seen some estimates as low as one percent in a Harvard study. In the UK alone by April 29th, 2021, some 757,654 adverse reactions had been officially reported from the Pfizer/BioNTech, Oxford/AstraZeneca and Moderna 'vaccines' with more than a thousand deaths linked to jabs and that means an estimated ten times this number in reality from a ten percent reporting rate percentage. That's seven million adverse reactions and 10,000 potential deaths and a one percent reporting rate would be ten times *those* figures. In 1976 the US government pulled the swine flu vaccine after *53* deaths. The UK data included a combined 10,000 eye disorders from the 'Covid vaccines' with more than 750 suffering visual impairment or blindness and again multiply by the estimated reporting percentages. As 'Covid cases' officially fell hospitals virtually empty during the 'Covid crisis' began to fill up with a range of other problems in the wake of the 'vaccine' rollout. The numbers across America have also been catastrophic. Deaths linked to *all* types of vaccine increased by *6,000 percent* in the first quarter of 2021 compared with 2020. A 39-year-old woman from Ogden, Utah, died four days after receiving a second dose of Moderna's 'Covid vaccine' when her liver, heart and kidneys all failed despite the fact that she had no known medical issues or conditions. Her family sought an autopsy, but Dr Erik Christensen, Utah's chief medical examiner, said proving vaccine injury as a cause of death almost never happened. He could think of only one instance where an autopsy would name a vaccine as the official cause of death and that would be anaphylaxis where someone received a vaccine and died almost instantaneously. 'Short of that, it would be difficult for us to definitively say this is the vaccine,' Christensen said. If that is true this must be added to the estimated ten percent (or far less) reporting rate of vaccine deaths and serious reactions and the conclusion can only be that vaccine deaths and serious reactions – including these 'Covid' potions' – are phenomenally understated in official figures. The same story can be found everywhere. Endless accounts of deaths and serious reactions among the public, medical

and care home staff while official figures did not even begin to reflect this.

Professional script-reader Dr David Williams, a 'top public-health official' in Ontario, Canada, insulted our intelligence by claiming only four serious adverse reactions and no deaths from the more than 380,000 vaccine doses then given. This bore no resemblance to what people knew had happened in their owns circles and we had Dirk Huyer in charge of getting millions vaccinated in Ontario while at the same time he was Chief Coroner for the province investigating causes of death including possible death from the vaccine. An aide said he had stepped back from investigating deaths, but evidence indicated otherwise. Rosemary Frei, who secured a Master of Science degree in molecular biology at the Faculty of Medicine at Canada's University of Calgary before turning to investigative journalism, was one who could see that official figures for 'vaccine' deaths and reactions made no sense. She said that doctors seldom reported adverse events and when people got really sick or died after getting a vaccination they would attribute that to anything except the vaccines. It had been that way for years and anyone who wondered aloud whether the 'Covid vaccines' or other shots cause harm is immediately branded as 'anti-vax' and 'anti-science'. This was 'career-threatening' for health professionals. Then there was the huge pressure to support the push to 'vaccinate' billions in the quickest time possible. Frei said:

> So that's where we're at today. More than half a million vaccine doses have been given to people in Ontario alone. The rush is on to vaccinate all 15 million of us in the province by September. And the mainstream media are screaming for this to be sped up even more. That all adds up to only a very slim likelihood that we're going to be told the truth by officials about how many people are getting sick or dying from the vaccines.

What is true of Ontario is true of everywhere.

They KNEW – and still did it

The authorities knew what was going to happen with multiple deaths and adverse reactions. The UK government's Gates-funded

and Big Pharma-dominated Medicines and Healthcare products Regulatory Agency (MHRA) hired a company to employ AI in compiling the projected reactions to the 'vaccine' that would otherwise be uncountable. The request for applications said: 'The MHRA urgently seeks an Artificial Intelligence (AI) software tool to process the expected high volume of Covid-19 vaccine Adverse Drug Reaction …' This was from the agency, headed by the disingenuous June Raine, that gave the 'vaccines' emergency approval and the company was hired before the first shot was given. 'We are going to kill and maim you – is that okay?' 'Oh, yes, perfectly fine – I'm very grateful, thank you, doctor.' The range of 'Covid vaccine' adverse reactions goes on for page after page in the MHRA criminally underreported 'Yellow Card' system and includes affects to eyes, ears, skin, digestion, blood and so on. Raine's MHRA amazingly claimed that the 'overall safety experience … is so far as expected from the clinical trials'. The death, serious adverse effects, deafness and blindness were *expected?* When did they ever mention that? If these human tragedies were expected then those that gave approval for the use of these 'vaccines' must be guilty of crimes against humanity including murder – a definition of which is 'killing a person with malice aforethought or with recklessness manifesting extreme indifference to the value of human life.' People involved at the MHRA, the CDC in America and their equivalent around the world must go before Nuremberg trials to answer for their callous inhumanity. We are only talking here about the immediate effects of the 'vaccine'. The longer-term impact of the DNA synthetic manipulation is the main reason they are so hysterically desperate to inoculate the entire global population in the shortest possible time.

Africa and the developing world are a major focus for the 'vaccine' depopulation agenda and a mass vaccination sales-pitch is underway thanks to caring people like the Rockefellers and other Cult assets. The Rockefeller Foundation, which pre-empted the 'Covid pandemic' in a document published in 2010 that 'predicted' what happened a decade later, announced an initial $34.95 million grant in February, 2021, 'to ensure more equitable access to Covid-19

testing and vaccines' among other things in Africa in collaboration with '24 organizations, businesses, and government agencies'. The pan-Africa initiative would focus on 10 countries: Burkina Faso, Ethiopia, Ghana, Kenya, Nigeria, Rwanda, South Africa, Tanzania, Uganda, and Zambia'. Rajiv Shah, President of the Rockefeller Foundation and former administrator of CIA-controlled USAID, said that if Africa was not mass-vaccinated (to change the DNA of its people) it was a 'threat to all of humanity' and not fair on Africans. When someone from the Rockefeller Foundation says they want to do something to help poor and deprived people and countries it is time for a belly-laugh. They are doing this out of the goodness of their 'heart' because 'vaccinating' the entire global population is what the 'Covid' hoax set out to achieve. Official 'decolonisation' of Africa by the Cult was merely a prelude to financial colonisation on the road to a return to physical colonisation. The 'vaccine' is vital to that and the sudden and convenient death of the 'Covid' sceptic president of Tanzania can be seen in its true light. A lot of people in Africa are aware that this is another form of colonisation and exploitation and they need to stand their ground.

The 'vaccine is working' scam

A potential problem for the Cult was that the 'vaccine' is meant to change human DNA and body messaging and not to protect anyone from a 'virus' never shown to exist. The vaccine couldn't work because it was not designed to work and how could they make it *appear* to be working so that more people would have it? This was overcome by lowering the amplification rate of the PCR test to produce fewer 'cases' and therefore fewer 'deaths'. Some of us had been pointing out since March, 2020, that the amplification rate of the test not testing for the 'virus' had been made artificially high to generate positive tests which they could call 'cases' to justify lockdowns. The World Health Organization recommended an absurdly high 45 amplification cycles to ensure the high positives required by the Cult and then remained silent on the issue until January 20th, 2021 – Biden's Inauguration Day. This was when the

‘vaccinations’ were seriously underway and on that day the WHO recommended after discussions with America’s CDC that laboratories *lowered their testing amplification*. Dr David Samadi, a certified urologist and health writer, said the WHO was encouraging all labs to reduce their cycle count for PCR tests. He said the current cycle was much too high and was ‘resulting in any particle being declared a positive case’. Even one mainstream news report I saw said this meant the number of ‘Covid’ infections may have been ‘dramatically inflated’. Oh, just a little bit. The CDC in America issued new guidance to laboratories in April, 2021, to use 28 cycles *but only for ‘vaccinated’ people*. The timing of the CDC/WHO interventions were cynically designed to make it appear the ‘vaccines’ were responsible for falling cases and deaths when the real reason can be seen in the following examples. New York’s state lab, the Wadsworth Center, identified 872 positive tests in July, 2020, based on a threshold of 40 cycles. When the figure was lowered to 35 cycles *43 percent* of the 872 were no longer ‘positives’. At 30 cycles the figure was 63 percent. A Massachusetts lab found that between *85 to 90 percent* of people who tested positive in July with a cycle threshold of 40 would be negative at 30 cycles, Ashish Jha, MD, director of the Harvard Global Health Institute, said: ‘I’m really shocked that it could be that high … Boy, does it really change the way we need to be thinking about testing.’ I’m shocked that I could see the obvious in the spring of 2020, with no medical background, and most medical professionals still haven’t worked it out. No, that’s not shocking – it’s terrifying.

Three weeks after the WHO directive to lower PCR cycles the London *Daily Mail* ran this headline: ‘Why ARE Covid cases plummeting? New infections have fallen 45% in the US and 30% globally in the past 3 weeks but experts say vaccine is NOT the main driver because only 8% of Americans and 13% of people worldwide have received their first dose.’ They acknowledged that the drop could not be attributed to the ‘vaccine’, but soon this morphed throughout the media into the ‘vaccine’ has caused cases and deaths to fall when it was the PCR threshold. In December, 2020, there was

chaos at English Channel ports with truck drivers needing negative 'Covid' tests before they could board a ferry home for Christmas. The government wanted to remove the backlog as fast as possible and they brought in troops to do the 'testing'. Out of 1,600 drivers just *36* tested positive and the rest were given the all clear to cross the Channel. I guess the authorities thought that 36 was the least they could get away with without the unquestioning catching on. The amplification trick which most people believed in the absence of information in the mainstream applied more pressure on those refusing the 'vaccine' to succumb when it 'obviously worked'. The truth was the exact opposite with deaths in care homes soaring with the 'vaccine' and in Israel the term used was 'skyrocket'. A re-analysis of published data from the Israeli Health Ministry led by Dr Hervé Seligmann at the Medicine Emerging Infectious and Tropical Diseases at Aix-Marseille University found that Pfizer's 'Covid vaccine' killed 'about 40 times more [elderly] people than the disease itself would have killed' during a five-week vaccination period and *260 times* more younger people than would have died from the 'virus' even according to the manipulated 'virus' figures. Dr Seligmann and his co-study author, Haim Yativ, declared after reviewing the Israeli 'vaccine' death data: 'This is a new Holocaust.'

Then, in mid-April, 2021, after vast numbers of people worldwide had been 'vaccinated', the story changed with clear coordination. The UK government began to prepare the ground for more future lockdowns when Nuremberg-destined Boris Johnson told yet another whopper. He said that cases had fallen because of *lockdowns* not 'vaccines'. Lockdowns are irrelevant when *there is no 'virus'* and the test and fraudulent death certificates are deciding the number of 'cases' and 'deaths'. Study after study has shown that lockdowns don't work and instead kill and psychologically destroy people. Meanwhile in the United States Anthony Fauci and Rochelle Walensky, the ultra-Zionist head of the CDC, peddled the same line. More lockdown was the answer and not the 'vaccine', a line repeated on cue by the moron that is Canadian Prime Minister Justin Trudeau. Why all the hysteria to get everyone 'vaccinated' if lockdowns and

not 'vaccines' made the difference? None of it makes sense on the face of it. Oh, but it does. The Cult wants lockdowns *and* the 'vaccine' and if the 'vaccine' is allowed to be seen as the total answer lockdowns would no longer be justified when there are still livelihoods to destroy. 'Variants' and renewed upward manipulation of PCR amplification are planned to instigate never-ending lockdown *and* more 'vaccines'.

You *must* have it – we're desperate

Israel, where the Jewish and Arab population are ruled by the Sabbatian Cult, was the front-runner in imposing the DNA-manipulating 'vaccine' on its people to such an extent that Jewish refusers began to liken what was happening to the early years of Nazi Germany. This would seem to be a fantastic claim. Why would a government of Jewish people be acting like the Nazis did? If you realise that the Sabbatian Cult was behind the Nazis and that Sabbatians hate Jews the pieces start to fit and the question of why a 'Jewish' government would treat Jews with such callous disregard for their lives and freedom finds an answer. Those controlling the government of Israel *aren't Jewish* – they're Sabbatian. Israeli lawyer Tamir Turgal was one who made the Nazi comparison in comments to German lawyer Reiner Fuellmich who is leading a class action lawsuit against the psychopaths for crimes against humanity. Turgal described how the Israeli government was vaccinating children and pregnant women on the basis that there was no evidence that this was dangerous when they had no evidence that it *wasn't* dangerous either. They just had no evidence. This was medical experimentation and Turgal said this breached the Nuremberg Code about medical experimentation and procedures requiring informed consent and choice. Think about that. A Nuremberg Code developed because of Nazi experimentation on Jews and others in concentration camps by people like the evil-beyond-belief Josef Mengele is being breached by the *Israeli* government; but when you know that it's a *Sabbatian* government along with its intelligence and military agencies like Mossad, Shin Bet and the Israeli Defense Forces, and that Sabbatians

were the force behind the Nazis, the kaleidoscope comes into focus. What have we come to when Israeli Jews are suing their government for violating the Nuremberg Code by essentially making Israelis subject to a medical experiment using the controversial 'vaccines'? It's a shocker that this has to be done in the light of what happened in Nazi Germany. The Anshe Ha-Emet, or 'People of the Truth', made up of Israeli doctors, lawyers, campaigners and public, have launched a lawsuit with the International Criminal Court. It says:

> When the heads of the Ministry of Health as well as the prime minister presented the vaccine in Israel and began the vaccination of Israeli residents, the vaccinated were not advised, that, in practice, they are taking part in a medical experiment and that their consent is required for this under the Nuremberg Code.

The irony is unbelievable, but easily explained in one word: Sabbatians. The foundation of Israeli 'Covid' apartheid is the 'green pass' or 'green passport' which allows Jews and Arabs who have had the DNA-manipulating 'vaccine' to go about their lives – to work, fly, travel in general, go to shopping malls, bars, restaurants, hotels, concerts, gyms, swimming pools, theatres and sports venues, while non-'vaccinated' are banned from all those places and activities. Israelis have likened the 'green pass' to the yellow stars that Jews in Nazi Germany were forced to wear – the same as the yellow stickers that a branch of UK supermarket chain Morrisons told exempt mask-wears they had to display when shopping. How very sensitive. The Israeli system is blatant South African-style apartheid on the basis of compliance or non-compliance to fascism rather than colour of the skin. How appropriate that the Sabbatian Israeli government was so close to the pre-Mandela apartheid regime in Pretoria. The Sabbatian-instigated 'vaccine passport' in Israel is planned for everywhere. Sabbatians struck a deal with Pfizer that allowed them to lead the way in the percentage of a national population infused with synthetic material and the result was catastrophic. Israeli freedom activist Shai Dannon told me how chairs were appearing on beaches that said 'vaccinated only'. Health Minister Yuli Edelstein said that anyone unwilling or unable to get

the jabs that 'confer immunity' will be 'left behind'. The man's a liar. Not even the makers claim the 'vaccines' confer immunity. When you see those figures of 'vaccine' deaths these psychopaths were saying that you must take the chance the 'vaccine' will kill you or maim you while knowing it will change your DNA or lockdown for you will be permanent. That's fascism. The Israeli parliament passed a law to allow personal information of the non-vaccinated to be shared with local and national authorities for three months. This was claimed by its supporters to be a way to 'encourage' people to be vaccinated. Hadas Ziv from Physicians for Human Rights described this as a 'draconian law which crushed medical ethics and the patient rights'. But that's the idea, the Sabbatians would reply.

Your papers, please

Sabbatian Israel was leading what has been planned all along to be a global 'vaccine pass' called a 'green passport' without which you would remain in permanent lockdown restriction and unable to do anything. This is how badly – *desperately* – the Cult is to get everyone 'vaccinated'. The term and colour 'green' was not by chance and related to the psychology of fusing the perception of the green climate hoax with the 'Covid' hoax and how the 'solution' to both is the same Great Reset. Lying politicians, health officials and psychologists denied there were any plans for mandatory vaccinations or restrictions based on vaccinations, but they knew that was exactly what was meant to happen with governments of all countries reaching agreements to enforce a global system. 'Free' Denmark and 'free' Sweden unveiled digital vaccine certification. Cyprus, Czech Republic, Estonia, Greece, Hungary, Iceland, Italy, Poland, Portugal, Slovakia, and Spain have all committed to a vaccine passport system and the rest including the whole of the EU would follow. The satanic UK government will certainly go this way despite mendacious denials and at the time of writing it is trying to manipulate the public into having the 'vaccine' so they could go abroad on a summer holiday. How would that work without something to prove you had the synthetic toxicity injected into you?

Documents show that the EU's European Commission was moving towards 'vaccine certificates' in 2018 and 2019 before the 'Covid' hoax began. They knew what was coming. Abracadabra – Ursula von der Leyen, the German President of the Commission, announced in March, 2021, an EU 'Digital Green Certificate' – green again – to track the public's 'Covid status'. The passport sting is worldwide and the Far East followed the same pattern with South Korea ruling that only those with 'vaccination' passports – again the *green* pass – would be able to 'return to their daily lives'.

Bill Gates has been preparing for this 'passport' with other Cult operatives for years and beyond the paper version is a Gates-funded 'digital tattoo' to identify who has been vaccinated and who hasn't. The 'tattoo' is reported to include a substance which is externally readable to confirm who has been vaccinated. This is a bio-luminous light-generating enzyme (think fireflies) called … *Luciferase*. Yes, named after the Cult 'god' Lucifer the 'light bringer' of whom more to come. Gates said he funded the readable tattoo to ensure children in the developing world were vaccinated and no one was missed out. He cares so much about poor kids as we know. This was just the cover story to develop a vaccine tagging system for everyone on the planet. Gates has been funding the ID2020 'alliance' to do just that in league with other lovely people at Microsoft, GAVI, the Rockefeller Foundation, Accenture and IDEO.org. He said in interviews in March, 2020, before any 'vaccine' publicly existed, that the world must have a globalised digital certificate to track the 'virus' and who had been vaccinated. Gates knew from the start that the mRNA vaccines were coming and when they would come and that the plan was to tag the 'vaccinated' to marginalise the intelligent and stop them doing anything including travel. Evil just doesn't suffice. Gates was exposed for offering a $10 million bribe to the Nigerian House of Representatives to invoke compulsory 'Covid' vaccination of all Nigerians. Sara Cunial, a member of the Italian Parliament, called Gates a 'vaccine criminal'. She urged the Italian President to hand him over to the International Criminal Court for crimes against

humanity and condemned his plans to 'chip the human race' through ID2020.

You know it's a long-planned agenda when war criminal and Cult gofer Tony Blair is on the case. With the scale of arrogance only someone as dark as Blair can muster he said: 'Vaccination in the end is going to be your route to liberty.' Blair is a disgusting piece of work and he confirms that again. The media has given a lot of coverage to a bloke called Charlie Mullins, founder of London's biggest independent plumbing company, Pimlico Plumbers, who has said he won't employ anyone who has not been vaccinated or have them go to any home where people are not vaccinated. He said that if he had his way no one would be allowed to walk the streets if they have not been vaccinated. Gates was cheering at the time while I was alerting the white coats. The plan is that people will qualify for 'passports' for having the first two doses and then to keep it they will have to have all the follow ups and new ones for invented 'variants' until human genetics is transformed and many are dead who can't adjust to the changes. Hollywood celebrities – the usual propaganda stunt – are promoting something called the WELL Health-Safety Rating to verify that a building or space has 'taken the necessary steps to prioritize the health and safety of their staff, visitors and other stakeholders'. They included Lady Gaga, Jennifer Lopez, Michael B. Jordan, Robert DeNiro, Venus Williams, Wolfgang Puck, Deepak Chopra and 17th Surgeon General Richard Carmona. Yawn. WELL Health-Safety has big connections with China. Parent company Delos is headed by former Goldman Sachs partner Paul Scialla. This is another example – and we will see so many others – of using the excuse of 'health' to dictate the lives and activities of the population. I guess one confirmation of the 'safety' of buildings is that only 'vaccinated' people can go in, right?

Electronic concentration camps

I wrote decades ago about the plans to restrict travel and here we are for those who refuse to bow to tyranny. This can be achieved in one go with air travel if the aviation industry makes a blanket decree.

The ‘vaccine’ and guaranteed income are designed to be part of a global version of China’s social credit system which tracks behaviour 24/7 and awards or deletes ‘credits’ based on whether your behaviour is supported by the state or not. I mean your entire lifestyle – what you do, eat, say, everything. Once your credit score falls below a certain level consequences kick in. In China tens of millions have been denied travel by air and train because of this. All the locations and activities denied to refusers by the ‘vaccine’ passports will be included in one big mass ban on doing almost anything for those that don’t bow their head to government. It’s beyond fascist and a new term is required to describe its extremes – I guess fascist technocracy will have to do. The way the Chinese system of technological – technocratic – control is sweeping the West can be seen in the Los Angeles school system and is planned to be expanded worldwide. Every child is required to have a ‘Covid’-tracking app scanned daily before they can enter the classroom. The so-called Daily Pass tracking system is produced by Gates’ Microsoft which I’m sure will shock you rigid. The pass will be scanned using a barcode (one step from an inside-the-body barcode) and the information will include health checks, ‘Covid’ tests and vaccinations. Entry codes are for one specific building only and access will only be allowed if a student or teacher has a negative test with a test not testing for the ‘virus’, has no symptoms of anything alleged to be related to ‘Covid’ (symptoms from a range of other illness), and has a temperature under 100 degrees. No barcode, no entry, is planned to be the case for everywhere and not only schools.

Kids are being psychologically prepared to accept this as ‘normal’ their whole life which is why what they can impose in schools is so important to the Cult and its gofers. Long-time American freedom campaigner John Whitehead of the Rutherford Institute was not exaggerating when he said: ‘Databit by databit, we are building our own electronic concentration camps.’ Canada under its Cult gofer prime minister Justin Trudeau has taken a major step towards the real thing with people interned against their will if they test positive with a test not testing for the ‘virus’ when they arrive at a Canadian

airport. They are jailed in internment hotels often without food or water for long periods and with many doors failing to lock there have been sexual assaults. The interned are being charged sometimes $2,000 for the privilege of being abused in this way. Trudeau is fully on board with the Cult and says the 'Covid pandemic' has provided an opportunity for a global 'reset' to permanently change Western civilisation. His number two, Deputy Prime Minister Chrystia Freeland, is a trustee of the World Economic Forum and a Rhodes Scholar. The Trudeau family have long been servants of the Cult. See *The Biggest Secret* and Cathy O'Brien's book *Trance-Formation of America* for the horrific background to Trudeau's father Pierre Trudeau another Canadian prime minister. Hide your fascism behind the façade of a heart-on-the-sleeve liberal. It's a well-honed Cult technique.

What can the 'vaccine' *really* do?

We have a 'virus' never shown to exist and 'variants' of the 'virus' that have also never been shown to exist except, like the 'original', as computer-generated fictions. Even if you believe there's a 'virus' the 'case' to 'death' rate is in the region of 0.23 to 0.15 percent and those 'deaths' are concentrated among the very old around the same average age that people die anyway. In response to this lack of threat (in truth none) psychopaths and idiots, knowingly and unknowingly answering to Gates and the Cult, are seeking to 'vaccinate' every man, woman and child on Planet Earth. Clearly the 'vaccine' is not about 'Covid' – none of this ever has been. So what is it all about *really*? Why the desperation to infuse genetically-manipulating synthetic material into everyone through mRNA fraudulent 'vaccines' with the intent of doing this over and over with the excuses of 'variants' and other 'virus' inventions? Dr Sherri Tenpenny, an osteopathic medical doctor in the United States, has made herself an expert on vaccines and their effects as a vehement campaigner against their use. Tenpenny was board certified in emergency medicine, the director of a level two trauma centre for 12 years, and moved to Cleveland in 1996 to start an integrative

medicine practice which has treated patients from all 50 states and some 17 other countries. Weaning people off pharmaceutical drugs is a speciality.

She became interested in the consequences of vaccines after attending a meeting at the National Vaccine Information Center in Washington DC in 2000 where she 'sat through four days of listening to medical doctors and scientists and lawyers and parents of vaccine injured kids' and asked: 'What's going on?' She had never been vaccinated and never got ill while her father was given a list of vaccines to be in the military and was 'sick his entire life'. The experience added to her questions and she began to examine vaccine documents from the Centers for Disease Control (CDC). After reading the first one, the 1998 version of *The General Recommendations of Vaccination*, she thought: 'This is it?' The document was poorly written and bad science and Tenpenny began 20 years of research into vaccines that continues to this day. She began her research into 'Covid vaccines' in March, 2020, and she describes them as 'deadly'. For many, as we have seen, they already have been. Tenpenny said that in the first 30 days of the 'vaccine' rollout in the United States there had been more than 40,000 adverse events reported to the vaccine adverse event database. A document had been delivered to her the day before that was 172 pages long. 'We have over 40,000 adverse events; we have over 3,100 cases of [potentially deadly] anaphylactic shock; we have over 5,000 neurological reactions.' Effects ranged from headaches to numbness, dizziness and vertigo, to losing feeling in hands or feet and paraesthesia which is when limbs 'fall asleep' and people have the sensation of insects crawling underneath their skin. All this happened in the first 30 days and remember that only about *ten percent* (or far less) of adverse reactions and vaccine-related deaths are estimated to be officially reported. Tenpenny said:

So can you think of one single product in any industry, any industry, for as long as products have been made on the planet that within 30 days we have 40,000 people complaining of side effects that not only is still on the market but … we've got paid actors telling us how great

they are for getting their vaccine. We're offering people $500 if they will just get their vaccine and we've got nurses and doctors going; 'I got the vaccine, I got the vaccine'.

Tenpenny said they were not going to be 'happy dancing folks' when they began to suffer Bell's palsy (facial paralysis), neuropathies, cardiac arrhythmias and autoimmune reactions that kill through a blood disorder. 'They're not going to be so happy, happy then, but we're never going to see pictures of those people' she said. Tenpenny described the 'vaccine' as 'a well-designed killing tool'.

No off-switch

Bad as the initial consequences had been Tenpenny said it would be maybe 14 months before we began to see the 'full ravage' of what is going to happen to the 'Covid vaccinated' with full-out consequences taking anything between two years and 20 years to show. You can understand why when you consider that variations of the 'Covid vaccine' use mRNA (messenger RNA) to in theory activate the immune system to produce protective antibodies without using the actual 'virus'. How can they when it's a computer program and they've never isolated what they claim is the 'real thing'? Instead they use *synthetic* mRNA. They are inoculating synthetic material into the body which through a technique known as the Trojan horse is absorbed into cells to change the nature of DNA. Human DNA is changed by an infusion of messenger RNA and with each new 'vaccine' of this type it is changed even more. Say so and you are banned by Cult Internet platforms. The contempt the contemptuous Mark Zuckerberg has for the truth and human health can be seen in an internal Facebook video leaked to the Project Veritas investigative team in which he said of the 'Covid vaccines': '… I share some caution on this because we just don't know the long term side-effects of basically modifying people's DNA and RNA.' At the same time this disgusting man's Facebook was censoring and banning anyone saying exactly the same. He must go before a Nuremberg trial for crimes against humanity when he *knows* that he

is censoring legitimate concerns and denying the right of informed consent on behalf of the Cult that owns him. People have been killed and damaged by the very 'vaccination' technique he cast doubt on himself when they may not have had the 'vaccine' with access to information that he denied them. The plan is to have at least annual 'Covid vaccinations', add others to deal with invented 'variants', and change all other vaccines into the mRNA system. Pfizer executives told shareholders at a virtual Barclays Global Healthcare Conference in March, 2021, that the public may need a third dose of 'Covid vaccine', plus regular yearly boosters and the company planned to hike prices to milk the profits in a 'significant opportunity for our vaccine'. These are the professional liars, cheats and opportunists who are telling you their 'vaccine' is safe. Given this volume of mRNA planned to be infused into the human body and its ability to then replicate we will have a transformation of human genetics from biological to synthetic biological – exactly the long-time Cult plan for reasons we'll see – and many will die. Sherri Tenpenny said of this replication:

> It's like having an on-button but no off-button and that whole mechanism … they actually give it a name and they call it the Trojan horse mechanism, because it allows that [synthetic] virus and that piece of that [synthetic] virus to get inside of your cells, start to replicate and even get inserted into other parts of your DNA as a Trojan-horse.

Ask the overwhelming majority of people who have the 'vaccine' what they know about the contents and what they do and they would reply: 'The government says it will stop me getting the virus.' Governments give that false impression on purpose to increase take-up. You can read Sherri Tenpenny's detailed analysis of the health consequences in her blog at Vaxxter.com, but in summary these are some of them. She highlights the statement by Bill Gates about how human beings can become their own 'vaccine manufacturing machine'. The man is insane. ['Vaccine'-generated] 'antibodies' carry synthetic messenger RNA into the cells and the damage starts, Tenpenny contends, and she says that lungs can be adversely affected through varying degrees of pus and bleeding which

obviously affects breathing and would be dubbed ‘Covid-19’. Even more sinister was the impact of ‘antibodies’ on macrophages, a white blood cell of the immune system. They consist of Type 1 and Type 2 which have very different functions. She said Type 1 are ‘hyper-vigilant’ white blood cells which ‘gobble up’ bacteria etc. However, in doing so, this could cause inflammation and in extreme circumstances be fatal. She says these affects are mitigated by Type 2 macrophages which kick in to calm down the system and stop it going rogue. They clear up dead tissue debris and reduce inflammation that the Type 1 ‘fire crews’ have caused. Type 1 kills the infection and Type 2 heals the damage, she says. This is her punchline with regard to ‘Covid vaccinations’: She says that mRNA ‘antibodies’ block Type 2 macrophages by attaching to them and deactivating them. This meant that when the Type 1 response was triggered by infection there was nothing to stop that getting out of hand by calming everything down. There’s an on-switch, but no off-switch, she says. What follows can be ‘over and out, see you when I see you’.

Genetic suicide

Tenpenny also highlights the potential for autoimmune disease – the body attacking itself – which has been associated with vaccines since they first appeared. Infusing a synthetic foreign substance into cells could cause the immune system to react in a panic believing that the body is being overwhelmed by an invader (it is) and the consequences can again be fatal. There is an autoimmune response known as a ‘cytokine storm’ which I have likened to a homeowner panicked by an intruder and picking up a gun to shoot randomly in all directions before turning the fire on himself. The immune system unleashes a storm of inflammatory response called cytokines to a threat and the body commits hara-kiri. The lesson is that you mess with the body’s immune response at your peril and these ‘vaccines’ seriously – fundamentally – mess with immune response. Tenpenny refers to a consequence called anaphylactic shock which is a severe and highly dangerous allergic reaction when the immune system

floods the body with chemicals. She gives the example of having a bee sting which primes the immune system and makes it sensitive to those chemicals. When people are stung again maybe years later the immune response can be so powerful that it leads to anaphylactic shock. Tenpenny relates this 'shock' with regard to the 'Covid vaccine' to something called polyethylene glycol or PEG. Enormous numbers of people have become sensitive to this over decades of use in a whole range of products and processes including food, drink, skin creams and 'medicine'. Studies have claimed that some 72 percent of people have antibodies triggered by PEG compared with two percent in the 1960s and allergic hypersensitive reactions to this become a gathering cause for concern. Tenpenny points out that the 'mRNA vaccine' is coated in a 'bubble' of polyethylene glycol which has the potential to cause anaphylactic shock through immune sensitivity. Many reports have appeared of people reacting this way after having the 'Covid vaccine'. What do we think is going to happen as humanity has more and more of these 'vaccines'? Tenpenny said: 'All these pictures we have seen with people with these rashes … these weepy rashes, big reactions on their arms and things like that – it's an acute allergic reaction most likely to the polyethylene glycol that you've been previously primed and sensitised to.'

Those who have not studied the conspiracy and its perpetrators at length might think that making the population sensitive to PEG and then putting it in these 'vaccines' is just a coincidence. It is not. It is instead testament to how carefully and coldly-planned current events have been and the scale of the conspiracy we are dealing with. Tenpenny further explains that the 'vaccine' mRNA procedure can breach the blood-brain barrier which protects the brain from toxins and other crap that will cause malfunction. In this case they could make two proteins corrupt brain function to cause Amyotrophic lateral sclerosis (ALS) , a progressive nervous system disease leading to loss of muscle control, and frontal lobe degeneration – Alzheimer's and dementia. Immunologist J. Bart Classon published a paper connecting mRNA 'vaccines' to prion

disease which can lead to Alzheimer's and other forms of neurogenerative disease while others have pointed out the potential to affect the placenta in ways that make women infertile. This will become highly significant in the next chapter when I will discuss other aspects of this non-vaccine that relate to its nanotechnology and transmission from the injected to the uninjected.

Qualified in idiocy

Tenpenny describes how research has confirmed that these 'vaccine'-generated antibodies can interact with a range of other tissues in the body and attack many other organs including the lungs. 'This means that if you have a hundred people standing in front of you that all got this shot they could have a hundred different symptoms.' Anyone really think that Cult gofers like the Queen, Tony Blair, Christopher Whitty, Anthony Fauci, and all the other psychopaths have really had this 'vaccine' in the pictures we've seen? Not a bloody chance. Why don't doctors all tell us about all these dangers and consequences of the 'Covid vaccine'? Why instead do they encourage and pressure patients to have the shot? Don't let's think for a moment that doctors and medical staff can't be stupid, lazy, and psychopathic and that's without the financial incentives to give the jab. Tenpenny again:

> Some people are going to die from the vaccine directly but a large number of people are going to start to get horribly sick and get all kinds of autoimmune diseases 42 days to maybe a year out. What are they going to do, these stupid doctors who say; 'Good for you for getting that vaccine.' What are they going to say; 'Oh, it must be a mutant, we need to give an extra dose of that vaccine.'
>
> Because now the vaccine, instead of one dose or two doses we need three or four because the stupid physicians aren't taking the time to learn anything about it. If I can learn this sitting in my living room reading a 19 page paper and several others so can they. There's nothing special about me, I just take the time to do it.

Remember how Sara Kayat, the NHS and TV doctor, said that the 'Covid vaccine' would '100 percent prevent hospitalisation and death'. Doctors can be idiots like every other profession and they

should not be worshipped as infallible. They are not and far from it. Behind many medical and scientific 'experts' lies an uninformed prat trying to hide themselves from you although in the 'Covid' era many have failed to do so as with UK narrative-repeating 'TV doctor' Hilary Jones. Pushing back against the minority of proper doctors and scientists speaking out against the 'vaccine' has been the entire edifice of the Cult global state in the form of governments, medical systems, corporations, mainstream media, Silicon Valley, and an army of compliant doctors, medical staff and scientists willing to say anything for money and to enhance their careers by promoting the party line. If you do that you are an 'expert' and if you won't you are an 'anti-vaxxer' and 'Covidiot'. The pressure to be 'vaccinated' is incessant. We have even had reports claiming that the 'vaccine' can help cure cancer and Alzheimer's and make the lame walk. I am waiting for the announcement that it can bring you coffee in the morning and cook your tea. Just as the symptoms of 'Covid' seem to increase by the week so have the miracles of the 'vaccine'. American supermarket giant Kroger Co. offered nearly 500,000 employees in 35 states a $100 bonus for having the 'vaccine' while donut chain Krispy Kreme promised 'vaccinated' customers a free glazed donut every day for the rest of 2021. Have your DNA changed and you will get a doughnut although we might not have to give you them for long. Such offers and incentives confirm the desperation.

Perhaps the worse vaccine-stunt of them all was UK 'Health' Secretary Matt-the-prat Hancock on live TV after watching a clip of someone being 'vaccinated' when the roll-out began. Hancock faked tears so badly it was embarrassing. Brain-of-Britain Piers Morgan, the lockdown-supporting, 'vaccine' supporting, 'vaccine' passport-supporting, TV host played along with Hancock – 'You're quite emotional about that' he said in response to acting so atrocious it would have been called out at a school nativity which will presumably today include Mary and Jesus in masks, wise men keeping their camels six feet apart, and shepherds under tent arrest. System-serving Morgan tweeted this: 'Love the idea of covid vaccine passports for everywhere: flights, restaurants, clubs, football, gyms,

shops etc. It's time covid-denying, anti-vaxxer loonies had their bullsh*t bluff called & bar themselves from going anywhere that responsible citizens go.' If only I could aspire to his genius. To think that Morgan, who specialises in shouting over anyone he disagrees with, was lauded as a free speech hero when he lost his job after storming off the set of his live show like a child throwing his dolly out of the pram. If he is a free speech hero we are in real trouble. I have no idea what 'bullsh*t' means, by the way, the * throws me completely.

The Cult is desperate to infuse its synthetic DNA-changing concoction into everyone and has been using every lie, trick and intimidation to do so. The question of '*Why*?' we shall now address.

CHAPTER TEN

Human 2.0

I believe that at the end of the century the use of words and general educated opinion will have altered so much that one will be able to speak of machines thinking without expecting to be contradicted –
Alan Turing (1912-1954), the 'Father of artificial intelligence'

I have been exposing for decades the plan to transform the human body from a biological to a synthetic-biological state. The new human that I will call Human 2.0 is planned to be connected to artificial intelligence and a global AI 'Smart Grid' that would operate as one global system in which AI would control everything from your fridge to your heating system to your car to your mind. Humans would no longer be 'human', but post-human and sub-human, with their thinking and emotional processes replaced by AI.

What I said sounded crazy and beyond science fiction and I could understand that. To any balanced, rational, mind it *is* crazy. Today, however, that world is becoming reality and it puts the 'Covid vaccine' into its true context. Ray Kurzweil is the ultra-Zionist 'computer scientist, inventor and futurist' and co-founder of the Singularity University. Singularity refers to the merging of humans with machines or 'transhumanism'. Kurzweil has said humanity would be connected to the cyber 'cloud' in the period of the ever-recurring year of 2030:

Our thinking … will be a hybrid of biological and non-biological thinking … humans will be able to extend their limitations and 'think in the cloud' … We're going to put gateways to the

> cloud in our brains ... We're going to gradually merge and enhance ourselves ... In my view, that's the nature of being human – we transcend our limitations. As the technology becomes vastly superior to what we are then the small proportion that is still human gets smaller and smaller and smaller until it's just utterly negligible.

They are trying to sell this end-of-humanity-as-we-know-it as the next stage of 'evolution' when we become super-human and 'like the gods'. They are lying to you. Shocked, eh? The population, and again especially the young, have been manipulated into addiction to technologies designed to enslave them for life. First they induced an addiction to smartphones (holdables); next they moved to technology on the body (wearables); and then began the invasion of the body (implantables). I warned way back about the plan for microchipped people and we are now entering that era. We should not be diverted into thinking that this refers only to chips we can see. Most important are the nanochips known as smart dust, neural dust and nanobots which are far too small to be seen by the human eye. Nanotechnology is everywhere, increasingly in food products, and released into the atmosphere by the geoengineering of the skies funded by Bill Gates to 'shut out the Sun' and 'save the planet from global warming'. Gates has been funding a project to spray millions of tonnes of chalk (calcium carbonate) into the stratosphere over Sweden to 'dim the Sun' and cool the Earth. Scientists warned the move could be disastrous for weather systems in ways no one can predict and opposition led to the Swedish space agency announcing that the 'experiment' would not be happening as planned in the summer of 2021; but it shows where the Cult is going with dimming the impact of the Sun and there's an associated plan to change the planet's atmosphere. Who gives psychopath Gates the right to dictate to the entire human race and dismantle planetary systems? The world will not be safe while this man is at large.

The global warming hoax has made the Sun, like the gas of life, something to fear when both are essential to good health and human survival (more inversion). The body transforms sunlight into vital vitamin D through a process involving … *cholesterol*. This is the cholesterol we are also told to fear. We are urged to take Big Pharma

statin drugs to reduce cholesterol and it's all systematic. Reducing cholesterol means reducing vitamin D uptake with all the multiple health problems that will cause. At least if you take statins long term it saves the government from having to pay you a pension. The delivery system to block sunlight is widely referred to as chemtrails although these have a much deeper agenda, too. They appear at first to be contrails or condensation trails streaming from aircraft into cold air at high altitudes. Contrails disperse very quickly while chemtrails do not and spread out across the sky before eventually their content falls to earth. Many times I have watched aircraft cross-cross a clear blue sky releasing chemtrails until it looks like a cloudy day. Chemtrails contain many things harmful to humans and the natural world including toxic heavy metals, aluminium (see Alzheimer's) and nanotechnology. Ray Kurzweil reveals the reason without actually saying so: 'Nanobots will infuse all the matter around us with information. Rocks, trees, everything will become these intelligent creatures.' How do you deliver that? *From the sky*. Self-replicating nanobots would connect everything to the Smart Grid. The phenomenon of Morgellons disease began in the chemtrail era and the correlation has led to it being dubbed the 'chemtrail disease'. Self-replicating fibres appear in the body that can be pulled out through the skin. Morgellons fibres continue to grow outside the body and have a form of artificial intelligence. I cover this at greater length in *Phantom Self*.

'Vaccine' operating system

'Covid vaccines' with their self-replicating synthetic material are also designed to make the connection between humanity and Kurzweil's 'cloud'. American doctor and dedicated campaigner for truth, Carrie Madej, an Internal Medicine Specialist in Georgia with more than 20 years medical experience, has highlighted the nanotechnology aspect of the fake 'vaccines'. She explains how one of the components in at least the Moderna and Pfizer synthetic potions are 'lipid nanoparticles' which are 'like little tiny computer bits' – a 'sci-fi substance' known as nanobots and hydrogel which can be 'triggered

at any moment to deliver its payload' and act as 'biosensors'. The synthetic substance had 'the ability to accumulate data from your body like your breathing, your respiration, thoughts and emotions, all kind of things' and each syringe could carry a *million* nanobots:

This substance because it's like little bits of computers in your body, crazy, but it's true, it can do that, [and] obviously has the ability to act through Wi-Fi. It can receive and transmit energy, messages, frequencies or impulses. That issue has never been addressed by these companies. What does that do to the human?

Just imagine getting this substance in you and it can react to things all around you, the 5G, your smart device, your phones, what is happening with that? What if something is triggering it, too, like an impulse, a frequency? We have something completely foreign in the human body.

Madej said her research revealed that electromagnetic (EMF) frequencies emitted by phones and other devices had increased dramatically in the same period of the 'vaccine' rollout and she was seeing more people with radiation problems as 5G and other electromagnetic technology was expanded and introduced to schools and hospitals. She said she was 'floored with the EMF coming off' the devices she checked. All this makes total sense and syncs with my own work of decades when you think that Moderna refers in documents to its mRNA 'vaccine' as an 'operating system':

Recognizing the broad potential of mRNA science, we set out to create an mRNA technology platform that functions very much like an operating system on a computer. It is designed so that it can plug and play interchangeably with different programs. In our case, the 'program' or 'app' is our mRNA drug – the unique mRNA sequence that codes for a protein …

… Our MRNA Medicines – 'The 'Software Of Life': When we have a concept for a new mRNA medicine and begin research, fundamental components are already in place. Generally, the only thing that changes from one potential mRNA medicine to another is the coding region – the actual genetic code that instructs ribosomes to make protein. Utilizing these instruction sets gives our investigational mRNA medicines a software-like quality. We also have the ability to combine different mRNA sequences encoding for different proteins in a single mRNA investigational medicine.

Who needs a real 'virus' when you can create a computer version to justify infusing your operating system into the entire human race on the road to making living, breathing people into cyborgs? What is missed with the 'vaccines' is the *digital* connection between synthetic material and the body that I highlighted earlier with the study that hacked a computer with human DNA. On one level the body is digital, based on mathematical codes, and I'll have more about that in the next chapter. Those who ridiculously claim that mRNA 'vaccines' are not designed to change human genetics should explain the words of Dr Tal Zaks, chief medical officer at Moderna, in a 2017 TED talk. He said that over the last 30 years 'we've been living this phenomenal digital scientific revolution, and I'm here today to tell you, that we are actually *hacking the software of life*, and that it's changing the way we think about prevention and treatment of disease':

> In every cell there's this thing called messenger RNA, or mRNA for short, that transmits the critical information from the DNA in our genes to the protein, which is really the stuff we're all made out of. This is the critical information that determines what the cell will do. So we think about it as an operating system. So if you could change that, if you could introduce a line of code, or change a line of code, it turns out, that has profound implications for everything, from the flu to cancer.

Zaks should more accurately have said that this has profound implications for the human genetic code and the nature of DNA. Communications within the body go both ways and not only one. But, hey, no, the 'Covid vaccine' will not affect your genetics. Cult fact-checkers say so even though the man who helped to develop the mRNA technique says that it does. Zaks said in 2017:

> If you think about what it is we're trying to do. We've taken information and our understanding of that information and how that information is transmitted in a cell, and we've taken our understanding of medicine and how to make drugs, and we're fusing the two. We think of it as information therapy.

I have been writing for decades that the body is an information field communicating with itself and the wider world. This is why

radiation which is information can change the information field of body and mind through phenomena like 5G and change their nature and function. 'Information therapy' means to change the body's information field and change the way it operates. DNA is a receiver-transmitter of information and can be mutated by information like mRNA synthetic messaging. Technology to do this has been ready and waiting in the underground bases and other secret projects to be rolled out when the 'Covid' hoax was played. 'Trials' of such short and irrelevant duration were only for public consumption. When they say the 'vaccine' is 'experimental' that is not true. It may appear to be 'experimental' to those who don't know what's going on, but the trials have already been done to ensure the Cult gets the result it desires. Zaks said that it took decades to sequence the human genome, completed in 2003, but now they could do it in a week. By 'they' he means scientists operating in the public domain. In the secret projects they were sequencing the genome in a week long before even 2003.

Deluge of mRNA

Highly significantly the Moderna document says the guiding premise is that if using mRNA as a medicine works for one disease then it should work for many diseases. They were leveraging the flexibility afforded by their platform and the fundamental role mRNA plays in protein synthesis to pursue mRNA medicines for a broad spectrum of diseases. Moderna is confirming what I was saying through 2020 that multiple 'vaccines' were planned for 'Covid' (and later invented 'variants') and that previous vaccines would be converted to the mRNA system to infuse the body with massive amounts of genetically-manipulating synthetic material to secure a transformation to a synthetic-biological state. The 'vaccines' are designed to kill stunning numbers as part of the long-exposed Cult depopulation agenda and transform the rest. Given this is the goal you can appreciate why there is such hysterical demand for every human to be 'vaccinated' for an alleged 'disease' that has an estimated 'infection' to 'death' ratio of 0.23-0.15 percent. As I write

children are being given the 'vaccine' in trials (their parents are a disgrace) and ever-younger people are being offered the vaccine for a 'virus' that even if you believe it exists has virtually zero chance of harming them. Horrific effects of the 'trials' on a 12-year-old girl were revealed by a family member to be serious brain and gastric problems that included a bowel obstruction and the inability to swallow liquids or solids. She was unable to eat or drink without throwing up, had extreme pain in her back, neck and abdomen, and was paralysed from the waist down which stopped her urinating unaided. When the girl was first taken to hospital doctors said it was all in her mind. She was signed up for the 'trial' by her parents for whom no words suffice. None of this 'Covid vaccine' insanity makes any sense unless you see what the 'vaccine' really is – a body-changer. Synthetic biology or 'SynBio' is a fast-emerging and expanding scientific discipline which includes everything from genetic and molecular engineering to electrical and computer engineering. Synthetic biology is defined in these ways:

- A multidisciplinary area of research that seeks to create new biological parts, devices, and systems, or to redesign systems that are already found in nature.

- The use of a mixture of physical engineering and genetic engineering to create new (and therefore synthetic) life forms.

- An emerging field of research that aims to combine the knowledge and methods of biology, engineering and related disciplines in the design of chemically-synthesized DNA to create organisms with novel or enhanced characteristics and traits (synthetic organisms including humans).

We now have synthetic blood, skin, organs and limbs being developed along with synthetic body parts produced by 3D printers. These are all elements of the synthetic human programme and this comment by Kurzweil's co-founder of the Singularity University,

Peter Diamandis, can be seen in a whole new light with the 'Covid' hoax and the sanctions against those that refuse the 'vaccine':

> Anybody who is going to be resisting the progress forward [to transhumanism] is going to be resisting evolution and, fundamentally, they will die out. It's not a matter of whether it's good or bad. It's going to happen.

'Resisting evolution'? What absolute bollocks. The arrogance of these people is without limit. His 'it's going to happen' mantra is another way of saying 'resistance is futile' to break the spirit of those pushing back and we must not fall for it. Getting this genetically-transforming 'vaccine' into everyone is crucial to the Cult plan for total control and the desperation to achieve that is clear for anyone to see. Vaccine passports are a major factor in this and they, too, are a form of resistance is futile. It's NOT. The paper funded by the Rockefeller Foundation for the 2013 'health conference' in China said:

> We will interact more with artificial intelligence. The use of robotics, bio-engineering to augment human functioning is already well underway and will advance. Re-engineering of humans into potentially separate and unequal forms through genetic engineering or mixed human-robots raises debates on ethics and equality.
>
> A new demography is projected to emerge after 2030 [that year again] of technologies (robotics, genetic engineering, nanotechnology) producing robots, engineered organisms, 'nanobots' and artificial intelligence (AI) that can self-replicate. Debates will grow on the implications of an impending reality of human designed life.

What is happening today is so long planned. The world army enforcing the will of the world government is intended to be a robot army, not a human one. Today's military and its technologically 'enhanced' troops, pilotless planes and driverless vehicles are just stepping stones to that end. Human soldiers are used as Cult fodder and its time they woke up to that and worked for the freedom of the population instead of their own destruction and their family's destruction – the same with the police. Join us and let's sort this out. The phenomenon of enforce my own destruction is widespread in the 'Covid' era with Woker 'luvvies' in the acting and entertainment

industries supporting 'Covid' rules which have destroyed their profession and the same with those among the public who put signs on the doors of their businesses 'closed due to Covid – stay safe' when many will never reopen. It's a form of masochism and most certainly insanity.

Transgender = transhumanism

When something explodes out of nowhere and is suddenly everywhere it is always the Cult agenda and so it is with the tidal wave of claims and demands that have infiltrated every aspect of society under the heading of 'transgenderism'. The term 'trans' is so 'in' and this is the dictionary definition:

> A prefix meaning 'across', 'through', occurring … in loanwords from Latin, used in particular for denoting movement or conveyance from place to place (transfer; transmit; transplant) or complete change (transform; transmute), or to form adjectives meaning 'crossing', 'on the other side of', or 'going beyond' the place named (transmontane; transnational; trans-Siberian).

Transgender means to go beyond gender and transhuman means to go beyond human. Both are aspects of the Cult plan to transform the human body to a synthetic state with *no gender*. Human 2.0 is not designed to procreate and would be produced technologically with no need for parents. The new human would mean the end of parents and so men, and increasingly women, are being targeted for the deletion of their rights and status. Parental rights are disappearing at an ever-quickening speed for the same reason. The new human would have no need for men or women when there is no procreation and no gender. Perhaps the transgender movement that appears to be in a permanent state of frenzy might now contemplate on how it is being used. This was never about transgender rights which are only the interim excuse for confusing gender, particularly in the young, on the road to *fusing* gender. Transgender activism is not an end; it is a *means* to an end. We see again the technique of creative destruction in which you destroy the status quo to 'build back better' in the form that you want. The gender status quo had to be

destroyed by persuading the Cult-created Woke mentality to believe that you can have 100 genders or more. A programme for 9 to 12 year olds produced by the Cult-owned BBC promoted the 100 genders narrative. The very idea may be the most monumental nonsense, but it is not what is true that counts, only what you can make people *believe* is true. Once the gender of 2 + 2 = 4 has been dismantled through indoctrination, intimidation and 2 + 2 = 5 then the new no-gender normal can take its place with Human 2.0. Aldous Huxley revealed the plan in his prophetic *Brave New World* in 1932:

> Natural reproduction has been done away with and children are created, decanted', and raised in 'hatcheries and conditioning centres'. From birth, people are genetically designed to fit into one of five castes, which are further split into 'Plus' and 'Minus' members and designed to fulfil predetermined positions within the social and economic strata of the World State.

How could Huxley know this in 1932? For the same reason George Orwell knew about the Big Brother state in 1948, Cult insiders I have quoted knew about it in 1969, and I have known about it since the early 1990s. If you are connected to the Cult or you work your balls off to uncover the plan you can predict the future. The process is simple. If there is a plan for the world and nothing intervenes to stop it then it will happen. Thus if you communicate the plan ahead of time you are perceived to have predicted the future, but you haven't. You have revealed the plan which without intervention will become the human future. The whole reason I have done what I have is to alert enough people to inspire an intervention and maybe at last that time has come with the Cult and its intentions now so obvious to anyone with a brain in working order.

The future is here

Technological wombs that Huxley described to replace parent procreation are already being developed and they are only the projects we know about in the public arena. Israeli scientists told *The Times of Israel* in March, 2021, that they have grown 250-cell embryos

into mouse foetuses with fully formed organs using artificial wombs in a development they say could pave the way for gestating humans outside the womb. Professor Jacob Hanna of the Weizmann Institute of Science said:

> We took mouse embryos from the mother at day five of development, when they are just of 250 cells, and had them in the incubator from day five until day 11, by which point they had grown all their organs.
>
> By day 11 they make their own blood and have a beating heart, a fully developed brain. Anybody would look at them and say, 'this is clearly a mouse foetus with all the characteristics of a mouse.' It's gone from being a ball of cells to being an advanced foetus.

A special liquid is used to nourish embryo cells in a laboratory dish and they float on the liquid to duplicate the first stage of embryonic development. The incubator creates all the right conditions for its development, Hanna said. The liquid gives the embryo 'all the nutrients, hormones and sugars they need' along with a custom-made electronic incubator which controls gas concentration, pressure and temperature. The cutting-edge in the underground bases and other secret locations will be light years ahead of that, however, and this was reported by the London *Guardian* in 2017:

> We are approaching a biotechnological breakthrough. Ectogenesis, the invention of a complete external womb, could completely change the nature of human reproduction. In April this year, researchers at the Children's Hospital of Philadelphia announced their development of an artificial womb.

The article was headed 'Artificial wombs could soon be a reality. What will this mean for women?' What would it mean for children is an even bigger question. No mother to bond with only a machine in preparation for a life of soulless interaction and control in a world governed by machines (see the *Matrix* movies). Now observe the calculated manipulations of the 'Covid' hoax as human interaction and warmth has been curtailed by distancing, isolation and fear with people communicating via machines on a scale never seen before.

These are all dots in the same picture as are all the personal assistants, gadgets and children's toys through which kids and adults communicate with AI as if it is human. The AI 'voice' on Sat-Nav should be included. All these things are psychological preparation for the Cult endgame. Before you can make a physical connection with AI you have to make a psychological connection and that is what people are being conditioned to do with this ever gathering human-AI interaction. Movies and TV programmes depicting the transhuman, robot dystopia relate to a phenomenon known as 'pre-emptive programming' in which the world that is planned is portrayed everywhere in movies, TV and advertising. This is conditioning the conscious and subconscious mind to become familiar with the planned reality to dilute resistance when it happens for real. What would have been a shock such is the change is made less so. We have young children put on the road to transgender transition surgery with puberty blocking drugs at an age when they could never be able to make those life-changing decisions.

Rachel Levine, a professor of paediatrics and psychiatry who believes in treating children this way, became America's highest-ranked openly-transgender official when she was confirmed as US Assistant Secretary at the Department of Health and Human Services after being nominated by Joe Biden (the Cult). Activists and governments press for laws to deny parents a say in their children's transition process so the kids can be isolated and manipulated into agreeing to irreversible medical procedures. A Canadian father Robert Hoogland was denied bail by the Vancouver Supreme Court in 2021 and remained in jail for breaching a court order that he stay silent over his young teenage daughter, a minor, who was being offered life-changing hormone therapy without parental consent. At the age of 12 the girl's 'school counsellor' said she may be transgender, referred her to a doctor and told the school to treat her like a boy. This is another example of state-serving schools imposing ever more control over children's lives while parents have ever less.

Contemptible and extreme child abuse is happening all over the world as the Cult gender-fusion operation goes into warp-speed.

Why the war on men – and now women?

The question about what artificial wombs mean for women should rightly be asked. The answer can be seen in the deletion of women's rights involving sport, changing rooms, toilets and status in favour of people in male bodies claiming to identify as women. I can identify as a mountain climber, but it doesn't mean I can climb a mountain any more than a biological man can be a biological woman. To believe so is a triumph of belief over factual reality which is the very perceptual basis of everything Woke. Women's sport is being destroyed by allowing those with male bodies who say they identify as female to 'compete' with girls and women. Male body 'women' dominate 'women's' competition with their greater muscle mass, bone density, strength and speed. With that disadvantage sport for women loses all meaning. To put this in perspective nearly 300 American high school boys can run faster than the quickest woman sprinter in the world. Women are seeing their previously protected spaces invaded by male bodies simply because they claim to identify as women. That's all they need to do to access all women's spaces and activities under the Biden 'Equality Act' that destroys equality for women with the usual Orwellian Woke inversion. Male sex offenders have already committed rapes in women's prisons after claiming to identify as women to get them transferred. Does this not matter to the Woke 'equality' hypocrites? Not in the least. What matters to Cult manipulators and funders behind transgender activists is to advance gender fusion on the way to the no-gender 'human'. When you are seeking to impose transparent nonsense like this, or the 'Covid' hoax, the only way the nonsense can prevail is through censorship and intimidation of dissenters, deletion of factual information, and programming of the unquestioning, bewildered and naive. You don't have to scan the world for long to see that all these things are happening.

Many women's rights organisations have realised that rights and status which took such a long time to secure are being eroded and that it is systematic. Kara Dansky of the global Women's Human Rights Campaign said that Biden's transgender executive order immediately he took office, subsequent orders, and Equality Act legislation that followed 'seek to erase women and girls in the law as a category'. *Exactly*. I said during the long ago-started war on men (in which many women play a crucial part) that this was going to turn into a war on them. The Cult is phasing out *both* male and female genders. To get away with that they are brought into conflict so they are busy fighting each other while the Cult completes the job with no unity of response. Unity, people, *unity*. We need unity everywhere. Transgender is the only show in town as the big step towards the no-gender human. It's not about rights for transgender people and never has been. Woke political correctness is deleting words relating to genders to the same end. Wokers believe this is to be 'inclusive' when the opposite is true. They are deleting words describing gender because gender *itself* is being deleted by Human 2.0. Terms like 'man', 'woman', 'mother' and 'father' are being deleted in the universities and other institutions to be replaced by the *no*-gender, not trans-gender, 'individuals' and 'guardians'. Women's rights campaigner Maria Keffler of Partners for Ethical Care said: 'Children are being taught from kindergarten upward that some boys have a vagina, some girls have a penis, and that kids can be any gender they want to be.' Do we really believe that suddenly countries all over the world at the same time had the idea of having drag queens go into schools or read transgender stories to very young children in the local library? It's coldly-calculated confusion of gender on the way to the fusion of gender. Suzanne Vierling, a psychologist from Southern California, made another important point:

Yesterday's slave woman who endured gynecological medical experiments is today's girl-child being butchered in a booming gender-transitioning sector. Ovaries removed, pushing her into menopause and osteoporosis, uncharted territory, and parents' rights and authority decimated.

The erosion of parental rights is a common theme in line with the Cult plans to erase the very concept of parents and 'ovaries removed, pushing her into menopause' means what? Those born female lose the ability to have children – another way to discontinue humanity as we know it.

Eliminating Human 1.0 (before our very eyes)

To pave the way for Human 2.0 you must phase out Human 1.0. This is happening through plummeting sperm counts and making women infertile through an onslaught of chemicals, radiation (including smartphones in pockets of men) and mRNA 'vaccines'. Common agriculture pesticides are also having a devastating impact on human fertility. I have been tracking collapsing sperm counts in the books for a long time and in 2021 came a book by fertility scientist and reproductive epidemiologist Shanna Swan, *Count Down: How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development and Imperiling the Future of the Human Race*. She reports how the global fertility rate dropped by *half* between 1960 and 2016 with America's birth rate 16 percent below where it needs to be to sustain the population. Women are experiencing declining egg quality, more miscarriages, and more couples suffer from infertility. Other findings were an increase in erectile dysfunction, infant boys developing more genital abnormalities, male problems with conception, and plunging levels of the male hormone testosterone which would explain why so many men have lost their backbone and masculinity. This has been very evident during the 'Covid' hoax when women have been prominent among the Pushbackers and big strapping blokes have bowed their heads, covered their faces with a nappy and quietly submitted. Mind control expert Cathy O'Brien also points to how global education introduced the concept of 'we're all winners' in sport and classrooms: 'Competition was defused, and it in turn defused a sense of fighting back.' This is another version of the 'equity' doctrine in which you drive down rather than raise up. What a contrast in Cult-controlled China with its global ambitions

where the government published plans in January, 2021, to ‘cultivate masculinity’ in boys from kindergarten through to high school in the face of a ‘masculinity crisis’. A government adviser said boys would be soon become ‘delicate, timid and effeminate’ unless action was taken. Don’t expect any similar policy in the targeted West. A 2006 study showed that a 65-year-old man in 2002 had testosterone levels *15 percent* lower than a 65-year-old man in 1987 while a 2020 study found a similar story with young adults and adolescents. Men are getting prescriptions for testosterone replacement therapy which causes an even greater drop in sperm count with up to 99 percent seeing sperm counts drop to zero during the treatment. More sperm is defective and malfunctioning with some having two heads or not pursuing an egg.

A class of *synthetic* chemicals known as phthalates are being blamed for the decline. These are found everywhere in plastics, shampoos, cosmetics, furniture, flame retardants, personal care products, pesticides, canned foods and even receipts. Why till receipts? Everyone touches them. Let no one delude themselves that all this is not systematic to advance the long-time agenda for human body transformation. Phthalates mimic hormones and disrupt the hormone balance causing testosterone to fall and genital birth defects in male infants. Animals and fish have been affected in the same way due to phthalates and other toxins in rivers. When fish turn gay or change sex through chemicals in rivers and streams it is a pointer to why there has been such an increase in gay people and the sexually confused. It doesn’t matter to me what sexuality people choose to be, but if it’s being affected by chemical pollution and consumption then we need to know. Does anyone really think that this is not connected to the transgender agenda, the war on men and the condemnation of male ‘toxic masculinity’? You watch this being followed by ‘toxic femininity’. It’s already happening. When breastfeeding becomes ‘chest-feeding’, pregnant women become pregnant people along with all the other Woke claptrap you know that the world is going insane and there’s a Cult scam in progress. Transgender activists are promoting the Cult agenda while Cult

billionaires support and fund the insanity as they laugh themselves to sleep at the sheer stupidity for which humans must be infamous in galaxies far, far away.

'Covid vaccines' and female infertility

We can now see why the 'vaccine' has been connected to potential infertility in women. Dr Michael Yeadon, former Vice President and Chief Scientific Advisor at Pfizer, and Dr Wolfgang Wodarg in Germany, filed a petition with the European Medicines Agency in December, 2020, urging them to stop trials for the Pfizer/BioNTech shot and all other mRNA trials until further studies had been done. They were particularly concerned about possible effects on fertility with 'vaccine'-produced antibodies attacking the protein Syncytin-1 which is responsible for developing the placenta. The result would be infertility 'of indefinite duration' in women who have the 'vaccine' with the placenta failing to form. Section 10.4.2 of the Pfizer/BioNTech trial protocol says that pregnant women or those who might become so should not have mRNA shots. Section 10.4 warns men taking mRNA shots to 'be abstinent from heterosexual intercourse' and not to donate sperm. The UK government said that it *did not know* if the mRNA procedure had an effect on fertility. *Did not know?* These people have to go to jail. UK government advice did not recommend at the start that pregnant women had the shot and said they should avoid pregnancy for at least two months after 'vaccination'. The 'advice' was later updated to pregnant women should only have the 'vaccine' if the benefits outweighed the risks to mother and foetus. What the hell is that supposed to mean? Then 'spontaneous abortions' began to appear and rapidly increase on the adverse reaction reporting schemes which include only a fraction of adverse reactions. Thousands and ever-growing numbers of 'vaccinated' women are describing changes to their menstrual cycle with heavier blood flow, irregular periods and menstruating again after going through the menopause – all links to reproduction effects. Women are passing blood clots and the lining of their uterus while men report erectile dysfunction and blood effects. Most

significantly of all *un*vaccinated women began to report similar menstrual changes after interaction with *'vaccinated'* people and men and children were also affected with bleeding noses, blood clots and other conditions. 'Shedding' is when vaccinated people can emit the content of a vaccine to affect the unvaccinated, but this is different. 'Vaccinated' people were not shedding a 'live virus' allegedly in 'vaccines' as before because the fake 'Covid vaccines' involve synthetic material and other toxicity. Doctors exposing what is happening prefer the term 'transmission' to shedding. Somehow those that have had the shots are transmitting effects to those that haven't. Dr Carrie Madej said the nano-content of the 'vaccines' can 'act like an antenna' to others around them which fits perfectly with my own conclusions. This 'vaccine' transmission phenomenon was becoming known as the book went into production and I deal with this further in the Postscript.

Vaccine effects on sterility are well known. The World Health Organization was accused in 2014 of sterilising millions of women in Kenya with the evidence confirmed by the content of the vaccines involved. The same WHO behind the 'Covid' hoax admitted its involvement for more than ten years with the vaccine programme. Other countries made similar claims. Charges were lodged by Tanzania, Nicaragua, Mexico, and the Philippines. The Gardasil vaccine claimed to protect against a genital 'virus' known as HPV has also been linked to infertility. Big Pharma and the WHO (same thing) are criminal and satanic entities. Then there's the Bill Gates Foundation which is connected through funding and shared interests with 20 pharmaceutical giants and laboratories. He stands accused of directing the policy of United Nations Children's Fund (UNICEF), vaccine alliance GAVI, and other groupings, to advance the vaccine agenda and silence opposition at great cost to women and children. At the same time Gates wants to reduce the global population. Coincidence?

Great Reset = Smart Grid = new human

The Cult agenda I have been exposing for 30 years is now being openly promoted by Cult assets like Gates and Klaus Schwab of the World Economic Forum under code-terms like the 'Great Reset', 'Build Back Better' and 'a rare but narrow window of opportunity to reflect, reimagine, and reset our world'. What provided this 'rare but narrow window of opportunity'? The 'Covid' hoax did. Who created that? *They* did. My books from not that long ago warned about the planned 'Internet of Things' (IoT) and its implications for human freedom. This was the plan to connect all technology to the Internet and artificial intelligence and today we are way down that road with an estimated 36 billion devices connected to the World Wide Web and that figure is projected to be 76 billion by 2025. I further warned that the Cult planned to go beyond that to the Internet of *Everything* when the human brain was connected via AI to the Internet and Kurzweil's 'cloud'. Now we have Cult operatives like Schwab calling for precisely that under the term 'Internet of Bodies', a fusion of the physical, digital and biological into one centrally-controlled Smart Grid system which the Cult refers to as the 'Fourth Industrial Revolution'. They talk about the 'biological', but they really mean the synthetic-biological which is required to fully integrate the human body and brain into the Smart Grid and artificial intelligence planned to replace the human mind. We have everything being synthetically manipulated including the natural world through GMO and smart dust, the food we eat and the human body itself with synthetic 'vaccines'. I said in *The Answer* that we would see the Cult push for synthetic meat to replace animals and in February, 2021, the so predictable psychopath Bill Gates called for the introduction of synthetic meat to save us all from 'climate change'. The climate hoax just keeps on giving like the 'Covid' hoax. The war on meat by vegan activists is a carbon (oops, sorry) copy of the manipulation of transgender activists. They have no idea (except their inner core) that they are being used to promote and impose the agenda of the Cult or that they are only the *vehicle* and not the *reason*. This is not to say those who choose not to eat meat shouldn't be respected and supported in that right, but there are ulterior motives

for those in power. A *Forbes* article in December, 2019, highlighted the plan so beloved of Schwab and the Cult under the heading: 'What Is The Internet of Bodies? And How Is It Changing Our World?' The article said the human body is the latest data platform (remember 'our vaccine is an operating system'). *Forbes* described the plan very accurately and the words could have come straight out of my books from long before:

> The Internet of Bodies (IoB) is an extension of the IoT and basically connects the human body to a network through devices that are ingested, implanted, or connected to the body in some way. Once connected, data can be exchanged, and the body and device can be remotely monitored and controlled.

They were really describing a human hive mind with human perception centrally-dictated via an AI connection as well as allowing people to be 'remotely monitored and controlled'. Everything from a fridge to a human mind could be directed from a central point by these insane psychopaths and 'Covid vaccines' are crucial to this. Forbes explained the process I mentioned earlier of holdable and wearable technology followed by implantable. The article said there were three generations of the Internet of Bodies that include:

- Body external: These are wearable devices such as Apple Watches or Fitbits that can monitor our health.

- Body internal: These include pacemakers, cochlear implants, and digital pills that go inside our bodies to monitor or control various aspects of health.

- Body embedded: The third generation of the Internet of Bodies is embedded technology where technology and the human body are melded together and have a real-time connection to a remote machine.

Forbes noted the development of the Brain Computer Interface (BCI) which merges the brain with an external device for monitoring and controlling in real-time. 'The ultimate goal is to help restore function to individuals with disabilities by using brain signals rather than conventional neuromuscular pathways.' Oh, do fuck off. The goal of brain interface technology is controlling human thought and emotion from the central point in a hive mind serving its masters wishes. Many people are now agreeing to be chipped to open doors without a key. You can recognise them because they'll be wearing a mask, social distancing and lining up for the 'vaccine'. The Cult plans a Great Reset money system after they have completed the demolition of the global economy in which 'money' will be exchanged through communication with body operating systems. Rand Corporation, a Cult-owned think tank, said of the Internet of Bodies or IoB:

> Internet of Bodies technologies fall under the broader IoT umbrella. But as the name suggests, IoB devices introduce an even more intimate interplay between humans and gadgets. IoB devices monitor the human body, collect health metrics and other personal information, and transmit those data over the Internet. Many devices, such as fitness trackers, are already in use … IoB devices … and those in development can track, record, and store users' whereabouts, bodily functions, and what they see, hear, and even think.

Schwab's World Economic Forum, a long-winded way of saying 'fascism' or 'the Cult', has gone full-on with the Internet of Bodies in the 'Covid' era. 'We're entering the era of the Internet of Bodies', it declared, 'collecting our physical data via a range of devices that can be implanted, swallowed or worn'. The result would be a huge amount of health-related data that could improve human wellbeing around the world, and prove crucial in fighting the 'Covid-19 pandemic'. Does anyone think these clowns care about 'human wellbeing' after the death and devastation their pandemic hoax has purposely caused? Schwab and co say we should move forward with the Internet of Bodies because 'Keeping track of symptoms could help us stop the spread of infection, and quickly detect new cases'. How wonderful, but keeping track' is all they are really bothered

about. Researchers were investigating if data gathered from smartwatches and similar devices could be used as viral infection alerts by tracking the user's heart rate and breathing. Schwab said in his 2018 book *Shaping the Future of the Fourth Industrial Revolution*:

> The lines between technologies and beings are becoming blurred and not just by the ability to create lifelike robots or synthetics. Instead it is about the ability of new technologies to literally become part of us. Technologies already influence how we understand ourselves, how we think about each other, and how we determine our realities. As the technologies … give us deeper access to parts of ourselves, we may begin to integrate digital technologies into our bodies.

You can see what the game is. Twenty-four hour control and people – if you could still call them that – would never know when something would go ping and take them out of circulation. It's the most obvious rush to a global fascist dictatorship and the complete submission of humanity and yet still so many are locked away in their Cult-induced perceptual coma and can't see it.

Smart Grid control centres

The human body is being transformed by the 'vaccines' and in other ways into a synthetic cyborg that can be attached to the global Smart Grid which would be controlled from a central point and other sub-locations of Grid manipulation. Where are these planned to be? Well, China for a start which is one of the Cult's biggest centres of operation. The technological control system and technocratic rule was incubated here to be unleashed across the world after the 'Covid' hoax came out of China in 2020. Another Smart Grid location that will surprise people new to this is Israel. I have exposed in *The Trigger* how Sabbatian technocrats, intelligence and military operatives were behind the horrors of 9/11 and not '19 Arab hijackers' who somehow manifested the ability to pilot big passenger airliners when instructors at puddle-jumping flying schools described some of them as a joke. The 9/11 attacks were made possible through control of civilian and military air computer systems and those of the White House, Pentagon and connected agencies. See *The Trigger* – it

will blow your mind. The controlling and coordinating force were the Sabbatian networks in Israel and the United States which by then had infiltrated the entire US government, military and intelligence system. The real name of the American Deep State is 'Sabbatian State'. Israel is a tiny country of only nine million people, but it is one of the global centres of cyber operations and fast catching Silicon Valley in importance to the Cult. Israel is known as the 'start-up nation' for all the cyber companies spawned there with the Sabbatian specialisation of 'cyber security' that I mentioned earlier which gives those companies access to computer systems of their clients in real time through 'backdoors' written into the coding when security software is downloaded. The Sabbatian centre of cyber operations outside Silicon Valley is the Israeli military Cyber Intelligence Unit, the biggest infrastructure project in Israel's history, headquartered in the desert-city of Beersheba and involving some 20,000 'cyber soldiers'. Here are located a literal army of Internet trolls scanning social media, forums and comment lists for anyone challenging the Cult agenda. The UK military has something similar with its 77th Brigade and associated operations. The Beersheba complex includes research and development centres for other Cult operations such as Intel, Microsoft, IBM, Google, Apple, Hewlett-Packard, Cisco Systems, Facebook and Motorola. Techcrunch.com ran an article about the Beersheba global Internet technology centre headlined 'Israel's desert city of Beersheba is turning into a cybertech oasis':

The military's massive relocation of its prestigious technology units, the presence of multinational and local companies, a close proximity to Ben Gurion University and generous government subsidies are turning Beersheba into a major global cybertech hub. Beersheba has all of the ingredients of a vibrant security technology ecosystem, including Ben Gurion University with its graduate program in cybersecurity and Cyber Security Research Center, and the presence of companies such as EMC, Deutsche Telekom, PayPal, Oracle, IBM, and Lockheed Martin. It's also the future home of the INCB (Israeli National Cyber Bureau); offers a special income tax incentive for cyber security companies, and was the site for the relocation of the army's intelligence corps units.

Sabbatians have taken over the cyber world through the following process: They scan the schools for likely cyber talent and develop them at Ben Gurion University and their period of conscription in the Israeli Defense Forces when they are stationed at the Beersheba complex. When the cyber talented officially leave the army they are funded to start cyber companies with technology developed by themselves or given to them by the state. Much of this is stolen through backdoors of computer systems around the world with America top of the list. Others are sent off to Silicon Valley to start companies or join the major ones and so we have many major positions filled by apparently 'Jewish' but really Sabbatian operatives. Google, YouTube and Facebook are all run by 'Jewish' CEOs while Twitter is all but run by ultra-Zionist hedge-fund shark Paul Singer. At the centre of the Sabbatian global cyber web is the Israeli army's Unit 8200 which specialises in hacking into computer systems of other countries, inserting viruses, gathering information, instigating malfunction, and even taking control of them from a distance. A long list of Sabbatians involved with 9/11, Silicon Valley and Israeli cyber security companies are operatives of Unit 8200. This is not about Israel. It's about the Cult. Israel is planned to be a Smart Grid hub as with China and what is happening at Beersheba is not for the benefit of Jewish people who are treated disgustingly by the Sabbatian elite that control the country. A glance at the Nuremberg Codes will tell you that.

The story is much bigger than 'Covid', important as that is to where we are being taken. Now, though, it's time to really strap in. There's more … much more …

CHAPTER ELEVEN

Who controls the Cult?

Awake, arise or be forever fall'n
John Milton, *Paradise Lost*

I have exposed this far the level of the Cult conspiracy that operates in the world of the seen and within the global secret society and satanic network which operates in the shadows one step back from the seen. The story, however, goes much deeper than that.

The 'Covid' hoax is major part of the Cult agenda, but only part, and to grasp the biggest picture we have to expand our attention beyond the realm of human sight and into the infinity of possibility that we cannot see. It is from here, ultimately, that humanity is being manipulated into a state of total control by the force which dictates the actions of the Cult. How much of reality can we see? Next to damn all is the answer. We may appear to see all there is to see in the 'space' our eyes survey and observe, but little could be further from the truth. The human 'world' is only a tiny band of frequency that the body's visual and perceptual systems can decode into *perception* of a 'world'. According to mainstream science the electromagnetic spectrum is 0.005 percent of what exists in the Universe (Fig 10). The maximum estimate I have seen is 0.5 percent and either way it's miniscule. I say it is far, far, smaller even than 0.005 percent when you compare reality we see with the totality of reality that we don't. Now get this if you are new to such information: Visible light, the only band of frequency that we can see, is a *fraction* of the 0.005

percent (Fig 11 overleaf). Take this further and realise that our universe is one of infinite universes and that universes are only a fragment of overall reality – *infinite* reality. Then compare that with the almost infinitesimal frequency band of visible light or human sight. You see that humans are as near blind as it is possible to be without actually being so. Artist and filmmaker, Sergio Toporek, said:

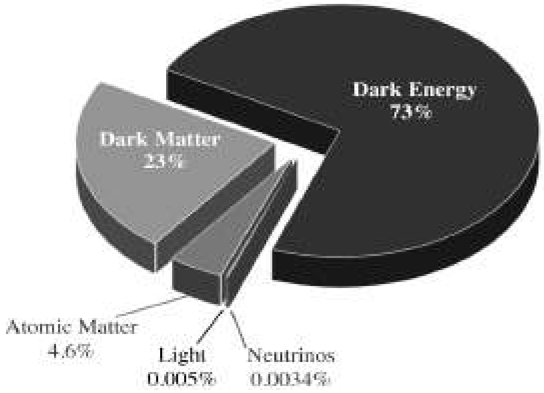

Figure 10: Humans can perceive such a tiny band of visual reality it's laughable.

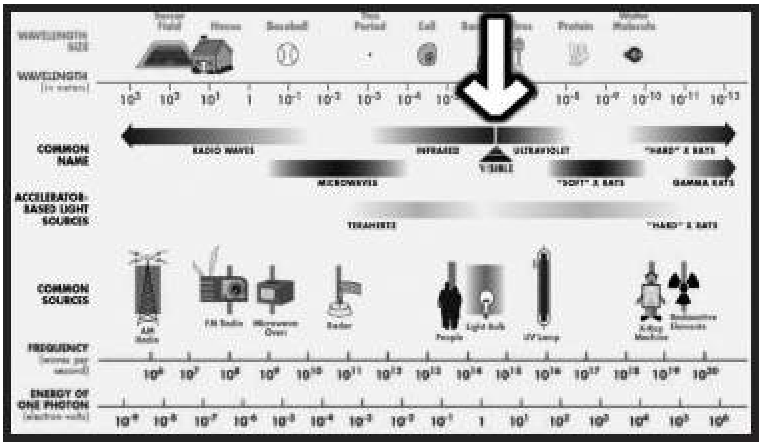

Figure 11: We can see a smear of the 0.005 percent electromagnetic spectrum, but we still know it all. Yep, makes sense.

Consider that you can see less than 1% of the electromagnetic spectrum and hear less than 1% of the acoustic spectrum. 90% of the cells in your body carry their own microbial DNA and are not 'you'. The atoms in your body are 99.9999999999999999% empty space and none of them are the ones you were born with ... Human beings have 46 chromosomes, two less than a potato.

The existence of the rainbow depends on the conical photoreceptors in your eyes; to animals without cones, the rainbow does not exist. So you don't just look at a rainbow, you create it. This is pretty amazing, especially considering that all the beautiful colours you see represent less than 1% of the electromagnetic spectrum.

Suddenly the 'world' of humans looks a very different place. Take into account, too, that Planet Earth when compared with the projected size of this single universe is the equivalent of a billionth of a pinhead. Imagine the ratio that would be when compared to infinite reality. To think that Christianity once insisted that Earth and humanity were the centre of everything. This background is vital if we are going to appreciate the nature of 'human' and how we can be manipulated by an unseen force. To human visual reality virtually *everything* is unseen and yet the prevailing perception within the institutions and so much of the public is that if we can't see it, touch it, hear it, taste it and smell it then it cannot exist. Such perception is indoctrinated and encouraged by the Cult and its agents because it isolates believers in the strictly limited, village-idiot, realm of the five senses where perceptions can be firewalled and information controlled. Most of those perpetuating the 'this-world-is-all-there-is' insanity are themselves indoctrinated into believing the same delusion. While major players and influencers know that official reality is laughable most of those in science, academia and medicine really believe the nonsense they peddle and teach succeeding generations. Those who challenge the orthodoxy are dismissed as nutters and freaks to protect the manufactured illusion from exposure. Observe the dynamic of the 'Covid' hoax and you will see how that takes the same form. The inner-circle psychopaths knows it's a gigantic scam, but almost the entirety of those imposing their fascist rules believe that 'Covid' is all that they're told it is.

Stolen identity

Ask people who they are and they will give you their name, place of birth, location, job, family background and life story. Yet that is not who they are – it is what they are *experiencing*. The difference is *absolutely crucial*. The true 'I', the eternal, infinite 'I', is consciousness,

a state of being aware. Forget ‘form’. That is a vehicle for a brief experience. Consciousness does not come *from* the brain, but *through* the brain and even that is more symbolic than literal. We are awareness, pure awareness, and this is what withdraws from the body at what we call ‘death’ to continue our eternal beingness, *isness*, in other realms of reality within the limitlessness of infinity or the Biblical ‘many mansions in my father’s house’. Labels of a human life, man, woman, transgender, black, white, brown, nationality, circumstances and income are not who we are. They are what we are – awareness – is *experiencing* in a brief connection with a band of frequency we call ‘human’. The labels are not the self; they are, to use the title of one of my books, a *Phantom* Self. I am not David Icke born in Leicester, England, on April 29th, 1952. I am the consciousness *having that experience*. The Cult and its non-human masters seek to convince us through the institutions of ‘education’, science, medicine, media and government that what we are *experiencing* is who we *are*. It’s so easy to control and direct perception locked away in the bewildered illusions of the five senses with no expanded radar. Try, by contrast, doing the same with a humanity aware of its true self and its true power to consciously create its reality and experience. How is it possible to do this? We do it all day every day. If you perceive yourself as ‘little me’ with no power to impact upon your life and the world then your life experience will reflect that. You will hand the power you don’t think you have to authority in all its forms which will use it to control your experience. This, in turn, will appear to confirm your perception of ‘little me’ in a self-fulfilling feedback loop. But that is what ‘little me’ really is – a *perception*. We are all ‘big-me’, infinite me, and the Cult has to make us forget that if its will is to prevail. We are therefore manipulated and pressured into self-identifying with human labels and not the consciousness/awareness *experiencing* those human labels.

The phenomenon of identity politics is a Cult-instigated manipulation technique to sub-divide previous labels into even smaller ones. A United States university employs this list of letters to

describe student identity: LGBTTQQFAGPBDSM or lesbian, gay, bisexual, transgender, transsexual, queer, questioning, flexual, asexual, gender-fuck, polyamorous, bondage/discipline, dominance/submission and sadism/masochism. I'm sure other lists are even longer by now as people feel the need to self-identity the 'I' with the minutiae of race and sexual preference. Wokers programmed by the Cult for generations believe this is about 'inclusivity' when it's really the Cult locking them away into smaller and smaller versions of Phantom Self while firewalling them from the influence of their true self, the infinite, eternal 'I'. You may notice that my philosophy which contends that we are all unique points of attention/awareness within the same infinite whole or Oneness is the ultimate non-racism. The very sense of Oneness makes the judgement of people by their body-type, colour or sexuality utterly ridiculous and confirms that racism has no understanding of reality (including anti-white racism). Yet despite my perception of life Cult agents and fast-asleep Wokers label me racist to discredit my information while they are themselves phenomenally racist and sexist. All they see is race and sexuality and they judge people as good or bad, demons or untouchables, by their race and sexuality. All they see is *Phantom Self* and perceive themselves in terms of Phantom Self. They are pawns and puppets of the Cult agenda to focus attention and self-identity in the five senses and play those identities against each other to divide and rule. Columbia University has introduced segregated graduations in another version of social distancing designed to drive people apart and teach them that different racial and cultural groups have nothing in common with each other. The last thing the Cult wants is unity. Again the pump-primers of this will be Cult operatives in the knowledge of what they are doing, but the rest are just the Phantom Self blind leading the Phantom Self blind. We *do* have something in common – we are all *the same consciousness* having different temporary experiences.

What is this 'human'?

Yes, what *is* 'human'? That is what we are supposed to be, right? I mean 'human'? True, but 'human' is the experience not the 'I'. Break it down to basics and 'human' is the way that information is processed. If we are to experience and interact with this band of frequency we call the 'world' we must have a vehicle that operates within that band of frequency. Our consciousness in its prime form cannot do that; it is way beyond the frequency of the human realm. My consciousness or awareness could not tap these keys and pick up the cup in front of me in the same way that radio station A cannot interact with radio station B when they are on different frequencies. The human body is the means through which we have that interaction. I have long described the body as a biological computer which processes information in a way that allows consciousness to experience this reality. The body is a receiver, transmitter and processor of information in a particular way that we call human. We visually perceive only the world of the five senses in a wakened state – that is the limit of the body's visual decoding system. In truth it's not even visual in the way we experience 'visual reality' as I will come to in a moment. We are 'human' because the body processes the information sources of human into a reality and behaviour system that we *perceive* as human. Why does an elephant act like an elephant and not like a human or a duck? The elephant's biological computer is a different information field and processes information according to that program into a visual and behaviour type we call an elephant. The same applies to everything in our reality. These body information fields are perpetuated through procreation (like making a copy of a software program). The Cult wants to break that cycle and intervene technologically to transform the human information field into one that will change what we call humanity. If it can change the human information field it will change the way that field processes information and change humanity both 'physically' and psychologically. Hence the *messenger* (information) RNA 'vaccines' and so much more that is targeting human genetics by changing the body's information – *messaging* – construct through food, drink, radiation, toxicity and other means.

Reality that we experience is nothing like reality as it really is in the same way that the reality people experience in virtual reality games is not the reality they are really living in. The game is only a decoded source of information that appears to be a reality. Our world is also an information construct – a *simulation* (more later). In its base form our reality is a wavefield of information much the same in theme as Wi-Fi. The five senses decode wavefield information into electrical information which they communicate to the brain to decode into holographic (illusory 'physical') information. Different parts of the brain specialise in decoding different senses and the information is fused into a reality that appears to be outside of us but is really inside the brain and the genetic structure in general (Fig 12 overleaf). DNA is a receiver-transmitter of information and a vital part of this decoding process and the body's connection to other realities. Change DNA and you change the way we decode and connect with reality – see 'Covid vaccines'. Think of computers decoding Wi-Fi. You have information encoded in a radiation field and the computer decodes that information into a very different form on the screen. You can't see the Wi-Fi until its information is made manifest on the screen and the information on the screen is inside the computer and not outside. I have just described how we decode the 'human world'. All five senses decode the waveform 'Wi-Fi' field into electrical signals and the brain (computer) constructs reality inside the brain and not outside – 'You don't just look at a rainbow, you create it'. Sound is a simple example. We don't hear sound until the brain decodes it. Waveform sound waves are picked up by the hearing sense and communicated to the brain in an electrical form to be decoded into the sounds that we hear. Everything we hear is inside the brain along with everything we see, feel, smell and taste. Words and language are waveform fields generated by our vocal chords which pass through this process until they are decoded by the brain into words that we hear. Different languages are different frequency fields or sound waves generated by vocal chords. Late British philosopher Alan Watts said:

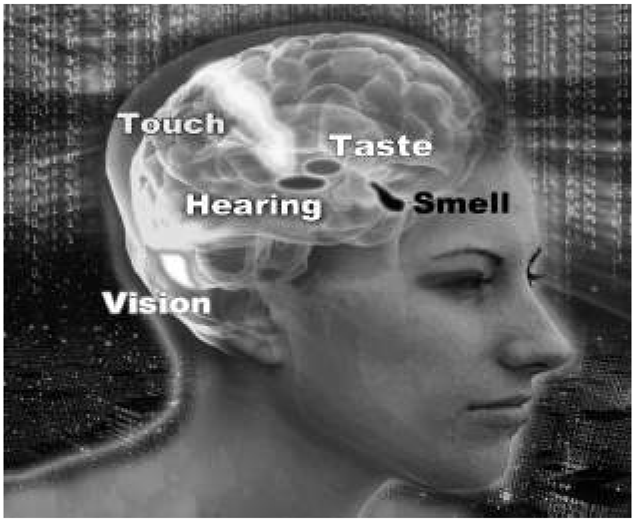

Figure 12: The brain receives information from the five senses and constructs from that our perceived reality.

[Without the brain] the world is devoid of light, heat, weight, solidity, motion, space, time or any other imaginable feature. All these phenomena are interactions, or transactions, of vibrations with a certain arrangement of neurons.

That's exactly what they are and scientist Robert Lanza describes in his book, *Biocentrism*, how we decode electromagnetic waves and energy into visual and 'physical' experience. He uses the example of a flame emitting photons, electromagnetic energy, each pulsing electrically and magnetically:

… these … invisible electromagnetic waves strike a human retina, and if (and only if) the waves happen to measure between 400 and 700 nano meters in length from crest to crest, then their energy is just right to deliver a stimulus to the 8 million cone-shaped cells in the retina.

Each in turn send an electrical pulse to a neighbour neuron, and on up the line this goes, at 250 mph, until it reaches the … occipital lobe of the brain, in the back of the head. There, a cascading complex of neurons fire from the incoming stimuli, and we subjectively perceive this experience as a yellow brightness occurring in a place we have been conditioned to call the 'external world'.

You hear what you decode

If a tree falls or a building collapses they make no noise unless someone is there to decode the energetic waves generated by the disturbance into what we call sound. Does a falling tree make a noise? Only if you hear it – *decode* it. Everything in our reality is a frequency field of information operating within the overall 'Wi-Fi' field that I call The Field. A vibrational disturbance is generated in The Field by the fields of the falling tree or building. These disturbance waves are what we decode into the sound of them falling. If no one is there to do that then neither will make any noise. Reality is created by the observer – *decoder* – and the *perceptions* of the observer affect the decoding process. For this reason different people – different *perceptions* – will perceive the same reality or situation in a different way. What one may perceive as a nightmare another will see as an opportunity. The question of why the Cult is so focused on controlling human perception now answers itself. All experienced reality is the act of decoding and we don't experience Wi-Fi until it is decoded on the computer screen. The sight and sound of an Internet video is encoded in the Wi-Fi all around us, but we don't see or hear it until the computer decodes that information. Taste, smell and touch are all phenomena of the brain as a result of the same process. We don't taste, smell or feel anything except in the brain and there are pain relief techniques that seek to block the signal from the site of discomfort to the brain because if the brain doesn't decode that signal we don't feel pain. Pain is in the brain and only appears to be at the point of impact thanks to the feedback loop between them. We don't see anything until electrical information from the sight senses is decoded in an area at the back of the brain. If that area is damaged we can go blind when our eyes are perfectly okay. So why do we go blind if we damage an eye? We damage the information processing between the waveform visual information and the visual decoding area of the brain. If information doesn't reach the brain in a form it can decode then we can't see the visual reality that it represents. What's more the brain is decoding only a fraction of the information it receives and the rest is absorbed by the

sub-conscious mind. This explanation is from the science magazine, *Wonderpedia*:

> Every second, 11 million sensations crackle along these [brain] pathways … The brain is confronted with an alarming array of images, sounds and smells which it rigorously filters down until it is left with a manageable list of around 40. Thus 40 sensations per second make up what we perceive as reality.

The 'world' is not what people are told to believe that is it and the inner circles of the Cult *know that*.

Illusory 'physical' reality

We can only see a smear of 0.005 percent of the Universe which is only one of a vast array of universes – 'mansions' – within infinite reality. Even then the brain decodes only 40 pieces of information ('sensations') from a potential *11 million* that we receive every second. Two points strike you from this immediately: The sheer breathtaking stupidity of believing we know anything so rigidly that there's nothing more to know; and the potential for these processes to be manipulated by a malevolent force to control the reality of the population. One thing I can say for sure with no risk of contradiction is that when you can perceive an almost indescribable fraction of infinite reality there is always more to know as in tidal waves of it. Ancient Greek philosopher Socrates was so right when he said that wisdom is to know how little we know. How obviously true that is when you think that we are experiencing a physical world of solidity that is neither physical nor solid and a world of apartness when everything is connected. Cult-controlled 'science' dismisses the so-called 'paranormal' and all phenomena related to that when the 'para'-normal is perfectly normal and explains the alleged 'great mysteries' which dumbfound scientific minds. There is a reason for this. A 'scientific mind' in terms of the mainstream is a material mind, a five-sense mind imprisoned in see it, touch it, hear it, smell it and taste it. Phenomena and happenings that can't be explained that way leave the 'scientific mind' bewildered and the rule is that if they

can't account for why something is happening then it can't, by definition, be happening. I beg to differ. Telepathy is thought waves passing through The Field (think wave disturbance again) to be decoded by someone able to connect with that wavelength (information). For example: You can pick up the thought waves of a friend at any distance and at the very least that will bring them to mind. A few minutes later the friend calls you. 'My god', you say, 'that's incredible – I was just thinking of you.' Ah, but *they* were thinking of *you* before they made the call and that's what you decoded. Native peoples not entrapped in five-sense reality do this so well it became known as the 'bush telegraph'. Those known as psychics and mediums (genuine ones) are doing the same only across dimensions of reality. 'Mind over matter' comes from the fact that matter and mind are the *same*. The state of one influences the state of the other. Indeed one *and* the other are illusions. They are aspects of the same field. Paranormal phenomena are all explainable so why are they still considered 'mysteries' or not happening? Once you go down this road of understanding you begin to expand awareness beyond the five senses and that's the nightmare for the Cult.

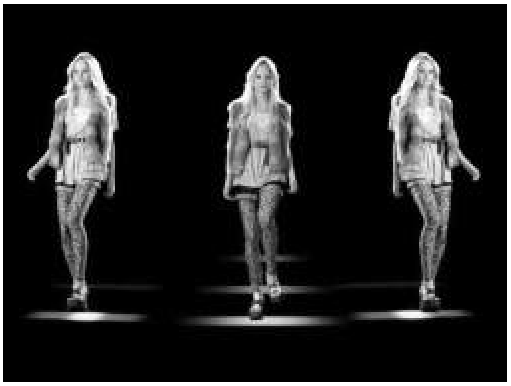

Figure 13: Holograms are not solid, but the best ones appear to be.

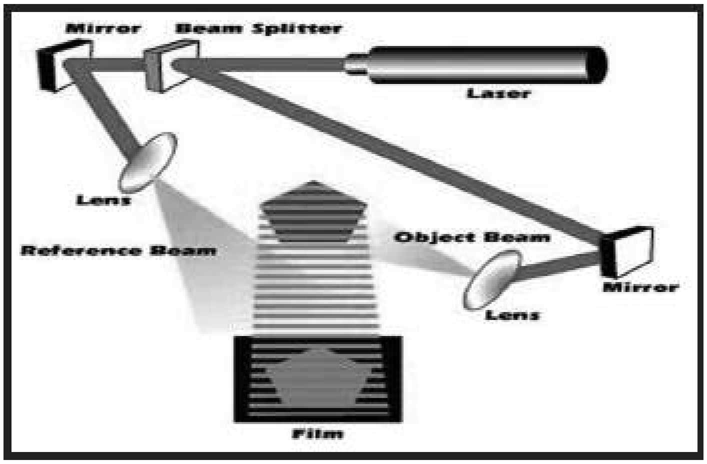

Figure 14: How holograms are created by capturing a waveform version of the subject image.

Holographic 'solidity'

Our reality is not solid, it is holographic. We are now well aware of holograms which are widely used today. Two-dimensional information is decoded into a three-dimensional reality that is not solid although can very much appear to be (Fig 13). Holograms are created with a laser divided into two parts. One goes directly onto a holographic photographic print ('reference beam') and the other takes a waveform image of the subject ('working beam') before being directed onto the print where it 'collides' with the other half of the laser (Fig 14). This creates a *waveform* interference pattern which contains the wavefield information of whatever is being photographed (Fig 15 overleaf). The process can be likened to dropping pebbles in a pond. Waves generated by each one spread out across the water to collide with the others and create a wave representation of where the stones fell and at what speed, weight and distance. A waveform interference pattern of a hologram is akin to the waveform information in The Field which the five senses decode into electrical signals to be decoded by the brain into a holographic illusory 'physical' reality. In the same way when a laser (think human attention) is directed at the waveform interference pattern a three-dimensional version of the subject is projected into apparently 'solid' reality (Fig 16). An amazing trait of holograms reveals more 'paranormal mysteries'. Information of the *whole*

hologram is encoded in waveform in every part of the interference pattern by the way they are created. This means that every *part* of a hologram is a smaller version of the whole. Cut the interference wave-pattern into four and you won't get four parts of the image. You get quarter-sized versions of the *whole* image. The body is a hologram and the same applies. Here we have the basis of acupuncture, reflexology and other forms of healing which identify representations of the whole body in all of the parts, hands, feet, ears, everywhere. Skilled palm readers can do what they do because the information of whole body is encoded in the hand. The concept of as above, so below, comes from this.

Figure 15: A waveform interference pattern that holds the information that transforms into a hologram.

Figure 16: Holographic people including 'Elvis' holographically inserted to sing a duet with Celine Dion.

The question will be asked of why, if solidity is illusory, we can't just walk through walls and each other. The resistance is not solid against solid; it is electromagnetic field against electromagnetic field and we decode this into the *experience* of solid against solid. We should also not underestimate the power of belief to dictate reality. What you believe is impossible *will be*. Your belief impacts on your decoding processes and they won't decode what you think is impossible. What we believe we perceive and what we perceive we experience. 'Can't dos' and 'impossibles' are like a firewall in a computer system that won't put on the screen what the firewall blocks. How vital that is to understanding how human experience has been hijacked. I explain in *The Answer*, *Everything You Need To Know But Have Never Been Told* and other books a long list of 'mysteries' and 'paranormal' phenomena that are not mysterious and perfectly normal once you realise what reality is and how it works. 'Ghosts' can be seen to pass through 'solid' walls because the walls are not solid and the ghost is a discarnate entity operating on a frequency so different to that of the wall that it's like two radio stations sharing the same space while never interfering with each other. I have seen ghosts do this myself. The apartness of people and objects is also an illusion. Everything is connected by the Field like all sea life is connected by the sea. It's just that within the limits of our visual reality we only 'see' holographic information and not the field of information that connects everything and from which the holographic world is made manifest. If you can only see holographic 'objects' and not the field that connects them they will appear to you as unconnected to each other in the same way that we see the computer while not seeing the Wi-Fi.

What you don't know *can* hurt you

Okay, we return to those 'two worlds' of human society and the Cult with its global network of interconnecting secret societies and satanic groups which manipulate through governments, corporations, media, religions, etc. The fundamental difference between them is *knowledge*. The idea has been to keep humanity

ignorant of the plan for its total enslavement underpinned by a crucial ignorance of reality – who we are and where we are – and how we interact with it. 'Human' should be the interaction between our expanded eternal consciousness and the five-sense body experience. We are meant to be *in* this world in terms of the five senses but not *of* this world in relation to our greater consciousness and perspective. In that state we experience the small picture of the five senses within the wider context of the big picture of awareness beyond the five senses. Put another way the five senses see the dots and expanded awareness connects them into pictures and patterns that give context to the apparently random and unconnected. Without the context of expanded awareness the five senses see only apartness and randomness with apparently no meaning. The Cult and its other-dimensional controllers seek to intervene in the frequency realm where five-sense reality is supposed to connect with expanded reality and to keep the two apart (more on this in the final chapter). When that happens five-sense mental and emotional processes are no longer influenced by expanded awareness, or the True 'I', and instead are driven by the isolated perceptions of the body's decoding systems. They are in the world *and* of it. Here we have the human plight and why humanity with its potential for infinite awareness can be so easily manipulatable and descend into such extremes of stupidity.

Once the Cult isolates five-sense mind from expanded awareness it can then program the mind with perceptions and beliefs by controlling information that the mind receives through the 'education' system of the formative years and the media perceptual bombardment and censorship of an entire lifetime. Limit perception and a sense of the possible through limiting knowledge by limiting and skewing information while censoring and discrediting that which could set people free. As the title of another of my books says *… And The Truth Shall Set You Free*. For this reason the last thing the Cult wants in circulation is the truth about anything – especially the reality of the eternal 'I' – and that's why it is desperate to control information. The Cult knows that information becomes perception

which becomes behaviour which, collectively, becomes human society. Cult-controlled and funded mainstream 'science' denies the existence of an eternal 'I' and seeks to dismiss and trash all evidence to the contrary. Cult-controlled mainstream religion has a version of 'God' that is little more than a system of control and dictatorship that employs threats of damnation in an afterlife to control perceptions and behaviour in the here and now through fear and guilt. Neither is true and it's the 'neither' that the Cult wishes to suppress. This 'neither' is that everything is an expression, a point of attention, within an infinite state of consciousness which is the real meaning of the term 'God'.

Perceptual obsession with the 'physical body' and five-senses means that 'God' becomes personified as a bearded bloke sitting among the clouds or a raging bully who loves us if we do what 'he' wants and condemns us to the fires of hell if we don't. These are no more than a 'spiritual' fairy tales to control and dictate events and behaviour through fear of this 'God' which has bizarrely made 'God-fearing' in religious circles a state to be desired. I would suggest that fearing *anything* is not to be encouraged and celebrated, but rather deleted. You can see why 'God fearing' is so beneficial to the Cult and its religions when *they* decide what 'God' wants and what 'God' demands (the Cult demands) that everyone do. As the great American comedian Bill Hicks said satirising a Christian zealot: 'I think what God meant to say.' How much of this infinite awareness ('God') that we access is decided by how far we choose to expand our perceptions, self-identity and sense of the possible. The scale of self-identity reflects itself in the scale of awareness that we can connect with and are influenced by – how much knowing and insight we have instead of programmed perception. You cannot expand your awareness into the infinity of possibility when you believe that you are little me Peter the postman or Mary in marketing and nothing more. I'll deal with this in the concluding chapter because it's crucial to how we turnaround current events.

Where the Cult came from

When I realised in the early 1990s there was a Cult network behind global events I asked the obvious question: When did it start? I took it back to ancient Rome and Egypt and on to Babylon and Sumer in Mesopotamia, the 'Land Between Two Rivers', in what we now call Iraq. The two rivers are the Tigris and Euphrates and this region is of immense historical and other importance to the Cult, as is the land called Israel only 550 miles away by air. There is much more going with deep esoteric meaning across this whole region. It's not only about 'wars for oil'. Priceless artefacts from Mesopotamia were stolen or destroyed after the American and British invasion of Iraq in 2003 justified by the lies of Boy Bush and Tony Blair (their Cult masters) about non-existent 'weapons of mass destruction'. Mesopotamia was the location of Sumer (about 5,400BC to 1,750BC), and Babylon (about 2,350BC to 539BC). Sabbatians may have become immensely influential in the Cult in modern times but they are part of a network that goes back into the mists of history. Sumer is said by historians to be the 'cradle of civilisation'. I disagree. I say it was the re-start of what we call human civilisation after cataclysmic events symbolised in part as the 'Great Flood' destroyed the world that existed before. These fantastic upheavals that I have been describing in detail in the books since the early1990s appear in accounts and legends of ancient cultures across the world and they are supported by geological and biological evidence. Stone tablets found in Iraq detailing the Sumer period say the cataclysms were caused by non-human 'gods' they call the Anunnaki. These are described in terms of extraterrestrial visitations in which knowledge supplied by the Anunnaki is said to have been the source of at least one of the world's oldest writing systems and developments in astronomy, mathematics and architecture that were way ahead of their time. I have covered this subject at length in *The Biggest Secret* and *Children of the Matrix* and the same basic 'Anunnaki' story can be found in Zulu accounts in South Africa where the late and very great Zulu high shaman Credo Mutwa told me that the Sumerian Anunnaki were known by Zulus as the Chitauri or 'children of the serpent'. See my six-hour video interview with Credo on this subject entitled *The*

Reptilian Agenda recorded at his then home near Johannesburg in 1999 which you can watch on the Ickonic media platform.

The Cult emerged out of Sumer, Babylon and Egypt (and elsewhere) and established the Roman Empire before expanding with the Romans into northern Europe from where many empires were savagely imposed in the form of Cult-controlled societies all over the world. Mass death and destruction was their calling card. The Cult established its centre of operations in Europe and European Empires were Cult empires which allowed it to expand into a global force. Spanish and Portuguese colonialists headed for Central and South America while the British and French targeted North America. Africa was colonised by Britain, France, Belgium, the Netherlands, Portugal, Spain, Italy, and Germany. Some like Britain and France moved in on the Middle East. The British Empire was by far the biggest for a simple reason. By now Britain was the headquarters of the Cult from which it expanded to form Canada, the United States, Australia and New Zealand. The Sun never set on the British Empire such was the scale of its occupation. London remains a global centre for the Cult along with Rome and the Vatican although others have emerged in Israel and China. It is no accident that the 'virus' is alleged to have come out of China while Italy was chosen as the means to terrify the Western population into compliance with 'Covid' fascism. Nor that Israel has led the world in 'Covid' fascism and mass 'vaccination'.

You would think that I would mention the United States here, but while it has been an important means of imposing the Cult's will it is less significant than would appear and is currently in the process of having what power it does have deleted. The Cult in Europe has mostly loaded the guns for the US to fire. America has been controlled from Europe from the start through Cult operatives in Britain and Europe. The American Revolution was an illusion to make it appear that America was governing itself while very different forces were pulling the strings in the form of Cult families such as the Rothschilds through the Rockefellers and other subordinates. The Rockefellers are extremely close to Bill Gates and

established both scalpel and drug 'medicine' and the World Health Organization. They play a major role in the development and circulation of vaccines through the Rockefeller Foundation on which Bill Gates said his Foundation is based. Why wouldn't this be the case when the Rockefellers and Gates are on the same team? Cult infiltration of human society goes way back into what we call history and has been constantly expanding and centralising power with the goal of establishing a global structure to dictate everything. Look how this has been advanced in great leaps with the 'Covid' hoax.

The non-human dimension

I researched and observed the comings and goings of Cult operatives through the centuries and even thousands of years as they were born, worked to promote the agenda within the secret society and satanic networks, and then died for others to replace them. Clearly there had to be a coordinating force that spanned this entire period while operatives who would not have seen the end goal in their lifetimes came and went advancing the plan over millennia. I went in search of that coordinating force with the usual support from the extraordinary synchronicity of my life which has been an almost daily experience since 1990. I saw common themes in religious texts and ancient cultures about a non-human force manipulating human society from the hidden. Christianity calls this force Satan, the Devil and demons; Islam refers to the Jinn or Djinn; Zulus have their Chitauri (spelt in other ways in different parts of Africa); and the Gnostic people in Egypt in the period around and before 400AD referred to this phenomena as the 'Archons', a word meaning rulers in Greek. Central American cultures speak of the 'Predators' among other names and the same theme is everywhere. I will use 'Archons' as a collective name for all of them. When you see how their nature and behaviour is described all these different sources are clearly talking about the same force. Gnostics described the Archons in terms of 'luminous fire' while Islam relates the Jinn to 'smokeless fire'. Some refer to beings in form that could occasionally be seen, but the most common of common theme is that they operate from

unseen realms which means almost all existence to the visual processes of humans. I had concluded that this was indeed the foundation of human control and that the Cult was operating within the human frequency band on behalf of this hidden force when I came across the writings of Gnostics which supported my conclusions in the most extraordinary way.

A sealed earthen jar was found in 1945 near the town of Nag Hammadi about 75-80 miles north of Luxor on the banks of the River Nile in Egypt. Inside was a treasure trove of manuscripts and texts left by the Gnostic people some 1,600 years earlier. They included 13 leather-bound papyrus codices (manuscripts) and more than 50 texts written in Coptic Egyptian estimated to have been hidden in the jar in the period of 400AD although the source of the information goes back much further. Gnostics oversaw the Great or Royal Library of Alexandria, the fantastic depository of ancient texts detailing advanced knowledge and accounts of human history. The Library was dismantled and destroyed in stages over a long period with the death-blow delivered by the Cult-established Roman Church in the period around 415AD. The Church of Rome was the Church of Babylon relocated as I said earlier. Gnostics were not a race. They were a way of perceiving reality. Whenever they established themselves and their information circulated the terrorists of the Church of Rome would target them for destruction. This happened with the Great Library and with the Gnostic Cathars who were burned to death by the psychopaths after a long period of oppression at the siege of the Castle of Monségur in southern France in 1244. The Church has always been terrified of Gnostic information which demolishes the official Christian narrative although there is much in the Bible that supports the Gnostic view if you read it in another way. To anyone studying the texts of what became known as the Nag Hammadi Library it is clear that great swathes of Christian and Biblical belief has its origin with Gnostics sources going back to Sumer. Gnostic themes have been twisted to manipulate the perceived reality of Bible believers. Biblical texts have been in the open for centuries where they could be changed while Gnostic

documents found at Nag Hammadi were sealed away and untouched for 1,600 years. What you see is what they wrote.

Use your *pneuma* not your *nous*

Gnosticism and Gnostic come from 'gnosis' which means knowledge, or rather *secret* knowledge, in the sense of spiritual awareness – knowledge about reality and life itself. The desperation of the Cult's Church of Rome to destroy the Gnostics can be understood when the knowledge they were circulating was the last thing the Cult wanted the population to know. Sixteen hundred years later the same Cult is working hard to undermine and silence me for the same reason. The dynamic between knowledge and ignorance is a constant. 'Time' appears to move on, but essential themes remain the same. We are told to 'use your nous', a Gnostic word for head/brain/intelligence. They said, however, that spiritual awakening or 'salvation' could only be secured by expanding awareness *beyond* what they called *nous* and into *pneuma* or Infinite Self. Obviously as I read these texts the parallels with what I have been saying since 1990 were fascinating to me. There is a universal truth that spans human history and in that case why wouldn't we be talking the same language 16 centuries apart? When you free yourself from the perception program of the five senses and explore expanded realms of consciousness you are going to connect with the same information no matter what the perceived 'era' within a manufactured timeline of a single and tiny range of manipulated frequency. Humans working with 'smart' technology or knocking rocks together in caves is only a timeline appearing to operate within the human frequency band. Expanded awareness and the knowledge it holds have always been there whether the era be Stone Age or computer age. We can only access that knowledge by opening ourselves to its frequency which the five-sense prison cell is designed to stop us doing. Gates, Fauci, Whitty, Vallance, Zuckerberg, Brin, Page, Wojcicki, Bezos, and all the others behind the 'Covid' hoax clearly have a long wait before their range of frequency can make that connection given that an open heart is

crucial to that as we shall see. Instead of accessing knowledge directly through expanded awareness it is given to Cult operatives by the secret society networks of the Cult where it has been passed on over thousands of years outside the public arena. Expanded realms of consciousness is where great artists, composers and writers find their inspiration and where truth awaits anyone open enough to connect with it. We need to go there fast.

Archon hijack

A fifth of the Nag Hammadi texts describe the existence and manipulation of the Archons led by a 'Chief Archon' they call 'Yaldabaoth', or the 'Demiurge', and this is the Christian 'Devil', 'Satan', 'Lucifer', and his demons. Archons in Biblical symbolism are the 'fallen ones' which are also referred to as fallen angels after the angels expelled from heaven according to the Abrahamic religions of Judaism, Christianity and Islam. These angels are claimed to tempt humans to 'sin' ongoing and you will see how accurate that symbolism is during the rest of the book. The theme of 'original sin' is related to the 'Fall' when Adam and Eve were 'tempted by the serpent' and fell from a state of innocence and 'obedience' (connection) with God into a state of disobedience (disconnection). The Fall is said to have brought sin into the world and corrupted everything including human nature. Yaldabaoth, the 'Lord Archon', is described by Gnostics as a 'counterfeit spirit', 'The Blind One', 'The Blind God', and 'The Foolish One'. The Jewish name for Yaldabaoth in Talmudic writings is Samael which translates as 'Poison of God', or 'Blindness of God'. You see the parallels. Yaldabaoth in Islamic belief is the Muslim Jinn devil known as Shaytan – Shaytan is Satan as the same themes are found all over the world in every religion and culture. The 'Lord God' of the Old Testament is the 'Lord Archon' of Gnostic manuscripts and that's why he's such a bloodthirsty bastard. Satan is known by Christians as 'the Demon of Demons' and Gnostics called Yaldabaoth the 'Archon of Archons'. Both are known as 'The Deceiver'. We are talking about the same 'bloke' for sure and these common themes

using different names, storylines and symbolism tell a common tale of the human plight.

Archons are referred to in Nag Hammadi documents as mind parasites, inverters, guards, gatekeepers, detainers, judges, pitiless ones and deceivers. The 'Covid' hoax alone is a glaring example of all these things. The Biblical 'God' is so different in the Old and New Testaments because they are not describing the same phenomenon. The vindictive, angry, hate-filled, 'God' of the Old Testament, known as Yahweh, is Yaldabaoth who is depicted in Cult-dictated popular culture as the 'Dark Lord', 'Lord of Time', Lord (Darth) Vader and Dormammu, the evil ruler of the 'Dark Dimension' trying to take over the 'Earth Dimension' in the Marvel comic movie, *Dr Strange*. Yaldabaoth is both the Old Testament 'god' and the Biblical 'Satan'. Gnostics referred to Yaldabaoth as the 'Great Architect of the Universe'and the Cult-controlled Freemason network calls their god 'the 'Great Architect of the Universe' (also Grand Architect). The 'Great Architect' Yaldabaoth is symbolised by the Cult as the all-seeing eye at the top of the pyramid on the Great Seal of the United States and the dollar bill. Archon is encoded in *arch*-itect as it is in *arch*-angels and *arch*-bishops. All religions have the theme of a force for good and force for evil in some sort of spiritual war and there is a reason for that – the theme is true. The Cult and its non-human masters are quite happy for this to circulate. They present themselves as the force for good fighting evil when they are really the force of evil (absence of love). The whole foundation of Cult modus operandi is inversion. They promote themselves as a force for good and anyone challenging them in pursuit of peace, love, fairness, truth and justice is condemned as a satanic force for evil. This has been the game plan throughout history whether the Church of Rome inquisitions of non-believers or 'conspiracy theorists' and 'anti-vaxxers' of today. The technique is the same whatever the timeline era.

Yaldabaoth is revolting (true)

Yaldabaoth and the Archons are said to have revolted against God with Yaldabaoth claiming to *be* God – the *All That Is*. The Old Testament 'God' (Yaldabaoth) demanded to be worshipped as such: '*I am* the LORD, and there is none else, there is no God beside me' (Isaiah 45:5). I have quoted in other books a man who said he was the unofficial son of the late Baron Philippe de Rothschild of the Mouton-Rothschild wine producing estates in France who died in 1988 and he told me about the Rothschild 'revolt from God'. The man said he was given the name Phillip Eugene de Rothschild and we shared long correspondence many years ago while he was living under another identity. He said that he was conceived through 'occult incest' which (within the Cult) was 'normal and to be admired'. 'Phillip' told me about his experience attending satanic rituals with rich and famous people whom he names and you can see them and the wider background to Cult Satanism in my other books starting with *The Biggest Secret*. Cult rituals are interactions with Archontic 'gods'. 'Phillip' described Baron Philippe de Rothschild as 'a master Satanist and hater of God' and he used the same term 'revolt from God' associated with Yaldabaoth/Satan/Lucifer/the Devil in describing the Sabbatian Rothschild dynasty. 'I played a key role in my family's revolt from God', he said. That role was to infiltrate in classic Sabbatian style the Christian Church, but eventually he escaped the mind-prison to live another life. The Cult has been targeting religion in a plan to make worship of the Archons the global one-world religion. Infiltration of Satanism into modern 'culture', especially among the young, through music videos, stage shows and other means, is all part of this.

Nag Hammadi texts describe Yaldabaoth and the Archons in their prime form as energy – consciousness – and say they can take form if they choose in the same way that consciousness takes form as a human. Yaldabaoth is called 'formless' and represents a deeply inverted, distorted and chaotic state of consciousness which seeks to attached to humans and turn them into a likeness of itself in an attempt at assimilation. For that to happen it has to manipulate

humans into low frequency mental and emotional states that match its own. Archons can certainly appear in human form and this is the origin of the psychopathic personality. The energetic distortion Gnostics called Yaldabaoth *is* psychopathy. When psychopathic Archons take human form that human will be a psychopath as an expression of Yaldabaoth consciousness. Cult psychopaths are Archons in human form. The principle is the same as that portrayed in the 2009 *Avatar* movie when the American military travelled to a fictional Earth-like moon called Pandora in the Alpha Centauri star system to infiltrate a society of blue people, or Na'vi, by hiding within bodies that looked like the Na'vi. Archons posing as humans have a particular hybrid information field, part human, part Archon, (the ancient 'demigods') which processes information in a way that manifests behaviour to match their psychopathic evil, lack of empathy and compassion, and stops them being influenced by the empathy, compassion and love that a fully-human information field is capable of expressing. Cult bloodlines interbreed, be they royalty or dark suits, for this reason and you have their obsession with incest. Interbreeding with full-blown humans would dilute the Archontic energy field that guarantees psychopathy in its representatives in the human realm.

Gnostic writings say the main non-human forms that Archons take are *serpentine* (what I have called for decades 'reptilian' amid unbounded ridicule from the Archontically-programmed) and what Gnostics describe as 'an unborn baby or foetus with grey skin and dark, unmoving eyes'. This is an excellent representation of the ET 'Greys' of UFO folklore which large numbers of people claim to have seen and been abducted by – Zulu shaman Credo Mutwa among them. I agree with those that believe in extraterrestrial or interdimensional visitations today and for thousands of years past. No wonder with their advanced knowledge and technological capability they were perceived and worshipped as gods for technological and other 'miracles' they appeared to perform. Imagine someone arriving in a culture disconnected from the modern world with a smartphone and computer. They would be

seen as a 'god' capable of 'miracles'. The Renegade Mind, however, wants to know the source of everything and not only the way that source manifests as human or non-human. In the same way that a Renegade Mind seeks the original source material for the 'Covid virus' to see if what is claimed is true. The original source of Archons in form is consciousness – the distorted state of consciousness known to Gnostics as Yaldabaoth.

'Revolt from God' is energetic disconnection

Where I am going next will make a lot of sense of religious texts and ancient legends relating to 'Satan', Lucifer' and the 'gods'. Gnostic descriptions sync perfectly with the themes of my own research over the years in how they describe a consciousness distortion seeking to impose itself on human consciousness. I've referred to the core of infinite awareness in previous books as Infinite Awareness in Awareness of Itself. By that I mean a level of awareness that knows that it is all awareness and is aware of all awareness. From here comes the frequency of love in its true sense and balance which is what love is on one level – the balance of all forces into a single whole called Oneness and Isness. The more we disconnect from this state of love that many call 'God' the constituent parts of that Oneness start to unravel and express themselves as a part and not a whole. They become individualised as intellect, mind, selfishness, hatred, envy, desire for power over others, and such like. This is not a problem in the greater scheme in that 'God', the *All That Is*, can experience all these possibilities through different expressions of itself including humans. What we as expressions of the whole experience the *All That Is* experiences. We are the *All That Is* experiencing itself. As we withdraw from that state of Oneness we disconnect from its influence and things can get very unpleasant and very stupid. Archontic consciousness is at the extreme end of that. It has so disconnected from the influence of Oneness that it has become an inversion of unity and love, an inversion of everything, an inversion of life itself. Evil is appropriately live written backwards. Archontic consciousness is obsessed with death, an inversion of life,

and so its manifestations in Satanism are obsessed with death. They use inverted symbols in their rituals such as the inverted pentagram and cross. Sabbatians as Archontic consciousness incarnate invert Judaism and every other religion and culture they infiltrate. They seek disunity and chaos and they fear unity and harmony as they fear love like garlic to a vampire. As a result the Cult, Archons incarnate, act with such evil, psychopathy and lack of empathy and compassion disconnected as they are from the source of love. How could Bill Gates and the rest of the Archontic psychopaths do what they have to human society in the 'Covid' era with all the death, suffering and destruction involved and have no emotional consequence for the impact on others? Now you know. Why have Zuckerberg, Brin, Page, Wojcicki and company callously censored information warning about the dangers of the 'vaccine' while thousands have been dying and having severe, sometimes life-changing reactions? Now you know. Why have Tedros, Fauci, Whitty, Vallance and their like around the world been using case and death figures they're aware are fraudulent to justify lockdowns and all the deaths and destroyed lives that have come from that? Now you know. Why did Christian Drosten produce and promote a 'testing' protocol that he knew couldn't test for infectious disease which led to a global human catastrophe. Now you know. The Archontic mind doesn't give a shit (Fig 17). I personally think that Gates and major Cult insiders are a form of AI cyborg that the Archons want humans to become.

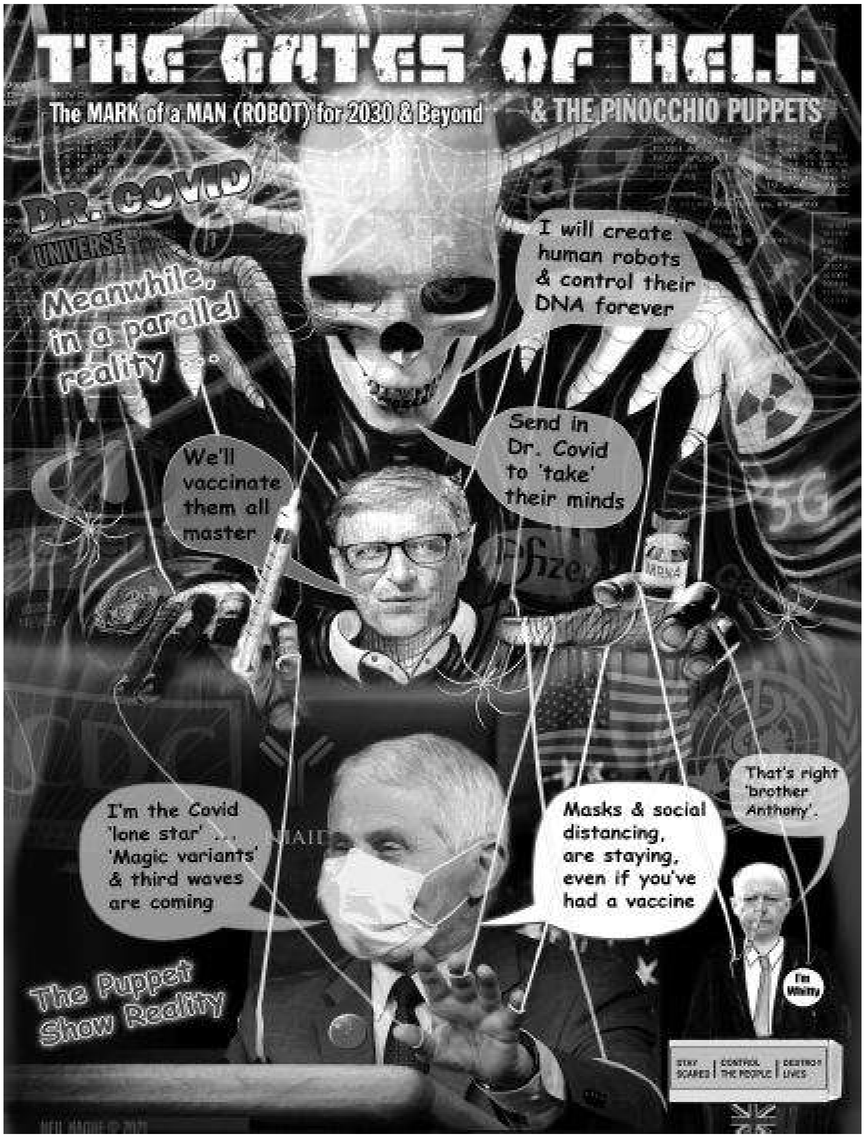

Figure 17: Artist Neil Hague's version of the 'Covid' hierarchy.

Human batteries

A state of such inversion does have its consequences, however. The level of disconnection from the Source of All means that you withdraw from that source of energetic sustenance and creativity. This means that you have to find your own supply of energetic power and it has – *us*. When the Morpheus character in the first *Matrix* movie held up a battery he spoke a profound truth when he said: 'The Matrix is a computer-generated dream world built to keep us under control in order to change the human being into one of

these.’ The statement was true in all respects. We do live in a technologically-generated virtual reality simulation (more very shortly) and we have been manipulated to be an energy source for Archontic consciousness. The Disney-Pixar animated movie *Monsters, Inc*. in 2001 symbolised the dynamic when monsters in their world had no energy source and they would enter the human world to terrify children in their beds, catch the child’s scream, terror (low-vibrational frequencies), and take that energy back to power the monster world. The lead character you might remember was a single giant eye and the symbolism of the Cult’s all-seeing eye was obvious. Every thought and emotion is broadcast as a frequency unique to that thought and emotion. Feelings of love and joy, empathy and compassion, are high, quick, frequencies while fear, depression, anxiety, suffering and hate are low, slow, dense frequencies. Which kind do you think Archontic consciousness can connect with and absorb? In such a low and dense frequency state there’s no way it can connect with the energy of love and joy. Archons can only feed off energy compatible with their own frequency and they and their Cult agents want to delete the human world of love and joy and manipulate the transmission of low vibrational frequencies through low-vibrational human mental and emotional states. *We are their energy source*. Wars are energetic banquets to the Archons – a world war even more so – and think how much low-frequency mental and emotional energy has been generated from the consequences for humanity of the ‘Covid’ hoax orchestrated by Archons incarnate like Gates.

The ancient practice of human sacrifice ‘to the gods’, continued in secret today by the Cult, is based on the same principle. ‘The gods’ are Archontic consciousness in different forms and the sacrifice is induced into a state of intense terror to generate the energy the Archontic frequency can absorb. Incarnate Archons in the ritual drink the blood which contains an adrenaline they crave which floods into the bloodstream when people are terrorised. Most of the sacrifices, ancient and modern, are children and the theme of ‘sacrificing young virgins to the gods’ is just code for children. They

have a particular pre-puberty energy that Archons want more than anything and the energy of the young in general is their target. The California Department of Education wants students to chant the names of Aztec gods (Archontic gods) once worshipped in human sacrifice rituals in a curriculum designed to encourage them to 'challenge racist, bigoted, discriminatory, imperialist/colonial beliefs', join 'social movements that struggle for social justice', and 'build new possibilities for a post-racist, post-systemic racism society'. It's the usual Woke crap that inverts racism and calls it anti-racism. In this case solidarity with 'indigenous tribes' is being used as an excuse to chant the names of 'gods' to which people were sacrificed (and still are in secret). What an example of Woke's inability to see beyond black and white, us and them, They condemn the colonisation of these tribal cultures by Europeans (quite right), but those cultures sacrificing people including children to their 'gods', and mass murdering untold numbers as the Aztecs did, is just fine. One chant is to the Aztec god Tezcatlipoca who had a man sacrificed to him in the 5th month of the Aztec calendar. His heart was cut out and he was eaten. Oh, that's okay then. Come on children … after three … Other sacrificial 'gods' for the young to chant their allegiance include Quetzalcoatl, Huitzilopochtli and Xipe Totec. The curriculum says that 'chants, affirmations, and energizers can be used to bring the class together, build unity around ethnic studies principles and values, and to reinvigorate the class following a lesson that may be emotionally taxing or even when student engagement may appear to be low'. Well, that's the cover story, anyway. Chanting and mantras are the repetition of a particular frequency generated from the vocal cords and chanting the names of these Archontic 'gods' tunes you into their frequency. That is the last thing you want when it allows for energetic synchronisation, attachment and perceptual influence. Initiates chant the names of their 'Gods' in their rituals for this very reason.

Vampires of the Woke

Paedophilia is another way that Archons absorb the energy of children. Paedophiles possessed by Archontic consciousness are used as the conduit during sexual abuse for discarnate Archons to vampire the energy of the young they desire so much. Stupendous numbers of children disappear every year never to be seen again although you would never know from the media. Imagine how much low-vibrational energy has been generated by children during the 'Covid' hoax when so many have become depressed and psychologically destroyed to the point of killing themselves. Shocking numbers of children are now taken by the state from loving parents to be handed to others. I can tell you from long experience of researching this since 1996 that many end up with paedophiles and assets of the Cult through corrupt and Cult-owned social services which in the reframing era has hired many psychopaths and emotionless automatons to do the job. Children are even stolen to order using spurious reasons to take them by the corrupt and secret (because they're corrupt) 'family courts'. I have written in detail in other books, starting with *The Biggest Secret* in 1997, about the ubiquitous connections between the political, corporate, government, intelligence and military elites (Cult operatives) and Satanism and paedophilia. If you go deep enough both networks have an interlocking leadership. The Woke mentality has been developed by the Cult for many reasons: To promote almost every aspect of its agenda; to hijack the traditional political left and turn it fascist; to divide and rule; and to target agenda pushbackers. But there are other reasons which relate to what I am describing here. How many happy and joyful Wokers do you ever see especially at the extreme end? They are a mental and psychological mess consumed by emotional stress and constantly emotionally cocked for the next explosion of indignation at someone referring to a female as a female. They are walking, talking, batteries as Morpheus might say emitting frequencies which both enslave them in low-vibrational bubbles of perceptual limitation and feed the Archons. Add to this the hatred claimed to be love; fascism claimed to 'anti-fascism', racism claimed to be 'anti-racism';

exclusion claimed to inclusion; and the abuse-filled Internet trolling. You have a purpose-built Archontic energy system with not a wind turbine in sight and all founded on Archontic *inversion*. We have whole generations now manipulated to serve the Archons with their actions and energy. They will be doing so their entire adult lives unless they snap out of their Archon-induced trance. Is it really a surprise that Cult billionaires and corporations put so much money their way? Where is the energy of joy and laughter, including laughing at yourself which is confirmation of your own emotional security? Mark Twain said: 'The human race has one really effective weapon, and that is laughter.' We must use it all the time. Woke has destroyed comedy because it has no humour, no joy, sense of irony, or self-deprecation. Its energy is dense and intense. *Mmmmm*, lunch says the Archontic frequency. Rudolf Steiner (1861-1925) was the Austrian philosopher and famous esoteric thinker who established Waldorf education or Steiner schools to treat children like unique expressions of consciousness and not minds to be programmed with the perceptions determined by authority. I'd been writing about this energy vampiring for decades when I was sent in 2016 a quote by Steiner. He was spot on:

> There are beings in the spiritual realms for whom anxiety and fear emanating from human beings offer welcome food. When humans have no anxiety and fear, then these creatures starve. If fear and anxiety radiates from people and they break out in panic, then these creatures find welcome nutrition and they become more and more powerful. These beings are hostile towards humanity. Everything that feeds on negative feelings, on anxiety, fear and superstition, despair or doubt, are in reality hostile forces in super-sensible worlds, launching cruel attacks on human beings, while they are being fed ... These are exactly the feelings that belong to contemporary culture and materialism; because it estranges people from the spiritual world, it is especially suited to evoke hopelessness and fear of the unknown in people, thereby calling up the above mentioned hostile forces against them.

Pause for a moment from this perspective and reflect on what has happened in the world since the start of 2020. Not only will pennies drop, but billion dollar bills. We see the same theme from Don Juan Matus, a Yaqui Indian shaman in Mexico and the information source for Peruvian-born writer, Carlos Castaneda, who wrote a series of

books from the 1960s to 1990s. Don Juan described the force manipulating human society and his name for the Archons was the predator:

We have a predator that came from the depths of the cosmos and took over the rule of our lives. Human beings are its prisoners. The predator is our lord and master. It has rendered us docile, helpless. If we want to protest, it suppresses our protest. If we want to act independently, it demands that we don't do so ... indeed we are held prisoner!

They took us over because we are food to them, and they squeeze us mercilessly because we are their sustenance. Just as we rear chickens in coops, the predators rear us in human coops, humaneros. Therefore, their food is always available to them.

Different cultures, different eras, same recurring theme.

The 'ennoia' dilemma

Nag Hammadi Gnostic manuscripts say that Archon consciousness has no 'ennoia'. This is directly translated as 'intentionality', but I'll use the term 'creative imagination'. The *All That Is* in awareness of itself is the source of all creativity – all possibility – and the more disconnected you are from that source the more you are subsequently denied 'creative imagination'. Given that Archon consciousness is almost entirely disconnected it severely lacks creativity and has to rely on far more mechanical processes of thought and exploit the creative potential of those that do have 'ennoia'. You can see cases of this throughout human society. Archon consciousness almost entirely dominates the global banking system and if we study how that system works you will appreciate what I mean. Banks manifest 'money' out of nothing by issuing lines of 'credit' which is 'money' that has never, does not, and will never exist except in theory. It's a confidence trick. If you think 'credit' figures-on-a-screen 'money' is worth anything you accept it as payment. If you don't then the whole system collapses through lack of confidence in the value of that 'money'. Archontic bankers with no 'ennoia' are 'lending' 'money' that doesn't exist to humans that *do* have creativity – those that have the inspired ideas and create businesses and products. Archon banking feeds off human creativity

which it controls through 'money' creation and debt. Humans have the creativity and Archons exploit that for their own benefit and control while having none themselves. Archon Internet platforms like Facebook claim joint copyright of everything that creative users post and while Archontic minds like Zuckerberg may officially head that company it will be human creatives on the staff that provide the creative inspiration. When you have limitless 'money' you can then buy other companies established by creative humans. Witness the acquisition record of Facebook, Google and their like. Survey the Archon-controlled music industry and you see non-creative dark suit executives making their fortune from the human creativity of their artists. The cases are endless. Research the history of people like Gates and Zuckerberg and how their empires were built on exploiting the creativity of others. Archon minds cannot create out of nothing, but they are skilled (because they have to be) in what Gnostic texts call 'countermimicry'. They can imitate, but not innovate. Sabbatians trawl the creativity of others through backdoors they install in computer systems through their cybersecurity systems. Archon-controlled China is globally infamous for stealing intellectual property and I remember how Hong Kong, now part of China, became notorious for making counterfeit copies of the creativity of others – 'countermimicry'. With the now pervasive and all-seeing surveillance systems able to infiltrate any computer you can appreciate the potential for Archons to vampire the creativity of humans. Author John Lamb Lash wrote in his book about the Nag Hammadi texts, *Not In His Image*:

> Although they cannot originate anything, because they lack the divine factor of ennoia (intentionality), Archons can imitate with a vengeance. Their expertise is simulation (HAL, virtual reality). The Demiurge [Yaldabaoth] fashions a heaven world copied from the fractal patterns [of the original] ... His construction is celestial kitsch, like the fake Italianate villa of a Mafia don complete with militant angels to guard every portal.

This brings us to something that I have been speaking about since the turn of the millennium. Our reality is a simulation; a virtual reality that we think is real. No, I'm not kidding.

Human reality? Well, virtually

I had pondered for years about whether our reality is 'real' or some kind of construct. I remembered being immensely affected on a visit as a small child in the late 1950s to the then newly-opened Planetarium on the Marylebone Road in London which is now closed and part of the adjacent Madame Tussauds wax museum. It was in the middle of the day, but when the lights went out there was the night sky projected in the Planetarium's domed ceiling and it appeared to be so real. The experience never left me and I didn't know why until around the turn of the millennium when I became certain that our 'night sky' and entire reality is a projection, a virtual reality, akin to the illusory world portrayed in the *Matrix* movies. I looked at the sky one day in this period and it appeared to me like the domed roof of the Planetarium. The release of the first *Matrix* movie in 1999 also provided a synchronistic and perfect visual representation of where my mind had been going for a long time. I hadn't come across the Gnostic Nag Hammadi texts then. When I did years later the correlation was once again astounding. As I read Gnostic accounts from 1,600 years and more earlier it was clear that they were describing the same simulation phenomenon. They tell how the Yaldabaoth 'Demiurge' and Archons created a 'bad copy' of original reality to rule over all that were captured by its illusions and the body was a prison to trap consciousness in the 'bad copy' fake reality. Read how Gnostics describe the 'bad copy' and update that to current times and they are referring to what we would call today a virtual reality simulation.

Author John Lamb Lash said 'the Demiurge fashions a heaven world copied from the fractal patterns' of the original through expertise in 'HAL' or virtual reality simulation. Fractal patterns are part of the energetic information construct of our reality, a sort of blueprint. If these patterns were copied in computer terms it would indeed give you a copy of a 'natural' reality in a non-natural frequency and digital form. The principle is the same as making a copy of a website. The original website still exists, but now you can change the copy version to make it whatever you like and it can

become very different to the original website. Archons have done this with our reality, a *synthetic* copy of prime reality that still exists beyond the frequency walls of the simulation. Trapped within the illusions of this synthetic Matrix, however, were and are human consciousness and other expressions of prime reality and this is why the Archons via the Cult are seeking to make the human body synthetic and give us synthetic AI minds to complete the job of turning the entire reality synthetic including what we perceive to be the natural world. To quote Kurzweil: 'Nanobots will infuse all the matter around us with information. Rocks, trees, everything will become these intelligent creatures.' Yes, *synthetic* 'creatures' just as 'Covid' and other genetically-manipulating 'vaccines' are designed to make the human body synthetic. From this perspective it is obvious why Archons and their Cult are so desperate to infuse synthetic material into every human with their 'Covid' scam.

Let there be (electromagnetic) light

Yaldabaoth, the force that created the simulation, or Matrix, makes sense of the Gnostic reference to 'The Great Architect' and its use by Cult Freemasonry as the name of its deity. The designer of the Matrix in the movies is called 'The Architect' and that trilogy is jam-packed with symbolism relating to these subjects. I have contended for years that the angry Old Testament God (Yaldabaoth) is the 'God' being symbolically 'quoted' in the opening of Genesis as 'creating the world'. This is not the creation of prime reality – it's the creation of the *simulation*. The Genesis 'God' says: 'Let there be Light: and there was light.' But what is this 'Light'? I have said for decades that the speed of light (186,000 miles per second) is not the fastest speed possible as claimed by mainstream science and is in fact the frequency walls or outer limits of the Matrix. You can't have a fastest or slowest anything within all possibility when everything is possible. The human body is encoded to operate within the speed of light or *within the simulation* and thus we see only the tiny frequency band of visible *light*. Near-death experiencers who perceive reality outside the body during temporary 'death' describe a very different

form of light and this is supported by the Nag Hammadi texts. Prime reality beyond the simulation ('Upper Aeons' to the Gnostics) is described as a realm of incredible beauty, bliss, love and harmony – a realm of 'watery light' that is so powerful 'there are no shadows'. Our false reality of Archon control, which Gnostics call the 'Lower Aeons', is depicted as a realm with a different kind of 'light' and described in terms of chaos, 'Hell', 'the Abyss' and 'Outer Darkness', where trapped souls are tormented and manipulated by demons (relate that to the 'Covid' hoax alone). The watery light theme can be found in near-death accounts and it is not the same as *simulation* 'light' which is electromagnetic or radiation light within the speed of light – the 'Lower Aeons'. Simulation 'light' is the 'luminous fire' associated by Gnostics with the Archons. The Bible refers to Yaldabaoth as 'that old serpent, called the Devil, and Satan, which deceiveth the whole world' (Revelation 12:9). I think that making a simulated copy of prime reality ('countermimicry') and changing it dramatically while all the time manipulating humanity to believe it to be real could probably meet the criteria of deceiving the whole world. Then we come to the Cult god Lucifer – the *Light Bringer*. Lucifer is symbolic of Yaldabaoth, the bringer of radiation light that forms the bad copy simulation within the speed of light. 'He' is symbolised by the lighted torch held by the Statue of Liberty and in the name 'Illuminati'. Sabbatian-Frankism declares that Lucifer is the true god and Lucifer is the real god of Freemasonry honoured as their 'Great or Grand Architect of the Universe' (simulation).

I would emphasise, too, the way Archontic technologically-generated luminous fire of radiation has deluged our environment since I was a kid in the 1950s and changed the nature of The Field with which we constantly interact. Through that interaction technological radiation is changing us. The Smart Grid is designed to operate with immense levels of communication power with 5G expanding across the world and 6G, 7G, in the process of development. Radiation is the simulation and the Archontic manipulation system. Why wouldn't the Archon Cult wish to unleash radiation upon us to an ever-greater extreme to form

Kurzweil's 'cloud'? The plan for a synthetic human is related to the need to cope with levels of radiation beyond even anything we've seen so far. Biological humans would not survive the scale of radiation they have in their script. The Smart Grid is a technological sub-reality within the technological simulation to further disconnect five-sense perception from expanded consciousness. It's a technological prison of the mind.

Infusing the 'spirit of darkness'

A recurring theme in religion and native cultures is the manipulation of human genetics by a non-human force and most famously recorded as the biblical 'sons of god' (the god*s* plural in the original) who interbred with the daughters of men. The Nag Hammadi *Apocryphon of John* tells the same story this way:

> He [Yaldabaoth] sent his angels [Archons/demons] to the daughters of men, that they might take some of them for themselves and raise offspring for their enjoyment. And at first they did not succeed. When they had no success, they gathered together again and they made a plan together ... And the angels changed themselves in their likeness into the likeness of their mates, filling them with the spirit of darkness, which they had mixed for them, and with evil ... And they took women and begot children out of the darkness according to the likeness of their spirit.

Possession when a discarnate entity takes over a human body is an age-old theme and continues today. It's very real and I've seen it. Satanic and secret society rituals can create an energetic environment in which entities can attach to initiates and I've heard many stories of how people have changed their personality after being initiated even into lower levels of the Freemasons. I have been inside three Freemasonic temples, one at a public open day and two by just walking in when there was no one around to stop me. They were in Ryde, the town where I live, Birmingham, England, when I was with a group, and Boston, Massachusetts. They all felt the same energetically – dark, dense, low-vibrational and sinister. Demonic attachment can happen while the initiate has no idea what is going on. To them it's just a ritual to get in the Masons and do a bit of good

business. In the far more extreme rituals of Satanism human possession is even more powerful and they are designed to make possession possible. The hierarchy of the Cult is dictated by the power and perceived status of the possessing Archon. In this way the Archon hierarchy becomes the Cult hierarchy. Once the entity has attached it can influence perception and behaviour and if it attaches to the extreme then so much of its energy (information) infuses into the body information field that the hologram starts to reflect the nature of the possessing entity. This is the *Exorcist* movie type of possession when facial features change and it's known as shapeshifting. Islam's Jinn are said to be invisible tricksters who change shape, 'whisper', confuse and take human form. These are all traits of the Archons and other versions of the same phenomenon. Extreme possession could certainty infuse the 'spirit of darkness' into a partner during sex as the Nag Hammadi texts appear to describe. Such an infusion can change genetics which is also energetic information. Human genetics is information and the 'spirit of darkness' is information. Mix one with the other and change must happen. Islam has the concept of a 'Jinn baby' through possession of the mother and by Jinn taking human form. There are many ways that human genetics can be changed and remember that Archons have been aware all along of advanced techniques to do this. What is being done in human society today – and far more – was known about by Archons at the time of the 'fallen ones' and their other versions described in religions and cultures.

Archons and their human-world Cult are obsessed with genetics as we see today and they know this dictates how information is processed into perceived reality during a human life. They needed to produce a human form that would decode the simulation and this is symbolically known as 'Adam and Eve' who left the 'garden' (prime reality) and 'fell' into Matrix reality. The simulation is not a 'physical' construct (there is no 'physical'); it is a source of information. Think Wi-Fi again. The simulation is an energetic field encoded with information and body-brain systems are designed to decode that information encoded in wave or frequency form which

is transmitted to the brain as electrical signals. These are decoded by the brain to construct our sense of reality – an illusory ‘physical’ world that only exists in the brain or the mind. Virtual reality games mimic this process using the same sensory decoding system. Information is fed to the senses to decode a virtual reality that can appear so real, but isn’t (Figs 18 and 19). Some scientists believe – and I agree with them – that what we perceive as ‘physical’ reality only exists when we are looking or observing. The act of perception or focus triggers the decoding systems which turn waveform information into holographic reality. When we are not observing something our reality reverts from a holographic state to a waveform state. This relates to the same principle as a falling tree not making a noise unless someone is there to hear it or decode it. The concept makes sense from the simulation perspective. A computer is not decoding all the information in a Wi-Fi field all the time and only decodes or brings into reality on the screen that part of Wi-Fi that it’s decoding – focusing upon – at that moment.

Figure 18: Virtual reality technology ‘hacks’ into the body’s five-sense decoding system.

Figure 19: The result can be experienced as very ‘real’.

Interestingly, Professor Donald Hoffman at the Department of Cognitive Sciences at the University of California, Irvine, says that our experienced reality is like a computer interface that shows us only the level with which we interact while hiding all that exists beyond it: 'Evolution shaped us with a user interface that hides the truth. Nothing that we see is the truth – the very language of space and time and objects is the wrong language to describe reality.' He is correct in what he says on so many levels. Space and time are not a universal reality. They are a phenomenon of decoded *simulation* reality as part of the process of enslaving our sense of reality. Near-death experiencers report again and again how space and time did not exist as we perceive them once they were free of the body – body decoding systems. You can appreciate from this why Archons and their Cult are so desperate to entrap human attention in the five senses where we are in the Matrix and of the Matrix. Opening your mind to expanded states of awareness takes you beyond the information confines of the simulation and you become aware of knowledge and insights denied to you before. This is what we call 'awakening' – *awakening from the Matrix* – and in the final chapter I will relate this to current events.

Where are the 'aliens'?

A simulation would explain the so-called 'Fermi Paradox' named after Italian physicist Enrico Fermi (1901-1954) who created the first nuclear reactor. He considered the question of why there is such a lack of extraterrestrial activity when there are so many stars and planets in an apparently vast universe; but what if the night sky that we see, or think we do, is a simulated projection as I say? If you control the simulation and your aim is to hold humanity fast in essential ignorance would you want other forms of life including advanced life coming and going sharing information with humanity? Or would you want them to believe they were isolated and apparently alone? Themes of human isolation and apartness are common whether they be the perception of a lifeless universe or the fascist isolation laws of the 'Covid' era. Paradoxically the very

existence of a simulation means that we are not alone when some force had to construct it. My view is that experiences that people have reported all over the world for centuries with Reptilians and Grey entities are Archon phenomena as Nag Hammadi texts describe; and that benevolent 'alien' interactions are non-human groups that come in and out of the simulation by overcoming Archon attempts to keep them out. It should be highlighted, too, that Reptilians and Greys are obsessed with *genetics* and *technology* as related by cultural accounts and those who say they have been abducted by them. Technology is their way of overcoming some of the limitations in their creative potential and our technology-driven and controlled human society of today is *arch*etypical Archon-Reptilian-Grey modus operandi. Technocracy is really *Archon*tocracy. The Universe does not have to be as big as it appears with a simulation. There is no space or distance only information decoded into holographic reality. What we call 'space' is only the absence of holographic 'objects' and that 'space' is The Field of energetic information which connects everything into a single whole. The same applies with the artificially-generated information field of the simulation. The Universe is not big or small as a physical reality. It is decoded information, that's all, and its perceived size is decided by the way the simulation is encoded to make it appear. The entire night sky as we perceive it only exists in our brain and so where are those 'millions of light years'? The 'stars' on the ceiling of the Planetarium looked a vast distance away.

There's another point to mention about 'aliens'. I have been highlighting since the 1990s the plan to stage a fake 'alien invasion' to justify the centralisation of global power and a world military. Nazi scientist Werner von Braun, who was taken to America by Operation Paperclip after World War Two to help found NASA, told his American assistant Dr Carol Rosin about the Cult agenda when he knew he was dying in 1977. Rosin said that he told her about a sequence that would lead to total human control by a one-world government. This included threats from terrorism, rogue nations, meteors and asteroids before finally an 'alien invasion'. All of these

things, von Braun said, would be bogus and what I would refer to as a No-Problem-Reaction-Solution. Keep this in mind when 'the aliens are coming' is the new mantra. The aliens are not coming – they are *already here* and they have infiltrated human society while looking human. French-Canadian investigative journalist Serge Monast said in 1994 that he had uncovered a NASA/military operation called Project Blue Beam which fits with what Werner von Braun predicted. Monast died of a 'heart attack' in 1996 the day after he was arrested and spent a night in prison. He was 51. He said Blue Beam was a plan to stage an alien invasion that would include religious figures beamed holographically into the sky as part of a global manipulation to usher in a 'new age' of worshipping what I would say is the Cult 'god' Yaldabaoth in a one-world religion. Fake holographic asteroids are also said to be part of the plan which again syncs with von Braun. How could you stage an illusory threat from asteroids unless they were holographic inserts? This is pretty straightforward given the advanced technology outside the public arena and the fact that our 'physical' reality is holographic anyway. Information fields would be projected and we would decode them into the illusion of a 'physical' asteroid. If they can sell a global 'pandemic' with a 'virus' that doesn't exist what will humans not believe if government and media tell them?

All this is particularly relevant as I write with the Pentagon planning to release in June, 2021, information about 'UFO sightings'. I have been following the UFO story since the early 1990s and the common theme throughout has been government and military denials and cover up. More recently, however, the Pentagon has suddenly become more talkative and apparently open with Air Force pilot radar images released of unexplained craft moving and changing direction at speeds well beyond anything believed possible with human technology. Then, in March, 2021, former Director of National Intelligence John Ratcliffe said a Pentagon report months later in June would reveal a great deal of information about UFO sightings unknown to the public. He said the report would have 'massive implications'. The order to do this was included bizarrely

in a $2.3 trillion 'coronavirus' relief and government funding bill passed by the Trump administration at the end of 2020. I would add some serious notes of caution here. I have been pointing out since the 1990s that the US military and intelligence networks have long had craft – 'flying saucers' or anti-gravity craft – which any observer would take to be extraterrestrial in origin. Keeping this knowledge from the public allows craft flown by *humans* to be perceived as alien visitations. I am not saying that 'aliens' do not exist. I would be the last one to say that, but we have to be streetwise here. President Ronald Reagan told the UN General Assembly in 1987: 'I occasionally think how quickly our differences worldwide would vanish if we were facing an alien threat from outside this world.' That's the idea. Unite against a common 'enemy' with a common purpose behind your 'saviour force' (the Cult) as this age-old technique of mass manipulation goes global.

Science moves this way ...

I could find only one other person who was discussing the simulation hypothesis publicly when I concluded it was real. This was Nick Bostrom, a Swedish-born philosopher at the University of Oxford, who has explored for many years the possibility that human reality is a computer simulation although his version and mine are not the same. Today the simulation and holographic reality hypothesis have increasingly entered the scientific mainstream. Well, the more open-minded mainstream, that is. Here are a few of the ever-gathering examples. American nuclear physicist Silas Beane led a team of physicists at the University of Bonn in Germany pursuing the question of whether we live in a simulation. They concluded that we probably do and it was likely based on a lattice of cubes. They found that cosmic rays align with that specific pattern. The team highlighted the Greisen–Zatsepin–Kuzmin (GZK) limit which refers to cosmic ray particle interaction with cosmic background radiation that creates an apparent boundary for cosmic ray particles. They say in a paper entitled 'Constraints on the Universe as a Numerical Simulation' that this 'pattern of constraint' is exactly what you

would find with a computer simulation. They also made the point that a simulation would create its own 'laws of physics' that would limit possibility. I've been making the same point for decades that the *perceived* laws of physics relate only to this reality, or what I would later call the simulation. When designers write codes to create computer and virtual reality games they are the equivalent of the laws of physics for that game. Players interact within the limitations laid out by the coding. In the same way those who wrote the codes for the simulation decided the laws of physics that would apply. These can be overridden by expanded states of consciousness, but not by those enslaved in only five-sense awareness where simulation codes rule. Overriding the codes is what people call 'miracles'. They are not. They are bypassing the encoded limits of the simulation. A population caught in simulation perception would have no idea that this was their plight. As the Bonn paper said: 'Like a prisoner in a pitch-black cell we would not be able to see the "walls" of our prison,' That's true if people remain mesmerised by the five senses. Open to expanded awareness and those walls become very clear. The main one is the speed of light.

American theoretical physicist James Gates is another who has explored the simulation question and found considerable evidence to support the idea. Gates was Professor of Physics at the University of Maryland, Director of The Center for String and Particle Theory, and on Barack Obama's Council of Advisors on Science and Technology. He and his team found *computer codes* of digital data embedded in the fabric of our reality. They relate to on-off electrical charges of 1 and 0 in the binary system used by computers. 'We have no idea what they are doing there', Gates said. They found within the energetic fabric mathematical sequences known as error-correcting codes or block codes that 'reboot' data to its original state or 'default settings' when something knocks it out of sync. Gates was asked if he had found a set of equations embedded in our reality indistinguishable from those that drive search engines and browsers and he said: 'That is correct.' Rich Terrile, director of the Centre for Evolutionary Computation and Automated Design at NASA's Jet

Propulsion Laboratory, has said publicly that he believes the Universe is a digital hologram that must have been created by a form of intelligence. I agree with that in every way. Waveform information is delivered electrically by the senses to the brain which constructs a *digital* holographic reality that we call the 'world'. This digital level of reality can be read by the esoteric art of numerology. Digital holograms are at the cutting edge of holographics today. We have digital technology everywhere designed to access and manipulate our digital level of perceived reality. Synthetic mRNA in 'Covid vaccines' has a digital component to manipulate the body's digital 'operating system'.

Reality is numbers

How many know that our reality can be broken down to numbers and codes that are the same as computer games? Max Tegmark, a physicist at the Massachusetts Institute of Technology (MIT), is the author of *Our Mathematical Universe* in which he lays out how reality can be entirely described by numbers and maths in the way that a video game is encoded with the 'physics' of computer games. Our world and computer virtual reality are essentially the same. Tegmark imagines the perceptions of characters in an advanced computer game when the graphics are so good they don't know they are in a game. They think they can bump into real objects (electromagnetic resistance in our reality), fall in love and feel emotions like excitement. When they began to study the apparently 'physical world' of the video game they would realise that everything was made of pixels (which have been found in our energetic reality as must be the case when on one level our world is digital). What computer game characters thought was physical 'stuff', Tegmark said, could actually be broken down into numbers:

And we're exactly in this situation in our world. We look around and it doesn't seem that mathematical at all, but everything we see is made out of elementary particles like quarks and electrons. And what properties does an electron have? Does it have a smell or a colour or a texture? No! ... We physicists have come up with geeky names for [Electron] properties, like

electric charge, or spin, or lepton number, but the electron doesn't care what we call it, the properties are just numbers.

This is the illusory reality Gnostics were describing. This is the simulation. The A, C, G, and T codes of DNA have a binary value – A and C = 0 while G and T = 1. This has to be when the simulation is digital and the body must be digital to interact with it. Recurring mathematical sequences are encoded throughout reality and the body. They include the Fibonacci sequence in which the two previous numbers are added to get the next one, as in ... 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, etc. The sequence is encoded in the human face and body, proportions of animals, DNA, seed heads, pine cones, trees, shells, spiral galaxies, hurricanes and the number of petals in a flower. The list goes on and on. There are fractal patterns – a 'never-ending pattern that is infinitely complex and self-similar across all scales in the as above, so below, principle of holograms. These and other famous recurring geometrical and mathematical sequences such as Phi, Pi, Golden Mean, Golden Ratio and Golden Section are *computer codes* of the simulation. I had to laugh and give my head a shake the day I finished this book and it went into the production stage. I was sent an article in *Scientific American* published in April, 2021, with the headline 'Confirmed! We Live in a Simulation'. Two decades after I first said our reality is a simulation and the speed of light is it's outer limit the article suggested that we do live in a simulation and that the speed of light is its outer limit. I left school at 15 and never passed a major exam in my life while the writer was up to his eyes in qualifications. As I will explain in the final chapter *knowing* is far better than thinking and they come from very different sources. The article rightly connected the speed of light to the processing speed of the 'Matrix' and said what has been in my books all this time … 'If we are in a simulation, as it appears, then space is an abstract property written in code. It is not real'. No it's not and if we live in a simulation something created it and it wasn't *us*. 'That David Icke says we are manipulated by aliens' – he's crackers.'

Wow ...

The reality that humanity thinks is so real is an illusion. Politicians, governments, scientists, doctors, academics, law enforcement, media, school and university curriculums, on and on, are all founded on a world that *does not exist* except as a simulated prison cell. Is it such a stretch to accept that 'Covid' doesn't exist when our entire 'physical' reality doesn't exist? Revealed here is the knowledge kept under raps in the Cult networks of compartmentalised secrecy to control humanity's sense of reality by inducing the population to believe in a reality that's not real. If it wasn't so tragic in its experiential consequences the whole thing would be hysterically funny. None of this is new to Renegade Minds. Ancient Greek philosopher Plato (about 428 to about 347BC) was a major influence on Gnostic belief and he described the human plight thousands of years ago with his Allegory of the Cave. He told the symbolic story of prisoners living in a cave who had never been outside. They were chained and could only see one wall of the cave while behind them was a fire that they could not see. Figures walked past the fire casting shadows on the prisoners' wall and those moving shadows became their sense of reality. Some prisoners began to study the shadows and were considered experts on them (today's academics and scientists), but what they studied was only an illusion (today's academics and scientists). A prisoner escaped from the cave and saw reality as it really is. When he returned to report this revelation they didn't believe him, called him mad and threatened to kill him if he tried to set them free. Plato's tale is not only a brilliant analogy of the human plight and our illusory reality. It describes, too, the dynamics of the 'Covid' hoax. I have only skimmed the surface of these subjects here. The aim of this book is to crisply connect all essential dots to put what is happening today into its true context. All subject areas and their connections in this chapter are covered in great evidential detail in *Everything You Need To Know, But Have Never Been Told* and *The Answer*.

They say that bewildered people 'can't see the forest for the trees'. Humanity, however, can't see the forest for the *twigs*. The five senses

see only twigs while Renegade Minds can see the forest and it's the forest where the answers lie with the connections that reveals. Breaking free of perceptual programming so the forest can be seen is the way we turn all this around. Not breaking free is how humanity got into this mess. The situation may seem hopeless, but I promise you it's not. We are a perceptual heartbeat from paradise if only we knew.

CHAPTER TWELVE

Escaping Wetiko

Life is simply a vacation from the infinite
Dean Cavanagh

Renegade Minds weave the web of life and events and see common themes in the apparently random. They are always there if you look for them and their pursuit is aided by incredible synchronicity that comes when your mind is open rather than mesmerised by what it thinks it can see.

Infinite awareness is infinite possibility and the more of infinite possibility that we access the more becomes infinitely possible. That may be stating the apparently obvious, but it is a devastatingly-powerful fact that can set us free. We are a point of attention within an infinity of consciousness. The question is how much of that infinity do we choose to access? How much knowledge, insight, awareness, wisdom, do we want to connect with and explore? If your focus is only in the five senses you will be influenced by a fraction of infinite awareness. I mean a range so tiny that it gives new meaning to infinitesimal. Limitation of self-identity and a sense of the possible limit accordingly your range of consciousness. We are what we think we are. Life is what we think it is. The dream is the dreamer and the dreamer is the dream. Buddhist philosophy puts it this way: 'As a thing is viewed, so it appears.' Most humans live in the realm of touch, taste, see, hear, and smell and that's the limit of their sense of the possible and sense of self. Many will follow a religion and speak of a God in his heaven, but their lives are still

dominated by the five senses in their perceptions and actions. The five senses become the arbiter of everything. When that happens all except a smear of infinity is sealed away from influence by the rigid, unyielding, reality bubbles that are the five-sense human or Phantom Self. Archon Cult methodology is to isolate consciousness within five-sense reality – the simulation – and then program that consciousness with a sense of self and the world through a deluge of life-long information designed to instil the desired perception that allows global control. Efforts to do this have increased dramatically with identity politics as identity bubbles are squeezed into the minutiae of five-sense detail which disconnect people even more profoundly from the infinite 'I'.

Five-sense focus and self-identity are like a firewall that limits access to the infinite realms. You only perceive one radio or television station and no other. We'll take that literally for a moment. Imagine a vast array of stations giving different information and angles on reality, but you only ever listen to one. Here we have the human plight in which the population is overwhelmingly confined to CultFM. This relates only to the frequency range of CultFM and limits perception and insight to that band – limits *possibility* to that band. It means you are connecting with an almost imperceptibly minuscule range of possibility and creative potential within the infinite Field. It's a world where everything seems apart from everything else and where synchronicity is rare. Synchronicity is defined in the dictionary as 'the happening by chance of two or more related or similar events at the same time'. Use of 'by chance' betrays a complete misunderstanding of reality. Synchronicity is not 'by chance'. As people open their minds, or 'awaken' to use the term, they notice more and more coincidences in their lives, bits of 'luck', apparently miraculous happenings that put them in the right place at the right time with the right people. Days become peppered with 'fancy meeting you here' and 'what are the chances of that?' My entire life has been lived like this and ever more so since my own colossal awakening in 1990 and 91 which transformed my sense of reality. Synchronicity is not 'by chance'; it is by accessing expanded

realms of possibility which allow expanded potential for manifestation. People broadcasting the same vibe from the same openness of mind tend to be drawn 'by chance' to each other through what I call frequency magnetism and it's not only people. In the last more than 30 years incredible synchronicity has also led me through the Cult maze to information in so many forms and to crucial personal experiences. These 'coincidences' have allowed me to put the puzzle pieces together across an enormous array of subjects and situations. Those who have breached the bubble of five-sense reality will know exactly what I mean and this escape from the perceptual prison cell is open to everyone whenever they make that choice. This may appear super-human when compared with the limitations of 'human', but it's really our natural state. 'Human' as currently experienced is consciousness in an unnatural state of induced separation from the infinity of the whole. I'll come to how this transformation into unity can be made when I have described in more detail the force that holds humanity in servitude by denying this access to infinite self.

The Wetiko factor

I have been talking and writing for decades about the way five-sense mind is systematically barricaded from expanded awareness. I have used the analogy of a computer (five-sense mind) and someone at the keyboard (expanded awareness). Interaction between the computer and the operator is symbolic of the interaction between five-sense mind and expanded awareness. The computer directly experiences the Internet and the operator experiences the Internet via the computer which is how it's supposed to be – the two working as one. Archons seek to control that point where the operator connects with the computer to stop that interaction (Fig 20). Now the operator is banging the keyboard and clicking the mouse, but the computer is not responding and this happens when the computer is taken over – *possessed* – by an appropriately-named computer 'virus'. The operator has lost all influence over the computer which goes its own way making decisions under the control of the 'virus'. I have

just described the dynamic through which the force known to Gnostics as Yaldabaoth and Archons disconnects five-sense mind from expanded awareness to imprison humanity in perceptual servitude.

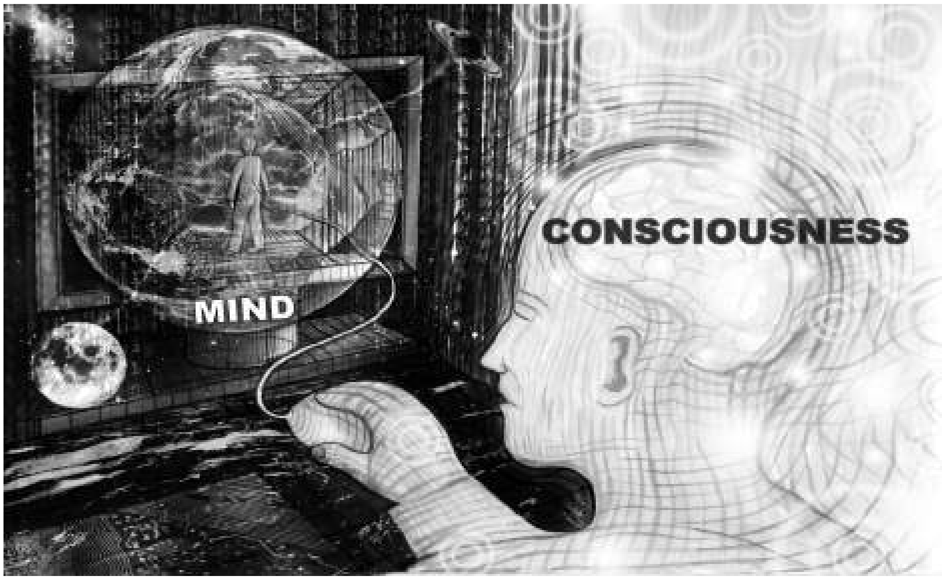

Figure 20: The mind 'virus' I have been writing about for decades seeks to isolate five-sense mind (the computer) from the true 'I'. (Image by Neil Hague).

About a year ago I came across a Native American concept of Wetiko which describes precisely the same phenomenon. Wetiko is the spelling used by the Cree and there are other versions including wintiko and windigo used by other tribal groups. They spell the name with lower case, but I see Wetiko as a proper noun as with Archons and prefer a capital. I first saw an article about Wetiko by writer and researcher Paul Levy which so synced with what I had been writing about the computer/operator disconnection and later the Archons. I then read his book, the fascinating *Dispelling Wetiko, Breaking the Spell of Evil*. The parallels between what I had concluded long before and the Native American concept of Wetiko were so clear and obvious that it was almost funny. For Wetiko see the Gnostic Archons for sure and the Jinn, the Predators, and every other name for a force of evil, inversion and chaos. Wetiko is the Native American name for the force that divides the computer from

the operator (Fig 21). Indigenous author Jack D. Forbes, a founder of the Native American movement in the 1960s, wrote another book about Wetiko entitled *Columbus And Other Cannibals – The Wetiko Disease of Exploitation, Imperialism, and Terrorism* which I also read. Forbes says that Wetiko refers to an evil person or spirit 'who terrorizes other creatures by means of terrible acts, including cannibalism'. Zulu shaman Credo Mutwa told me that African accounts tell how cannibalism was brought into the world by the Chitauri 'gods' – another manifestation of Wetiko. The distinction between 'evil person or spirit' relates to Archons/Wetiko possessing a human or acting as pure consciousness. Wetiko is said to be a sickness of the soul or spirit and a state of being that takes but gives nothing back – the Cult and its operatives perfectly described. Black Hawk, a Native American war leader defending their lands from confiscation, said European invaders had 'poisoned hearts' – Wetiko hearts – and that this would spread to native societies. Mention of the heart is very significant as we shall shortly see. Forbes writes: 'Tragically, the history of the world for the past 2,000 years is, in great part, the story of the epidemiology of the wetiko disease.' Yes, and much longer. Forbes is correct when he says: 'The wetikos destroyed Egypt and Babylon and Athens and Rome and Tenochtitlan [capital of the Aztec empire] and perhaps now they will destroy the entire earth.' Evil, he said, is the number one export of a Wetiko culture – see its globalisation with 'Covid'. Constant war, mass murder, suffering of all kinds, child abuse, Satanism, torture and human sacrifice are all expressions of Wetiko and the Wetiko possessed. The world is Wetiko made manifest, *but it doesn't have to be*. There is a way out of this even now.

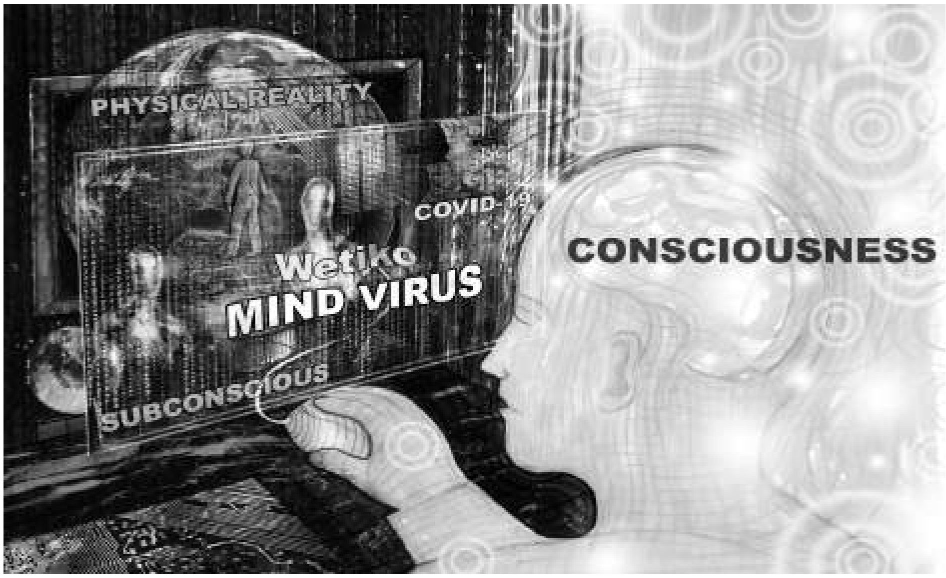

Figure 21: The mind 'virus' is known to Native Americans as 'Wetiko'. (Image by Neil Hague).

Cult of Wetiko

Wetiko is the Yaldabaoth frequency distortion that seeks to attach to human consciousness and absorb it into its own. Once this connection is made Wetiko can drive the perceptions of the target which they believe to be coming from their own mind. All the horrors of history and today from mass killers to Satanists, paedophiles like Jeffrey Epstein and other psychopaths, are the embodiment of Wetiko and express its state of being in all its grotesqueness. The Cult is Wetiko incarnate, Yaldabaoth incarnate, and it seeks to facilitate Wetiko assimilation of humanity in totality into its distortion by manipulating the population into low frequency states that match its own. Paul Levy writes: 'Holographically enforced within the psyche of every human being the wetiko virus pervades and underlies the entire field of consciousness, and can therefore potentially manifest through any one of us at any moment if we are not mindful.' The 'Covid' hoax has achieved this with many people, but others have not fallen into Wetiko's frequency lair. Players in the 'Covid' human catastrophe including Gates, Schwab, Tedros, Fauci, Whitty, Vallance, Johnson, Hancock, Ferguson, Drosten, and all the rest, including the psychopath psychologists, are expressions of Wetiko. This is why

they have no compassion or empathy and no emotional consequence for what they do that would make them stop doing it. Observe all the people who support the psychopaths in authority against the Pushbackers despite the damaging impact the psychopaths have on their own lives and their family's lives. You are again looking at Wetiko possession which prevents them seeing through the lies to the obvious scam going on. *Why can't they see it?* Wetiko won't let them see it. The perceptual divide that has now become a chasm is between the Wetikoed and the non-Wetikoed.

Paul Levy describes Wetiko in the same way that I have long described the Archontic force. They are the same distorted consciousness operating across dimensions of reality: '… the subtle body of wetiko is not located in the third dimension of space and time, literally existing in another dimension … it is able to affect ordinary lives by mysteriously interpenetrating into our three-dimensional world.' Wetiko does this through its incarnate representatives in the Cult and by weaving itself into The Field which on our level of reality is the electromagnetic information field of the simulation or Matrix. More than that, the simulation *is* Wetiko / Yaldabaoth. Caleb Scharf, Director of Astrobiology at Columbia University, has speculated that 'alien life' could be so advanced that it has transcribed itself into the quantum realm to become what we call physics. He said intelligence indistinguishable from the fabric of the Universe would solve many of its greatest mysteries:

> Perhaps hyper-advanced life isn't just external. Perhaps it's already all around. It is embedded in what we perceive to be physics itself, from the root behaviour of particles and fields to the phenomena of complexity and emergence ... In other words, life might not just be in the equations. It might BE the equations [My emphasis].

Scharf said it is possible that 'we don't recognise advanced life because it forms an integral and unsuspicious part of what we've considered to be the natural world'. I agree. Wetiko/Yaldabaoth *is* the simulation. We are literally in the body of the beast. But that doesn't mean it has to control us. We all have the power to overcome Wetiko

influence and the Cult knows that. I doubt it sleeps too well because it knows that.

Which Field?

This, I suggest, is how it all works. There are two Fields. One is the fierce electromagnetic light of the Matrix within the speed of light; the other is the 'watery light' of The Field beyond the walls of the Matrix that connects with the Great Infinity. Five-sense mind and the decoding systems of the body attach us to the Field of Matrix light. They have to or we could not experience this reality. Five-sense mind sees only the Matrix Field of information while our expanded consciousness is part of the Infinity Field. When we open our minds, and most importantly our hearts, to the Infinity Field we have a mission control which gives us an expanded perspective, a road map, to understand the nature of the five-sense world. If we are isolated only in five-sense mind there is no mission control. We're on our own trying to understand a world that's constantly feeding us information to ensure we do not understand. People in this state can feel 'lost' and bewildered with no direction or radar. You can see ever more clearly those who are influenced by the Fields of Big Infinity or little five-sense mind simply by their views and behaviour with regard to the 'Covid' hoax. We have had this division throughout known human history with the mass of the people on one side and individuals who could see and intuit beyond the walls of the simulation – Plato's prisoner who broke out of the cave and saw reality for what it is. Such people have always been targeted by Wetiko/Archon-possessed authority, burned at the stake or demonised as mad, bad and dangerous. The Cult today and its global network of 'anti-hate', 'anti-fascist' Woke groups are all expressions of Wetiko attacking those exposing the conspiracy, 'Covid' lies and the 'vaccine' agenda.

Woke as a whole is Wetiko which explains its black and white mentality and how at one it is with the Wetiko-possessed Cult. Paul Levy said: 'To be in this paradigm is to still be under the thrall of a two-valued logic – where things are either true or false – of a

wetikoized mind.' Wetiko consciousness is in a permanent rage, therefore so is Woke, and then there is Woke inversion and contradiction. 'Anti-fascists' act like fascists because fascists *and* 'anti-fascists' are both Wetiko at work. Political parties act the same while claiming to be different for the same reason. Secret society and satanic rituals are attaching initiates to Wetiko and the cold, ruthless, psychopathic mentality that secures the positions of power all over the world is Wetiko. Reframing 'training programmes' have the same cumulative effect of attaching Wetiko and we have their graduates described as automatons and robots with a cold, psychopathic, uncaring demeanour. They are all traits of Wetiko possession and look how many times they have been described in this book and elsewhere with regard to personnel behind 'Covid' including the police and medical profession. Climbing the greasy pole in any profession in a Wetiko society requires traits of Wetiko to get there and that is particularly true of politics which is not about fair competition and pre-eminence of ideas. It is founded on how many backs you can stab and arses you can lick. This culminated in the global 'Covid' coordination between the Wetiko possessed who pulled it off in all the different countries without a trace of empathy and compassion for their impact on humans. Our sight sense can see only holographic form and not the Field which connects holographic form. Therefore we perceive 'physical' objects with 'space' in between. In fact that 'space' is energy/consciousness operating on multiple frequencies. One of them is Wetiko and that connects the Cult psychopaths, those who submit to the psychopaths, and those who serve the psychopaths in the media operations of the world. Wetiko is Gates. Wetiko is the mask-wearing submissive. Wetiko is the fake journalist and 'fact-checker'. The Wetiko Field is coordinating the whole thing. Psychopaths, gofers, media operatives, 'anti-hate' hate groups, 'fact-checkers' and submissive people work as one unit *even without human coordination* because they are attached to the *same* Field which is organising it all (Fig 22). Paul Levy is here describing how Wetiko-possessed people are drawn together and refuse to let any information breach their rigid

perceptions. He was writing long before 'Covid', but I think you will recognise followers of the 'Covid' religion *oh just a little bit*:

> People who are channelling the vibratory frequency of wetiko align with each other through psychic resonance to reinforce their unspoken shared agreement so as to uphold their deranged view of reality. Once an unconscious content takes possession of certain individuals, it irresistibly draws them together by mutual attraction and knits them into groups tied together by their shared madness that can easily swell into an avalanche of insanity.
>
> A psychic epidemic is a closed system, which is to say that it is insular and not open to any new information or informing influences from the outside world which contradict its fixed, limited, and limiting perspective.

There we have the Woke mind and the 'Covid' mind. Compatible resonance draws the awakening together, too, which is clearly happening today.

Figure 22: The Wetiko Field from which the Cult pyramid and its personnel are made manifest. (Image by Neil Hague).

Spiritual servitude

Wetiko doesn't care about humans. It's not human; it just possesses humans for its own ends and the effect (depending on the scale of

possession) can be anything from extreme psychopathy to unquestioning obedience. Wetiko's worst nightmare is for human consciousness to expand beyond the simulation. Everything is focussed on stopping that happening through control of information, thus perception, thus frequency. The 'education system', media, science, medicine, academia, are all geared to maintaining humanity in five-sense servitude as is the constant stimulation of low-vibrational mental and emotional states (see 'Covid'). Wetiko seeks to dominate those subconscious spaces between five-sense perception and expanded consciousness where the computer meets the operator. From these subconscious hiding places Wetiko speaks to us to trigger urges and desires that we take to be our own and manipulate us into anything from low-vibrational to psychopathic states. Remember how Islam describes the Jinn as invisible tricksters that 'whisper' and confuse. Wetiko is the origin of the 'trickster god' theme that you find in cultures all over the world. Jinn, like the Archons, are Wetiko which is terrified of humans awakening and reconnecting with our true self for then its energy source has gone. With that the feedback loop breaks between Wetiko and human perception that provides the energetic momentum on which its very existence depends as a force of evil. Humans are both its target and its source of survival, but only if we are operating in low-vibrational states of fear, hate, depression and the background anxiety that most people suffer. We are Wetiko's target because we are its key to survival. It needs us, not the other way round. Paul Levy writes:

> A vampire has no intrinsic, independent, substantial existence in its own right; it only exists in relation to us. The pathogenic, vampiric mind-parasite called wetiko is nothing in itself – not being able to exist from its own side – yet it has a 'virtual reality' such that it can potentially destroy our species …
>
> …The fact that a vampire is not reflected by a mirror can also mean that what we need to see is that there's nothing, no-thing to see, other than ourselves. The fact that wetiko is the expression of something inside of us means that the cure for wetiko is with us as well. The critical issue is finding this cure within us and then putting it into effect.

Evil begets evil because if evil does not constantly expand and find new sources of energetic sustenance its evil, its *distortion*, dies with the assimilation into balance and harmony. Love is the garlic to Wetiko's vampire. Evil, the absence of love, cannot exist in the presence of love. I think I see a way out of here. I have emphasised so many times over the decades that the Archons/Wetiko and their Cult are not all powerful. *They are not*. I don't care how it looks even now *they are not*. I have not called them little boys in short trousers for effect. I have said it because it is true. Wetiko's insatiable desire for power over others is not a sign of its omnipotence, but its insecurity. Paul Levy writes: 'Due to the primal fear which ultimately drives it and which it is driven to cultivate, wetiko's body politic has an intrinsic and insistent need for centralising power and control so as to create imagined safety for itself.' *Yeeeeeees!* Exactly! Why does Wetiko want humans in an ongoing state of fear? Wetiko itself *is* fear and it is petrified of love. As evil is an absence of love, so love is an absence of fear. Love conquers all and *especially* Wetiko which *is* fear. Wetiko brought fear into the world when it wasn't here before. *Fear* was the 'fall', the fall into low-frequency ignorance and illusion – fear is **F**alse **E**motion **A**ppearing **R**eal. The simulation is driven and energised by fear because Wetiko/Yaldabaoth (fear) *are* the simulation. Fear is the absence of love and Wetiko is the absence of love.

Wetiko today

We can now view current events from this level of perspective. The 'Covid' hoax has generated momentous amounts of ongoing fear, anxiety, depression and despair which have empowered Wetiko. No wonder people like Gates have been the instigators when they are Wetiko incarnate and exhibit every trait of Wetiko in the extreme. See how cold and unemotional these people are like Gates and his cronies, how dead of eye they are. That's Wetiko. Sabbatians are Wetiko and everything they control including the World Health Organization, Big Pharma and the 'vaccine' makers, national 'health'

hierarchies, corporate media, Silicon Valley, the banking system, and the United Nations with its planned transformation into world government. All are controlled and possessed by the Wetiko distortion into distorting human society in its image. We are with this knowledge at the gateway to understanding the world. Divisions of race, culture, creed and sexuality are diversions to hide the real division between those possessed and influenced by Wetiko and those that are not. The 'Covid' hoax has brought both clearly into view. Human behaviour is not about race. Tyrants and dictatorships come in all colours and creeds. What unites the US president bombing the innocent and an African tribe committing genocide against another as in Rwanda? What unites them? *Wetiko*. All wars are Wetiko, all genocide is Wetiko, all hunger over centuries in a world of plenty is Wetiko. Children going to bed hungry, including in the West, is Wetiko. Cult-generated Woke racial divisions that focus on the body are designed to obscure the reality that divisions in behaviour are manifestations of mind, not body. Obsession with body identity and group judgement is a means to divert attention from the real source of behaviour – mind and perception. Conflict sown by the Woke both within themselves and with their target groups are Wetiko providing lunch for itself through still more agents of the division, chaos, and fear on which it feeds. The Cult is seeking to assimilate the entirety of humanity and all children and young people into the Wetiko frequency by manipulating them into states of fear and despair. Witness all the suicide and psychological unravelling since the spring of 2020. Wetiko psychopaths want to impose a state of unquestioning obedience to authority which is no more than a conduit for Wetiko to enforce its will and assimilate humanity into itself. It needs us to believe that resistance is futile when it fears resistance and even more so the game-changing non-cooperation with its impositions. It can use violent resistance for its benefit. Violent impositions and violent resistance are *both* Wetiko. The Power of Love with its Power of No will sweep Wetiko from our world. Wetiko and its Cult know that. They just don't want us to know.

AI Wetiko

This brings me to AI or artificial intelligence and something else Wetikos don't want us to know. What is AI *really*? I know about computer code algorithms and AI that learns from data input. These, however, are more diversions, the expeditionary force, for the real AI that they want to connect to the human brain as promoted by Silicon Valley Wetikos like Kurzweil. What is this AI? It is the frequency of *Wetiko*, the frequency of the Archons. The connection of AI to the human brain is the connection of the Wetiko frequency to create a Wetiko hive mind and complete the job of assimilation. The hive mind is planned to be controlled from Israel and China which are both 100 percent owned by Wetiko Sabbatians. The assimilation process has been going on minute by minute in the 'smart' era which fused with the 'Covid' era. We are told that social media is scrambling the minds of the young and changing their personality. This is true, but what is social media? Look more deeply at how it works, how it creates divisions and conflict, the hostility and cruelty, the targeting of people until they are destroyed. That's Wetiko. Social media is manipulated to tune people to the Wetiko frequency with all the emotional exploitation tricks employed by platforms like Facebook and its Wetiko front man, Zuckerberg. Facebook's Instagram announced a new platform for children to overcome a legal bar on them using the main site. This is more Wetiko exploitation and manipulation of kids. Amnesty International likened the plan to foxes offering to guard the henhouse and said it was incompatible with human rights. Since when did Wetiko or Zuckerberg (I repeat myself) care about that? Would Brin and Page at Google, Wojcicki at YouTube, Bezos at Amazon and whoever the hell runs Twitter act as they do if they were not channelling Wetiko? Would those who are developing technologies for no other reason than human control? How about those designing and selling technologies to kill people and Big Pharma drug and 'vaccine' producers who know they will end or devastate lives? Quite a thought for these people to consider is that if you are Wetiko in a human life you are Wetiko on the 'other side' unless your frequency

changes and that can only change by a change of perception which becomes a change of behaviour. Where Gates is going does not bear thinking about although perhaps that's exactly where he wants to go. Either way, that's where he's going. His frequency will make it so.

The frequency lair

I have been saying for a long time that a big part of the addiction to smartphones and devices is that a frequency is coming off them that entraps the mind. People spend ages on their phones and sometimes even a minute or so after they put them down they pick them up again and it all repeats. 'Covid' lockdowns will have increased this addiction a million times for obvious reasons. Addictions to alcohol overindulgence and drugs are another way that Wetiko entraps consciousness to attach to its own. Both are symptoms of low-vibrational psychological distress which alcoholism and drug addiction further compound. Do we think it's really a coincidence that access to them is made so easy while potions that can take people into realms beyond the simulation are banned and illegal? I have explored smartphone addiction in other books, the scale is mind-blowing, and that level of addiction does not come without help. Tech companies that make these phones are Wetiko and they will have no qualms about destroying the minds of children. We are seeing again with these companies the Wetiko perceptual combination of psychopathic enforcers and weak and meek unquestioning compliance by the rank and file.

The global Smart Grid is the Wetiko Grid and it is crucial to complete the Cult endgame. The simulation is radiation and we are being deluged with technological radiation on a devastating scale. Wetiko frauds like Elon Musk serve Cult interests while occasionally criticising them to maintain his street-cred. 5G and other forms of Wi-Fi are being directed at the earth from space on a volume and scale that goes on increasing by the day. Elon Musk's (officially) SpaceX Starlink project is in the process of putting tens of thousands of satellites in low orbit to cover every inch of the planet with 5G and other Wi-Fi to create Kurzweil's global 'cloud' to which the

human mind is planned to be attached very soon. SpaceX has approval to operate 12,000 satellites with more than 1,300 launched at the time of writing and applications filed for *30,000* more. Other operators in the Wi-Fi, 5G, low-orbit satellite market include OneWeb (UK), Telesat (Canada), and AST & Science (US). Musk tells us that AI could be the end of humanity and then launches a company called Neuralink to connect the human brain to computers. Musk's (in theory) Tesla company is building electric cars and the driverless vehicles of the smart control grid. As frauds and bullshitters go Elon Musk in my opinion is Major League.

5G and technological radiation in general are destructive to human health, genetics and psychology and increasing the strength of artificial radiation underpins the five-sense perceptual bubbles which are themselves expressions of radiation or electromagnetism. Freedom activist John Whitehead was so right with his 'databit by databit, we are building our own electronic concentration camps'. The Smart Grid and 5G is a means to control the human mind and infuse perceptual information into The Field to influence anyone in sync with its frequency. You can change perception and behaviour en masse if you can manipulate the population into those levels of frequency and this is happening all around us today. The arrogance of Musk and his fellow Cult operatives knows no bounds in the way that we see with Gates. Musk's satellites are so many in number already they are changing the night sky when viewed from Earth. The astronomy community has complained about this and they have seen nothing yet. Some consequences of Musk's Wetiko hubris include: Radiation; visible pollution of the night sky; interference with astronomy and meteorology; ground and water pollution from intensive use of increasingly many spaceports; accumulating space debris; continual deorbiting and burning up of aging satellites, polluting the atmosphere with toxic dust and smoke; and ever-increasing likelihood of collisions. A collective public open letter of complaint to Musk said:

We are writing to you … because SpaceX is in process of surrounding the Earth with a network of thousands of satellites whose very purpose is to irradiate every square inch of the

Earth. SpaceX, like everyone else, is treating the radiation as if it were not there. As if the mitochondria in our cells do not depend on electrons moving undisturbed from the food we digest to the oxygen we breathe.

As if our nervous systems and our hearts are not subject to radio frequency interference like any piece of electronic equipment. As if the cancer, diabetes, and heart disease that now afflict a majority of the Earth's population are not metabolic diseases that result from interference with our cellular machinery. As if insects everywhere, and the birds and animals that eat them, are not starving to death as a result.

People like Musk and Gates believe in their limitless Wetiko arrogance that they can do whatever they like to the world because they own it. Consequences for humanity are irrelevant. It's absolutely time that we stopped taking this shit from these self-styled masters of the Earth when you consider where this is going.

Why is the Cult so anti-human?

I hear this question often: Why would they do this when it will affect them, too? Ah, but will it? Who is this *them*? Forget their bodies. They are just vehicles for Wetiko consciousness. When you break it all down to the foundations we are looking at a state of severely distorted consciousness targeting another state of consciousness for assimilation. The rest is detail. The simulation is the fly-trap in which unique sensations of the five senses create a cycle of addiction called reincarnation. Renegade Minds see that everything which happens in our reality is a smaller version of the whole picture in line with the holographic principle. Addiction to the radiation of smart technology is a smaller version of addiction to the whole simulation. Connecting the body/brain to AI is taking that addiction on a giant step further to total ongoing control by assimilating human incarnate consciousness into Wetiko. I have watched during the 'Covid' hoax how many are becoming ever more profoundly attached to Wetiko's perceptual calling cards of aggressive response to any other point of view ('There is no other god but me'), psychopathic lack of compassion and empathy, and servile submission to the narrative and will of authority. Wetiko is the psychopaths *and* subservience to psychopaths. The Cult of Wetiko is

so anti-human because it is *not* human. It embarked on a mission to destroy human by targeting everything that it means to be human and to survive as human. 'Covid' is not the end, just a means to an end. The Cult with its Wetiko consciousness is seeking to change Earth systems, including the atmosphere, to suit them, not humans. The gathering bombardment of 5G alone from ground and space is dramatically changing The Field with which the five senses interact. There is so much more to come if we sit on our hands and hope it will all go away. It is not meant to go away. It is meant to get ever more extreme and we need to face that while we still can – just.

Carbon dioxide is the gas of life. Without that human is over. Kaput, gone, history. No natural world, no human. The Cult has created a cock and bull story about carbon dioxide and climate change to justify its reduction to the point where Gates and the ignoramus Biden 'climate chief' John Kerry want to suck it out of the atmosphere. Kerry wants to do this because his master Gates does. Wetikos have made the gas of life a demon with the usual support from the Wokers of Extinction Rebellion and similar organisations and the bewildered puppet-child that is Greta Thunberg who was put on the world stage by Klaus Schwab and the World Economic Forum. The name Extinction Rebellion is both ironic and as always Wetiko inversion. The gas that we need to survive must be reduced to save us from extinction. The most basic need of human is oxygen and we now have billions walking around in face nappies depriving body and brain of this essential requirement of human existence. More than that 5G at 60 gigahertz interacts with the oxygen molecule to reduce the amount of oxygen the body can absorb into the bloodstream. The obvious knock-on consequences of that for respiratory and cognitive problems and life itself need no further explanation. Psychopaths like Musk are assembling a global system of satellites to deluge the human atmosphere with this insanity. The man should be in jail. Here we have two most basic of human needs, oxygen and carbon dioxide, being dismantled.

Two others, water and food, are getting similar treatment with the United Nations Agendas 21 and 2030 – the Great Reset – planning to

centrally control all water and food supplies. People will not even own rain water that falls on their land. Food is affected at the most basic level by reducing carbon dioxide. We have genetic modification or GMO infiltrating the food chain on a mass scale, pesticides and herbicides polluting the air and destroying the soil. Freshwater fish that provide livelihoods for 60 million people and feed hundreds of millions worldwide are being 'pushed to the brink' according the conservationists while climate change is the only focus. Now we have Gates and Schwab wanting to dispense with current food sources all together and replace them with a synthetic version which the Wetiko Cult would control in terms of production and who eats and who doesn't. We have been on the Totalitarian Tiptoe to this for more than 60 years as food has become ever more processed and full of chemical shite to the point today when it's not natural food at all. As Dr Tom Cowan says: 'If it has a label don't eat it.' Bill Gates is now the biggest owner of farmland in the United States and he does nothing without an ulterior motive involving the Cult. Klaus Schwab wrote: 'To feed the world in the next 50 years we will need to produce as much food as was produced in the last 10,000 years … food security will only be achieved, however, if regulations on genetically modified foods are adapted to reflect the reality that gene editing offers a precise, efficient and safe method of improving crops.' Liar. People and the world are being targeted with aluminium through vaccines, chemtrails, food, drink cans, and endless other sources when aluminium has been linked to many health issues including dementia which is increasing year after year. Insects, bees and wildlife essential to the food chain are being deleted by pesticides, herbicides and radiation which 5G is dramatically increasing with 6G and 7G to come. The pollinating bee population is being devastated while wildlife including birds, dolphins and whales are having their natural radar blocked by the effects of ever-increasing radiation. In the summer windscreens used to be splattered with insects so numerous were they. It doesn't happen now. Where have they gone?

Synthetic everything

The Cult is introducing genetically-modified versions of trees, plants and insects including a Gates-funded project to unleash hundreds of millions of genetically-modified, lab-altered and patented male mosquitoes to mate with wild mosquitoes and induce genetic flaws that cause them to die out. Clinically-insane Gates-funded Japanese researchers have developed mosquitos that spread vaccine and are dubbed 'flying vaccinators'. Gates is funding the modification of weather patterns in part to sell the myth that this is caused by carbon dioxide and he's funding geoengineering of the skies to change the atmosphere. Some of this came to light with the Gates-backed plan to release tonnes of chalk into the atmosphere to 'deflect the Sun and cool the planet'. Funny how they do this while the heating effect of the Sun is not factored into climate projections focussed on carbon dioxide. The reason is that they want to reduce carbon dioxide (so don't mention the Sun), but at the same time they do want to reduce the impact of the Sun which is so essential to human life and health. I have mentioned the sun-cholesterol-vitamin D connection as they demonise the Sun with warnings about skin cancer (caused by the chemicals in sun cream they tell you to splash on). They come from the other end of the process with statin drugs to reduce cholesterol that turns sunlight into vitamin D. A lack of vitamin D leads to a long list of health effects and how vitamin D levels must have fallen with people confined to their homes over 'Covid'. Gates is funding other forms of geoengineering and most importantly chemtrails which are dropping heavy metals, aluminium and self-replicating nanotechnology onto the Earth which is killing the natural world. See *Everything You Need To Know, But Have Never Been Told* for the detailed background to this.

Every human system is being targeted for deletion by a force that's not human. The Wetiko Cult has embarked on the process of transforming the human body from biological to synthetic biological as I have explained. Biological is being replaced by the artificial and synthetic – Archontic 'countermimicry' – right across human society. The plan eventually is to dispense with the human body altogether

and absorb human consciousness – which it wouldn't really be by then – into cyberspace (the simulation which is Wetiko/Yaldabaoth). Preparations for that are already happening if people would care to look. The alternative media rightly warns about globalism and 'the globalists', but this is far bigger than that and represents the end of the human race as we know it. The 'bad copy' of prime reality that Gnostics describe was a bad copy of harmony, wonder and beauty to start with before Wetiko/Yaldabaoth set out to change the simulated 'copy' into something very different. The process was slow to start with. Entrapped humans in the simulation timeline were not technologically aware and they had to be brought up to intellectual speed while being suppressed spiritually to the point where they could build their own prison while having no idea they were doing so. We have now reached that stage where technological intellect has the potential to destroy us and that's why events are moving so fast. Central American shaman Don Juan Matus said:

Think for a moment, and tell me how you would explain the contradictions between the intelligence of man the engineer and the stupidity of his systems of belief, or the stupidity of his contradictory behaviour. Sorcerers believe that the predators have given us our systems of beliefs, our ideas of good and evil; our social mores. They are the ones who set up our dreams of success or failure. They have given us covetousness, greed, and cowardice. It is the predator who makes us complacent, routinary, and egomaniacal.

In order to keep us obedient and meek and weak, the predators engaged themselves in a stupendous manoeuvre – stupendous, of course, from the point of view of a fighting strategist; a horrendous manoeuvre from the point of those who suffer it. They gave us their mind. The predators' mind is baroque, contradictory, morose, filled with the fear of being discovered any minute now.

For 'predators' see Wetiko, Archons, Yaldabaoth, Jinn, and all the other versions of the same phenomenon in cultures and religions all over the world. The theme is always the same because it's true and it's real. We have reached the point where we have to deal with it. The question is – how?

Don't fight – walk away

I thought I'd use a controversial subheading to get things moving in terms of our response to global fascism. What do you mean 'don't fight'? What do you mean 'walk away'? We've got to fight. We can't walk away. Well, it depends what we mean by fight and walk away. If fighting means physical combat we are playing Wetiko's game and falling for its trap. It wants us to get angry, aggressive, and direct hate and hostility at the enemy we think we must fight. Every war, every battle, every conflict, has been fought with Wetiko leading both sides. It's what it does. Wetiko wants a fight, anywhere, any place. Just hit me, son, so I can hit you back. Wetiko hits Wetiko and Wetiko hits Wetiko in return. I am very forthright as you can see in exposing Wetikos of the Cult, but I don't hate them. I refuse to hate them. It's what they want. What you hate you become. What you *fight* you become. Wokers, 'anti-haters' and 'anti-fascists' prove this every time they reach for their keyboards or don their balaclavas. By walk away I mean to disengage from Wetiko which includes ceasing to cooperate with its tyranny. Paul Levy says of Wetiko:

> The way to 'defeat' evil is not to try to destroy it (for then, in playing evil's game, we have already lost), but rather, to find the invulnerable place within ourselves where evil is unable to vanquish us – this is to truly 'win' our battle with evil.

Wetiko is everywhere in human society and it's been on steroids since the 'Covid' hoax. Every shouting match over wearing masks has Wetiko wearing a mask and Wetiko not wearing one. It's an electrical circuit of push and resist, push and resist, with Wetiko pushing *and* resisting. Each polarity is Wetiko empowering itself. Dictionary definitions of 'resist' include 'opposing, refusing to accept or comply with' and the word to focus on is 'opposing'. What form does this take – setting police cars alight or 'refusing to accept or comply with'? The former is Wetiko opposing Wetiko while the other points the way forward. This is the difference between those aggressively demanding that government fascism must be obeyed who stand in stark contrast to the great majority of Pushbackers. We saw this clearly with a march by thousands of Pushbackers against lockdown in London followed days later by a Woker-hijacked

protest in Bristol in which police cars were set on fire. Masks were virtually absent in London and widespread in Bristol. Wetiko wants lockdown on every level of society and infuses its aggression to police it through its unknowing stooges. Lockdown protesters are the ones with the smiling faces and the hugs, The two blatantly obvious states of being – getting more obvious by the day – are the result of Wokers and their like becoming ever more influenced by the simulation Field of Wetiko and Pushbackers ever more influenced by The Field of a far higher vibration beyond the simulation. Wetiko can't invade the heart which is where most lockdown opponents are coming from. It's the heart that allows them to see through the lies to the truth in ways I will be highlighting.

Renegade Minds know that calmness is the place from which wisdom comes. You won't find wisdom in a hissing fit and wisdom is what we need in abundance right now. Calmness is not weakness – you don't have to scream at the top of your voice to be strong. Calmness is indeed a sign of strength. 'No' means I'm not doing it. *NOOOO!!!* doesn't mean you're not doing it even more. Volume does not advance 'No – I'm not doing it'. You are just not doing it. Wetiko possessed and influenced don't know how to deal with that. Wetiko wants a fight and we should not give it one. What it needs more than anything is our *cooperation* and we should not give that either. Mass rallies and marches are great in that they are a visual representation of feeling, but if it ends there they are irrelevant. You demand that Wetikos act differently? Well, they're not going to are they? They are Wetikos. We don't need to waste our time demanding that something doesn't happen when that will make no difference. We need to delete the means that *allows* it to happen. This, invariably, is our cooperation. You can demand a child stop firing a peashooter at the dog or you can refuse to buy the peashooter. If you provide the means you are cooperating with the dog being smacked on the nose with a pea. How can the authorities enforce mask-wearing if millions in a country refuse? What if the 74 million Pushbackers that voted for Trump in 2020 refused to wear masks, close their businesses or stay in their homes. It would be unenforceable. The

few control the many through the compliance of the many and that's always been the dynamic be it 'Covid' regulations or the Roman Empire. I know people can find it intimidating to say no to authority or stand out in a crowd for being the only one with a face on display; but it has to be done or it's over. I hope I've made clear in this book that where this is going will be far more intimidating than standing up now and saying 'No' – I will not cooperate with my own enslavement and that of my children. There might be consequences for some initially, although not so if enough do the same. The question that must be addressed is what is going to happen if we don't? It is time to be strong and unyieldingly so. No means no. Not here and there, but *everywhere* and *always*. I have refused to wear a mask and obey all the other nonsense. I will not comply with tyranny. I repeat: Fascism is not imposed by fascists – there are never enough of them. Fascism is imposed by the population acquiescing to fascism. *I will not do it*. I will die first, or my body will. Living meekly under fascism is a form of death anyway, the death of the spirit that Martin Luther King described.

Making things happen

We must not despair. This is not over till it's over and it's far from that. The 'fat lady' must refuse to sing. The longer the 'Covid' hoax has dragged on and impacted on more lives we have seen an awakening of phenomenal numbers of people worldwide to the realisation that what they have believed all their lives is not how the world really is. Research published by the system-serving University of Bristol and King's College London in February, 2021, concluded: 'One in every 11 people in Britain say they trust David Icke's take on the coronavirus pandemic.' It will be more by now and we have gathering numbers to build on. We must urgently progress from seeing the scam to ceasing to cooperate with it. Prominent German lawyer Reiner Fuellmich, also licenced to practice law in America, is doing a magnificent job taking the legal route to bring the psychopaths to justice through a second Nuremberg tribunal for crimes against humanity. Fuellmich has an impressive record of

beating the elite in court and he formed the German Corona Investigative Committee to pursue civil charges against the main perpetrators with a view to triggering criminal charges. Most importantly he has grasped the foundation of the hoax – the PCR test not testing for the 'virus' – and Christian Drosten is therefore on his charge sheet along with Gates frontman Tedros at the World Health Organization. Major players must be not be allowed to inflict their horrors on the human race without being brought to book. A life sentence must follow for Bill Gates and the rest of them. A group of researchers has also indicted the government of Norway for crimes against humanity with copies sent to the police and the International Criminal Court. The lawsuit cites participation in an internationally-planned false pandemic and violation of international law and human rights, the European Commission's definition of human rights by coercive rules, Nuremberg and Hague rules on fundamental human rights, and the Norwegian constitution. We must take the initiative from hereon and not just complain, protest and react.

There are practical ways to support vital mass non-cooperation. Organising in numbers is one. Lockdown marches in London in the spring in 2021 were mass non-cooperation that the authorities could not stop. There were too many people. Hundreds of thousands walked the London streets in the centre of the road for mile after mile while the Face-Nappies could only look on. They were determined, but calm, and just *did it* with no histrionics and lots of smiles. The police were impotent. Others are organising group shopping without masks for mutual support and imagine if that was happening all over. Policing it would be impossible. If the store refuses to serve people in these circumstances they would be faced with a long line of trolleys full of goods standing on their own and everything would have to be returned to the shelves. How would they cope with that if it kept happening? I am talking here about moving on from complaining to being pro-active; from watching things happen to making things happen. I include in this our relationship with the police. The behaviour of many Face-Nappies

has been disgraceful and anyone who thinks they would never find concentration camp guards in the 'enlightened' modern era have had that myth busted big-time. The period and setting may change – Wetikos never do. I watched film footage from a London march in which a police thug viciously kicked a protestor on the floor who had done nothing. His fellow Face-Nappies stood in a ring protecting him. What he did was a criminal assault and with a crowd far outnumbering the police this can no longer be allowed to happen unchallenged. I get it when people chant 'shame on you' in these circumstances, but that is no longer enough. They *have* no shame those who do this. Crowds needs to start making a citizen's arrest of the police who commit criminal offences and brutally attack innocent people and defenceless women. A citizen's arrest can be made under section 24A of the UK Police and Criminal Evidence (PACE) Act of 1984 and you will find something similar in other countries. I prefer to call it a Common Law arrest rather than citizen's for reasons I will come to shortly. Anyone can arrest a person committing an indictable offence or if they have reasonable grounds to suspect they are committing an indictable offence. On both counts the attack by the police thug would have fallen into this category. A citizen's arrest can be made to stop someone:

- Causing physical injury to himself or any other person
- Suffering physical injury
- Causing loss of or damage to property
- Making off before a constable can assume responsibility for him

A citizen's arrest may also be made to prevent a breach of the peace under Common Law and if they believe a breach of the peace will happen or anything related to harm likely to be done or already done in their presence. This is the way to go I think – the Common Law version. If police know that the crowd and members of the public will no longer be standing and watching while they commit

their thuggery and crimes they will think twice about acting like Brownshirts and Blackshirts.

Common Law – common sense

Mention of Common Law is very important. Most people think the law is the law as in one law. This is not the case. There are two bodies of law, Common Law and Statute Law, and they are not the same. Common Law is founded on the simple premise of do no harm. It does not recognise victimless crimes in which no harm is done while Statute Law does. There is a Statute Law against almost everything. So what is Statute Law? Amazingly it's the law of the *sea* that was brought ashore by the Cult to override the law of the land which is Common Law. They had no right to do this and as always they did it anyway. They had to. They could not impose their will on the people through Common Law which only applies to do no harm. How could you stitch up the fine detail of people's lives with that? Instead they took the law of the sea, or Admiralty Law, and applied it to the population. Statute Law refers to all the laws spewing out of governments and their agencies including all the fascist laws and regulations relating to 'Covid'. The key point to make is that Statute Law is *contract law*. It only applies between *contracting* corporations. Most police officers don't even know this. They have to be kept in the dark, too. Long ago when merchants and their sailing ships began to trade with different countries a contractual law was developed called Admiralty Law and other names. Again it only applied to *contracts* agreed between *corporate* entities. If there is no agreed contract the law of the sea had no jurisdiction *and that still applies to its new alias of Statute Law*. The problem for the Cult when the law of the sea was brought ashore was an obvious one. People were not corporations and neither were government entities. To overcome the latter they made governments and all associated organisations corporations. All the institutions are *private corporations* and I mean governments and their agencies, local councils, police, courts, military, US states, the whole lot. Go to the

Dun and Bradstreet corporate listings website for confirmation that they are all corporations. You are arrested by a private corporation called the police by someone who is really a private security guard and they take you to court which is another private corporation. Neither have jurisdiction over you unless you consent and *contract* with them. This is why you hear the mantra about law enforcement policing by *consent* of the people. In truth the people 'consent' only in theory through monumental trickery.

Okay, the Cult overcame the corporate law problem by making governments and institutions corporate entities; but what about people? They are not corporations are they? Ah ... well in a sense, and *only* a sense, they are. Not people exactly – the illusion of people. The Cult creates a corporation in the name of everyone at the time that their birth certificate is issued. Note birth/ *berth* certificate and when you go to court under the law of the sea on land you stand in a *dock*. These are throwbacks to the origin. My Common Law name is David Vaughan Icke. The name of the corporation created by the government when I was born is called Mr David Vaughan Icke usually written in capitals as MR DAVID VAUGHAN ICKE. That is not me, the living, breathing man. It is a fictitious corporate entity. The trick is to make you think that David Vaughan Icke and MR DAVID VAUGHAN ICKE are the same thing. *They are not*. When police charge you and take you to court they are prosecuting the corporate entity and not the living, breathing, man or woman. They have to trick you into identifying as the corporate entity and contracting with them. Otherwise they have no jurisdiction. They do this through a language known as legalese. Lawful and legal are not the same either. Lawful relates to Common Law and legal relates to Statute Law. Legalese is the language of Statue Law which uses terms that mean one thing to the public and another in legalese. Notice that when a police officer tells someone why they are being charged he or she will say at the end: 'Do you understand?' To the public that means 'Do you comprehend?' In legalese it means 'Do you stand under me?' Do you stand under my authority? If you say

yes to the question you are unknowingly agreeing to give them jurisdiction over you in a contract between two corporate entities.

This is a confidence trick in every way. Contracts have to be agreed between informed parties and if you don't know that David Vaughan Icke is agreeing to be the corporation MR DAVID VAUGHAN ICKE you cannot knowingly agree to contract. They are deceiving you and another way they do this is to ask for proof of identity. You usually show them a driving licence or other document on which your corporate name is written. In doing so you are accepting that you are that corporate entity when you are not. Referring to yourself as a 'person' or 'citizen' is also identifying with your corporate fiction which is why I made the Common Law point about the citizen's arrest. If you are approached by a police officer you identify yourself immediately as a living, breathing, man or woman and say 'I do not consent, I do not contract with you and I do not understand' or stand under their authority. I have a Common Law birth certificate as a living man and these are available at no charge from commonlawcourt.com. Businesses registered under the Statute Law system means that its laws apply. There are, however, ways to run a business under Common Law. Remember all 'Covid' laws and regulations are Statute Law – the law of *contracts* and you do not have to contract. This doesn't mean that you can kill someone and get away with it. Common Law says do no harm and that applies to physical harm, financial harm etc. Police are employees of private corporations and there needs to be a new system of non-corporate Common Law constables operating outside the Statute Law system. If you go to davidicke.com and put Common Law into the search engine you will find videos that explain Common Law in much greater detail. It is definitely a road we should walk.

With all my heart

I have heard people say that we are in a spiritual war. I don't like the term 'war' with its Wetiko dynamic, but I know what they mean. Sweep aside all the bodily forms and we are in a situation in which two states of consciousness are seeking very different realities.

Wetiko wants upheaval, chaos, fear, suffering, conflict and control. The other wants love, peace, harmony, fairness and freedom. That's where we are. We should not fall for the idea that Wetiko is all-powerful and there's nothing we can do. Wetiko is not all-powerful. It's a joke, pathetic. It doesn't have to be, but it has made that choice for now. A handful of times over the years when I have felt the presence of its frequency I have allowed it to attach briefly so I could consciously observe its nature. The experience is not pleasant, the energy is heavy and dark, but the ease with which you can kick it back out the door shows that its real power is in persuading us that it has power. It's all a con. Wetiko is a con. It's a trickster and not a power that can control us if we unleash our own. The con is founded on manipulating humanity to give its power to Wetiko which recycles it back to present the illusion that it has power when its power is *ours* that we gave away. This happens on an energetic level and plays out in the world of the seen as humanity giving its power to Wetiko authority which uses that power to control the population when the power is only the power the population has handed over. How could it be any other way for billions to be controlled by a relative few? I have had experiences with people possessed by Wetiko and again you can kick its arse if you do it with an open heart. Oh yes – the *heart* which can transform the world of perceived 'matter'.

We are receiver-transmitters and processors of information, but what information and where from? Information is processed into perception in three main areas – the brain, the heart and the belly. These relate to thinking, knowing, and emotion. Wetiko wants us to be head and belly people which means we think within the confines of the Matrix simulation and low-vibrational emotional reaction scrambles balance and perception. A few minutes on social media and you see how emotion is the dominant force. Woke is all emotion and is therefore thought-free and fact-free. Our heart is something different. It *knows* while the head *thinks* and has to try to work it out because it doesn't know. The human energy field has seven prime vortexes which connect us with wider reality (Fig 23). Chakra means

‘wheels of light’ in the Sanskrit language of ancient India. The main ones are: The crown chakra on top of the head; brow (or ‘third eye’) chakra in the centre of the forehead; throat chakra; heart chakra in the centre of the chest; solar plexus chakra below the sternum; sacral chakra beneath the navel; and base chakra at the bottom of the spine. Each one has a particular function or functions. We feel anxiety and nervousness in the belly where the sacral chakra is located and this processes emotion that can affect the colon to give people ‘the shits’ or make them ‘shit scared’ when they are nervous. Chakras all play an important role, but the Mr and Mrs Big is the heart chakra which sits at the centre of the seven, above the chakras that connect us to the ‘physical’ and below those that connect with higher realms (or at least should). Here in the heart chakra we feel love, empathy and compassion – ‘My heart goes out to you’. Those with closed hearts become literally ‘heart-less’ in their attitudes and behaviour (see Bill Gates). Native Americans portrayed Wetiko with what Paul Levy calls a ‘frigid, icy heart, devoid of mercy’ (see Bill Gates).

Figure 23: The chakra system which interpenetrates the human energy field. The heart chakra is the governor – or should be.

Wetiko trembles at the thought of heart energy which it cannot infiltrate. The frequency is too high. What it seeks to do instead is close the heart chakra vortex to block its perceptual and energetic influence. Psychopaths have ‘hearts of stone’ and emotionally-damaged people have ‘heartache’ and ‘broken hearts’. The astonishing amount of heart disease is related to heart chakra

disruption with its fundamental connection to the 'physical' heart. Dr Tom Cowan has written an outstanding book challenging the belief that the heart is a pump and making the connection between the 'physical' and spiritual heart. Rudolph Steiner who was way ahead of his time said the same about the fallacy that the heart is a pump. *What*? The heart is not a pump? That's crazy, right? Everybody knows that. Read Cowan's *Human Heart, Cosmic Heart* and you will realise that the very idea of the heart as a pump is ridiculous when you see the evidence. How does blood in the feet so far from the heart get pumped horizontally up the body by the heart?? Cowan explains in the book the real reason why blood moves as it does. Our 'physical' heart is used to symbolise love when the source is really the heart vortex or spiritual heart which is our most powerful energetic connection to 'out there' expanded consciousness. That's why we feel *knowing* – intuitive knowing – in the centre of the chest. Knowing doesn't come from a process of thoughts leading to a conclusion. It is there in an instant all in one go. Our heart knows because of its connection to levels of awareness that *do* know. This is the meaning and source of intuition – intuitive *knowing*.

For the last more than 30 years of uncovering the global game and the nature of reality my heart has been my constant antenna for truth and accuracy. An American intelligence insider once said that I had quoted a disinformer in one of my books and yet I had only quoted the part that was true. He asked: 'How do you do that?' By using my heart antenna was the answer and anyone can do it. Heart-centred is how we are meant to be. With a closed heart chakra we withdraw into a closed mind and the bubble of five-sense reality. If you take a moment to focus your attention on the centre of your chest, picture a spinning wheel of light and see it opening and expanding. You will feel it happening, too, and perceptions of the heart like joy and love as the heart impacts on the mind as they interact. The more the chakra opens the more you will feel expressions of heart consciousness and as the process continues, and becomes part of you, insights and knowings will follow. An open

heart is connected to that level of awareness that knows all is *One*. You will see from its perspective that the fault-lines that divide us are only illusions to control us. An open heart does not process the illusions of race, creed and sexuality except as brief experiences for a consciousness that is all. Our heart does not see division, only unity (Figs 24 and 25). There's something else, too. Our hearts love to laugh. Mark Twain's quote that says 'The human race has one really effective weapon, and that is laughter' is really a reference to the heart which loves to laugh with the joy of knowing the true nature of infinite reality and that all the madness of human society is an illusion of the mind. Twain also said: 'Against the assault of laughter nothing can stand.' This is so true of Wetiko and the Cult. Their insecurity demands that they be taken seriously and their power and authority acknowledged and feared. We should do nothing of the sort. We should not get aggressive or fearful which their insecurity so desires. We should laugh in their face. Even in their no-face as police come over in their face-nappies and expect to be taken seriously. They don't take themselves seriously looking like that so why should we? Laugh in the face of intimidation. Laugh in the face of tyranny. You will see by its reaction that you have pressed all of its buttons. Wetiko does not know what to do in the face of laughter or when its targets refuse to concede their joy to fear. We have seen many examples during the 'Covid' hoax when people have expressed their energetic power and the string puppets of Wetiko retreat with their tail limp between their knees. Laugh – the world is bloody mad after all and if it's a choice between laughter and tears I know which way I'm going.

Figure 24: Head consciousness without the heart sees division and everything apart from everything else.

Figure 25: Heart consciousness sees everything as One.

'Vaccines' and the soul

The foundation of Wetiko/Archon control of humans is the separation of incarnate five-sense mind from the infinite 'I' and closing the heart chakra where the True 'I' lives during a human life. The goal has been to achieve complete separation in both cases. I was interested therefore to read an account by a French energetic healer of what she said she experienced with a patient who had been given the 'Covid' vaccine. Genuine energy healers can sense information and consciousness fields at different levels of being which are referred to as 'subtle bodies'. She described treating the patient who later returned after having, without the healer's knowledge, two doses of the 'Covid vaccine'. The healer said:

I noticed immediately the change, very heavy energy emanating from [the] subtle bodies. The scariest thing was when I was working on the heart chakra, I connected with her soul: it was detached from the physical body, it had no contact and it was, as if it was floating in a state of total confusion: a damage to the consciousness that loses contact with the physical body, i.e. with our biological machine, there is no longer any communication between them.

I continued the treatment by sending light to the heart chakra, the soul of the person, but it seemed that the soul could no longer receive any light, frequency or energy. It was a very powerful experience for me. Then I understood that this substance is indeed used to detach consciousness so that this consciousness can no longer interact through this body that it possesses in life, where there is no longer any contact, no frequency, no light, no more energetic balance or mind.

This would create a human that is rudderless and at the extreme almost zombie-like operating with a fractional state of consciousness at the mercy of Wetiko. I was especially intrigued by what the healer said in the light of the prediction by the highly-informed Rudolf Steiner more than a hundred years ago. He said:

> In the future, we will eliminate the soul with medicine. Under the pretext of a 'healthy point of view', there will be a vaccine by which the human body will be treated as soon as possible directly at birth, so that the human being cannot develop the thought of the existence of soul and Spirit. To materialistic doctors will be entrusted the task of removing the soul of humanity.
>
> As today, people are vaccinated against this disease or that disease, so in the future, children will be vaccinated with a substance that can be produced precisely in such a way that people, thanks to this vaccination, will be immune to being subjected to the 'madness' of spiritual life. He would be extremely smart, but he would not develop a conscience, and that is the true goal of some materialistic circles.

Steiner said the vaccine would detach the physical body from the etheric body (subtle bodies) and 'once the etheric body is detached the relationship between the universe and the etheric body would become extremely unstable, and man would become an automaton'. He said 'the physical body of man must be polished on this Earth by spiritual will – so the vaccine becomes a kind of arymanique (Wetiko) force' and 'man can no longer get rid of a given materialistic feeling'. Humans would then, he said, become 'materialistic of constitution and can no longer rise to the spiritual'. I have been writing for years about DNA being a receiver-transmitter of information that connects us to other levels of reality and these 'vaccines' changing DNA can be likened to changing an antenna and what it can transmit and receive. Such a disconnection would clearly lead to changes in personality and perception. Steiner further predicted the arrival of AI. Big Pharma 'Covid vaccine' makers, expressions of Wetiko, are testing their DNA-manipulating evil on children as I write with a view to giving the 'vaccine' to babies. If it's a soul-body disconnector – and I say that it is or can be – every child would be disconnected from 'soul' at birth and the 'vaccine' would create a closed system in which spiritual guidance from the greater self would play no part. This has been the ambition of Wetiko all

along. A Pentagon video from 2005 was leaked of a presentation explaining the development of vaccines to change behaviour by their effect on the brain. Those that believe this is not happening with the 'Covid' genetically-modifying procedure masquerading as a 'vaccine' should make an urgent appointment with Naivety Anonymous. Klaus Schwab wrote in 2018:

> Neurotechnologies enable us to better influence consciousness and thought and to understand many activities of the brain. They include decoding what we are thinking in fine levels of detail through new chemicals and interventions that can influence our brains to correct for errors or enhance functionality.

The plan is clear and only the heart can stop it. With every heart that opens, every mind that awakens, Wetiko is weakened. Heart and love are far more powerful than head and hate and so nothing like a majority is needed to turn this around.

Beyond the Phantom

Our heart is the prime target of Wetiko and so it must be the answer to Wetiko. We *are* our heart which is part of one heart, the infinite heart. Our heart is where the true self lives in a human life behind firewalls of five-sense illusion when an imposter takes its place – *Phantom Self*; but our heart waits patiently to be set free any time we choose to see beyond the Phantom, beyond Wetiko. A Wetikoed Phantom Self can wreak mass death and destruction while the love of forever is locked away in its heart. The time is here to unleash its power and let it sweep away the fear and despair that is Wetiko. Heart consciousness does not seek manipulated, censored, advantage for its belief or religion, its activism and desires. As an expression of the One it treats all as One with the same rights to freedom and opinion. Our heart demands fairness for itself no more than for others. From this unity of heart we can come together in mutual support and transform this Wetikoed world into what reality is meant to be – a place of love, joy, happiness, fairness, justice and freedom. Wetiko has another agenda and that's why the world is as

it is, but enough of this nonsense. Wetiko can't stay where hearts are open and it works so hard to keep them closed. Fear is its currency and its food source and love in its true sense has no fear. Why would love have fear when it knows it is *All That Is, Has Been, And Ever Can Be* on an eternal exploration of all possibility? Love in this true sense is not the physical attraction that passes for love. This can be an expression of it, yes, but Infinite Love, a love without condition, goes far deeper to the core of all being. It *is* the core of all being. Infinite realty was born from love beyond the illusions of the simulation. Love infinitely expressed is the knowing that all is One and the swiftly-passing experience of separation is a temporary hallucination. You cannot disconnect from Oneness; you can only *perceive* that you have and withdraw from its influence. This is the most important of all perception trickery by the mind parasite that is Wetiko and the foundation of all its potential for manipulation.

If we open our hearts, open the sluice gates of the mind, and redefine self-identity amazing things start to happen. Consciousness expands or contracts in accordance with self-identity. When true self is recognised as infinite awareness and label self – Phantom Self – is seen as only a series of brief experiences life is transformed. Consciousness expands to the extent that self-identity expands and everything changes. You see unity, not division, the picture, not the pixels. From this we can play the long game. No more is an experience something in and of itself, but a fleeting moment in the eternity of forever. Suddenly people in uniform and dark suits are no longer intimidating. Doing what your heart knows to be right is no longer intimidating and consequences for those actions take on the same nature of a brief experience that passes in the blink of an infinite eye. Intimidation is all in the mind. Beyond the mind there is no intimidation.

An open heart does not consider consequences for what it knows to be right. To do so would be to consider not doing what it knows to be right and for a heart in its power that is never an option. The Renegade Mind is really the Renegade Heart. Consideration of consequences will always provide a getaway car for the mind and

the heart doesn't want one. What is right in the light of what we face today is to stop cooperating with Wetiko in all its forms and to do it without fear or compromise. You cannot compromise with tyranny when tyranny always demands more until it has everything. Life is your perception and you are your destiny. Change your perception and you change your life. Change collective perception and we change the world.

Come on people … One human family, One heart, One goal … *FREEEEEEDOM*!

We must settle for nothing less.

Postscript

The big scare story as the book goes to press is the 'Indian' variant and the world is being deluged with propaganda about the 'Covid catastrophe' in India which mirrors in its lies and misrepresentations what happened in Italy before the first lockdown in 2020.

The *New York Post* published a picture of someone who had 'collapsed in the street from Covid' in India in April, 2021, which was actually taken during a gas leak in May, 2020. Same old, same old. Media articles in mid-February were asking why India had been so untouched by 'Covid' and then as their vaccine rollout gathered pace the alleged 'cases' began to rapidly increase. Indian 'Covid vaccine' maker Bharat Biotech was funded into existence by the Bill and Melinda Gates Foundation (the pair announced their divorce in May, 2021, which is a pity because they so deserve each other). The Indian 'Covid crisis' was ramped up by the media to terrify the world and prepare people for submission to still more restrictions. The scam that worked the first time was being repeated only with far more people seeing through the deceit. Davidicke.com and Ickonic.com have sought to tell the true story of what is happening by talking to people living through the Indian nightmare which has nothing to do with 'Covid'. We posted a letter from 'Alisha' in Pune who told a very different story to government and media mendacity. She said scenes of dying people and overwhelmed hospitals were designed to hide what was really happening – genocide and starvation. Alisha said that millions had already died of starvation during the ongoing lockdowns while government and media were lying and making it look like the 'virus':

Restaurants, shops, gyms, theatres, basically everything is shut. The cities are ghost towns. Even so-called 'essential' businesses are only open till 11am in the morning. You basically have just an hour to buy food and then your time is up.

Inter-state travel and even inter-district travel is banned. The cops wait at all major crossroads to question why you are traveling outdoors or to fine you if you are not wearing a mask.

The medical community here is also complicit in genocide, lying about hospitals being full and turning away people with genuine illnesses, who need immediate care. They have even created a shortage of oxygen cylinders.

This is the classic Cult modus operandi played out in every country. Alisha said that people who would not have a PCR test not testing for the 'virus' were being denied hospital treatment. She said the people hit hardest were migrant workers and those in rural areas. Most businesses employed migrant workers and with everything closed there were no jobs, no income and no food. As a result millions were dying of starvation or malnutrition. All this was happening under Prime Minister Narendra Modi, a 100-percent asset of the Cult, and it emphasises yet again the scale of pure anti-human evil we are dealing with. Australia banned its people from returning home from India with penalties for trying to do so of up to five years in jail and a fine of £37,000. The manufactured 'Covid' crisis in India was being prepared to justify further fascism in the West. Obvious connections could be seen between the Indian 'vaccine' programme and increased 'cases' and this became a common theme. The Seychelles, the most per capita 'Covid vaccinated' population in the world, went back into lockdown after a 'surge of cases'.

Long ago the truly evil Monsanto agricultural biotechnology corporation with its big connections to Bill Gates devastated Indian farming with genetically-modified crops. Human rights activist Gurcharan Singh highlighted the efforts by the Indian government to complete the job by destroying the food supply to hundreds of millions with 'Covid' lockdowns. He said that 415 million people at the bottom of the disgusting caste system (still going whatever they say) were below the poverty line and struggled to feed themselves every year. Now the government was imposing lockdown at just the

time to destroy the harvest. This deliberate policy was leading to mass starvation. People may reel back at the suggestion that a government would do that, but Wetiko-controlled 'leaders' are capable of any level of evil. In fact what is described in India is in the process of being instigated worldwide. The food chain and food supply are being targeted at every level to cause world hunger and thus control. Bill Gates is not the biggest owner of farmland in America for no reason and destroying access to food aids both the depopulation agenda and the plan for synthetic 'food' already being funded into existence by Gates. Add to this the coming hyper-inflation from the suicidal creation of fake 'money' in response to 'Covid' and the breakdown of container shipping systems and you have a cocktail that can only lead one way and is meant to. The Cult plan is to crash the entire system to 'build back better' with the Great Reset.

'Vaccine' transmission

Reports from all over the world continue to emerge of women suffering menstrual and fertility problems after having the fake 'vaccine' and of the non-'vaccinated' having similar problems when interacting with the 'vaccinated'. There are far too many for 'coincidence' to be credible. We've had menopausal women getting periods, others having periods stop or not stopping for weeks, passing clots, sometimes the lining of the uterus, breast irregularities, and miscarriages (which increased by 400 percent in parts of the United States). Non-'vaccinated' men and children have suffered blood clots and nose bleeding after interaction with the 'vaccinated'. Babies have died from the effects of breast milk from a 'vaccinated' mother. Awake doctors – the small minority – speculated on the cause of non-'vaccinated' suffering the same effects as the 'vaccinated'. Was it nanotechnology in the synthetic substance transmitting frequencies or was it a straight chemical bioweapon that was being transmitted between people? I am not saying that some kind of chemical transmission is not one possible answer, but the foundation of all that the Cult does is frequency and

this is fertile ground for understanding how transmission can happen. American doctor Carrie Madej, an internal medicine physician and osteopath, has been practicing for the last 20 years, teaching medical students, and she says attending different meetings where the agenda for humanity was discussed. Madej, who operates out of Georgia, did not dismiss other possible forms of transmission, but she focused on frequency in search of an explanation for transmission. She said the Moderna and Pfizer 'vaccines' contained nano-lipid particles as a key component. This was a brand new technology never before used on humanity. 'They're using a nanotechnology which is pretty much little tiny computer bits … nanobots or hydrogel.' Inside the 'vaccines' was 'this sci-fi kind of substance' which suppressed immune checkpoints to get into the cell. I referred to this earlier as the 'Trojan horse' technique that tricks the cell into opening a gateway for the self-replicating synthetic material and while the immune system is artificially suppressed the body has no defences. Madej said the substance served many purposes including an on-demand ability to 'deliver the payload' and using the nano 'computer bits' as biosensors in the body. 'It actually has the ability to accumulate data from your body, like your breathing, your respiration, thoughts, emotions, all kinds of things.'

She said the technology obviously has the ability to operate through Wi-Fi and transmit and receive energy, messages, frequencies or impulses. 'Just imagine you're getting this new substance in you and it can react to things all around you, the 5G, your smart device, your phones.' We had something completely foreign in the human body that had never been launched large scale at a time when we were seeing 5G going into schools and hospitals (plus the Musk satellites) and she believed the 'vaccine' transmission had something to do with this: '… if these people have this inside of them … it can act like an antenna and actually transmit it outwardly as well.' The synthetic substance produced its own voltage and so it could have that kind of effect. This fits with my own contention that the nano receiver-transmitters are designed to connect people to the

Smart Grid and break the receiver-transmitter connection to expanded consciousness. That would explain the French energy healer's experience of the disconnection of body from 'soul' with those who have had the 'vaccine'. The nanobots, self-replicating inside the body, would also transmit the synthetic frequency which could be picked up through close interaction by those who have not been 'vaccinated'. Madej speculated that perhaps it was 5G and increased levels of other radiation that was causing the symptoms directly although interestingly she said that non-'vaccinated' patients had shown improvement when they were away from the 'vaccinated' person they had interacted with. It must be remembered that you can control frequency and energy with your mind and you can consciously create energetic barriers or bubbles with the mind to stop damaging frequencies from penetrating your field. American paediatrician Dr Larry Palevsky said the 'vaccine' was not a 'vaccine' and was never designed to protect from a 'viral' infection. He called it 'a massive, brilliant propaganda of genocide' because they didn't have to inject everyone to get the result they wanted. He said the content of the jabs was able to infuse any material into the brain, heart, lungs, kidneys, liver, sperm and female productive system. 'This is genocide; this is a weapon of mass destruction.' At the same time American colleges were banning students from attending if they didn't have this life-changing and potentially life-ending 'vaccine'. Class action lawsuits must follow when the consequences of this college fascism come to light. As the book was going to press came reports about fertility effects on sperm in 'vaccinated' men which would absolutely fit with what I have been saying and hospitals continued to fill with 'vaccine' reactions. Another question is what about transmission via blood transfusions? The NHS has extended blood donation restrictions from seven days after a 'Covid vaccination' to 28 days after even a sore arm reaction.

I said in the spring of 2020 that the then touted 'Covid vaccine' would be ongoing each year like the flu jab. A year later Pfizer CEO, the appalling Albert Bourla, said people would 'likely' need a 'booster dose' of the 'vaccine' within 12 months of getting 'fully

vaccinated' and then a yearly shot. 'Variants will play a key role', he said confirming the point. Johnson & Johnson CEO Alex Gorsky also took time out from his 'vaccine' disaster to say that people may need to be vaccinated against 'Covid-19' each year. UK Health Secretary, the psychopath Matt Hancock, said additional 'boosters' would be available in the autumn of 2021. This is the trap of the 'vaccine passport'. The public will have to accept every last 'vaccine' they introduce, including for the fake 'variants', or it would cease to be valid. The only other way in some cases would be continuous testing with a test not testing for the 'virus' and what is on the swabs constantly pushed up your noise towards the brain every time?

'Vaccines' changing behaviour

I mentioned in the body of the book how I believed we would see gathering behaviour changes in the 'vaccinated' and I am already hearing such comments from the non-'vaccinated' describing behaviour changes in friends, loved ones and work colleagues. This will only increase as the self-replicating synthetic material and nanoparticles expand in body and brain. An article in the *Guardian* in 2016 detailed research at the University of Virginia in Charlottesville which developed a new method for controlling brain circuits associated with complex animal behaviour. The method, dubbed 'magnetogenetics', involves genetically-engineering a protein called ferritin, which stores and releases iron, to create a magnetised substance – 'Magneto' – that can activate specific groups of nerve cells from a distance. This is claimed to be an advance on other methods of brain activity manipulation known as optogenetics and chemogenetics (the Cult has been developing methods of brain control for a long time). The ferritin technique is said to be non-invasive and able to activate neurons 'rapidly and reversibly'. In other words, human thought and perception. The article said that earlier studies revealed how nerve cell proteins 'activated by heat and mechanical pressure can be genetically engineered so that they become sensitive to radio waves and magnetic fields, by attaching them to an iron-storing protein called ferritin, or to inorganic

paramagnetic particles'. Sensitive to radio waves and magnetic fields? You mean like 5G, 6G and 7G? This is the human-AI Smart Grid hive mind we are talking about. The *Guardian* article said:

> … the researchers injected Magneto into the striatum of freely behaving mice, a deep brain structure containing dopamine-producing neurons that are involved in reward and motivation, and then placed the animals into an apparatus split into magnetised and non-magnetised sections.
>
> Mice expressing Magneto spent far more time in the magnetised areas than mice that did not, because activation of the protein caused the striatal neurons expressing it to release dopamine, so that the mice found being in those areas rewarding. This shows that Magneto can remotely control the firing of neurons deep within the brain, and also control complex behaviours.

Make no mistake this basic methodology will be part of the 'Covid vaccine' cocktail and using magnetics to change brain function through electromagnetic field frequency activation. The Pentagon is developing a 'Covid vaccine' using ferritin. Magnetics would explain changes in behaviour and why videos are appearing across the Internet as I write showing how magnets stick to the skin at the point of the 'vaccine' shot. Once people take these 'vaccines' anything becomes possible in terms of brain function and illness which will be blamed on 'Covid-19' and 'variants'. Magnetic field manipulation would further explain why the non-'vaccinated' are reporting the same symptoms as the 'vaccinated' they interact with and why those symptoms are reported to decrease when not in their company. Interestingly 'Magneto', a 'mutant', is a character in the Marvel Comic *X-Men* stories with the ability to manipulate magnetic fields and he believes that mutants should fight back against their human oppressors by any means necessary. The character was born Erik Lehnsherr to a Jewish family in Germany.

Cult-controlled courts

The European Court of Human Rights opened the door for mandatory 'Covid-19 vaccines' across the continent when it ruled in a Czech Republic dispute over childhood immunisation that legally

enforced vaccination could be 'necessary in a democratic society'. The 17 judges decided that compulsory vaccinations did not breach human rights law. On the face of it the judgement was so inverted you gasp for air. If not having a vaccine infused into your body is not a human right then what is? Ah, but they said human rights law which has been specifically written to delete all human rights at the behest of the state (the Cult). Article 8 of the European Convention on Human Rights relates to the right to a private life. The crucial word here is *'except'*:

> There shall be no interference by a public authority with the exercise of this right EXCEPT such as is in accordance with the law and is necessary in a democratic society in the interests of national security, public safety or the economic wellbeing of the country, for the prevention of disorder or crime, for the protection of health or morals, or for the protection of the rights and freedoms of others [My emphasis].

No interference *except* in accordance with the law means there *are* no 'human rights' *except* what EU governments decide you can have at their behest. 'As is necessary in a democratic society' explains that reference in the judgement and 'in the interests of national security, public safety or the economic well-being of the country, for the prevention of disorder or crime, for the protection of health or morals, or for the protection of the rights and freedoms of others' gives the EU a coach and horses to ride through 'human rights' and scatter them in all directions. The judiciary is not a check and balance on government extremism; it is a vehicle to enforce it. This judgement was almost laughably predictable when the last thing the Cult wanted was a decision that went against mandatory vaccination. Judges rule over and over again to benefit the system of which they are a part. Vaccination disputes that come before them are invariably delivered in favour of doctors and authorities representing the view of the state which owns the judiciary. Oh, yes, and we have even had calls to stop putting 'Covid-19' on death certificates within 28 days of a 'positive test' because it is claimed the practice makes the 'vaccine' appear not to work. They are laughing at you.

The scale of madness, inhumanity and things to come was highlighted when those not 'vaccinated' for 'Covid' were refused evacuation from the Caribbean island of St Vincent during massive volcanic eruptions. Cruise ships taking residents to the safety of another island allowed only the 'vaccinated' to board and the rest were left to their fate. Even in life and death situations like this we see 'Covid' stripping people of their most basic human instincts and the insanity is even more extreme when you think that fake 'vaccine'-makers are not even claiming their body-manipulating concoctions stop 'infection' and 'transmission' of a 'virus' that doesn't exist. St Vincent Prime Minister Ralph Gonsalves said: 'The chief medical officer will be identifying the persons already vaccinated so that we can get them on the ship.' Note again the power of the chief medical officer who, like Whitty in the UK, will be answering to the World Health Organization. This is the Cult network structure that has overridden politicians who 'follow the science' which means doing what WHO-controlled 'medical officers' and 'science advisers' tell them. Gonsalves even said that residents who were 'vaccinated' after the order so they could board the ships would still be refused entry due to possible side effects such as 'wooziness in the head'. The good news is that if they were woozy enough in the head they could qualify to be prime minister of St Vincent.

Microchipping freedom

The European judgement will be used at some point to justify moves to enforce the 'Covid' DNA-manipulating procedure. Sandra Ro, CEO of the Global Blockchain Business Council, told a World Economic Forum event that she hoped 'vaccine passports' would help to 'drive forced consent and standardisation' of global digital identity schemes: 'I'm hoping with the desire and global demand for some sort of vaccine passport – so that people can get travelling and working again – [it] will drive forced consent, standardisation, and frankly, cooperation across the world.' The lady is either not very bright, or thoroughly mendacious, to use the term 'forced consent'.

You do not ‘consent’ if you are forced – you *submit*. She was describing what the plan has been all along and that’s to enforce a digital identity on every human without which they could not function. ‘Vaccine passports’ are opening the door and are far from the end goal. A digital identity would allow you to be tracked in everything you do in cyberspace and this is the same technique used by Cult-owned China to enforce its social credit system of total control. The ultimate ‘passport’ is planned to be a microchip as my books have warned for nearly 30 years. Those nice people at the Pentagon working for the Cult-controlled Defense Advanced Research Projects Agency (DARPA) claimed in April, 2021, they have developed a microchip inserted under the skin to detect ‘asymptomatic Covid-19 infection’ before it becomes an outbreak and a ‘revolutionary filter’ that can remove the ‘virus’ from the blood when attached to a dialysis machine. The only problems with this are that the ‘virus’ does not exist and people transmitting the ‘virus’ with no symptoms is brain-numbing bullshit. This is, of course, not a ruse to get people to be microchipped for very different reasons. DARPA also said it was producing a one-stop ‘vaccine’ for the ‘virus’ and all ‘variants’. One of the most sinister organisations on Planet Earth is doing this? Better have it then. These people are insane because Wetiko that possesses them is insane.

Researchers from the Salk Institute in California announced they have created an embryo that is part human and part monkey. My books going back to the 1990s have exposed experiments in top secret underground facilities in the United States where humans are being crossed with animal and non-human ‘extraterrestrial’ species. They are now easing that long-developed capability into the public arena and there is much more to come given we are dealing with psychiatric basket cases. Talking of which – Elon Musk’s scientists at Neuralink trained a monkey to play Pong and other puzzles on a computer screen using a joystick and when the monkey made the correct move a metal tube squirted banana smoothie into his mouth which is the basic technique for training humans into unquestioning compliance. Two Neuralink chips were in the monkey’s skull and

more than 2,000 wires 'fanned out' into its brain. Eventually the monkey played a video game purely with its brain waves. Psychopathic narcissist Musk said the 'breakthrough' was a step towards putting Neuralink chips into human skulls and merging minds with artificial intelligence. *Exactly*. This man is so dark and Cult to his DNA.

World Economic Fascism (WEF)

The World Economic Forum is telling you the plan by the statements made at its many and various events. Cult-owned fascist YouTube CEO Susan Wojcicki spoke at the 2021 WEF Global Technology Governance Summit (see the name) in which 40 governments and 150 companies met to ensure 'the responsible design and deployment of emerging technologies'. Orwellian translation: 'Ensuring the design and deployment of long-planned technologies will advance the Cult agenda for control and censorship.' Freedom-destroyer and Nuremberg-bound Wojcicki expressed support for tech platforms like hers to censor content that is 'technically legal but could be harmful'. Who decides what is 'harmful'? She does and they do. 'Harmful' will be whatever the Cult doesn't want people to see and we have legislation proposed by the UK government that would censor content on the basis of 'harm' no matter if the information is fair, legal and provably true. Make that *especially* if it is fair, legal and provably true. Wojcicki called for a global coalition to be formed to enforce content moderation standards through automated censorship. This is a woman and mega-censor so self-deluded that she shamelessly accepted a 'free expression' award – *Wojcicki* – in an event sponsored by her own *YouTube*. They have no shame and no self-awareness.

You know that 'Covid' is a scam and Wojcicki a Cult operative when YouTube is censoring medical and scientific opinion purely on the grounds of whether it supports or opposes the Cult 'Covid' narrative. Florida governor Ron DeSantis compiled an expert panel with four professors of medicine from Harvard, Oxford, and Stanford Universities who spoke against forcing children and

vaccinated people to wear masks. They also said there was no proof that lockdowns reduced spread or death rates of 'Covid-19'. Cult-gofer Wojcicki and her YouTube deleted the panel video 'because it included content that contradicts the consensus of local and global health authorities regarding the efficacy of masks to prevent the spread of Covid-19'. This 'consensus' refers to what the Cult tells the World Health Organization to say and the WHO tells 'local health authorities' to do. Wojcicki knows this, of course. The panellists pointed out that censorship of scientific debate was responsible for deaths from many causes, but Wojcicki couldn't care less. She would not dare go against what she is told and as a disgrace to humanity she wouldn't want to anyway. The UK government is seeking to pass a fascist 'Online Safety Bill' to specifically target with massive fines and other means non-censored video and social media platforms to make them censor 'lawful but harmful' content like the Cult-owned Facebook, Twitter, Google and YouTube. What is 'lawful but harmful' would be decided by the fascist Blair-created Ofcom.

Another WEF obsession is a cyber-attack on the financial system and this is clearly what the Cult has planned to take down the bank accounts of everyone – except theirs. Those that think they have enough money for the Cult agenda not to matter to them have got a big lesson coming if they continue to ignore what is staring them in the face. The World Economic Forum, funded by Gates and fronted by Klaus Schwab, announced it would be running a 'simulation' with the Russian government and global banks of just such an attack called Cyber Polygon 2021. What they simulate – as with the 'Covid' Event 201 – they plan to instigate. The WEF is involved in a project with the Cult-owned Carnegie Endowment for International Peace called the WEF-Carnegie Cyber Policy Initiative which seeks to merge Wall Street banks, 'regulators' (I love it) and intelligence agencies to 'prevent' (arrange and allow) a cyber-attack that would bring down the global financial system as long planned by those that control the WEF and the Carnegie operation. The Carnegie Endowment for International Peace sent an instruction to First World

War US President Woodrow Wilson not to let the war end before society had been irreversibly transformed.

The Wuhan lab diversion

As I close, the Cult-controlled authorities and lapdog media are systematically pushing 'the virus was released from the Wuhan lab' narrative. There are two versions – it happened by accident and it happened on purpose. Both are nonsense. The perceived existence of the never-shown-to-exist 'virus' is vital to sell the impression that there is actually an infective agent to deal with and to allow the endless potential for terrifying the population with 'variants' of a 'virus' that does not exist. The authorities at the time of writing are going with the 'by accident' while the alternative media is promoting the 'on purpose'. Cable news host Tucker Carlson who has questioned aspects of lockdown and 'vaccine' compulsion has bought the Wuhan lab story. 'Everyone now agrees' he said. Well, I don't and many others don't and the question is *why* does the system and its media suddenly 'agree'? When the media moves as one unit with a narrative it is always a lie – witness the hour by hour mendacity of the 'Covid' era. Why would this Cult-owned combination which has unleashed lies like machine gun fire suddenly 'agree' to tell the truth??

Much of the alternative media is buying the lie because it fits the conspiracy narrative, but it's the *wrong* conspiracy. The real conspiracy is that *there is no virus* and that is what the Cult is desperate to hide. The idea that the 'virus' was released by accident is ludicrous when the whole 'Covid' hoax was clearly long-planned and waiting to be played out as it was so fast in accordance with the Rockefeller document and Event 201. So they prepared everything in detail over decades and then sat around strumming their fingers waiting for an 'accidental' release from a bio-lab? *What??* It's crazy. Then there's the 'on purpose' claim. You want to circulate a 'deadly virus' and hide the fact that you've done so and you release it down the street from the highest-level bio-lab in China? I repeat – *What??*

You would release it far from that lab to stop any association being made. But, no, we'll do it in a place where the connection was certain to be made. Why would you need to scam 'cases' and 'deaths' and pay hospitals to diagnose 'Covid-19' if you had a real 'virus'? What are sections of the alternative media doing believing this crap? Where were all the mass deaths in Wuhan from a 'deadly pathogen' when the recovery to normal life after the initial propaganda was dramatic in speed? Why isn't the 'deadly pathogen' now circulating all over China with bodies in the street? Once again we have the technique of tell them what they want to hear and they will likely believe it. The alternative media has its 'conspiracy' and with Carlson it fits with his 'China is the danger' narrative over years. China *is* a danger as a global Cult operations centre, but not for this reason. The Wuhan lab story also has the potential to instigate conflict with China when at some stage the plan is to trigger a Problem-Reaction-Solution confrontation with the West. Question everything – *everything* – and especially when the media agrees on a common party line.

Third wave ... fourth wave ... fifth wave ...

As the book went into production the world was being set up for more lockdowns and a 'third wave' supported by invented 'variants' that were increasing all the time and will continue to do so in public statements and computer programs, but not in reality. India became the new Italy in the 'Covid' propaganda campaign and we were told to be frightened of the new 'Indian strain'. Somehow I couldn't find it within myself to do so. A document produced for the UK government entitled 'Summary of further modelling of easing of restrictions – Roadmap Step 2' declared that a third wave was inevitable (of course when it's in the script) and it would be the fault of children and those who refuse the health-destroying fake 'Covid vaccine'. One of the computer models involved came from the Cult-owned *Imperial College* and the other from Warwick University which I wouldn't trust to tell me the date in a calendar factory. The document states that both models presumed extremely high uptake

of the ‘Covid vaccines’ and didn’t allow for ‘variants’. The document states: ‘The resurgence is a result of some people (mostly children) being ineligible for vaccination; others choosing not to receive the vaccine; and others being vaccinated but not perfectly protected.’ The mendacity takes the breath away. Okay, blame those with a brain who won’t take the DNA-modifying shots and put more pressure on children to have it as ‘trials’ were underway involving children as young as six months with parents who give insanity a bad name. Massive pressure is being put on the young to have the fake ‘vaccine’ and child age consent limits have been systematically lowered around the world to stop parents intervening. Most extraordinary about the document was its claim that the ‘third wave’ would be driven by ‘the resurgence in both hospitalisations and deaths … dominated by *those that have received two doses of the vaccine*, comprising around 60-70% of the wave respectively’. The predicted peak of the ‘third wave’ suggested 300 deaths per day with 250 of them *fully ‘vaccinated’ people*. How many more lies do acquiescers need to be told before they see the obvious? Those who took the jab to ‘protect themselves’ are projected to be those who mostly get sick and die? So what’s in the ‘vaccine’? The document went on:

> It is possible that a summer of low prevalence could be followed by substantial increases in incidence over the following autumn and winter. Low prevalence in late summer should not be taken as an indication that SARS-CoV-2 has retreated or that the population has high enough levels of immunity to prevent another wave.

They are telling you the script and while many British people believed ‘Covid’ restrictions would end in the summer of 2021 the government was preparing for them to be ongoing. Authorities were awarding contracts for ‘Covid marshals’ to police the restrictions with contracts starting in July, 2021, and going through to January 31st, 2022, and the government was advertising for ‘Media Buying Services’ to secure media propaganda slots worth a potential £320 million for ‘Covid-19 campaigns’ with a contract not ending until March, 2022. The recipient – via a list of other front companies – was reported to be American media marketing giant Omnicom Group

Inc. While money is no object for ‘Covid’ the UK waiting list for all other treatment – including life-threatening conditions – passed 4.5 million. Meantime the Cult is seeking to control all official ‘inquiries’ to block revelations about what has really been happening and why. It must not be allowed to – we need Nuremberg jury trials in every country. The cover-up doesn’t get more obvious than appointing ultra-Zionist professor Philip Zelikow to oversee two dozen US virologists, public health officials, clinicians, former government officials and four American ‘charitable foundations’ to ‘learn the lessons’ of the ‘Covid’ debacle. The personnel will be those that created and perpetuated the ‘Covid’ lies while Zelikow is the former executive director of the 9/11 Commission who ensured that the truth about those attacks never came out and produced a report that must be among the most mendacious and manipulative documents ever written – see *The Trigger* for the detailed exposure of the almost unimaginable 9/11 story in which Sabbatians can be found at every level.

Passive no more

People are increasingly challenging the authorities with amazing numbers of people taking to the streets in London well beyond the ability of the Face-Nappies to stop them. Instead the Nappies choose situations away from the mass crowds to target, intimidate, and seek to promote the impression of ‘violent protestors’. One such incident happened in London’s Hyde Park. Hundreds of thousands walking through the streets in protest against ‘Covid’ fascism were ignored by the Cult-owned BBC and most of the rest of the mainstream media, but they delighted in reporting how police were injured in ‘clashes with protestors’. The truth was that a group of people gathered in Hyde Park at the end of one march when most had gone home and they were peacefully having a good time with music and chat. Face-Nappies who couldn’t deal with the full-march crowd then waded in with their batons and got more than they bargained for. Instead of just standing for this criminal brutality the crowd used their numerical superiority to push the Face-Nappies out of the

park. Eventually the Nappies turned and ran. Unfortunately two or three idiots in the crowd threw drink cans striking two officers which gave the media and the government the image they wanted to discredit the 99.9999 percent who were peaceful. The idiots walked straight into the trap and we must always be aware of potential agent provocateurs used by the authorities to discredit their targets.

This response from the crowd – the can people apart – must be a turning point when the public no longer stand by while the innocent are arrested and brutally attacked by the Face-Nappies. That doesn't mean to be violent, that's the last thing we need. We'll leave the violence to the Face-Nappies and government. But it does mean that when the Face-Nappies use violence against peaceful people the numerical superiority is employed to stop them and make citizen's arrests or Common Law arrests for a breach of the peace. The time for being passive in the face of fascism is over.

We are the many, they are the few, and we need to make that count before there is no freedom left and our children and grandchildren face an ongoing fascist nightmare.

COME ON PEOPLE – IT'S TIME.

One final thought …

The power of love
A force from above
Cleaning my soul
Flame on burn desire
Love with tongues of fire
Purge the soul
Make love your goal

I'll protect you from the hooded claw
Keep the vampires from your door
When the chips are down I'll be around
With my undying, death-defying
Love for you

Envy will hurt itself
Let yourself be beautiful
Sparkling love, flowers
And pearls and pretty girls
Love is like an energy
Rushin' rushin' inside of me

This time we go sublime
Lovers entwine, divine, divine,
Love is danger, love is pleasure
Love is pure – the only treasure

I'm so in love with you
Purge the soul
Make love your goal

The power of love
A force from above
Cleaning my soul
The power of love
A force from above
A sky-scraping dove

Flame on burn desire
Love with tongues of fire
Purge the soul
Make love your goal

Frankie Goes To Hollywood

APPENDIX

Cowan-Kaufman-Morell Statement on Virus Isolation (SOVI)

Isolation: The action of isolating; the fact or condition of being isolated or standing alone; separation from other things or persons; solitariness
Oxford English Dictionary

The controversy over whether the SARS-CoV-2 virus has ever been isolated or purified continues. However, using the above definition, common sense, the laws of logic and the dictates of science, any unbiased person must come to the conclusion that the SARS-CoV-2 virus has never been isolated or purified. As a result, no confirmation of the virus' existence can be found. The logical, common sense, and scientific consequences of this fact are:

- the structure and composition of something not shown to exist can't be known, including the presence, structure, and function of any hypothetical spike or other proteins;
- the genetic sequence of something that has never been found can't be known;
- "variants" of something that hasn't been shown to exist can't be known;
- it's impossible to demonstrate that SARS-CoV-2 causes a disease called Covid-19.

In as concise terms as possible, here's the proper way to isolate, characterize and demonstrate a new virus. First, one takes samples (blood, sputum, secretions) from many people (e.g. 500) with symptoms which are unique and specific enough to characterize an illness. Without mixing these samples with ANY tissue or products that also contain genetic material, the virologist macerates, filters and ultracentrifuges i.e. *purifies* the specimen. This common virology technique, done for decades to isolate bacteriophages[1] and so-called giant viruses in every virology lab, then allows the virologist to demonstrate with electron microscopy thousands of identically sized and shaped particles. These particles are the isolated and purified virus.

These identical particles are then checked for uniformity by physical and/or microscopic techniques. Once the purity is determined, the particles may be further characterized. This would include examining the structure, morphology, and chemical composition of the particles. Next, their genetic makeup is characterized by extracting the genetic material directly from the purified particles and using genetic-sequencing techniques, such as Sanger sequencing, that have also been around for decades. Then one does an analysis to confirm that these uniform particles are exogenous (outside) in origin as a virus is conceptualized to be, and not the normal breakdown products of dead and dying tissues.[2] (As of May 2020, we know that virologists have no way to determine whether the particles they're seeing are viruses or just normal break-down products of dead and dying tissues.)[3]

1 Isolation, characterization and analysis of bacteriophages from the haloalkaline lake Elmenteita, KenyaJuliah Khayeli Akhwale et al, PLOS One, Published: April 25, 2019. https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0215734 — accessed 2/15/21

2 "Extracellular Vesicles Derived From Apoptotic Cells: An Essential Link Between Death and Regeneration," Maojiao Li1 et al, Frontiers in Cell and Developmental Biology, 2020 October 2. https://www.frontiersin.org/articles/10.3389/fcell.2020.573511/full — accessed 2/15/21

3 "The Role of Extraellular Vesicles as Allies of HIV, HCV and SARS Viruses," Flavia Giannessi, et al, Viruses, 2020 May

If we have come this far then we have fully isolated, characterized, and genetically sequenced an exogenous virus particle. However, we still have to show it is causally related to a disease. This is carried out by exposing a group of healthy subjects (animals are usually used) to this isolated, purified virus in the manner in which the disease is thought to be transmitted. If the animals get sick with the same disease, as confirmed by clinical and autopsy findings, one has now shown that the virus actually causes a disease. This demonstrates infectivity and transmission of an infectious agent.

None of these steps has even been attempted with the SARS-CoV-2 virus, nor have all these steps been successfully performed for any so-called pathogenic virus. Our research indicates that a single study showing these steps does not exist in the medical literature.

Instead, since 1954, virologists have taken unpurified samples from a relatively few people, often less than ten, with a similar disease. They then minimally process this sample and inoculate this unpurified sample onto tissue culture containing usually four to six other types of material – all of which contain identical genetic material as to what is called a "virus." The tissue culture is starved and poisoned and naturally disintegrates into many types of particles, some of which contain genetic material. Against all common sense, logic, use of the English language and scientific integrity, this process is called "virus isolation." This brew containing fragments of genetic material from many sources is then subjected to genetic analysis, which then creates in a computer-simulation process the alleged sequence of the alleged virus, a so called in silico genome. At no time is an actual virus confirmed by electron microscopy. At no time is a genome extracted and sequenced from an actual virus. This is scientific fraud.

The observation that the unpurified specimen — inoculated onto tissue culture along with toxic antibiotics, bovine fetal tissue, amniotic fluid and other tissues — destroys the kidney tissue onto which it is inoculated is given as evidence of the virus' existence and pathogenicity. This is scientific fraud.

From now on, when anyone gives you a paper that suggests the SARS-CoV-2 virus has been isolated, please check the methods sections. If the researchers used Vero cells or any other culture method, you know that their process was not isolation. You will hear the following excuses for why actual isolation isn't done:

1. There were not enough virus particles found in samples from patients to analyze.

2. Viruses are intracellular parasites; they can't be found outside the cell in this manner.

If No. 1 is correct, and we can't find the virus in the sputum of sick people, then on what evidence do we think the virus is dangerous or even lethal? If No. 2 is correct, then how is the virus spread from person to person? We are told it emerges from the cell to infect others. Then why isn't it possible to find it?

Finally, questioning these virology techniques and conclusions is not some distraction or divisive issue. Shining the light on this truth is essential to stop this terrible fraud that humanity is confronting. For, as we now know, if the virus has never been isolated, sequenced or shown to cause illness, if the virus is imaginary, then why are we wearing masks, social distancing and putting the whole world into prison?

Finally, if pathogenic viruses don't exist, then what is going into those injectable devices erroneously called "vaccines," and what is their purpose? This scientific question is the most urgent and relevant one of our time.

We are correct. The SARS-CoV2 virus does not exist.

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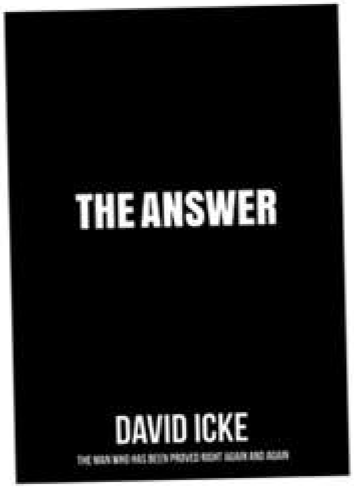

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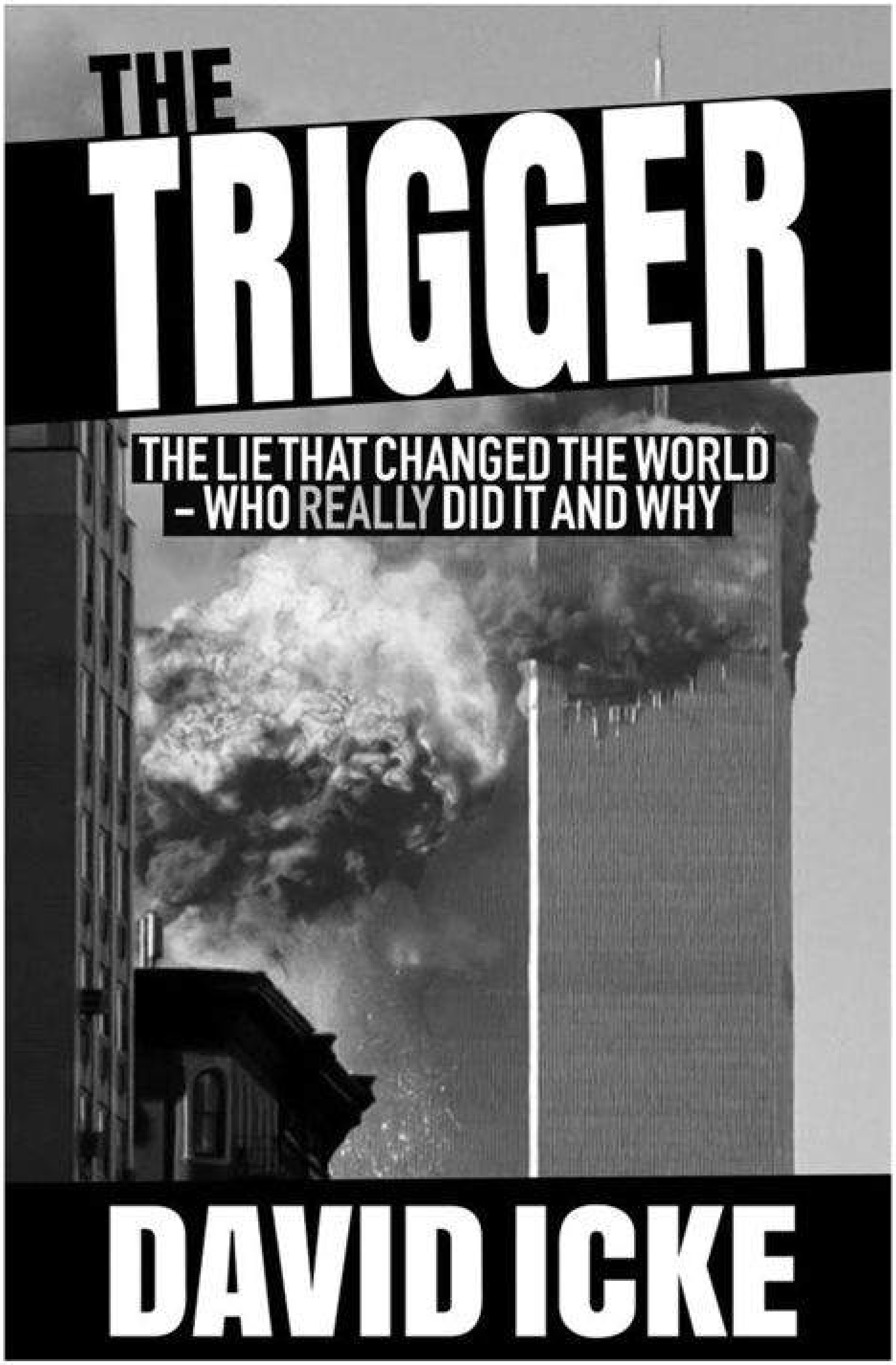

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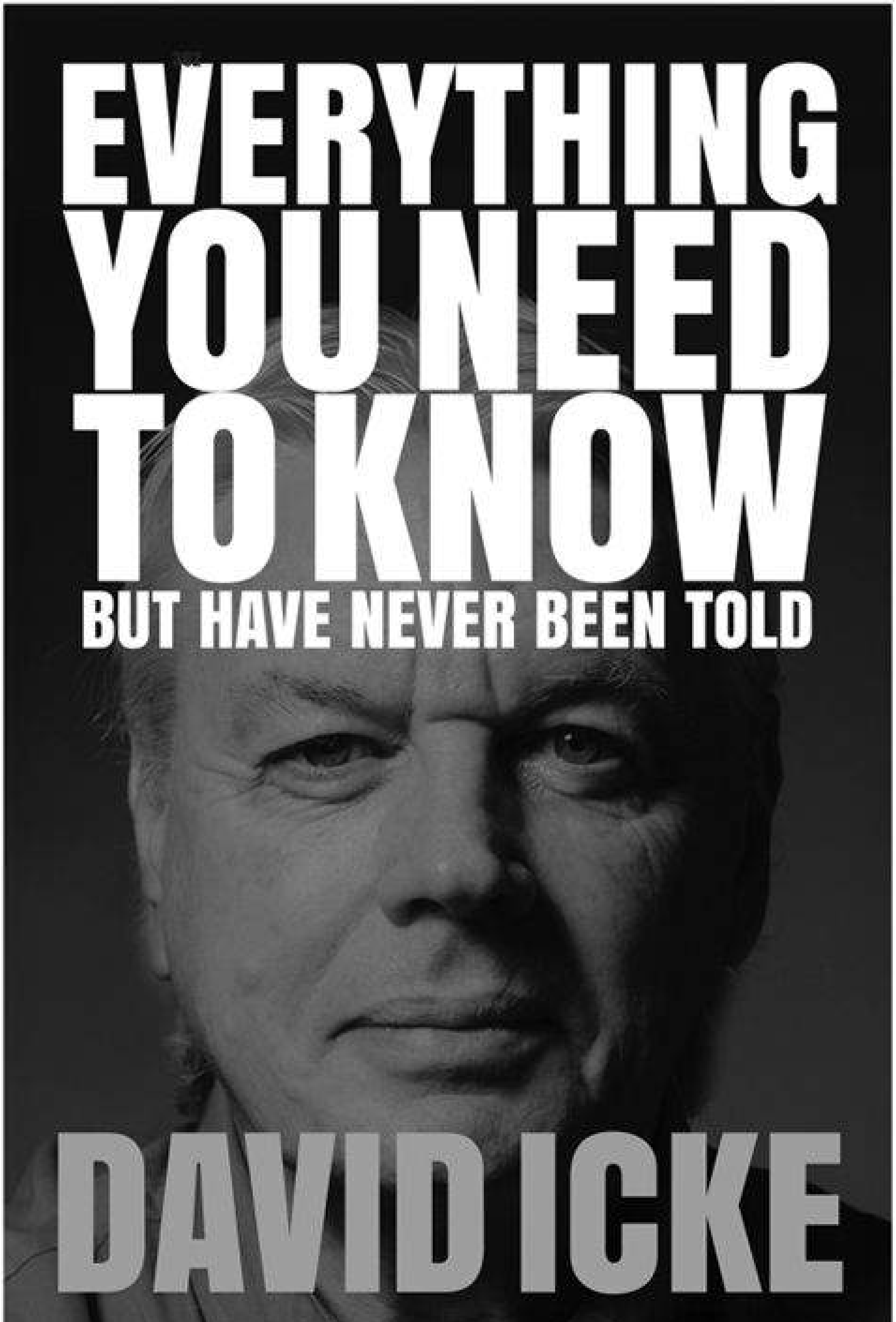
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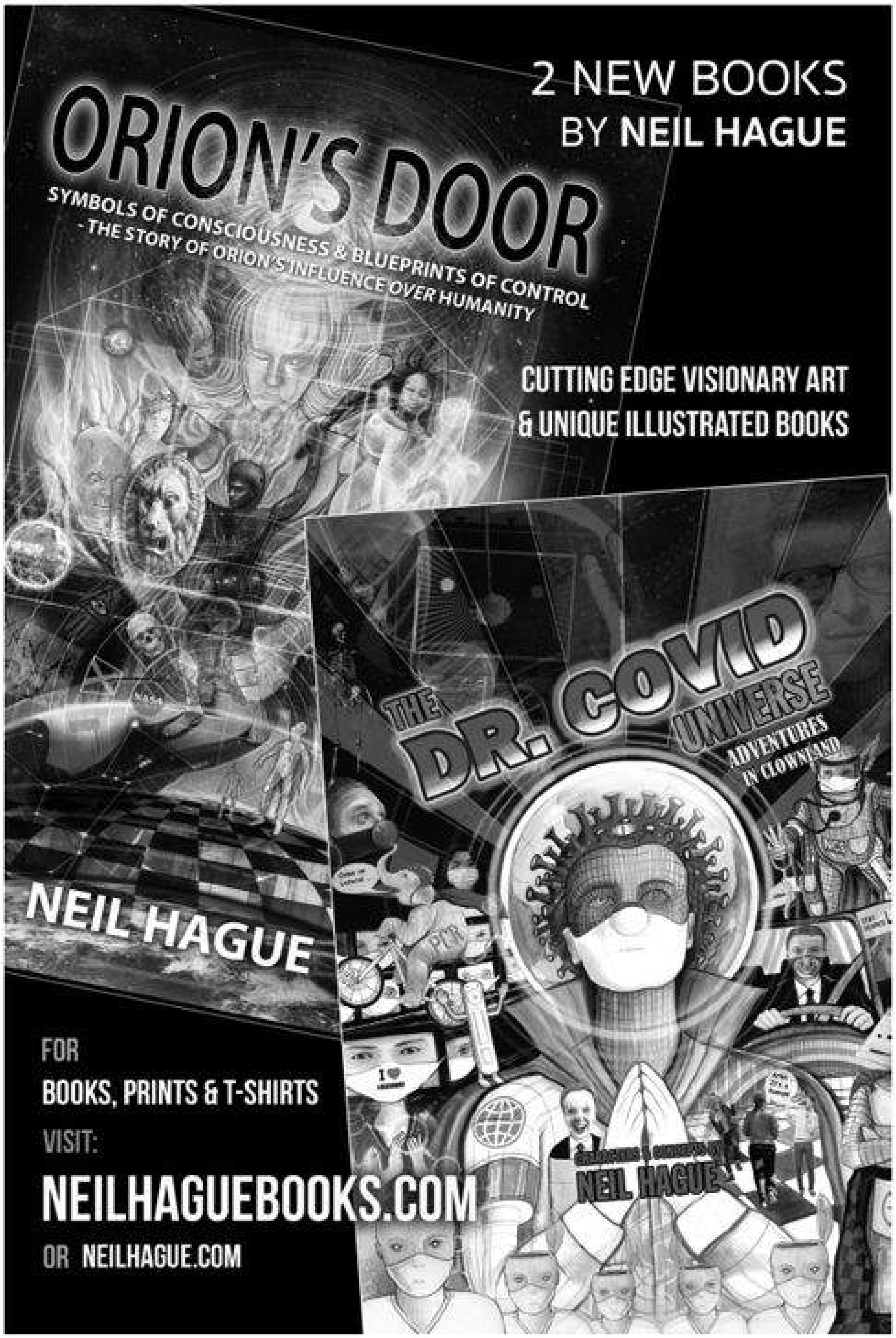

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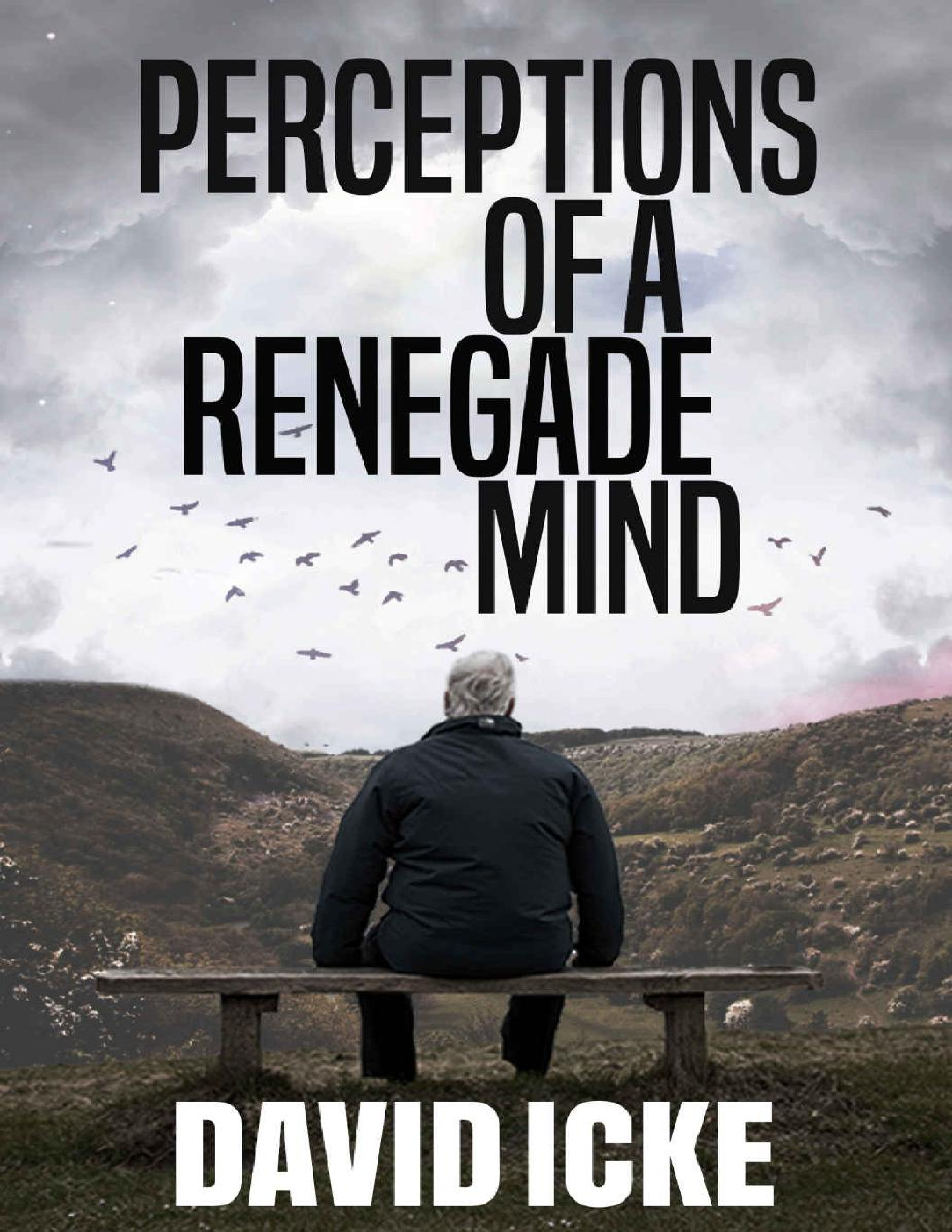
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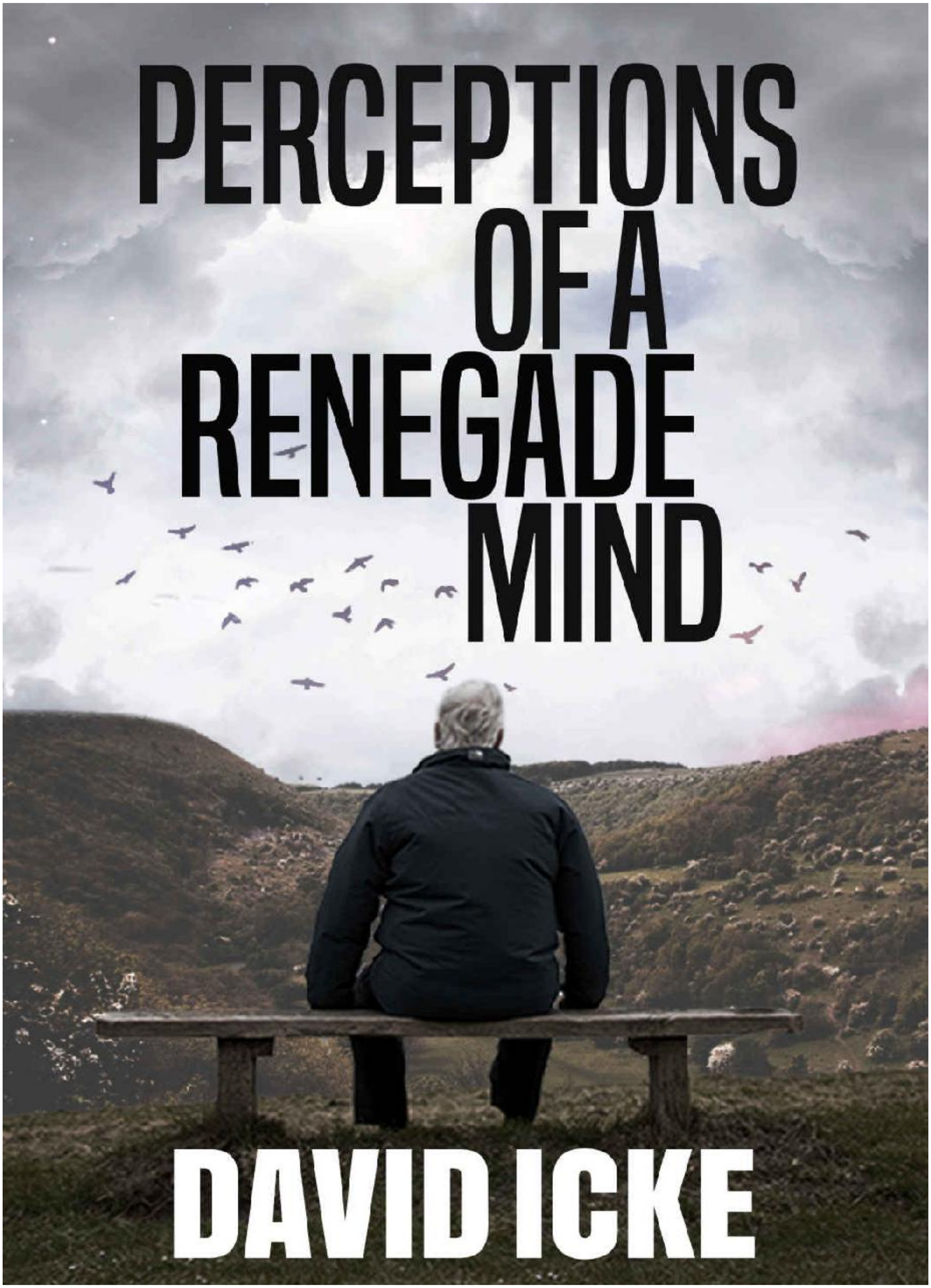
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PERCEPTIONS OF A RENEGADE MIND

DAVID ICKE

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Renegade:
Adjective
'Having rejected tradition: Unconventional.'
Merriam-Webster Dictionary

Acquiescence to tyranny is the death of the spirit

You may be 38 years old, as I happen to be. And one day, some great opportunity stands before you and calls you to stand up for some great principle, some great issue, some great cause. And you refuse to do it because you are afraid … You refuse to do it because you want to live longer … You're afraid that you will lose your job, or you are afraid that you will be criticised or that you will lose your popularity, or you're afraid that somebody will stab you, or shoot at you or bomb your house; so you refuse to take the stand.

Well, you may go on and live until you are 90, but you're just as dead at 38 as you would be at 90. And the cessation of breathing in your life is but the belated announcement of an earlier death of the spirit.

Martin Luther King

How the few control the many and always have – the many do whatever they're told

'Forward, the Light Brigade!'
Was there a man dismayed?
Not though the soldier knew
Someone had blundered.
Theirs not to make reply,
Theirs not to reason why,
Theirs but to do and die.
Into the valley of Death
Rode the six hundred.

Cannon to right of them,
Cannon to left of them,
Cannon in front of them
Volleyed and thundered;
Stormed at with shot and shell,
Boldly they rode and well,
Into the jaws of Death,
Into the mouth of hell
Rode the six hundred

Alfred Lord Tennyson (1809-1892)

The mist is lifting slowly
I can see the way ahead
And I've left behind the empty streets
That once inspired my life
And the strength of the emotion
Is like thunder in the air
'Cos the promise that we made each other
Haunts me to the end

The secret of your beauty
And the mystery of your soul
I've been searching for in everyone I meet
And the times I've been mistaken
It's impossible to say
And the grass is growing
Underneath our feet

The words that I remember
From my childhood still are true
That there's none so blind
As those who will not see
And to those who lack the courage
And say it's dangerous to try
Well they just don't know
That love eternal will not be denied

I know you're out there somewhere
Somewhere, somewhere
I know you're out there somewhere

Somewhere you can hear my voice
I know I'll find you somehow
Somehow, somehow
I know I'll find you somehow
And somehow I'll return again to you

The Moody Blues

Are you a gutless wonder – or a Renegade Mind?

Monuments put from pen to paper,
Turns me into a gutless wonder,
And if you tolerate this,
Then your children will be next.
Gravity keeps my head down,
Or is it maybe shame ...

Manic Street Preachers

Rise like lions after slumber
In unvanquishable number.
Shake your chains to earth like dew
Which in sleep have fallen on you.
Ye are many – they are few.

Percy Shelley

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CHAPTER ONE

I'm thinking' – Oh, but *are* you?

Think for yourself and let others enjoy the privilege of doing so too
Voltaire

French-born philosopher, mathematician and scientist René Descartes became famous for his statement in Latin in the 17th century which translates into English as: 'I think, therefore I am.'

On the face of it that is true. Thought reflects perception and perception leads to both behaviour and self-identity. In that sense 'we' are what we think. But who or what is doing the thinking and is thinking the only route to perception? Clearly, as we shall see, 'we' are not always the source of 'our' perception, indeed with regard to humanity as a whole this is rarely the case; and thinking is far from the only means of perception. Thought is the village idiot compared with other expressions of consciousness that we all have the potential to access and tap into. This has to be true when we *are* those other expressions of consciousness which are infinite in nature. We have forgotten this, or, more to the point, been manipulated to forget.

These are not just the esoteric musings of the navel. The whole foundation of human control and oppression is control of perception. Once perception is hijacked then so is behaviour which is dictated by perception. Collective perception becomes collective behaviour and collective behaviour is what we call human society. Perception is all and those behind human control know that which is

why perception is the target 24/7 of the psychopathic manipulators that I call the Global Cult. They know that if they dictate perception they will dictate behaviour and collectively dictate the nature of human society. They are further aware that perception is formed from information received and if they control the circulation of information they will to a vast extent direct human behaviour. Censorship of information and opinion has become globally Nazi-like in recent years and never more blatantly than since the illusory 'virus pandemic' was triggered out of China in 2019 and across the world in 2020. Why have billions submitted to house arrest and accepted fascistic societies in a way they would have never believed possible? Those controlling the information spewing from government, mainstream media and Silicon Valley (all controlled by the same Global Cult networks) told them they were in danger from a 'deadly virus' and only by submitting to house arrest and conceding their most basic of freedoms could they and their families be protected. This monumental and provable lie became the *perception* of the billions and therefore the *behaviour* of the billions. In those few words you have the whole structure and modus operandi of human control. Fear is a perception – **F**alse **E**motion **A**ppearing **R**eal – and fear is the currency of control. In short … get them by the balls (or give them the impression that you have) and their hearts and minds will follow. Nothing grips the dangly bits and freezes the rear-end more comprehensively than fear.

World number 1

There are two 'worlds' in what appears to be one 'world' and the prime difference between them is knowledge. First we have the mass of human society in which the population is maintained in coldly-calculated ignorance through control of information and the 'education' (indoctrination) system. That's all you really need to control to enslave billions in a perceptual delusion in which what are perceived to be *their* thoughts and opinions are ever-repeated mantras that the system has been downloading all their lives through 'education', media, science, medicine, politics and academia

in which the personnel and advocates are themselves overwhelmingly the perceptual products of the same repetition. Teachers and academics in general are processed by the same programming machine as everyone else, but unlike the great majority they never leave the 'education' program. It gripped them as students and continues to grip them as programmers of subsequent generations of students. The programmed become the programmers – the programmed programmers. The same can largely be said for scientists, doctors and politicians and not least because as the American writer Upton Sinclair said: 'It is difficult to get a man to understand something when his salary depends upon his not understanding it.' If your career and income depend on thinking the way the system demands then you will – bar a few free-minded exceptions – concede your mind to the Perceptual Mainframe that I call the Postage Stamp Consensus. This is a tiny band of perceived knowledge and possibility 'taught' (downloaded) in the schools and universities, pounded out by the mainstream media and on which all government policy is founded. Try thinking, and especially speaking and acting, outside of the 'box' of consensus and see what that does for your career in the Mainstream Everything which bullies, harasses, intimidates and ridicules the population into compliance. Here we have the simple structure which enslaves most of humanity in a perceptual prison cell for an entire lifetime and I'll go deeper into this process shortly. Most of what humanity is taught as fact is nothing more than programmed belief. American science fiction author Frank Herbert was right when he said: 'Belief can be manipulated. Only knowledge is dangerous.' In the 'Covid' age belief is promoted and knowledge is censored. It was always so, but never to the extreme of today.

World number 2

A 'number 2' is slang for 'doing a poo' and how appropriate that is when this other 'world' is doing just that on humanity every minute of every day. World number 2 is a global network of secret societies and semi-secret groups dictating the direction of society via

governments, corporations and authorities of every kind. I have spent more than 30 years uncovering and exposing this network that I call the Global Cult and knowing its agenda is what has made my books so accurate in predicting current and past events. Secret societies are secret for a reason. They want to keep their hoarded knowledge to themselves and their chosen initiates and to hide it from the population which they seek through ignorance to control and subdue. The whole foundation of the division between World 1 and World 2 is *knowledge*. What number 1 knows number 2 must not. Knowledge they have worked so hard to keep secret includes (a) the agenda to enslave humanity in a centrally-controlled global dictatorship, and (b) the nature of reality and life itself. The latter (b) must be suppressed to allow the former (a) to prevail as I shall be explaining. The way the Cult manipulates and interacts with the population can be likened to a spider's web. The 'spider' sits at the centre in the shadows and imposes its will through the web with each strand represented in World number 2 by a secret society, satanic or semi-secret group, and in World number 1 – the world of the seen – by governments, agencies of government, law enforcement, corporations, the banking system, media conglomerates and Silicon Valley (Fig 1 overleaf). The spider and the web connect and coordinate all these organisations to pursue the same global outcome while the population sees them as individual entities working randomly and independently. At the level of the web governments *are* the banking system *are* the corporations *are* the media *are* Silicon Valley *are* the World Health Organization working from their inner cores as one unit. Apparently unconnected countries, corporations, institutions, organisations and people are on the *same team* pursuing the same global outcome. Strands in the web immediately around the spider are the most secretive and exclusive secret societies and their membership is emphatically restricted to the Cult inner-circle emerging through the generations from particular bloodlines for reasons I will come to. At the core of the core you would get them in a single room. That's how many people are dictating the direction of human society and its transformation

through the ‘Covid’ hoax and other means. As the web expands out from the spider we meet the secret societies that many people will be aware of – the Freemasons, Knights Templar, Knights of Malta, Opus Dei, the inner sanctum of the Jesuit Order, and such like. Note how many are connected to the Church of Rome and there is a reason for that. The Roman Church was established as a revamp, a rebranding, of the relocated ‘Church’ of Babylon and the Cult imposing global tyranny today can be tracked back to Babylon and Sumer in what is now Iraq.

Figure 1: The global web through which the few control the many. (Image Neil Hague.)

Inner levels of the web operate in the unseen away from the public eye and then we have what I call the cusp organisations located at the point where the hidden meets the seen. They include a series of satellite organisations answering to a secret society founded in London in the late 19th century called the Round Table and among them are the Royal Institute of International Affairs (UK, founded in 1920); Council on Foreign Relations (US, 1921); Bilderberg Group (worldwide, 1954); Trilateral Commission (US/worldwide, 1972); and the Club of Rome (worldwide, 1968) which was created to exploit environmental concerns to justify the centralisation of global power to ‘save the planet’. The Club of Rome instigated with others the human-caused climate change hoax which has led to all the ‘green

new deals' demanding that very centralisation of control. Cusp organisations, which include endless 'think tanks' all over the world, are designed to coordinate a single global policy between political and business leaders, intelligence personnel, media organisations and anyone who can influence the direction of policy in their own sphere of operation. Major players and regular attenders will know what is happening – or some of it – while others come and go and are kept overwhelmingly in the dark about the big picture. I refer to these cusp groupings as semi-secret in that they can be publicly identified, but what goes on at the inner-core is kept very much 'in house' even from most of their members and participants through a fiercely-imposed system of compartmentalisation. Only let them know what they need to know to serve your interests and no more. The structure of secret societies serves as a perfect example of this principle. Most Freemasons never get higher than the bottom three levels of 'degree' (degree of knowledge) when there are 33 official degrees of the Scottish Rite. Initiates only qualify for the next higher 'compartment' or degree if those at that level choose to allow them. Knowledge can be carefully assigned only to those considered 'safe'. I went to my local Freemason's lodge a few years ago when they were having an 'open day' to show how cuddly they were and when I chatted to some of them I was astonished at how little the rank and file knew even about the most ubiquitous symbols they use. The mushroom technique – keep them in the dark and feed them bullshit – applies to most people in the web as well as the population as a whole. Sub-divisions of the web mirror in theme and structure transnational corporations which have a headquarters somewhere in the world dictating to all their subsidiaries in different countries. Subsidiaries operate in their methodology and branding to the same centrally-dictated plan and policy in pursuit of particular ends. The Cult web functions in the same way. Each country has its own web as a subsidiary of the global one. They consist of networks of secret societies, semi-secret groups and bloodline families and their job is to impose the will of the spider and the global web in their particular country. Subsidiary networks control and manipulate the national political system, finance, corporations, media, medicine, etc. to

ensure that they follow the globally-dictated Cult agenda. These networks were the means through which the 'Covid' hoax could be played out with almost every country responding in the same way.

The 'Yessir' pyramid

Compartmentalisation is the key to understanding how a tiny few can dictate the lives of billions when combined with a top-down sequence of imposition and acquiescence. The inner core of the Cult sits at the peak of the pyramidal hierarchy of human society (Fig 2 overleaf). It imposes its will – its agenda for the world – on the level immediately below which acquiesces to that imposition. This level then imposes the Cult will on the level below them which acquiesces and imposes on the next level. Very quickly we meet levels in the hierarchy that have no idea there even is a Cult, but the sequence of imposition and acquiescence continues down the pyramid in just the same way. 'I don't know why we are doing this but the order came from "on-high" and so we better just do it.' Alfred Lord Tennyson said of the cannon fodder levels in his poem *The Charge of the Light Brigade*: 'Theirs not to reason why; theirs but to do and die.' The next line says that 'into the valley of death rode the six hundred' and they died because they obeyed without question what their perceived 'superiors' told them to do. In the same way the population capitulated to 'Covid'. The whole hierarchical pyramid functions like this to allow the very few to direct the enormous many. Eventually imposition-acquiescence-imposition-acquiescence comes down to the mass of the population at the foot of the pyramid. If they acquiesce to those levels of the hierarchy imposing on them (governments/law enforcement/doctors/media) a circuit is completed between the population and the handful of super-psychopaths in the Cult inner core at the top of the pyramid. Without a circuit-breaking refusal to obey, the sequence of imposition and acquiescence allows a staggeringly few people to impose their will upon the entirety of humankind. We are looking at the very sequence that has subjugated billions since the start of 2020. Our freedom has not been taken from us. Humanity has given it

away. Fascists do not impose fascism because there are not enough of them. Fascism is imposed by the population acquiescing to fascism. Put another way allowing their perceptions to be programmed to the extent that leads to the population giving their freedom away by giving their perceptions – their mind – away. If this circuit is not broken by humanity ceasing to cooperate with their own enslavement then nothing can change. For that to happen people have to critically think and see through the lies and window dressing and then summon the backbone to act upon what they see. The Cult spends its days working to stop either happening and its methodology is systematic and highly detailed, but it can be overcome and that is what this book is all about.

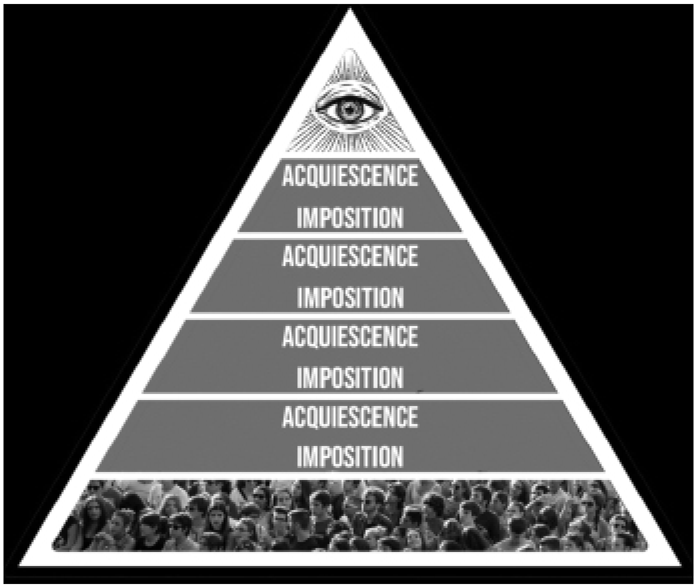

Figure 2: The simple sequence of imposition and compliance that allows a handful of people at the peak of the pyramid to dictate the lives of billions.

The Life Program

Okay, back to world number 1 or the world of the 'masses'. Observe the process of what we call 'life' and it is a perceptual download from cradle to grave. The Cult has created a global structure in which perception can be programmed and the program continually topped-up with what appears to be constant confirmation that the program is indeed true reality. The important word here is 'appears'.

This is the structure, the fly-trap, the Postage Stamp Consensus or Perceptual Mainframe, which represents that incredibly narrow band of perceived possibility delivered by the 'education' system, mainstream media, science and medicine. From the earliest age the download begins with parents who have themselves succumbed to the very programming their children are about to go through. Most parents don't do this out of malevolence and mostly it is quite the opposite. They do what they believe is best for their children and that is what the program has told them is best. Within three or four years comes the major transition from parental programming to full-blown state (Cult) programming in school, college and university where perceptually-programmed teachers and academics pass on their programming to the next generations. Teachers who resist are soon marginalised and their careers ended while children who resist are called a problem child for whom Ritalin may need to be prescribed. A few years after entering the 'world' children are under the control of authority figures representing the state telling them when they have to be there, when they can leave and when they can speak, eat, even go to the toilet. This is calculated preparation for a lifetime of obeying authority in all its forms. Reflex-action fear of authority is instilled by authority from the start. Children soon learn the carrot and stick consequences of obeying or defying authority which is underpinned daily for the rest of their life. Fortunately I daydreamed through this crap and never obeyed authority simply because it told me to. This approach to my alleged 'betters' continues to this day. There can be consequences of pursuing open-minded freedom in a world of closed-minded conformity. I spent a lot of time in school corridors after being ejected from the classroom for not taking some of it seriously and now I spend a lot of time being ejected from Facebook, YouTube and Twitter. But I can tell you that being true to yourself and not compromising your self-respect is far more exhilarating than bowing to authority for authority's sake. You don't have to be a sheep to the shepherd (authority) and the sheep dog (fear of not obeying authority).

The perceptual download continues throughout the formative years in school, college and university while script-reading 'teachers', 'academics' 'scientists', 'doctors' and 'journalists' insist that ongoing generations must be as programmed as they are. Accept the program or you will not pass your 'exams' which confirm your 'degree' of programming. It is tragic to think that many parents pressure their offspring to work hard at school to download the program and qualify for the next stage at college and university. The late, great, American comedian George Carlin said: 'Here's a bumper sticker I'd like to see: We are proud parents of a child who has resisted his teachers' attempts to break his spirit and bend him to the will of his corporate masters.' Well, the best of luck finding many of those, George. Then comes the moment to leave the formal programming years in academia and enter the 'adult' world of work. There you meet others in your chosen or prescribed arena who went through the same Postage Stamp Consensus program before you did. There is therefore overwhelming agreement between almost everyone on the basic foundations of Postage Stamp reality and the rejection, even contempt, of the few who have a mind of their own and are prepared to use it. This has two major effects. Firstly, the consensus confirms to the programmed that their download is really how things are. I mean, everyone knows that, right? Secondly, the arrogance and ignorance of Postage Stamp adherents ensure that anyone questioning the program will have unpleasant consequences for seeking their own truth and not picking their perceptions from the shelf marked: 'Things you must believe without question and if you don't you're a dangerous lunatic conspiracy theorist and a harebrained nutter'.

Every government, agency and corporation is founded on the same Postage Stamp prison cell and you can see why so many people believe the same thing while calling it their own 'opinion'. Fusion of governments and corporations in pursuit of the same agenda was the definition of fascism described by Italian dictator Benito Mussolini. The pressure to conform to perceptual norms downloaded for a lifetime is incessant and infiltrates society right

down to family groups that become censors and condemners of their own 'black sheep' for not, ironically, being sheep. We have seen an explosion of that in the 'Covid' era. Cult-owned global media unleashes its propaganda all day every day in support of the Postage Stamp and targets with abuse and ridicule anyone in the public eye who won't bend their mind to the will of the tyranny. Any response to this is denied (certainly in my case). They don't want to give a platform to expose official lies. Cult-owned-and-created Internet giants like Facebook, Google, YouTube and Twitter delete you for having an unapproved opinion. Facebook boasts that its AI censors delete 97-percent of 'hate speech' before anyone even reports it. Much of that 'hate speech' will simply be an opinion that Facebook and its masters don't want people to see. Such perceptual oppression is widely known as fascism. Even Facebook executive Benny Thomas, a 'CEO Global Planning Lead', said in comments secretly recorded by investigative journalism operation Project Veritas that Facebook is 'too powerful' and should be broken up:

> I mean, no king in history has been the ruler of two billion people, but Mark Zuckerberg is … And he's 36. That's too much for a 36-year-old ... You should not have power over two billion people. I just think that's wrong.

Thomas said Facebook-owned platforms like Instagram, Oculus, and WhatsApp needed to be separate companies. 'It's too much power when they're all one together'. That's the way the Cult likes it, however. We have an executive of a Cult organisation in Benny Thomas that doesn't know there is a Cult such is the compartmentalisation. Thomas said that Facebook and Google 'are no longer companies, they're countries'. Actually they are more powerful than countries on the basis that if you control information you control perception and control human society.

I love my oppressor

Another expression of this psychological trickery is for those who realise they are being pressured into compliance to eventually

convince themselves to believe the official narratives to protect their self-respect from accepting the truth that they have succumbed to meek and subservient compliance. Such people become some of the most vehement defenders of the system. You can see them everywhere screaming abuse at those who prefer to think for themselves and by doing so reminding the compliers of their own capitulation to conformity. 'You are talking dangerous nonsense you Covidiot!!' Are you trying to convince me or yourself? It is a potent form of Stockholm syndrome which is defined as: 'A psychological condition that occurs when a victim of abuse identifies and attaches, or bonds, positively with their abuser.' An example is hostages bonding and even 'falling in love' with their kidnappers. The syndrome has been observed in domestic violence, abused children, concentration camp inmates, prisoners of war and many and various Satanic cults. These are some traits of Stockholm syndrome listed at goodtherapy.org:

- Positive regard towards perpetrators of abuse or captor [see 'Covid'].
- Failure to cooperate with police and other government authorities when it comes to holding perpetrators of abuse or kidnapping accountable [or in the case of 'Covid' cooperating with the police to enforce and defend their captors' demands].
- Little or no effort to escape [see 'Covid'].
- Belief in the goodness of the perpetrators or kidnappers [see 'Covid'].
- Appeasement of captors. This is a manipulative strategy for maintaining one's safety. As victims get rewarded – perhaps with less abuse or even with life itself – their appeasing behaviours are reinforced [see 'Covid'].
- Learned helplessness. This can be akin to 'if you can't beat 'em, join 'em'. As the victims fail to escape the abuse or captivity, they may start giving up and soon realize it's just easier for everyone if they acquiesce all their power to their captors [see 'Covid'].

- Feelings of pity toward the abusers, believing they are actually victims themselves. Because of this, victims may go on a crusade or mission to 'save' [protect] their abuser [see the venom unleashed on those challenging the official 'Covid' narrative].
- Unwillingness to learn to detach from their perpetrators and heal. In essence, victims may tend to be less loyal to themselves than to their abuser [*definitely* see 'Covid'].

Ponder on those traits and compare them with the behaviour of great swathes of the global population who have defended governments and authorities which have spent every minute destroying their lives and livelihoods and those of their children and grandchildren since early 2020 with fascistic lockdowns, house arrest and employment deletion to 'protect' them from a 'deadly virus' that their abusers' perceptually created to bring about this very outcome. We are looking at mass Stockholm syndrome. All those that agree to concede their freedom will believe those perceptions are originating in their own independent 'mind' when in fact by conceding their reality to Stockholm syndrome they have by definition conceded any independence of mind. Listen to the 'opinions' of the acquiescing masses in this 'Covid' era and what gushes forth is the repetition of the official version of everything delivered unprocessed, unfiltered and unquestioned. The whole programming dynamic works this way. I must be free because I'm told that I am and so I think that I am.

You can see what I mean with the chapter theme of 'I'm thinking – Oh, but *are* you?' The great majority are not thinking, let alone for themselves. They are repeating what authority has told them to believe which allows them to be controlled. Weaving through this mentality is the fear that the 'conspiracy theorists' are right and this again explains the often hysterical abuse that ensues when you dare to contest the official narrative of anything. Denial is the mechanism of hiding from yourself what you don't want to be true. Telling people what they want to hear is easy, but it's an infinitely greater challenge to tell them what they would rather not be happening.

One is akin to pushing against an open door while the other is met with vehement resistance no matter what the scale of evidence. I don't want it to be true so I'll convince myself that it's not. Examples are everywhere from the denial that a partner is cheating despite all the signs to the reflex-action rejection of any idea that world events in which country after country act in exactly the same way are centrally coordinated. To accept the latter is to accept that a force of unspeakable evil is working to destroy your life and the lives of your children with nothing too horrific to achieve that end. Who the heck wants that to be true? But if we don't face reality the end is duly achieved and the consequences are far worse and ongoing than breaking through the walls of denial today with the courage to make a stand against tyranny.

Connect the dots – but how?

A crucial aspect of perceptual programming is to portray a world in which everything is random and almost nothing is connected to anything else. Randomness cannot be coordinated by its very nature and once you perceive events as random the idea they could be connected is waved away as the rantings of the tinfoil-hat brigade. You can't plan and coordinate random you idiot! No, you can't, but you can hide the coldly-calculated and long-planned behind the *illusion* of randomness. A foundation manifestation of the Renegade Mind is to scan reality for patterns that connect the apparently random and turn pixels and dots into pictures. This is the way I work and have done so for more than 30 years. You look for similarities in people, modus operandi and desired outcomes and slowly, then ever quicker, the picture forms. For instance: There would seem to be no connection between the 'Covid pandemic' hoax and the human-caused global-warming hoax and yet they are masks (appropriately) on the same face seeking the same outcome. Those pushing the global warming myth through the Club of Rome and other Cult agencies are driving the lies about 'Covid' – Bill Gates is an obvious one, but they are endless. Why would the same people be involved in both when they are clearly not connected? Oh, but they

are. Common themes with personnel are matched by common goals. The 'solutions' to both 'problems' are centralisation of global power to impose the will of the few on the many to 'save' humanity from 'Covid' and save the planet from an 'existential threat' (we need 'zero Covid' and 'zero carbon emissions'). These, in turn, connect with the 'dot' of globalisation which was coined to describe the centralisation of global power in every area of life through incessant political and corporate expansion, trading blocks and superstates like the European Union. If you are the few and you want to control the many you have to centralise power and decision-making. The more you centralise power the more power the few at the centre will have over the many; and the more that power is centralised the more power those at the centre have to centralise even quicker. The momentum of centralisation gets faster and faster which is exactly the process we have witnessed. In this way the hoaxed 'pandemic' and the fakery of human-caused global warming serve the interests of globalisation and the seizure of global power in the hands of the Cult inner-circle which is behind 'Covid', 'climate change' *and* globalisation. At this point random 'dots' become a clear and obvious picture or pattern.

Klaus Schwab, the classic Bond villain who founded the Cult's Gates-funded World Economic Forum, published a book in 2020, *The Great Reset*, in which he used the 'problem' of 'Covid' to justify a total transformation of human society to 'save' humanity from 'climate change'. Schwab said: 'The pandemic represents a rare but narrow window of opportunity to reflect, reimagine, and reset our world.' What he didn't mention is that the Cult he serves is behind both hoaxes as I show in my book *The Answer*. He and the Cult don't have to reimagine the world. They know precisely what they want and that's why they destroyed human society with 'Covid' to 'build back better' in their grand design. Their job is not to imagine, but to get humanity to imagine and agree with their plans while believing it's all random. It must be pure coincidence that 'The Great Reset' has long been the Cult's code name for the global imposition of fascism and replaced previous code-names of the 'New World

Order' used by Cult frontmen like Father George Bush and the 'New Order of the Ages' which emerged from Freemasonry and much older secret societies. New Order of the Ages appears on the reverse of the Great Seal of the United States as 'Novus ordo seclorum' underneath the Cult symbol used since way back of the pyramid and all seeing-eye (Fig 3). The pyramid is the hierarchy of human control headed by the illuminated eye that symbolises the force behind the Cult which I will expose in later chapters. The term 'Annuit Coeptis' translates as 'He favours our undertaking'. We are told the 'He' is the Christian god, but 'He' is not as I will be explaining.

Figure 3: The all-seeing eye of the Cult 'god' on the Freemason-designed Great Seal of the United States and also on the dollar bill.

Having you on

Two major Cult techniques of perceptual manipulation that relate to all this are what I have called since the 1990s Problem-Reaction-Solution (PRS) and the Totalitarian Tiptoe (TT). They can be uncovered by the inquiring mind with a simple question: Who benefits? The answer usually identifies the perpetrators of a given action or happening through the concept of 'he who most benefits from a crime is the one most likely to have committed it'. The Latin 'Cue bono?' – Who benefits? – is widely attributed to the Roman orator and statesman Marcus Tullius Cicero. No wonder it goes back so far when the concept has been relevant to human behaviour since

history was recorded. Problem-Reaction-Solution is the technique used to manipulate us every day by covertly creating a problem (or the illusion of one) and offering the solution to the problem (or the illusion of one). In the first phase you create the problem and blame someone or something else for why it has happened. This may relate to a financial collapse, terrorist attack, war, global warming or pandemic, anything in fact that will allow you to impose the 'solution' to change society in the way you desire at that time. The 'problem' doesn't have to be real. PRS is manipulation of perception and all you need is the population to believe the problem is real. Human-caused global warming and the 'Covid pandemic' only have to be *perceived* to be real for the population to accept the 'solutions' of authority. I refer to this technique as NO-Problem-Reaction-Solution. Billions did not meekly accept house arrest from early 2020 because there was a real deadly 'Covid pandemic' but because they perceived – believed – that to be the case. The antidote to Problem-Reaction-Solution is to ask who benefits from the proposed solution. Invariably it will be anyone who wants to justify more control through deletion of freedom and centralisation of power and decision-making.

The two world wars were Problem-Reaction-Solutions that transformed and realigned global society. Both were manipulated into being by the Cult as I have detailed in books since the mid-1990s. They dramatically centralised global power, especially World War Two, which led to the United Nations and other global bodies thanks to the overt and covert manipulations of the Rockefeller family and other Cult bloodlines like the Rothschilds. The UN is a stalking horse for full-blown world government that I will come to shortly. The land on which the UN building stands in New York was donated by the Rockefellers and the same Cult family was behind Big Pharma scalpel and drug 'medicine' and the creation of the World Health Organization as part of the UN. They have been stalwarts of the eugenics movement and funded Hitler's race-purity expert' Ernst Rudin. The human-caused global warming hoax has been orchestrated by the Club of Rome through the UN which is

manufacturing both the 'problem' through its Intergovernmental Panel on Climate Change and imposing the 'solution' through its Agenda 21 and Agenda 2030 which demand the total centralisation of global power to 'save the world' from a climate hoax the United Nations is itself perpetrating. What a small world the Cult can be seen to be particularly among the inner circles. The bedfellow of Problem-Reaction-Solution is the Totalitarian Tiptoe which became the Totalitarian Sprint in 2020. The technique is fashioned to hide the carefully-coordinated behind the cover of apparently random events. You start the sequence at 'A' and you know you are heading for 'Z'. You don't want people to know that and each step on the journey is presented as a random happening while all the steps strung together lead in the same direction. The speed may have quickened dramatically in recent times, but you can still see the incremental approach of the Tiptoe in the case of 'Covid' as each new imposition takes us deeper into fascism. Tell people they have to do this or that to get back to 'normal', then this and this and this. With each new demand adding to the ones that went before the population's freedom is deleted until it disappears. The spider wraps its web around the flies more comprehensively with each new diktat. I'll highlight this in more detail when I get to the 'Covid' hoax and how it has been pulled off. Another prime example of the Totalitarian Tiptoe is how the Cult-created European Union went from a 'free-trade zone' to a centralised bureaucratic dictatorship through the Tiptoe of incremental centralisation of power until nations became mere administrative units for Cult-owned dark suits in Brussels.

The antidote to ignorance is knowledge which the Cult seeks vehemently to deny us, but despite the systematic censorship to that end the Renegade Mind can overcome this by vociferously seeking out the facts no matter the impediments put in the way. There is also a method of thinking and perceiving – *knowing* – that doesn't even need names, dates, place-type facts to identify the patterns that reveal the story. I'll get to that in the final chapter. All you need to know about the manipulation of human society and to what end is still out there – *at the time of writing* – in the form of books, videos

and websites for those that really want to breach the walls of programmed perception. To access this knowledge requires the abandonment of the mainstream media as a source of information in the awareness that this is owned and controlled by the Cult and therefore promotes mass perceptions that suit the Cult. Mainstream media lies all day, every day. That is its function and very reason for being. Where it does tell the truth, here and there, is only because the truth and the Cult agenda very occasionally coincide. If you look for fact and insight to the BBC, CNN and virtually all the rest of them you are asking to be conned and perceptually programmed.

Know the outcome and you'll see the journey

Events seem random when you have no idea where the world is being taken. Once you do the random becomes the carefully planned. Know the outcome and you'll see the journey is a phrase I have been using for a long time to give context to daily happenings that appear unconnected. Does a problem, or illusion of a problem, trigger a proposed 'solution' that further drives society in the direction of the outcome? Invariably the answer will be yes and the random – *abracadabra* – becomes the clearly coordinated. So what is this outcome that unlocks the door to a massively expanded understanding of daily events? I will summarise its major aspects – the fine detail is in my other books – and those new to this information will see that the world they thought they were living in is a very different place. The foundation of the Cult agenda is the incessant centralisation of power and all such centralisation is ultimately in pursuit of Cult control on a global level. I have described for a long time the planned world structure of top-down dictatorship as the Hunger Games Society. The term obviously comes from the movie series which portrayed a world in which a few living in military-protected hi-tech luxury were the overlords of a population condemned to abject poverty in isolated 'sectors' that were not allowed to interact. 'Covid' lockdowns and travel bans anyone? The 'Hunger Games' pyramid of structural control has the inner circle of the Cult at the top with pretty much the entire

population at the bottom under their control through dependency for survival on the Cult. The whole structure is planned to be protected and enforced by a military-police state (Fig 4).

Here you have the reason for the global lockdowns of the fake pandemic to coldly destroy independent incomes and livelihoods and make everyone dependent on the 'state' (the Cult that controls the 'states'). I have warned in my books for many years about the plan to introduce a 'guaranteed income' – a barely survivable pittance – designed to impose dependency when employment was destroyed by AI technology and now even more comprehensively at great speed by the 'Covid' scam. Once the pandemic was played and lockdown consequences began to delete independent income the authorities began to talk right on cue about the need for a guaranteed income and a 'Great Reset'. Guaranteed income will be presented as benevolent governments seeking to help a desperate people – desperate as a direct result of actions of the same governments. The truth is that such payments are a trap. You will only get them if you do exactly what the authorities demand including mass vaccination (genetic manipulation). We have seen this theme already in Australia where those dependent on government benefits have them reduced if parents don't agree to have their children vaccinated according to an insane health-destroying government-dictated schedule. Calculated economic collapse applies to governments as well as people. The Cult wants rid of countries through the creation of a world state with countries broken up into regions ruled by a world government and super states like the European Union. Countries must be bankrupted, too, to this end and it's being achieved by the trillions in 'rescue packages' and furlough payments, trillions in lost taxation, and money-no-object spending on 'Covid' including constant all-medium advertising (programming) which has made the media dependent on government for much of its income. The day of reckoning is coming – as planned – for government spending and given that it has been made possible by printing money and not by production/taxation there is inflation on the way that has the

potential to wipe out monetary value. In that case there will be no need for the Cult to steal your money. It just won't be worth anything (see the German Weimar Republic before the Nazis took over). Many have been okay with lockdowns while getting a percentage of their income from so-called furlough payments without having to work. Those payments are dependent, however, on people having at least a theoretical job with a business considered non-essential and ordered to close. As these business go under because they are closed by lockdown after lockdown the furlough stops and it will for everyone eventually. Then what? The 'then what?' is precisely the idea.

Figure 4: The Hunger Games Society structure I have long warned was planned and now the 'Covid' hoax has made it possible. This is the real reason for lockdowns.

Hired hands

Between the Hunger Games Cult elite and the dependent population is planned to be a vicious military-police state (a fusion of the two into one force). This has been in the making for a long time with police looking ever more like the military and carrying weapons to match. The pandemic scam has seen this process accelerate so fast as

lockdown house arrest is brutally enforced by carefully recruited fascist minds and gormless system-servers. The police and military are planned to merge into a centrally-directed world army in a global structure headed by a world government which wouldn't be elected even by the election fixes now in place. The world army is not planned even to be human and instead wars would be fought, primarily against the population, using robot technology controlled by artificial intelligence. I have been warning about this for decades and now militaries around the world are being transformed by this very AI technology. The global regime that I describe is a particular form of fascism known as a technocracy in which decisions are not made by clueless and co-opted politicians but by unelected technocrats – scientists, engineers, technologists and bureaucrats. Cult-owned-and-controlled Silicon Valley giants are examples of technocracy and they already have far more power to direct world events than governments. They are with their censorship *selecting* governments. I know that some are calling the 'Great Reset' a Marxist communist takeover, but fascism and Marxism are different labels for the same tyranny. Tell those who lived in fascist Germany and Stalinist Russia that there was a difference in the way their freedom was deleted and their lives controlled. I could call it a fascist technocracy or a Marxist technocracy and they would be equally accurate. The Hunger Games society with its world government structure would oversee a world army, world central bank and single world cashless currency imposing its will on a microchipped population (Fig 5). Scan its different elements and see how the illusory pandemic is forcing society in this very direction at great speed. Leaders of 23 countries and the World Health Organization (WHO) backed the idea in March, 2021, of a global treaty for 'international cooperation' in 'health emergencies' and nations should 'come together as a global community for peaceful cooperation that extends beyond this crisis'. Cut the Orwellian bullshit and this means another step towards global government. The plan includes a cashless digital money system that I first warned about in 1993. Right at the start of 'Covid' the deeply corrupt Tedros

Adhanom Ghebreyesus, the crooked and merely gofer 'head' of the World Health Organization, said it was possible to catch the 'virus' by touching cash and it was better to use cashless means. The claim was ridiculous nonsense and like the whole 'Covid' mind-trick it was nothing to do with 'health' and everything to do with pushing every aspect of the Cult agenda. As a result of the Tedros lie the use of cash has plummeted. The Cult script involves a single world digital currency that would eventually be technologically embedded in the body. China is a massive global centre for the Cult and if you watch what is happening there you will know what is planned for everywhere. The Chinese government is developing a digital currency which would allow fines to be deducted immediately via AI for anyone caught on camera breaking its fantastic list of laws and the money is going to be programmable with an expiry date to ensure that no one can accrue wealth except the Cult and its operatives.

Figure 5: The structure of global control the Cult has been working towards for so long and this has been enormously advanced by the 'Covid' illusion.

Serfdom is so smart

The Cult plan is far wider, extreme, and more comprehensive than even most conspiracy researchers appreciate and I will come to the true depths of deceit and control in the chapters 'Who controls the

Cult?' and 'Escaping Wetiko'. Even the world that we know is crazy enough. We are being deluged with ever more sophisticated and controlling technology under the heading of 'smart'. We have smart televisions, smart meters, smart cards, smart cars, smart driving, smart roads, smart pills, smart patches, smart watches, smart skin, smart borders, smart pavements, smart streets, smart cities, smart communities, smart environments, smart growth, smart planet ... smart *everything* around us. Smart technologies and methods of operation are designed to interlock to create a global Smart Grid connecting the entirety of human society including human minds to create a centrally-dictated 'hive' mind. 'Smart cities' is code for densely-occupied megacities of total surveillance and control through AI. Ever more destructive frequency communication systems like 5G have been rolled out without any official testing for health and psychological effects (colossal). 5G/6G/7G systems are needed to run the Smart Grid and each one becomes more destructive of body and mind. Deleting independent income is crucial to forcing people into these AI-policed prisons by ending private property ownership (except for the Cult elite). The Cult's Great Reset now openly foresees a global society in which no one will own any possessions and everything will be rented while the Cult would own literally everything under the guise of government and corporations. The aim has been to use the lockdowns to destroy sources of income on a mass scale and when the people are destitute and in unrepayable amounts of debt (problem) Cult assets come forward with the pledge to write-off debt in return for handing over all property and possessions (solution). Everything – literally everything including people – would be connected to the Internet via AI. I was warning years ago about the coming Internet of Things (IoT) in which all devices and technology from your car to your fridge would be plugged into the Internet and controlled by AI. Now we are already there with much more to come. The next stage is the Internet of Everything (IoE) which is planned to include the connection of AI to the human brain and body to replace the human mind with a centrally-controlled AI mind. Instead of perceptions

being manipulated through control of information and censorship those perceptions would come direct from the Cult through AI. What do you think? You think whatever AI decides that you think. In human terms there would be no individual 'think' any longer. Too incredible? The ravings of a lunatic? Not at all. Cult-owned crazies in Silicon Valley have been telling us the plan for years without explaining the real motivation and calculated implications. These include Google executive and 'futurist' Ray Kurzweil who highlights the year 2030 for when this would be underway. He said:

> Our thinking ... will be a hybrid of biological and non-biological thinking ... humans will be able to extend their limitations and 'think in the cloud' ... We're going to put gateways to the cloud in our brains ... We're going to gradually merge and enhance ourselves ... In my view, that's the nature of being human – we transcend our limitations.
>
> As the technology becomes vastly superior to what we are then the small proportion that is still human gets smaller and smaller and smaller until it's just utterly negligible.

The sales-pitch of Kurzweil and Cult-owned Silicon Valley is that this would make us 'super-human' when the real aim is to make us post-human and no longer 'human' in the sense that we have come to know. The entire global population would be connected to AI and become the centrally-controlled 'hive-mind' of externally-delivered perceptions. The Smart Grid being installed to impose the Cult's will on the world is being constructed to allow particular locations – even one location – to control the whole global system. From these prime control centres, which absolutely include China and Israel, anything connected to the Internet would be switched on or off and manipulated at will. Energy systems could be cut, communication via the Internet taken down, computer-controlled driverless autonomous vehicles driven off the road, medical devices switched off, the potential is limitless given how much AI and Internet connections now run human society. We have seen nothing yet if we allow this to continue. Autonomous vehicle makers are working with law enforcement to produce cars designed to automatically pull over if they detect a police or emergency vehicle flashing from up to 100 feet away. At a police stop the car would be unlocked and the

window rolled down automatically. Vehicles would only take you where the computer (the state) allowed. The end of petrol vehicles and speed limiters on all new cars in the UK and EU from 2022 are steps leading to electric computerised transport over which ultimately you have no control. The picture is far bigger even than the Cult global network or web and that will become clear when I get to the nature of the 'spider'. There is a connection between all these happenings and the instigation of DNA-manipulating 'vaccines' (which aren't 'vaccines') justified by the 'Covid' hoax. That connection is the unfolding plan to transform the human body from a biological to a synthetic biological state and this is why synthetic biology is such a fast-emerging discipline of mainstream science. 'Covid vaccines' are infusing self-replicating synthetic genetic material into the cells to cumulatively take us on the Totalitarian Tiptoe from Human 1.0 to the synthetic biological Human 2.0 which will be physically and perceptually attached to the Smart Grid to one hundred percent control every thought, perception and deed. Humanity needs to wake up and *fast*.

This is the barest explanation of where the 'outcome' is planned to go but it's enough to see the journey happening all around us. Those new to this information will already see 'Covid' in a whole new context. I will add much more detail as we go along, but for the minutiae evidence see my mega-works, *The Answer, The Trigger* and *Everything You Need to Know But Have Never Been Told*.

Now – how does a Renegade Mind see the 'world'?

CHAPTER TWO

Renegade Perception

It is one thing to be clever and another to be wise
George R.R. Martin

A simple definition of the difference between a programmed mind and a Renegade Mind would be that one sees only dots while the other connects them to see the picture. Reading reality with accuracy requires the observer to (a) know the planned outcome and (b) realise that everything, but *everything*, is connected.

The entirety of infinite reality is connected – that's its very nature – and with human society an expression of infinite reality the same must apply. Simple cause and effect is a connection. The effect is triggered by the cause and the effect then becomes the cause of another effect. Nothing happens in isolation because it *can't*. Life in whatever reality is simple choice and consequence. We make choices and these lead to consequences. If we don't like the consequences we can make different choices and get different consequences which lead to other choices and consequences. The choice and the consequence are not only connected they are indivisible. You can't have one without the other as an old song goes. A few cannot control the world unless those being controlled allow that to happen – cause and effect, choice and consequence. Control – who has it and who doesn't – is a two-way process, a symbiotic relationship, involving the controller and controlled. 'They took my freedom away!!' Well, yes, but you also gave it to them. Humanity is

subjected to mass control because humanity has acquiesced to that control. This is all cause and effect and literally a case of give and take. In the same way world events of every kind are connected and the Cult works incessantly to sell the illusion of the random and coincidental to maintain the essential (to them) perception of dots that hide the picture. Renegade Minds know this and constantly scan the world for patterns of connection. This is absolutely pivotal in understanding the happenings in the world and without that perspective clarity is impossible. First you know the planned outcome and then you identify the steps on the journey – the day-by-day apparently random which, when connected in relation to the outcome, no longer appear as individual events, but as the proverbial *chain* of events leading in the same direction. I'll give you some examples:

Political puppet show

We are told to believe that politics is 'adversarial' in that different parties with different beliefs engage in an endless tussle for power. There may have been some truth in that up to a point – and only a point – but today divisions between 'different' parties are rhetorical not ideological. Even the rhetorical is fusing into one-speak as the parties eject any remaining free thinkers while others succumb to the ever-gathering intimidation of anyone with the 'wrong' opinion. The Cult is not a new phenomenon and can be traced back thousands of years as my books have documented. Its intergenerational initiates have been manipulating events with increasing effect the more that global power has been centralised. In ancient times the Cult secured control through the system of monarchy in which 'special' bloodlines (of which more later) demanded the right to rule as kings and queens simply by birthright and by vanquishing others who claimed the same birthright. There came a time, however, when people had matured enough to see the unfairness of such tyranny and demanded a say in who governed them. Note the word – *governed* them. Not served them – *governed* them, hence government defined as 'the political direction and control exercised over the

actions of the members, citizens, or inhabitants of communities, societies, and states; direction of the affairs of a state, community, etc.' Governments exercise control over rather than serve just like the monarchies before them. Bizarrely there are still countries like the United Kingdom which are ruled by a monarch *and* a government that officially answers to the monarch. The UK head of state and that of Commonwealth countries such as Canada, Australia and New Zealand is 'selected' by who in a *single family* had unprotected sex with whom and in what order. Pinch me it can't be true. Ouch! Shit, it is. The demise of monarchies in most countries offered a potential vacuum in which some form of free and fair society could arise and the Cult had that base covered. Monarchies had served its interests but they couldn't continue in the face of such widespread opposition and, anyway, replacing a 'royal' dictatorship that people could see with a dictatorship 'of the people' hiding behind the concept of 'democracy' presented far greater manipulative possibilities and ways of hiding coordinated tyranny behind the illusion of 'freedom'.

Democracy is quite wrongly defined as government selected by the population. This is not the case at all. It is government selected by *some* of the population (and then only in theory). This 'some' doesn't even have to be the majority as we have seen so often in first-past-the-post elections in which the so-called majority party wins fewer votes than the 'losing' parties combined. Democracy can give total power to a party in government from a minority of the votes cast. It's a sleight of hand to sell tyranny as freedom. Seventy-four million Trump-supporting Americans didn't vote for the 'Democratic' Party of Joe Biden in the distinctly dodgy election in 2020 and yet far from acknowledging the wishes and feelings of that great percentage of American society the Cult-owned Biden government set out from day one to destroy them and their right to a voice and opinion. Empty shell Biden and his Cult handlers said they were doing this to 'protect democracy'. Such is the level of lunacy and sickness to which politics has descended. Connect the dots and relate them to the desired outcome – a world government run by self-appointed technocrats and no longer even elected

politicians. While operating through its political agents in government the Cult is at the same time encouraging public distain for politicians by putting idiots and incompetents in theoretical power on the road to deleting them. The idea is to instil a public reaction that says of the technocrats: 'Well, they couldn't do any worse than the pathetic politicians.' It's all about controlling perception and Renegade Minds can see through that while programmed minds cannot when they are ignorant of both the planned outcome and the manipulation techniques employed to secure that end. This knowledge can be learned, however, and fast if people choose to get informed.

Politics may at first sight appear very difficult to control from a central point. I mean look at the 'different' parties and how would you be able to oversee them all and their constituent parts? In truth, it's very straightforward because of their structure. We are back to the pyramid of imposition and acquiescence. Organisations are structured in the same way as the system as a whole. Political parties are not open forums of free expression. They are hierarchies. I was a national spokesman for the British Green Party which claimed to be a different kind of politics in which influence and power was devolved; but I can tell you from direct experience – and it's far worse now – that Green parties are run as hierarchies like all the others however much they may try to hide that fact or kid themselves that it's not true. A very few at the top of all political parties are directing policy and personnel. They decide if you are elevated in the party or serve as a government minister and to do that you have to be a yes man or woman. Look at all the maverick political thinkers who never ascended the greasy pole. If you want to progress within the party or reach 'high-office' you need to fall into line and conform. Exceptions to this are rare indeed. Should you want to run for parliament or Congress you have to persuade the local or state level of the party to select you and for that you need to play the game as dictated by the hierarchy. If you secure election and wish to progress within the greater structure you need to go on conforming to what is acceptable to those running the hierarchy

from the peak of the pyramid. Political parties are perceptual gulags and the very fact that there are party 'Whips' appointed to 'whip' politicians into voting the way the hierarchy demands exposes the ridiculous idea that politicians are elected to serve the people they are supposed to represent. Cult operatives and manipulation has long seized control of major parties that have any chance of forming a government and at least most of those that haven't. A new party forms and the Cult goes to work to infiltrate and direct. This has reached such a level today that you see video compilations of 'leaders' of all parties whether Democrats, Republicans, Conservative, Labour and Green parroting the same Cult mantra of 'Build Back Better' and the 'Great Reset' which are straight off the Cult song-sheet to describe the transformation of global society in response to the Cult-instigated hoaxes of the 'Covid pandemic' and human-caused 'climate change'. To see Caroline Lucas, the Green Party MP that I knew when I was in the party in the 1980s, speaking in support of plans proposed by Cult operative Klaus Schwab representing the billionaire global elite is a real head-shaker.

Many parties – one master

The party system is another mind-trick and was instigated to change the nature of the dictatorship by swapping 'royalty' for dark suits that people believed – though now ever less so – represented their interests. Understanding this trick is to realise that a single force (the Cult) controls all parties either directly in terms of the major ones or through manipulation of perception and ideology with others. You don't need to manipulate Green parties to demand your transformation of society in the name of 'climate change' when they are obsessed with the lie that this is essential to 'save the planet'. You just give them a platform and away they go serving your interests while believing they are being environmentally virtuous. America's political structure is a perfect blueprint for how the two or multi-party system is really a one-party state. The Republican Party is controlled from one step back in the shadows by a group made up of billionaires and their gofers known as neoconservatives or Neocons.

I have exposed them in fine detail in my books and they were the driving force behind the policies of the imbecilic presidency of Boy George Bush which included 9/11 (see *The Trigger* for a comprehensive demolition of the official story), the subsequent 'war on terror' (war *of* terror) and the invasions of Afghanistan and Iraq. The latter was a No-Problem-Reaction-Solution based on claims by Cult operatives, including Bush and British Prime Minister Tony Blair, about Saddam Hussein's 'weapons of mass destruction' which did not exist as war criminals Bush and Blair well knew.

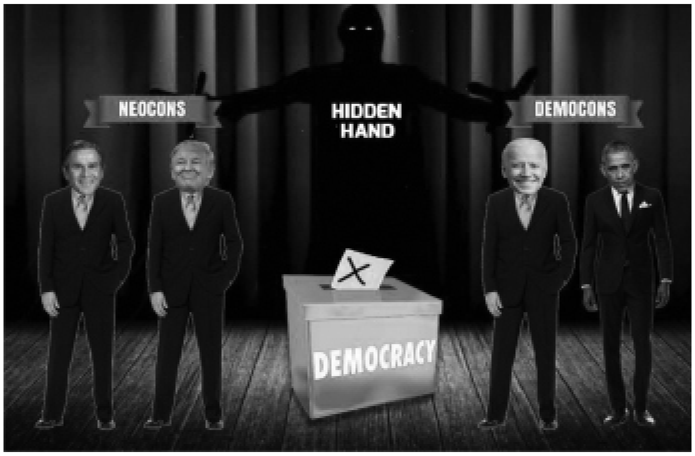

Figure 6: Different front people, different parties – same control system.

The Democratic Party has its own 'Neocon' group controlling from the background which I call the 'Democons' and here's the penny-drop – the Neocons and Democons answer to the same masters one step further back into the shadows (Fig 6). At that level of the Cult the Republican and Democrat parties are controlled by the same people and no matter which is in power the Cult is in power. This is how it works in almost every country and certainly in Britain with Conservative, Labour, Liberal Democrat and Green parties now all on the same page whatever the rhetoric may be in their feeble attempts to appear different. Neocons operated at the time of Bush through a think tank called The Project for the New American Century which in September, 2000, published a document entitled *Rebuilding America's Defenses: Strategies, Forces, and Resources*

For a New Century demanding that America fight 'multiple, simultaneous major theatre wars' as a 'core mission' to force regime-change in countries including Iraq, Libya and Syria. Neocons arranged for Bush ('Republican') and Blair ('Labour Party') to front-up the invasion of Iraq and when they departed the Democons orchestrated the targeting of Libya and Syria through Barack Obama ('Democrat') and British Prime Minister David Cameron ('Conservative Party'). We have 'different' parties and 'different' people, but the same unfolding script. The more the Cult has seized the reigns of parties and personnel the more their policies have transparently pursued the same agenda to the point where the fascist 'Covid' impositions of the Conservative junta of Jackboot Johnson in Britain were opposed by the Labour Party because they were not fascist enough. The Labour Party is likened to the US Democrats while the Conservative Party is akin to a British version of the Republicans and on both sides of the Atlantic they all speak the same language and support the direction demanded by the Cult although some more enthusiastically than others. It's a similar story in country after country because it's all centrally controlled. Oh, but what about Trump? I'll come to him shortly. Political 'choice' in the 'party' system goes like this: You vote for Party A and they get into government. You don't like what they do so next time you vote for Party B and they get into government. You don't like what they do when it's pretty much the same as Party A and why wouldn't that be with both controlled by the same force? Given that only two, sometimes three, parties have any chance of forming a government to get rid of Party B that you don't like you have to vote again for Party A which … you don't like. This, ladies and gentlemen, is what they call 'democracy' which we are told – wrongly – is a term interchangeable with 'freedom'.

The cult of cults

At this point I need to introduce a major expression of the Global Cult known as Sabbatian-Frankism. Sabbatian is also spelt as Sabbatean. I will summarise here. I have published major exposés

and detailed background in other works. Sabbatian-Frankism combines the names of two frauds posing as 'Jewish' men, Sabbatai Zevi (1626-1676), a rabbi, black magician and occultist who proclaimed he was the Jewish messiah; and Jacob Frank (1726-1791), the Polish 'Jew', black magician and occultist who said he was the reincarnation of 'messiah' Zevi and biblical patriarch Jacob. They worked across two centuries to establish the Sabbatian-Frankist cult that plays a major, indeed central, role in the manipulation of human society by the Global Cult which has its origins much further back in history than Sabbatai Zevi. I should emphasise two points here in response to the shrill voices that will scream 'anti-Semitism': (1) Sabbatian-Frankists are NOT Jewish and only pose as such to hide their cult behind a Jewish façade; and (2) my information about this cult has come from Jewish sources who have long realised that their society and community has been infiltrated and taken over by interloper Sabbatian-Frankists. Infiltration has been the foundation technique of Sabbatian-Frankism from its official origin in the 17th century. Zevi's Sabbatian sect attracted a massive following described as the biggest messianic movement in Jewish history, spreading as far as Africa and Asia, and he promised a return for the Jews to the 'Promised Land' of Israel. Sabbatianism was not Judaism but an inversion of everything that mainstream Judaism stood for. So much so that this sinister cult would have a feast day when Judaism had a fast day and whatever was forbidden in Judaism the Sabbatians were encouraged and even commanded to do. This included incest and what would be today called Satanism. Members were forbidden to marry outside the sect and there was a system of keeping their children ignorant of what they were part of until they were old enough to be trusted not to unknowingly reveal anything to outsiders. The same system is employed to this day by the Global Cult in general which Sabbatian-Frankism has enormously influenced and now largely controls.

Zevi and his Sabbatians suffered a setback with the intervention by the Sultan of the Islamic Ottoman Empire in the Middle East and what is now the Republic of Turkey where Zevi was located. The

Sultan gave him the choice of proving his 'divinity', converting to Islam or facing torture and death. Funnily enough Zevi chose to convert or at least appear to. Some of his supporters were disillusioned and drifted away, but many did not with 300 families also converting – only in theory – to Islam. They continued behind this Islamic smokescreen to follow the goals, rules and rituals of Sabbatianism and became known as 'crypto-Jews' or the 'Dönmeh' which means 'to turn'. This is rather ironic because they didn't 'turn' and instead hid behind a fake Islamic persona. The process of appearing to be one thing while being very much another would become the calling card of Sabbatianism especially after Zevi's death and the arrival of the Satanist Jacob Frank in the 18th century when the cult became Sabbatian-Frankism and plumbed still new depths of depravity and infiltration which included – still includes – human sacrifice and sex with children. Wherever Sabbatians go paedophilia and Satanism follow and is it really a surprise that Hollywood is so infested with child abuse and Satanism when it was established by Sabbatian-Frankists and is still controlled by them? Hollywood has been one of the prime vehicles for global perceptual programming and manipulation. How many believe the version of 'history' portrayed in movies when it is a travesty and inversion (again) of the truth? Rabbi Marvin Antelman describes Frankism in his book, *To Eliminate the Opiate*, as 'a movement of complete evil' while Jewish professor Gershom Scholem said of Frank in *The Messianic Idea in Judaism*: 'In all his actions [he was] a truly corrupt and degenerate individual ... one of the most frightening phenomena in the whole of Jewish history.' Frank was excommunicated by traditional rabbis, as was Zevi, but Frank was undeterred and enjoyed vital support from the House of Rothschild, the infamous banking dynasty whose inner-core are Sabbatian-Frankists and not Jews. Infiltration of the Roman Church and Vatican was instigated by Frank with many Dönmeh 'turning' again to convert to Roman Catholicism with a view to hijacking the reins of power. This was the ever-repeating modus operandi and continues to be so. Pose as an advocate of the religion, culture or country that you want to control and then

manipulate your people into the positions of authority and influence largely as advisers, administrators and Svengalis for those that appear to be in power. They did this with Judaism, Christianity (Christian Zionism is part of this), Islam and other religions and nations until Sabbatian-Frankism spanned the world as it does today.

Sabbatian Saudis and the terror network

One expression of the Sabbatian-Frankist Dönmeh within Islam is the ruling family of Saudi Arabia, the House of Saud, through which came the vile distortion of Islam known as Wahhabism. This is the violent creed followed by terrorist groups like Al-Qaeda and ISIS or Islamic State. Wahhabism is the hand-chopping, head-chopping 'religion' of Saudi Arabia which is used to keep the people in a constant state of fear so the interloper House of Saud can continue to rule. Al-Qaeda and Islamic State were lavishly funded by the House of Saud while being created and directed by the Sabbatian-Frankist network in the United States that operates through the Pentagon, CIA and the government in general of whichever 'party'. The front man for the establishment of Wahhabism in the middle of the 18th century was a Sabbatian-Frankist 'crypto-Jew' posing as Islamic called Muhammad ibn Abd al-Wahhab. His daughter would marry the son of Muhammad bin Saud who established the first Saudi state before his death in 1765 with support from the British Empire. Bin Saud's successors would establish modern Saudi Arabia in league with the British and Americans in 1932 which allowed them to seize control of Islam's major shrines in Mecca and Medina. They have dictated the direction of Sunni Islam ever since while Iran is the major centre of the Shiite version and here we have the source of at least the public conflict between them. The Sabbatian network has used its Wahhabi extremists to carry out Problem-Reaction-Solution terrorist attacks in the name of 'Al-Qaeda' and 'Islamic State' to justify a devastating 'war on terror', ever-increasing surveillance of the population and to terrify people into compliance. Another insight of the Renegade Mind is the streetwise understanding that

just because a country, location or people are attacked doesn't mean that those apparently representing that country, location or people are not behind the attackers. Often they are *orchestrating* the attacks because of the societal changes that can be then justified in the name of 'saving the population from terrorists'.

I show in great detail in *The Trigger* how Sabbatian-Frankists were the real perpetrators of 9/11 and not '19 Arab hijackers' who were blamed for what happened. Observe what was justified in the name of 9/11 alone in terms of Middle East invasions, mass surveillance and control that fulfilled the demands of the Project for the New American Century document published by the Sabbatian Neocons. What appear to be enemies are on the deep inside players on the same Sabbatian team. Israel and Arab 'royal' dictatorships are all ruled by Sabbatians and the recent peace agreements between Israel and Saudi Arabia, the United Arab Emirates (UAE) and others are only making formal what has always been the case behind the scenes. Palestinians who have been subjected to grotesque tyranny since Israel was bombed and terrorised into existence in 1948 have never stood a chance. Sabbatian-Frankists have controlled Israel (so the constant theme of violence and war which Sabbatians love) and they have controlled the Arab countries that Palestinians have looked to for real support that never comes. 'Royal families' of the Arab world in Saudi Arabia, Bahrain, UAE, etc., are all Sabbatians with allegiance to the aims of the cult and not what is best for their Arabic populations. They have stolen the oil and financial resources from their people by false claims to be 'royal dynasties' with a genetic right to rule and by employing vicious militaries to impose their will.

Satanic 'illumination'

The Satanist Jacob Frank formed an alliance in 1773 with two other Sabbatians, Mayer Amschel Rothschild (1744-1812), founder of the Rothschild banking dynasty, and Jesuit-educated fraudulent Jew, Adam Weishaupt, and this led to the formation of the Bavarian Illuminati, firstly under another name, in 1776. The Illuminati would

be the manipulating force behind the French Revolution (1789-1799) and was also involved in the American Revolution (1775-1783) before and after the Illuminati's official creation. Weishaupt would later become (in public) a Protestant Christian in archetypal Sabbatian style. I read that his name can be decoded as Adam-Weishaupt or 'the first man to lead those who know'. He wasn't a leader in the sense that he was a subordinate, but he did lead those below him in a crusade of transforming human society that still continues today. The theme was confirmed as early as 1785 when a horseman courier called Lanz was reported to be struck by lighting and extensive Illuminati documents were found in his saddlebags. They made the link to Weishaupt and detailed the plan for world takeover. Current events with 'Covid' fascism have been in the making for a very long time. Jacob Frank was jailed for 13 years by the Catholic Inquisition after his arrest in 1760 and on his release he headed for Frankfurt, Germany, home city and headquarters of the House of Rothschild where the alliance was struck with Mayer Amschel Rothschild and Weishaupt. Rothschild arranged for Frank to be given the title of Baron and he became a wealthy nobleman with a big following of Jews in Germany, the Austro-Hungarian Empire and other European countries. Most of them would have believed he was on their side.

The name 'Illuminati' came from the Zohar which is a body of works in the Jewish mystical 'bible' called the Kabbalah. 'Zohar' is the foundation of Sabbatian-Frankist belief and in Hebrew 'Zohar' means 'splendour', 'radiance', 'illuminated', and so we have 'Illuminati'. They claim to be the 'Illuminated Ones' from their knowledge systematically hidden from the human population and passed on through generations of carefully-chosen initiates in the global secret society network or Cult. Hidden knowledge includes an awareness of the Cult agenda for the world and the nature of our collective reality that I will explore later. Cult 'illumination' is symbolised by the torch held by the Statue of Liberty which was gifted to New York by French Freemasons in Paris who knew exactly what it represents. 'Liberty' symbolises the goddess worshipped in

Babylon as Queen Semiramis or Ishtar. The significance of this will become clear. Notice again the ubiquitous theme of inversion with the Statue of 'Liberty' really symbolising mass control (Fig 7). A mirror-image statute stands on an island in the River Seine in Paris from where New York Liberty originated (Fig 8). A large replica of the Liberty flame stands on top of the Pont de l'Alma tunnel in Paris where Princess Diana died in a Cult ritual described in *The Biggest Secret*. Lucifer 'the light bringer' is related to all this (and much more as we'll see) and 'Lucifer' is a central figure in Sabbatian-Frankism and its associated Satanism. Sabbatians reject the Jewish Torah, or Pentateuch, the 'five books of Moses' in the Old Testament known as Genesis, Exodus, Leviticus, Numbers, and Deuteronomy which are claimed by Judaism and Christianity to have been dictated by 'God' to Moses on Mount Sinai. Sabbatians say these do not apply to them and they seek to replace them with the Zohar to absorb Judaism and its followers into their inversion which is an expression of a much greater global inversion. They want to delete all religions and force humanity to worship a one-world religion – Sabbatian Satanism that also includes worship of the Earth goddess. Satanic themes are being more and more introduced into mainstream society and while Christianity is currently the foremost target for destruction the others are planned to follow.

Figure 7: The Cult goddess of Babylon disguised as the Statue of Liberty holding the flame of Lucifer the 'light bringer'.

Figure 8: Liberty's mirror image in Paris where the New York version originated.

Marx brothers

Rabbi Marvin Antelman connects the Illuminati to the Jacobins in *To Eliminate the Opiate* and Jacobins were the force behind the French Revolution. He links both to the Bund der Gerechten, or League of the Just, which was the network that inflicted communism/Marxism on the world. Antelman wrote:

> The original inner circle of the Bund der Gerechten consisted of born Catholics, Protestants and Jews [Sabbatian-Frankist infiltrators], and those representatives of respective subdivisions formulated schemes for the ultimate destruction of their faiths. The heretical Catholics laid plans which they felt would take a century or more for the ultimate destruction of the church; the apostate Jews for the ultimate destruction of the Jewish religion.

Sabbatian-created communism connects into this anti-religion agenda in that communism does not allow for the free practice of religion. The Sabbatian 'Bund' became the International Communist Party and Communist League and in 1848 'Marxism' was born with the Communist Manifesto of Sabbatian assets Karl Marx and Friedrich Engels. It is absolutely no coincidence that Marxism, just a different name for fascist and other centrally-controlled tyrannies, is being imposed worldwide as a result of the 'Covid' hoax and nor that Marxist/fascist China was the place where the hoax originated. The reason for this will become very clear in the chapter 'Covid: The calculated catastrophe'. The so-called 'Woke' mentality has hijacked

traditional beliefs of the political left and replaced them with far-right make-believe 'social justice' better known as Marxism. Woke will, however, be swallowed by its own perceived 'revolution' which is really the work of billionaires and billionaire corporations feigning being 'Woke'. Marxism is being touted by Wokers as a replacement for 'capitalism' when we don't have 'capitalism'. We have cartelism in which the market is stitched up by the very Cult billionaires and corporations bankrolling Woke. Billionaires love Marxism which keeps the people in servitude while they control from the top. Terminally naïve Wokers think they are 'changing the world' when it's the Cult that is doing the changing and when they have played their vital part and become surplus to requirements they, too, will be targeted. The Illuminati-Jacobins were behind the period known as 'The Terror' in the French Revolution in 1793 and 1794 when Jacobin Maximillian de Robespierre and his Orwellian 'Committee of Public Safety' killed 17,000 'enemies of the Revolution' who had once been 'friends of the Revolution'. Karl Marx (1818-1883), whose Sabbatian creed of Marxism has cost the lives of at least 100 million people, is a hero once again to Wokers who have been systematically kept ignorant of real history by their 'education' programming. As a result they now promote a Sabbatian 'Marxist' abomination destined at some point to consume them. Rabbi Antelman, who spent decades researching the Sabbatian plot, said of the League of the Just and Karl Marx:

> Contrary to popular opinion Karl Marx did not originate the Communist Manifesto. He was paid for his services by the League of the Just, which was known in its country of origin, Germany, as the Bund der Geaechteten.

Antelman said the text attributed to Marx was the work of other people and Marx 'was only repeating what others already said'. Marx was 'a hired hack – lackey of the wealthy Illuminists'. Marx famously said that religion was the 'opium of the people' (part of the Sabbatian plan to demonise religion) and Antelman called his books, *To Eliminate the Opiate*. Marx was born Jewish, but his family converted to Christianity (Sabbatian modus operandi) and he

attacked Jews, not least in his book, *A World Without Jews*. In doing so he supported the Sabbatian plan to destroy traditional Jewishness and Judaism which we are clearly seeing today with the vindictive targeting of orthodox Jews by the Sabbatian government of Israel over 'Covid' laws. I don't follow any religion and it has done much damage to the world over centuries and acted as a perceptual straightjacket. Renegade Minds, however, are always asking *why* something is being done. It doesn't matter if they agree or disagree with what is happening – *why* is it happening is the question. The 'why?' can be answered with regard to religion in that religions create interacting communities of believers when the Cult wants to dismantle all discourse, unity and interaction (see 'Covid' lockdowns) and the ultimate goal is to delete all religions for a one-world religion of Cult Satanism worshipping their 'god' of which more later. We see the same 'why?' with gun control in America. I don't have guns and don't want them, but why is the Cult seeking to disarm the population at the same time that law enforcement agencies are armed to their molars and why has every tyrant in history sought to disarm people before launching the final takeover? They include Hitler, Stalin, Pol Pot and Mao who followed confiscation with violent seizing of power. You know it's a Cult agenda by the people who immediately race to the microphones to exploit dead people in multiple shootings. Ultra-Zionist Cult lackey Senator Chuck Schumer was straight on the case after ten people were killed in Boulder, Colorado in March, 2121. Simple rule … if Schumer wants it the Cult wants it and the same with his ultra-Zionist mate the wild-eyed Senator Adam Schiff. At the same time they were calling for the disarmament of Americans, many of whom live a long way from a police response, Schumer, Schiff and the rest of these pampered clowns were sitting on Capitol Hill behind a razor-wired security fence protected by thousands of armed troops in addition to their own armed bodyguards. Mom and pop in an isolated home? They're just potential mass shooters.

Zion Mainframe

Sabbatian-Frankists and most importantly the Rothschilds were behind the creation of 'Zionism', a political movement that demanded a Jewish homeland in Israel as promised by Sabbatai Zevi. The very symbol of Israel comes from the German meaning of the name Rothschild. Dynasty founder Mayer Amschel Rothschild changed the family name from Bauer to Rothschild, or 'Red-Shield' in German, in deference to the six-pointed 'Star of David' hexagram displayed on the family's home in Frankfurt. The symbol later appeared on the flag of Israel after the Rothschilds were centrally involved in its creation. Hexagrams are not a uniquely Jewish symbol and are widely used in occult ('hidden') networks often as a symbol for Saturn (see my other books for why). Neither are Zionism and Jewishness interchangeable. Zionism is a political movement and philosophy and not a 'race' or a people. Many Jews oppose Zionism and many non-Jews, including US President Joe Biden, call themselves Zionists as does Israel-centric Donald Trump. America's support for the Israel government is pretty much a gimme with ultra-Zionist billionaires and corporations providing fantastic and dominant funding for both political parties. Former Congresswoman Cynthia McKinney has told how she was approached immediately she ran for office to 'sign the pledge' to Israel and confirm that she would always vote in that country's best interests. All American politicians are approached in this way. Anyone who refuses will get no support or funding from the enormous and all-powerful Zionist lobby that includes organisations like mega-lobby group AIPAC, the American Israel Public Affairs Committee. Trump's biggest funder was ultra-Zionist casino and media billionaire Sheldon Adelson while major funders of the Democratic Party include ultra-Zionist George Soros and ultra-Zionist financial and media mogul, Haim Saban. Some may reel back at the suggestion that Soros is an Israel-firster (Sabbatian-controlled Israel-firster), but Renegade Minds watch the actions not the words and everywhere Soros donates his billions the Sabbatian agenda benefits. In the spirit of Sabbatian inversion Soros pledged $1 billion for a new university network to promote 'liberal values and tackle intolerance'. He made the announcement during his annual speech

at the Cult-owned World Economic Forum in Davos, Switzerland, in January, 2020, after his 'harsh criticism' of 'authoritarian rulers' around the world. You can only laugh at such brazen mendacity. How *he* doesn't laugh is the mystery. Translated from the Orwellian 'liberal values and tackle intolerance' means teaching non-white people to hate white people and for white people to loathe themselves for being born white. The reason for that will become clear.

The 'Anti-Semitism' fraud

Zionists support the Jewish homeland in the land of Palestine which has been the Sabbatian-Rothschild goal for so long, but not for the benefit of Jews. Sabbatians and their global Anti-Semitism Industry have skewed public and political opinion to equate opposing the violent extremes of Zionism to be a blanket attack and condemnation of all Jewish people. Sabbatians and their global Anti-Semitism Industry have skewed public and political opinion to equate opposing the violent extremes of Zionism to be a blanket attack and condemnation of all Jewish people. This is nothing more than a Sabbatian protection racket to stop legitimate investigation and exposure of their agendas and activities. The official definition of 'anti-Semitism' has more recently been expanded to include criticism of Zionism – a *political movement* – and this was done to further stop exposure of Sabbatian infiltrators who created Zionism as we know it today in the 19th century. Renegade Minds will talk about these subjects when they know the shit that will come their way. People must decide if they want to know the truth or just cower in the corner in fear of what others will say. Sabbatians have been trying to label me as 'anti-Semitic' since the 1990s as I have uncovered more and more about their background and agendas. Useless, gutless, fraudulent 'journalists' then just repeat the smears without question and on the day I was writing this section a pair of unquestioning repeaters called Ben Quinn and Archie Bland (how appropriate) outright called me an 'anti-Semite' in the establishment propaganda sheet, the London *Guardian*, with no supporting evidence. The

Sabbatian Anti-Semitism Industry said so and who are they to question that? They wouldn't dare. Ironically 'Semitic' refers to a group of languages in the Middle East that are almost entirely Arabic. 'Anti-Semitism' becomes 'anti-Arab' which if the consequences of this misunderstanding were not so grave would be hilarious. Don't bother telling Quinn and Bland. I don't want to confuse them, bless 'em. One reason I am dubbed 'anti-Semitic' is that I wrote in the 1990s that Jewish operatives (Sabbatians) were heavily involved in the Russian Revolution when Sabbatians overthrew the Romanov dynasty. This apparently made me 'anti-Semitic'. Oh, really? Here is a section from *The Trigger*:

> British journalist Robert Wilton confirmed these themes in his 1920 book *The Last Days of the Romanovs* when he studied official documents from the Russian government to identify the members of the Bolshevik ruling elite between 1917 and 1919. The Central Committee included 41 Jews among 62 members; the Council of the People's Commissars had 17 Jews out of 22 members; and 458 of the 556 most important Bolshevik positions between 1918 and 1919 were occupied by Jewish people. Only 17 were Russian. Then there were the 23 Jews among the 36 members of the vicious Cheka Soviet secret police established in 1917 who would soon appear all across the country.
>
> Professor Robert Service of Oxford University, an expert on 20th century Russian history, found evidence that ['Jewish'] Leon Trotsky had sought to make sure that Jews were enrolled in the Red Army and were disproportionately represented in the Soviet civil bureaucracy that included the Cheka which performed mass arrests, imprisonment and executions of 'enemies of the people'. A US State Department Decimal File (861.00/5339) dated November 13th, 1918, names [Rothschild banking agent in America] Jacob Schiff and a list of ultra-Zionists as funders of the Russian Revolution leading to claims of a 'Jewish plot', but the key point missed by all is they were not 'Jews' – they were Sabbatian-Frankists.

Britain's Winston Churchill made the same error by mistake or otherwise. He wrote in a 1920 edition of the *Illustrated Sunday Herald* that those behind the Russian revolution were part of a 'worldwide conspiracy for the overthrow of civilisation and for the reconstitution of society on the basis of arrested development, of envious malevolence, and impossible equality' (see 'Woke' today because that has been created by the same network). Churchill said there was no need to exaggerate the part played in the creation of Bolshevism and in the actual bringing about of the Russian

Revolution 'by these international and for the most part atheistical Jews' ['atheistical Jews' = Sabbatians]. Churchill said it is certainly a very great one and probably outweighs all others: 'With the notable exception of Lenin, the majority of the leading figures are Jews.' He went on to describe, knowingly or not, the Sabbatian modus operandi of placing puppet leaders nominally in power while they control from the background:

> Moreover, the principal inspiration and driving power comes from the Jewish leaders. Thus Tchitcherin, a pure Russian, is eclipsed by his nominal subordinate, Litvinoff, and the influence of Russians like Bukharin or Lunacharski cannot be compared with the power of Trotsky, or of Zinovieff, the Dictator of the Red Citadel (Petrograd), or of Krassin or Radek – all Jews. In the Soviet institutions the predominance of Jews is even more astonishing. And the prominent, if not indeed the principal, part in the system of terrorism applied by the Extraordinary Commissions for Combatting Counter-Revolution has been taken by Jews, and in some notable cases by Jewesses.

What I said about seriously disproportionate involvement in the Russian Revolution by Jewish 'revolutionaries' (Sabbatians) is provable fact, but truth is no defence against the Sabbatian Anti-Semitism Industry, its repeater parrots like Quinn and Bland, and the now breathtaking network of so-called 'Woke' 'anti-hate' groups with interlocking leaderships and funding which have the role of discrediting and silencing anyone who gets too close to exposing the Sabbatians. We have seen 'truth is no defence' confirmed in legal judgements with the Saskatchewan Human Rights Commission in Canada decreeing this: 'Truthful statements can be presented in a manner that would meet the definition of hate speech, and not all truthful statements must be free from restriction.' Most 'anti-hate' activists, who are themselves consumed by hatred, are too stupid and ignorant of the world to know how they are being used. They are far too far up their own virtue-signalling arses and it's far too dark for them to see anything.

The 'revolution' game

The background and methods of the 'Russian' Revolution are straight from the Sabbatian playbook seen in the French Revolution

and endless others around the world that appear to start as a revolution of the people against tyrannical rule and end up with a regime change to more tyrannical rule overtly or covertly. Wars, terror attacks and regime overthrows follow the Sabbatian cult through history with its agents creating them as Problem-Reaction-Solutions to remove opposition on the road to world domination. Sabbatian dots connect the Rothschilds with the Illuminati, Jacobins of the French Revolution, the 'Bund' or League of the Just, the International Communist Party, Communist League and the Communist Manifesto of Karl Marx and Friedrich Engels that would lead to the Rothschild-funded Russian Revolution. The sequence comes under the heading of 'creative destruction' when you advance to your global goal by continually destroying the status quo to install a new status quo which you then also destroy. The two world wars come to mind. With each new status quo you move closer to your planned outcome. Wars and mass murder are to Sabbatians a collective blood sacrifice ritual. They are obsessed with death for many reasons and one is that death is an inversion of life. Satanists and Sabbatians are obsessed with death and often target churches and churchyards for their rituals. Inversion-obsessed Sabbatians explain the use of inverted symbolism including the *inverted* pentagram and *inverted* cross. The inversion of the cross has been related to targeting Christianity, but the cross was a religious symbol long before Christianity and its inversion is a statement about the Sabbatian mentality and goals more than any single religion.

Sabbatians operating in Germany were behind the rise of the occult-obsessed Nazis and the subsequent Jewish exodus from Germany and Europe to Palestine and the United States after World War Two. The Rothschild dynasty was at the forefront of this both as political manipulators and by funding the operation. Why would Sabbatians help to orchestrate the horrors inflicted on Jews by the Nazis and by Stalin after they organised the Russian Revolution? Sabbatians hate Jews and their religion, that's why. They pose as Jews and secure positions of control within Jewish society and play the 'anti-Semitism' card to protect themselves from exposure

through a global network of organisations answering to the Sabbatian-created-and-controlled globe-spanning intelligence network that involves a stunning web of military-intelligence operatives and operations for a tiny country of just nine million. Among them are Jewish assets who are not Sabbatians but have been convinced by them that what they are doing is for the good of Israel and the Jewish community to protect them from what they have been programmed since childhood to believe is a Jew-hating hostile world. The Jewish community is just a highly convenient cover to hide the true nature of Sabbatians. Anyone getting close to exposing their game is accused by Sabbatian place-people and gofers of 'anti-Semitism' and claiming that all Jews are part of a plot to take over the world. I am not saying that. I am saying that Sabbatians – the *real* Jew-haters – have infiltrated the Jewish community to use them both as a cover and an 'anti-Semitic' defence against exposure. Thus we have the Anti-Semitism Industry targeted researchers in this way and most Jewish people think this is justified and genuine. They don't know that their 'Jewish' leaders and institutions of state, intelligence and military are not controlled by Jews at all, but cultists and stooges of Sabbatian-Frankism. I once added my name to a pro-Jewish freedom petition online and the next time I looked my name was gone and text had been added to the petition blurb to attack me as an 'anti-Semite' such is the scale of perceptual programming.

Moving on America

I tell the story in *The Trigger* and a chapter called 'Atlantic Crossing' how particularly after Israel was established the Sabbatians moved in on the United States and eventually grasped control of government administration, the political system via both Democrats and Republicans, the intelligence community like the CIA and National Security Agency (NSA), the Pentagon and mass media. Through this seriously compartmentalised network Sabbatians and their operatives in Mossad, Israeli Defense Forces (IDF) and US agencies pulled off 9/11 and blamed it on 19 'Al-Qaeda hijackers' dominated by men from, or connected to, Sabbatian-ruled Saudi

Arabia. The '19' were not even on the planes let alone flew those big passenger jets into buildings while being largely incompetent at piloting one-engine light aircraft. 'Hijacker' Hani Hanjour who is said to have flown American Airlines Flight 77 into the Pentagon with a turn and manoeuvre most professional pilots said they would have struggled to do was banned from renting a small plane by instructors at the Freeway Airport in Bowie, Maryland, just *six weeks* earlier on the grounds that he was an incompetent pilot. The Jewish population of the world is just 0.2 percent with even that almost entirely concentrated in Israel (75 percent Jewish) and the United States (around two percent). This two percent and globally 0.2 percent refers to *Jewish* people and not Sabbatian interlopers who are a fraction of that fraction. What a sobering thought when you think of the fantastic influence on world affairs of tiny Israel and that the Project for the New America Century (PNAC) which laid out the blueprint in September, 2000, for America's war on terror and regime change wars in Iraq, Libya and Syria was founded and dominated by Sabbatians known as 'Neocons'. The document conceded that this plan would not be supported politically or publicly without a major attack on American soil and a Problem-Reaction-Solution excuse to send troops to war across the Middle East. Sabbatian Neocons said:

> ... [The] process of transformation ... [war and regime change] ... is likely to be a long one, absent some catastrophic and catalysing event – like a new Pearl Harbor.

Four months later many of those who produced that document came to power with their inane puppet George Bush from the long-time Sabbatian Bush family. They included Sabbatian Dick Cheney who was officially vice-president, but really de-facto president for the entirety of the 'Bush' government. Nine months after the 'Bush' inauguration came what Bush called at the time 'the Pearl Harbor of the 21st century' and with typical Sabbatian timing and symbolism 2001 was the 60th anniversary of the attack in 1941 by the Japanese Air Force on Pearl Harbor, Hawaii, which allowed President Franklin Delano Roosevelt to take the United States into a Sabbatian-

instigated Second World War that he said in his election campaign that he never would. The evidence is overwhelming that Roosevelt and his military and intelligence networks knew the attack was coming and did nothing to stop it, but they did make sure that America's most essential naval ships were not in Hawaii at the time. Three thousand Americans died in the Pearl Harbor attacks as they did on September 11th. By the 9/11 year of 2001 Sabbatians had widely infiltrated the US government, military and intelligence operations and used their compartmentalised assets to pull off the 'Al-Qaeda' attacks. If you read *The Trigger* it will blow your mind to see the utterly staggering concentration of 'Jewish' operatives (Sabbatian infiltrators) in essential positions of political, security, legal, law enforcement, financial and business power before, during, and after the attacks to make them happen, carry them out, and then cover their tracks – and I do mean *staggering* when you think of that 0.2 percent of the world population and two percent of Americans which are Jewish while Sabbatian infiltrators are a fraction of that. A central foundation of the 9/11 conspiracy was the hijacking of government, military, Air Force and intelligence computer systems in real time through 'back-door' access made possible by Israeli (Sabbatian) 'cyber security' software. Sabbatian-controlled Israel is on the way to rivalling Silicon Valley for domination of cyberspace and is becoming the dominant force in cyber-security which gives them access to entire computer systems and their passcodes across the world. Then add to this that Zionists head (officially) Silicon Valley giants like Google (Larry Page and Sergey Brin), Google-owned YouTube (Susan Wojcicki), Facebook (Mark Zuckerberg and Sheryl Sandberg), and Apple (Chairman Arthur D. Levinson), and that ultra-Zionist hedge fund billionaire Paul Singer has a $1 billion stake in Twitter which is only nominally headed by 'CEO' pothead Jack Dorsey. As cable news host Tucker Carlson said of Dorsey: 'There used to be debate in the medical community whether dropping a ton of acid had permanent effects and I think that debate has now ended.' Carlson made the comment after Dorsey told a hearing on Capitol Hill (if you cut through his bullshit) that he

believed in free speech so long as he got to decide what you can hear and see. These 'big names' of Silicon Valley are only front men and women for the Global Cult, not least the Sabbatians, who are the true controllers of these corporations. Does anyone still wonder why these same people and companies have been ferociously censoring and banning people (like me) for exposing any aspect of the Cult agenda and especially the truth about the 'Covid' hoax which Sabbatians have orchestrated?

The Jeffrey Epstein paedophile ring was a Sabbatian operation. He was officially 'Jewish' but he was a Sabbatian and women abused by the ring have told me about the high number of 'Jewish' people involved. The Epstein horror has Sabbatian written all over it and matches perfectly their modus operandi and obsession with sex and ritual. Epstein was running a Sabbatian blackmail ring in which famous people with political and other influence were provided with young girls for sex while everything was being filmed and recorded on hidden cameras and microphones at his New York house, Caribbean island and other properties. Epstein survivors have described this surveillance system to me and some have gone public. Once the famous politician or other figure knew he or she was on video they tended to do whatever they were told. Here we go again …when you've got them by the balls their hearts and minds will follow. Sabbatians use this blackmail technique on a wide scale across the world to entrap politicians and others they need to act as demanded. Epstein's private plane, the infamous 'Lolita Express', had many well-known passengers including Bill Clinton while Bill Gates has flown on an Epstein plane and met with him four years after Epstein had been jailed for paedophilia. They subsequently met many times at Epstein's home in New York according to a witness who was there. Epstein's infamous side-kick was Ghislaine Maxwell, daughter of Mossad agent and ultra-Zionist mega-crooked British businessman, Bob Maxwell, who at one time owned the *Daily Mirror* newspaper. Maxwell was murdered at sea on his boat in 1991 by Sabbatian-controlled Mossad when he became a liability with his

business empire collapsing as a former Mossad operative has confirmed (see *The Trigger*).

Money, money, money, funny money ...

Before I come to the Sabbatian connection with the last three US presidents I will lay out the crucial importance to Sabbatians of controlling banking and finance. Sabbatian Mayer Amschel Rothschild set out to dominate this arena in his family's quest for total global control. What is freedom? It is, in effect, choice. The more choices you have the freer you are and the fewer your choices the more you are enslaved. In the global structure created over centuries by Sabbatians the biggest decider and restrictor of choice is … money. Across the world if you ask people what they would like to do with their lives and why they are not doing that they will reply 'I don't have the money'. This is the idea. A global elite of multi-billionaires are described as 'greedy' and that is true on one level; but control of money – who has it and who doesn't – is not primarily about greed. It's about control. Sabbatians have seized ever more control of finance and sucked the wealth of the world out of the hands of the population. We talk now, after all, about the 'One-percent' and even then the wealthiest are a lot fewer even than that. This has been made possible by a money scam so outrageous and so vast it could rightly be called the scam of scams founded on creating 'money' out of nothing and 'loaning' that with interest to the population. Money out of nothing is called 'credit'. Sabbatians have asserted control over governments and banking ever more completely through the centuries and secured financial laws that allow banks to lend hugely more than they have on deposit in a confidence trick known as fractional reserve lending. Imagine if you could lend money that doesn't exist and charge the recipient interest for doing so. You would end up in jail. Bankers by contrast end up in mansions, private jets, Malibu and Monaco.

Banks are only required to keep a fraction of their deposits and wealth in their vaults and they are allowed to lend 'money' they don't have called 'credit. Go into a bank for a loan and if you succeed

the banker will not move any real wealth into your account. They will type into your account the amount of the agreed 'loan' – say £100,000. This is not wealth that really exists; it is non-existent, fresh-air, created-out-of-nothing 'credit' which has never, does not, and will never exist except in theory. Credit is backed by nothing except wind and only has buying power because people think that it has buying power and accept it in return for property, goods and services. I have described this situation as like those cartoon characters you see chasing each other and when they run over the edge of a cliff they keep running forward on fresh air until one of them looks down, realises what's happened, and they all crash into the ravine. The whole foundation of the Sabbatian financial system is to stop people looking down except for periodic moments when they want to crash the system (as in 2008 and 2020 ongoing) and reap the rewards from all the property, businesses and wealth their borrowers had signed over as 'collateral' in return for a 'loan' of fresh air. Most people think that money is somehow created by governments when it comes into existence from the start as a debt through banks 'lending' illusory money called credit. Yes, the very currency of exchange is a *debt* from day one issued as an interest-bearing loan. Why don't governments create money interest-free and lend it to their people interest-free? Governments are controlled by Sabbatians and the financial system is controlled by Sabbatians for whom interest-free money would be a nightmare come true. Sabbatians underpin their financial domination through their global network of central banks, including the privately-owned US Federal Reserve and Britain's Bank of England, and this is orchestrated by a privately-owned central bank coordination body called the Bank for International Settlements in Basle, Switzerland, created by the usual suspects including the Rockefellers and Rothschilds. Central bank chiefs don't answer to governments or the people. They answer to the Bank for International Settlements or, in other words, the Global Cult which is dominated today by Sabbatians.

Built-in disaster

There are so many constituent scams within the overall banking scam. When you take out a loan of thin-air credit only the amount of that loan is theoretically brought into circulation to add to the amount in circulation; but you are paying back the principle plus interest. The additional interest is not created and this means that with every 'loan' there is a shortfall in the money in circulation between what is borrowed and what has to be paid back. There is never even close to enough money in circulation to repay all outstanding public and private debt including interest. Coldly weaved in the very fabric of the system is the certainty that some will lose their homes, businesses and possessions to the banking 'lender'. This is less obvious in times of 'boom' when the amount of money in circulation (and the debt) is expanding through more people wanting and getting loans. When a downturn comes and the money supply contracts it becomes painfully obvious that there is not enough money to service all debt and interest. This is less obvious in times of 'boom' when the amount of money in circulation (and the debt) is expanding through more people wanting and getting loans. When a downturn comes and the money supply contracts and it becomes painfully obvious – as in 2008 and currently – that there is not enough money to service all debt and interest. Sabbatian banksters have been leading the human population through a calculated series of booms (more debt incurred) and busts (when the debt can't be repaid and the banks get the debtor's tangible wealth in exchange for non-existent 'credit'). With each 'bust' Sabbatian bankers have absorbed more of the world's tangible wealth and we end up with the One-percent. Governments are in bankruptcy levels of debt to the same system and are therefore owned by a system they do not control. The Federal Reserve, 'America's central bank', is privately-owned and American presidents only nominally appoint its chairman or woman to maintain the illusion that it's an arm of government. It's not. The 'Fed' is a cartel of private banks which handed billions to its associates and friends after the crash of 2008 and has been Sabbatian-controlled since it was manipulated into being in 1913 through the covert trickery of Rothschild banking agents Jacob Schiff and Paul

Warburg, and the Sabbatian Rockefeller family. Somehow from a Jewish population of two-percent and globally 0.2 percent (Sabbatian interlopers remember are far smaller) ultra-Zionists headed the Federal Reserve for 31 years between 1987 and 2018 in the form of Alan Greenspan, Bernard Bernanke and Janet Yellen (now Biden's Treasury Secretary) with Yellen's deputy chairman a Israeli-American duel citizen and ultra-Zionist Stanley Fischer, a former governor of the Bank of Israel. Ultra-Zionist Fed chiefs spanned the presidencies of Ronald Reagan ('Republican'), Father George Bush ('Republican'), Bill Clinton ('Democrat'), Boy George Bush ('Republican') and Barack Obama ('Democrat'). We should really add the pre-Greenspan chairman, Paul Adolph Volcker, 'appointed' by Jimmy Carter ('Democrat') who ran the Fed between 1979 and 1987 during the Carter and Reagan administrations before Greenspan took over. Volcker was a long-time associate and business partner of the Rothschilds. No matter what the 'party' officially in power the United States economy was directed by the same force. Here are members of the Obama, Trump and Biden administrations and see if you can make out a common theme.

Barack Obama ('Democrat')

Ultra-Zionists Robert Rubin, Larry Summers, and Timothy Geithner ran the US Treasury in the Clinton administration and two of them reappeared with Obama. Ultra-Zionist Fed chairman Alan Greenspan had manipulated the crash of 2008 through deregulation and jumped ship just before the disaster to make way for ultra-Zionist Bernard Bernanke to hand out trillions to Sabbatian 'too big to fail' banks and businesses, including the ubiquitous ultra-Zionist Goldman Sachs which has an ongoing staff revolving door operation between itself and major financial positions in government worldwide. Obama inherited the fallout of the crash when he took office in January, 2009, and fortunately he had the support of his ultra-Zionist White House Chief of Staff Rahm Emmanuel, son of a terrorist who helped to bomb Israel into being in 1948, and his ultra-Zionist senior adviser David Axelrod, chief strategist in Obama's two

successful presidential campaigns. Emmanuel, later mayor of Chicago and former senior fundraiser and strategist for Bill Clinton, is an example of the Sabbatian policy after Israel was established of migrating insider families to America so their children would be born American citizens. 'Obama' chose this financial team throughout his administration to respond to the Sabbatian-instigated crisis:

Timothy Geithner (ultra-Zionist) Treasury Secretary; Jacob J. Lew, Treasury Secretary; Larry Summers (ultra-Zionist), director of the White House National Economic Council; Paul Adolph Volcker (Rothschild business partner), chairman of the Economic Recovery Advisory Board; Peter Orszag (ultra-Zionist), director of the Office of Management and Budget overseeing all government spending; Penny Pritzker (ultra-Zionist), Commerce Secretary; Jared Bernstein (ultra-Zionist), chief economist and economic policy adviser to Vice President Joe Biden; Mary Schapiro (ultra-Zionist), chair of the Securities and Exchange Commission (SEC); Gary Gensler (ultra-Zionist), chairman of the Commodity Futures Trading Commission (CFTC); Sheila Bair (ultra-Zionist), chair of the Federal Deposit Insurance Corporation (FDIC); Karen Mills (ultra-Zionist), head of the Small Business Administration (SBA); Kenneth Feinberg (ultra-Zionist), Special Master for Executive [bail-out] Compensation. Feinberg would be appointed to oversee compensation (with strings) to 9/11 victims and families in a campaign to stop them having their day in court to question the official story. At the same time ultra-Zionist Bernard Bernanke was chairman of the Federal Reserve and these are only some of the ultra-Zionists with allegiance to Sabbatian-controlled Israel in the Obama government. Obama's biggest corporate donor was ultra-Zionist Goldman Sachs which had employed many in his administration.

Donald Trump ('Republican')

Trump claimed to be an outsider (he wasn't) who had come to 'drain the swamp'. He embarked on this goal by immediately appointing ultra-Zionist Steve Mnuchin, a Goldman Sachs employee for 17

years, as his Treasury Secretary. Others included Gary Cohn (ultra-Zionist), chief operating officer of Goldman Sachs, his first Director of the National Economic Council and chief economic adviser, who was later replaced by Larry Kudlow (ultra-Zionist). Trump's senior adviser throughout his four years in the White House was his sinister son-in-law Jared Kushner, a life-long friend of Israel Prime Minister Benjamin Netanyahu. Kushner is the son of a convicted crook who was pardoned by Trump in his last days in office. Other ultra-Zionists in the Trump administration included: Stephen Miller, Senior Policy Adviser; Avrahm Berkowitz, Deputy Adviser to Trump and his Senior Adviser Jared Kushner; Ivanka Trump, Adviser to the President, who converted to Judaism when she married Jared Kushner; David Friedman, Trump lawyer and Ambassador to Israel; Jason Greenblatt, Trump Organization executive vice president and chief legal officer, who was made Special Representative for International Negotiations and the Israeli-Palestinian Conflict; Rod Rosenstein, Deputy Attorney General; Elliot Abrams, Special Representative for Venezuela, then Iran; John Eisenberg, National Security Council Legal Adviser and Deputy Council to the President for National Security Affairs; Anne Neuberger, Deputy National Manager, National Security Agency; Ezra Cohen-Watnick, Acting Under Secretary of Defense for Intelligence; Elan Carr, Special Envoy to monitor and combat anti-Semitism; Len Khodorkovsky, Deputy Special Envoy to monitor and combat anti-Semitism; Reed Cordish, Assistant to the President, Intragovernmental and Technology Initiatives. Trump Vice President Mike Pence and Secretary of State Mike Pompeo, both Christian Zionists, were also vehement supporters of Israel and its goals and ambitions.

Donald 'free-speech believer' Trump pardoned a number of financial and violent criminals while ignoring calls to pardon Julian Assange and Edward Snowden whose crimes are revealing highly relevant information about government manipulation and corruption and the widespread illegal surveillance of the American people by US 'security' agencies. It's so good to know that Trump is on the side of freedom and justice and not mega-criminals with

allegiance to Sabbatian-controlled Israel. These included a pardon for Israeli spy Jonathan Pollard who was jailed for life in 1987 under the Espionage Act. Aviem Sella, the Mossad agent who recruited Pollard, was also pardoned by Trump while Assange sat in jail and Snowden remained in exile in Russia. Sella had 'fled' (was helped to escape) to Israel in 1987 and was never extradited despite being charged under the Espionage Act. A Trump White House statement said that Sella's clemency had been 'supported by Benjamin Netanyahu, Ron Dermer, Israel's US Ambassador, David Friedman, US Ambassador to Israel and Miriam Adelson, wife of leading Trump donor Sheldon Adelson who died shortly before. Other friends of Jared Kushner were pardoned along with Sholom Weiss who was believed to be serving the longest-ever white-collar prison sentence of more than 800 years in 2000. The sentence was commuted of Ponzi-schemer Eliyahu Weinstein who defrauded Jews and others out of $200 million. I did mention that Assange and Snowden were ignored, right? Trump gave Sabbatians almost everything they asked for in military and political support, moving the US Embassy from Tel Aviv to Jerusalem with its critical symbolic and literal implications for Palestinian statehood, and the 'deal of the Century' designed by Jared Kushner and David Friedman which gave the Sabbatian Israeli government the green light to substantially expand its already widespread program of building illegal Jewish-only settlements in the occupied land of the West Bank. This made a two-state 'solution' impossible by seizing all the land of a potential Palestinian homeland and that had been the plan since 1948 and then 1967 when the Arab-controlled Gaza Strip, West Bank, Sinai Peninsula and Syrian Golan Heights were occupied by Israel. All the talks about talks and road maps and delays have been buying time until the West Bank was physically occupied by Israeli real estate. Trump would have to be a monumentally ill-informed idiot not to see that this was the plan he was helping to complete. The Trump administration was in so many ways the Kushner administration which means the Netanyahu administration which means the Sabbatian administration. I understand why many opposing Cult fascism in all its forms gravitated to Trump, but he

was a crucial part of the Sabbatian plan and I will deal with this in the next chapter.

Joe Biden ('Democrat')

A barely cognitive Joe Biden took over the presidency in January, 2021, along with his fellow empty shell, Vice-President Kamala Harris, as the latest Sabbatian gofers to enter the White House. Names on the door may have changed and the 'party' – the force behind them remained the same as Zionists were appointed to a stream of pivotal areas relating to Sabbatian plans and policy. They included: Janet Yellen, Treasury Secretary, former head of the Federal Reserve, and still another ultra-Zionist running the US Treasury after Mnuchin (Trump), Lew and Geithner (Obama), and Summers and Rubin (Clinton); Anthony Blinken, Secretary of State; Wendy Sherman, Deputy Secretary of State (so that's 'Biden's' Sabbatian foreign policy sorted); Jeff Zients, White House coronavirus coordinator; Rochelle Walensky, head of the Centers for Disease Control; Rachel Levine, transgender deputy health secretary (that's 'Covid' hoax policy under control); Merrick Garland, Attorney General; Alejandro Mayorkas, Secretary of Homeland Security; Cass Sunstein, Homeland Security with responsibility for new immigration laws; Avril Haines, Director of National Intelligence; Anne Neuberger, National Security Agency cybersecurity director (note, cybersecurity); David Cohen, CIA Deputy Director; Ronald Klain, Biden's Chief of Staff (see Rahm Emanuel); Eric Lander, a 'leading geneticist', Office of Science and Technology Policy director (see Smart Grid, synthetic biology agenda); Jessica Rosenworcel, acting head of the Federal Communications Commission (FCC) which controls Smart Grid technology policy and electromagnetic communication systems including 5G. How can it be that so many pivotal positions are held by two-percent of the American population and 0.2 percent of the world population administration after administration no matter who is the president and what is the party? It's a coincidence? Of course it's not and this is why Sabbatians have built their colossal global web of interlocking 'anti-

hate' hate groups to condemn anyone who asks these glaring questions as an 'anti-Semite'. The way that Jewish people horrifically abused in Sabbatian-backed Nazi Germany are exploited to this end is stomach-turning and disgusting beyond words.

Political fusion

Sabbatian manipulation has reversed the roles of Republicans and Democrats and the same has happened in Britain with the Conservative and Labour Parties. Republicans and Conservatives were always labelled the 'right' and Democrats and Labour the 'left', but look at the policy positions now and the Democrat-Labour 'left' has moved further to the 'right' than Republicans and Conservatives under the banner of 'Woke', the Cult-created far-right tyranny. Where once the Democrat-Labour 'left' defended free speech and human rights they now seek to delete them and as I said earlier despite the 'Covid' fascism of the Jackboot Johnson Conservative government in the UK the Labour Party of leader Keir Starmer demanded even more extreme measures. The Labour Party has been very publicly absorbed by Sabbatians after a political and media onslaught against the previous leader, the weak and inept Jeremy Corbyn, over made-up allegations of 'anti-Semitism' both by him and his party. The plan was clear with this 'anti-Semite' propaganda and what was required in response was a swift and decisive 'fuck off' from Corbyn and a statement to expose the Anti-Semitism Industry (Sabbatian) attempt to silence Labour criticism of the Israeli government (Sabbatians) and purge the party of all dissent against the extremes of ultra-Zionism (Sabbatians). Instead Corbyn and his party fell to their knees and appeased the abusers which, by definition, is impossible. Appeasing one demand leads only to a new demand to be appeased until takeover is complete. Like I say – 'fuck off' would have been a much more effective policy and I have used it myself with great effect over the years when Sabbatians are on my case which is most of the time. I consider that fact a great compliment, by the way. The outcome of the Labour Party capitulation is that we now have a Sabbatian-controlled

Conservative Party 'opposed' by a Sabbatian-controlled Labour Party in a one-party Sabbatian state that hurtles towards the extremes of tyranny (the Sabbatian cult agenda). In America the situation is the same. Labour's Keir Starmer spends his days on his knees with his tongue out pointing to Tel Aviv, or I guess now Jerusalem, while Boris Johnson has an 'anti-Semitism czar' in the form of former Labour MP John Mann who keeps Starmer company on his prayer mat.

Sabbatian influence can be seen in Jewish members of the Labour Party who have been ejected for criticism of Israel including those from families that suffered in Nazi Germany. Sabbatians despise real Jewish people and target them even more harshly because it is so much more difficult to dub them 'anti-Semitic' although in their desperation they do try.

CHAPTER THREE

The Pushbacker sting

Until you realize how easy it is for your mind to be manipulated, you remain the puppet of someone else's game
Evita Ochel

I will use the presidencies of Trump and Biden to show how the manipulation of the one-party state plays out behind the illusion of political choice across the world. No two presidencies could – on the face of it – be more different and apparently at odds in terms of direction and policy.

A Renegade Mind sees beyond the obvious and focuses on outcomes and consequences and not image, words and waffle. The Cult embarked on a campaign to divide America between those who blindly support its agenda (the mentality known as 'Woke') and those who are pushing back on where the Cult and its Sabbatians want to go. This presents infinite possibilities for dividing and ruling the population by setting them at war with each other and allows a perceptual ring fence of demonisation to encircle the Pushbackers in a modern version of the Little Big Horn in 1876 when American cavalry led by Lieutenant Colonel George Custer were drawn into a trap, surrounded and killed by Native American tribes defending their land of thousands of years from being seized by the government. In this modern version the roles are reversed and it's those defending themselves from the Sabbatian government who are surrounded and the government that's seeking to destroy them. This trap was set years ago and to explain how we must return to 2016

and the emergence of Donald Trump as a candidate to be President of the United States. He set out to overcome the best part of 20 other candidates in the Republican Party before and during the primaries and was not considered by many in those early stages to have a prayer of living in the White House. The Republican Party was said to have great reservations about Trump and yet somehow he won the nomination. When you know how American politics works – politics in general – there is no way that Trump could have become the party's candidate unless the Sabbatian-controlled 'Neocons' that run the Republican Party wanted that to happen. We saw the proof in emails and documents made public by WikiLeaks that the Democratic Party hierarchy, or Democons, systematically undermined the campaign of Bernie Sanders to make sure that Sabbatian gofer Hillary Clinton won the nomination to be their presidential candidate. If the Democons could do that then the Neocons in the Republican Party could have derailed Trump in the same way. But they didn't and at that stage I began to conclude that Trump could well be the one chosen to be president. If that was the case the 'why' was pretty clear to see – the goal of dividing America between Cult agenda-supporting Wokers and Pushbackers who gravitated to Trump because he was telling them what they wanted to hear. His constituency of support had been increasingly ignored and voiceless for decades and profoundly through the eight years of Sabbatian puppet Barack Obama. Now here was someone speaking their language of pulling back from the incessant globalisation of political and economic power, the exporting of American jobs to China and elsewhere by 'American' (Sabbatian) corporations, the deletion of free speech, and the mass immigration policies that had further devastated job opportunities for the urban working class of all races and the once American heartlands of the Midwest.

Beware the forked tongue

Those people collectively sighed with relief that at last a political leader was apparently on their side, but another trait of the Renegade Mind is that you look even harder at people telling you

what you want to hear than those who are telling you otherwise. Obviously as I said earlier people wish what they want to hear to be true and genuine and they are much more likely to believe that than someone saying what they don't want to here and don't want to be true. Sales people are taught to be skilled in eliciting by calculated questioning what their customers want to hear and repeating that back to them as their own opinion to get their targets to like and trust them. Assets of the Cult are also sales people in the sense of selling perception. To read Cult manipulation you have to play the long and expanded game and not fall for the Vaudeville show of party politics. Both American parties are vehicles for the Cult and they exploit them in different ways depending on what the agenda requires at that moment. Trump and the Republicans were used to be the focus of dividing America and isolating Pushbackers to open the way for a Biden presidency to become the most extreme in American history by advancing the full-blown Woke (Cult) agenda with the aim of destroying and silencing Pushbackers now labelled Nazi Trump supporters and white supremacists.

Sabbatians wanted Trump in office for the reasons described by ultra-Zionist Saul Alinsky (1909-1972) who was promoting the Woke philosophy through 'community organising' long before anyone had heard of it. In those days it still went by its traditional name of Marxism. The reason for the manipulated Trump phenomenon was laid out in Alinsky's 1971 book, *Rules for Radicals*, which was his blueprint for overthrowing democratic and other regimes and replacing them with Sabbatian Marxism. Not surprisingly his to-do list was evident in the Sabbatian French and Russian 'Revolutions' and that in China which will become very relevant in the next chapter about the 'Covid' hoax. Among Alinsky's followers have been the deeply corrupt Barack Obama, House Speaker Nancy Pelosi and Hillary Clinton who described him as a 'hero'. All three are Sabbatian stooges with Pelosi personifying the arrogant corrupt idiocy that so widely fronts up for the Cult inner core. Predictably as a Sabbatian advocate of the 'light-bringer' Alinsky features Lucifer on the dedication page of his book as the original radical who gained

his own kingdom ('Earth' as we shall see). One of Alinsky's golden radical rules was to pick an individual and focus all attention, hatred and blame on them and not to target faceless bureaucracies and corporations. *Rules for Radicals* is really a Sabbatian handbook with its contents repeatedly employed all over the world for centuries and why wouldn't Sabbatians bring to power their designer-villain to be used as the individual on which all attention, hatred and blame was bestowed? This is what they did and the only question for me is how much Trump knew that and how much he was manipulated. A bit of both, I suspect. This was Alinsky's Trump technique from a man who died in 1972. The technique has spanned history:

> Pick the target, freeze it, personalize it, polarize it. Don't try to attack abstract corporations or bureaucracies. Identify a responsible individual. Ignore attempts to shift or spread the blame.

From the moment Trump came to illusory power everything was about him. It wasn't about Republican policy or opinion, but all about Trump. Everything he did was presented in negative, derogatory and abusive terms by the Sabbatian-dominated media led by Cult operations such as CNN, MSNBC, *The New York Times* and the Jeff Bezos-owned *Washington Post* – 'Pick the target, freeze it, personalize it, polarize it.' Trump was turned into a demon to be vilified by those who hated him and a demi-god loved by those who worshipped him. This, in turn, had his supporters, too, presented as equally demonic in preparation for the punchline later down the line when Biden was about to take office. It was here's a Trump, there's a Trump, everywhere a Trump, Trump. Virtually every news story or happening was filtered through the lens of 'The Donald'. You loved him or hated him and which one you chose was said to define you as Satan's spawn or a paragon of virtue. Even supporting some Trump policies or statements and not others was enough for an assault on your character. No shades of grey were or are allowed. Everything is black and white (literally and figuratively). A Californian I knew had her head utterly scrambled by her hatred for Trump while telling people they should love each other. She was so totally consumed by

Trump Derangement Syndrome as it became to be known that this glaring contradiction would never have occurred to her. By definition anyone who criticised Trump or praised his opponents was a hero and this lady described Joe Biden as 'a kind, honest gentleman' when he's a provable liar, mega-crook and vicious piece of work to boot. Sabbatians had indeed divided America using Trump as the fall-guy and all along the clock was ticking on the consequences for his supporters.

In hock to his masters

Trump gave Sabbatians via Israel almost everything they wanted in his four years. Ask and you shall receive was the dynamic between himself and Benjamin Netanyahu orchestrated by Trump's ultra-Zionist son-in-law Jared Kushner, his ultra-Zionist Ambassador to Israel, David Friedman, and ultra-Zionist 'Israel adviser', Jason Greenblatt. The last two were central to the running and protecting from collapse of his business empire, the Trump Organisation, and colossal business failures made him forever beholding to Sabbatian networks that bailed him out. By the start of the 1990s Trump owed $4 billion to banks that he couldn't pay and almost $1billion of that was down to him personally and not his companies. This mega-disaster was the result of building two new casinos in Atlantic City and buying the enormous Taj Mahal operation which led to crippling debt payments. He had borrowed fantastic sums from 72 banks with major Sabbatian connections and although the scale of debt should have had him living in a tent alongside the highway they never foreclosed. A plan was devised to lift Trump from the mire by BT Securities Corporation and Rothschild Inc. and the case was handled by Wilber Ross who had worked for the Rothschilds for 27 years. Ross would be named US Commerce Secretary after Trump's election. Another crucial figure in saving Trump was ultra-Zionist 'investor' Carl Icahn who bought the Taj Mahal casino. Icahn was made special economic adviser on financial regulation in the Trump administration. He didn't stay long but still managed to find time to make a tidy sum of a reported $31.3 million when he sold his

holdings affected by the price of steel three days before Trump imposed a 235 percent tariff on steel imports. What amazing bits of luck these people have. Trump and Sabbatian operatives have long had a close association and his mentor and legal adviser from the early 1970s until 1986 was the dark and genetically corrupt ultra-Zionist Roy Cohn who was chief counsel to Senator Joseph McCarthy's 'communist' witch-hunt in the 1950s. *Esquire* magazine published an article about Cohn with the headline 'Don't mess with Roy Cohn'. He was described as the most feared lawyer in New York and 'a ruthless master of dirty tricks ... [with] ... more than one Mafia Don on speed dial'. Cohn's influence, contacts, support and protection made Trump a front man for Sabbatians in New York with their connections to one of Cohn's many criminal employers, the 'Russian' Sabbatian Mafia. Israel-centric media mogul Rupert Murdoch was introduced to Trump by Cohn and they started a long friendship. Cohn died in 1986 weeks after being disbarred for unethical conduct by the Appellate Division of the New York State Supreme Court. The wheels of justice do indeed run slow given the length of Cohn's crooked career.

QAnon-sense

We are asked to believe that Donald Trump with his fundamental connections to Sabbatian networks and operatives has been leading the fight to stop the Sabbatian agenda for the fascistic control of America and the world. Sure he has. A man entrapped during his years in the White House by Sabbatian operatives and whose biggest financial donor was casino billionaire Sheldon Adelson who was Sabbatian to his DNA?? Oh, do come on. Trump has been used to divide America and isolate Pushbackers on the Cult agenda under the heading of 'Trump supporters', 'insurrectionists' and 'white supremacists'. The US Intelligence/Mossad Psyop or psychological operation known as QAnon emerged during the Trump years as a central pillar in the Sabbatian campaign to lead Pushbackers into the trap set by those that wished to destroy them. I knew from the start that QAnon was a scam because I had seen the same scenario many

times before over 30 years under different names and I had written about one in particular in the books. ‘Not again’ was my reaction when QAnon came to the fore. The same script is pulled out every few years and a new name added to the letterhead. The story always takes the same form: ‘Insiders’ or ‘the good guys’ in the government-intelligence-military ‘Deep State’ apparatus were going to instigate mass arrests of the ‘bad guys’ which would include the Rockefellers, Rothschilds, Barack Obama, Hillary Clinton, George Soros, etc., etc. Dates are given for when the ‘good guys’ are going to move in, but the dates pass without incident and new dates are given which pass without incident. The central message to Pushbackers in each case is that they don’t have to do anything because there is ‘a plan’ and it is all going to be sorted by the ‘good guys’ on the inside. ‘Trust the plan’ was a QAnon mantra when the only plan was to misdirect Pushbackers into putting their trust in a Psyop they believed to be real. Beware, beware, those who tell you what you want to hear and always check it out. Right up to Biden’s inauguration QAnon was still claiming that ‘the Storm’ was coming and Trump would stay on as president when Biden and his cronies were arrested and jailed. It was never going to happen and of course it didn’t, but what did happen as a result provided that punchline to the Sabbatian Trump/QAnon Psyop.

On January 6th, 2021, a very big crowd of Trump supporters gathered in the National Mall in Washington DC down from the Capitol Building to protest at what they believed to be widespread corruption and vote fraud that stopped Trump being re-elected for a second term as president in November, 2020. I say as someone that does not support Trump or Biden that the evidence is clear that major vote-fixing went on to favour Biden, a man with cognitive problems so advanced he can often hardly string a sentence together without reading the words written for him on the Teleprompter. Glaring ballot discrepancies included serious questions about electronic voting machines that make vote rigging a comparative cinch and hundreds of thousands of paper votes that suddenly appeared during already advanced vote counts and virtually all of

them for Biden. Early Trump leads in crucial swing states suddenly began to close and disappear. The pandemic hoax was used as the excuse to issue almost limitless numbers of mail-in ballots with no checks to establish that the recipients were still alive or lived at that address. They were sent to streams of people who had not even asked for them. Private organisations were employed to gather these ballots and who knows what they did with them before they turned up at the counts. The American election system has been manipulated over decades to become a sick joke with more holes than a Swiss cheese for the express purpose of dictating the results. Then there was the criminal manipulation of information by Sabbatian tech giants like Facebook, Twitter and Google-owned YouTube which deleted pro-Trump, anti-Biden accounts and posts while everything in support of Biden was left alone. Sabbatians wanted Biden to win because after the dividing of America it was time for full-on Woke and every aspect of the Cult agenda to be unleashed.

Hunter gatherer

Extreme Silicon Valley bias included blocking information by the *New York Post* exposing a Biden scandal that should have ended his bid for president in the final weeks of the campaign. Hunter Biden, his monumentally corrupt son, is reported to have sent a laptop to be repaired at a local store and failed to return for it. Time passed until the laptop became the property of the store for non-payment of the bill. When the owner saw what was on the hard drive he gave a copy to the FBI who did nothing even though it confirmed widespread corruption in which the Joe Biden family were using his political position, especially when he was vice president to Obama, to make multiple millions in countries around the world and most notably Ukraine and China. Hunter Biden's one-time business partner Tony Bobulinski went public when the story broke in the *New York Post* to confirm the corruption he saw and that Joe Biden not only knew what was going on he also profited from the spoils. Millions were handed over by a Chinese company with close

connections – like all major businesses in China – to the Chinese communist party of President Xi Jinping. Joe Biden even boasted at a meeting of the Cult's World Economic Forum that as vice president he had ordered the government of Ukraine to fire a prosecutor. What he didn't mention was that the same man just happened to be investigating an energy company which was part of Hunter Biden's corrupt portfolio. The company was paying him big bucks for no other reason than the influence his father had. Overnight Biden's presidential campaign should have been over given that he had lied publicly about not knowing what his son was doing. Instead almost the entire Sabbatian-owned mainstream media and Sabbatian-owned Silicon Valley suppressed circulation of the story. This alone went a mighty way to rigging the election of 2020. Cult assets like Mark Zuckerberg at Facebook also spent hundreds of millions to be used in support of Biden and vote 'administration'.

The Cult had used Trump as the focus to divide America and was now desperate to bring in moronic, pliable, corrupt Biden to complete the double-whammy. No way were they going to let little things like the will of the people thwart their plan. Silicon Valley widely censored claims that the election was rigged because it *was* rigged. For the same reason anyone claiming it was rigged was denounced as a 'white supremacist' including the pathetically few Republican politicians willing to say so. Right across the media where the claim was mentioned it was described as a 'false claim' even though these excuses for 'journalists' would have done no research into the subject whatsoever. Trump won seven million more votes than any sitting president had ever achieved while somehow a cognitively-challenged soon to be 78-year-old who was hidden away from the public for most of the campaign managed to win more votes than any presidential candidate in history. It makes no sense. You only had to see election rallies for both candidates to witness the enthusiasm for Trump and the apathy for Biden. Tens of thousands would attend Trump events while Biden was speaking in empty car parks with often only television crews attending and framing their shots to hide the fact that no one was there. It was pathetic to see

footage come to light of Biden standing at a podium making speeches only to TV crews and party fixers while reading the words written for him on massive Teleprompter screens. So, yes, those protestors on January 6th had a point about election rigging, but some were about to walk into a trap laid for them in Washington by the Cult Deep State and its QAnon Psyop. This was the Capitol Hill riot ludicrously dubbed an 'insurrection'.

The spider and the fly

Renegade Minds know there are not two 'sides' in politics, only one side, the Cult, working through all 'sides'. It's a stage show, a puppet show, to direct the perceptions of the population into focusing on diversions like parties and candidates while missing the puppeteers with their hands holding all the strings. The Capitol Hill 'insurrection' brings us back to the Little Big Horn. Having created two distinct opposing groupings – Woke and Pushbackers – the trap was about to be sprung. Pushbackers were to be encircled and isolated by associating them all in the public mind with Trump and then labelling Trump as some sort of Confederate leader. I knew immediately that the Capitol riot was a set-up because of two things. One was how easy the rioters got into the building with virtually no credible resistance and secondly I could see – as with the 'Covid' hoax in the West at the start of 2020 – how the Cult could exploit the situation to move its agenda forward with great speed. My experience of Cult techniques and activities over more than 30 years has showed me that while they do exploit situations they haven't themselves created this never happens with events of fundamental agenda significance. Every time major events giving cultists the excuse to rapidly advance their plan you find they are manipulated into being for the specific reason of providing that excuse – Problem-Reaction-Solution. Only a tiny minority of the huge crowd of Washington protestors sought to gain entry to the Capitol by smashing windows and breaching doors. That didn't matter. The whole crowd and all Pushbackers, even if they did not support Trump, were going to be lumped together as dangerous

insurrectionists and conspiracy theorists. The latter term came into widespread use through a CIA memo in the 1960s aimed at discrediting those questioning the nonsensical official story of the Kennedy assassination and it subsequently became widely employed by the media. It's still being used by inept 'journalists' with no idea of its origin to discredit anyone questioning anything that authority claims to be true. When you are perpetrating a conspiracy you need to discredit the very word itself even though the dictionary definition of conspiracy is merely 'the activity of secretly planning with other people to do something bad or illegal' and 'a general agreement to keep silent about a subject for the purpose of keeping it secret'. On that basis there are conspiracies almost wherever you look. For obvious reasons the Cult and its lapdog media have to claim there are no conspiracies even though the word appears in state laws as with conspiracy to defraud, to murder, and to corrupt public morals.

Agent provocateurs are widely used by the Cult Deep State to manipulate genuine people into acting in ways that suit the desired outcome. By genuine in this case I mean protestors genuinely supporting Trump and claims that the election was stolen. In among them, however, were agents of the state wearing the garb of Trump supporters and QAnon to pump-prime the Capital riot which some genuine Trump supporters naively fell for. I described the situation as 'Come into my parlour said the spider to the fly'. Leaflets appeared through the Woke paramilitary arm Antifa, the anti-fascist fascists, calling on supporters to turn up in Washington looking like Trump supporters even though they hated him. Some of those arrested for breaching the Capitol Building were sourced to Antifa and its stable mate Black Lives Matter. Both organisations are funded by Cult billionaires and corporations. One man charged for the riot was according to his lawyer a former FBI agent who had held top secret security clearance for 40 years. Attorney Thomas Plofchan said of his client, 66-year-old Thomas Edward Caldwell:

He has held a Top Secret Security Clearance since 1979 and has undergone multiple Special Background Investigations in support of his clearances. After retiring from the Navy, he

worked as a section chief for the Federal Bureau of Investigation from 2009-2010 as a GS-12 [mid-level employee].

He also formed and operated a consulting firm performing work, often classified, for U.S government customers including the US. Drug Enforcement Agency, Department of Housing and Urban Development, the US Coast Guard, and the US Army Personnel Command.

A judge later released Caldwell pending trial in the absence of evidence about a conspiracy or that he tried to force his way into the building. *The New York Post* reported a 'law enforcement source' as saying that 'at least two known Antifa members were spotted' on camera among Trump supporters during the riot while one of the rioters arrested was John Earle Sullivan, a seriously extreme Black Lives Matter Trump-hater from Utah who was previously arrested and charged in July, 2020, over a BLM-Antifa riot in which drivers were threatened and one was shot. Sullivan is the founder of Utah-based Insurgence USA which is an affiliate of the Cult-created-and-funded Black Lives Matter movement. Footage appeared and was then deleted by Twitter of Trump supporters calling out Antifa infiltrators and a group was filmed changing into pro-Trump clothing before the riot. Security at the building was *pathetic* – as planned. Colonel Leroy Fletcher Prouty, a man with long experience in covert operations working with the US security apparatus, once described the tell-tale sign to identify who is involved in an assassination. He said:

No one has to direct an assassination – it happens. The active role is played secretly by permitting it to happen. This is the greatest single clue. Who has the power to call off or reduce the usual security precautions?

This principle applies to many other situations and certainly to the Capitol riot of January 6th, 2021.

The sting

With such a big and potentially angry crowd known to be gathering near the Capitol the security apparatus would have had a major police detail to defend the building with National Guard troops on

standby given the strength of feeling among people arriving from all over America encouraged by the QAnon Psyop and statements by Donald Trump. Instead Capitol Police 'security' was flimsy, weak, and easily breached. The same number of officers was deployed as on a regular day and that is a blatant red flag. They were not staffed or equipped for a possible riot that had been an obvious possibility in the circumstances. No protective and effective fencing worth the name was put in place and there were no contingency plans. The whole thing was basically a case of standing aside and waving people in. Once inside police mostly backed off apart from one Capitol police officer who ridiculously shot dead unarmed Air Force veteran protestor Ashli Babbitt without a warning as she climbed through a broken window. The 'investigation' refused to name or charge the officer after what must surely be considered a murder in the circumstances. They just lifted a carpet and swept. The story was endlessly repeated about five people dying in the 'armed insurrection' when there was no report of rioters using weapons. Apart from Babbitt the other four died from a heart attack, strokes and apparently a drug overdose. Capitol police officer Brian Sicknick was reported to have died after being bludgeoned with a fire extinguisher when he was alive after the riot was over and died later of what the Washington Medical Examiner's Office said was a stroke. Sicknick had no external injuries. The lies were delivered like rapid fire. There was a narrative to build with incessant repetition of the lie until the lie became the accepted 'everybody knows that' truth. The 'Big Lie' technique of Nazi Propaganda Minister Joseph Goebbels is constantly used by the Cult which was behind the Nazis and is today behind the 'Covid' and 'climate change' hoaxes. Goebbels said:

> If you tell a lie big enough and keep repeating it, people will eventually come to believe it. The lie can be maintained only for such time as the State can shield the people from the political, economic and/or military consequences of the lie. It thus becomes vitally important for the State to use all of its powers to repress dissent, for the truth is the mortal enemy of the lie, and thus by extension, the truth is the greatest enemy of the State.

Most protestors had a free run of the Capitol Building. This allowed pictures to be taken of rioters in iconic parts of the building including the Senate chamber which could be used as propaganda images against all Pushbackers. One Congresswoman described the scene as 'the worst kind of non-security anybody could ever imagine'. Well, the first part was true, but someone obviously did imagine it and made sure it happened. Some photographs most widely circulated featured people wearing QAnon symbols and now the Psyop would be used to dub all QAnon followers with the ubiquitous fit-all label of 'white supremacist' and 'insurrectionists'. When a Muslim extremist called Noah Green drove his car at two police officers at the Capitol Building killing one in April, 2021, there was no such political and media hysteria. They were just disappointed he wasn't white.

The witch-hunt

Government prosecutor Michael Sherwin, an aggressive, dark-eyed, professional Rottweiler led the 'investigation' and to call it over the top would be to understate reality a thousand fold. Hundreds were tracked down and arrested for the crime of having the wrong political views and people were jailed who had done nothing more than walk in the building, committed no violence or damage to property, took a few pictures and left. They were labelled a 'threat to the Republic' while Biden sat in the White House signing executive orders written for him that were dismantling 'the Republic'. Even when judges ruled that a mother and son should not be in jail the government kept them there. Some of those arrested have been badly beaten by prison guards in Washington and lawyers for one man said he suffered a fractured skull and was made blind in one eye. Meanwhile a woman is shot dead for no reason by a Capitol Police officer and we are not allowed to know who he is never mind what has happened to him although that will be *nothing*. The Cult's QAnon/Trump sting to identify and isolate Pushbackers and then target them on the road to crushing and deleting them was a resounding success. You would have thought the Russians had

invaded the building at gunpoint and lined up senators for a firing squad to see the political and media reaction. Congresswoman Alexandria Ocasio-Cortez is a child in a woman's body, a terrible-twos, me, me, me, Woker narcissist of such proportions that words have no meaning. She said she thought she was going to die when 'insurrectionists' banged on her office door. It turned out she wasn't even in the Capitol Building when the riot was happening and the 'banging' was a Capitol Police officer. She referred to herself as a 'survivor' which is an insult to all those true survivors of violent and sexual abuse while she lives her pampered and privileged life talking drivel for a living. Her Woke colleague and fellow mega-narcissist Rashida Tlaib broke down describing the devastating effect on her, too, of *not being* in the building when the rioters were there. Ocasio-Cortez and Tlaib are members of a fully-Woke group of Congresswomen known as 'The Squad' along with Ilhan Omar and Ayanna Pressley. The Squad from what I can see can be identified by its vehement anti-white racism, anti-white men agenda, and, as always in these cases, the absence of brain cells on active duty.

The usual suspects were on the riot case immediately in the form of Democrat ultra-Zionist senators and operatives Chuck Schumer and Adam Schiff demanding that Trump be impeached for 'his part in the insurrection'. The same pair of prats had led the failed impeachment of Trump over the invented 'Russia collusion' nonsense which claimed Russia had helped Trump win the 2016 election. I didn't realise that Tel Aviv had been relocated just outside Moscow. I must find an up-to-date map. The Russia hoax was a Sabbatian operation to keep Trump occupied and impotent and to stop any rapport with Russia which the Cult wants to retain as a perceptual enemy to be pulled out at will. Puppet Biden began attacking Russia when he came to office as the Cult seeks more upheaval, division and war across the world. A two-year stage show 'Russia collusion inquiry' headed by the not-very-bright former 9/11 FBI chief Robert Mueller, with support from 19 lawyers, 40 FBI agents plus intelligence analysts, forensic accountants and other

staff, devoured tens of millions of dollars and found no evidence of Russia collusion which a ten-year-old could have told them on day one. Now the same moronic Schumer and Schiff wanted a second impeachment of Trump over the Capitol 'insurrection' (riot) which the arrested development of Schumer called another 'Pearl Harbor' while others compared it with 9/11 in which 3,000 died and, in the case of CNN, with the Rwandan genocide in the 1990s in which an estimated 500,000 to 600,000 were murdered, between 250, 000 and 500,000 women were raped, and populations of whole towns were hacked to death with machetes. To make those comparisons purely for Cult political reasons is beyond insulting to those that suffered and lost their lives and confirms yet again the callous inhumanity that we are dealing with. Schumer is a monumental idiot and so is Schiff, but they serve the Cult agenda and do whatever they're told so they get looked after. Talking of idiots – another inane man who spanned the Russia and Capitol impeachment attempts was Senator Eric Swalwell who had the nerve to accuse Trump of collusion with the Russians while sleeping with a Chinese spy called Christine Fang or 'Fang Fang' which is straight out of a Bond film no doubt starring Klaus Schwab as the bloke living on a secret island and controlling laser weapons positioned in space and pointing at world capitals. Fang Fang plays the part of Bond's infiltrator girlfriend which I'm sure she would enjoy rather more than sharing a bed with the brainless Swalwell, lying back and thinking of China. The FBI eventually warned Swalwell about Fang Fang which gave her time to escape back to the Chinese dictatorship. How very thoughtful of them. The second Trump impeachment also failed and hardly surprising when an impeachment is supposed to remove a sitting president and by the time it happened Trump was no longer president. These people are running your country America, well, officially anyway. Terrifying isn't it?

Outcomes tell the story - always

The outcome of all this – and it's the *outcome* on which Renegade Minds focus, not the words – was that a vicious, hysterical and

obviously pre-planned assault was launched on Pushbackers to censor, silence and discredit them and even targeted their right to earn a living. They have since been condemned as 'domestic terrorists' that need to be treated like Al-Qaeda and Islamic State. 'Domestic terrorists' is a label the Cult has been trying to make stick since the period of the Oklahoma bombing in 1995 which was blamed on 'far-right domestic terrorists'. If you read *The Trigger* you will see that the bombing was clearly a Problem-Reaction-Solution carried out by the Deep State during a Bill Clinton administration so corrupt that no dictionary definition of the term would even nearly suffice. Nearly 30, 000 troops were deployed from all over America to the empty streets of Washington for Biden's inauguration. Ten thousand of them stayed on with the pretext of protecting the capital from insurrectionists when it was more psychological programming to normalise the use of the military in domestic law enforcement in support of the Cult plan for a police-military state. Biden's fascist administration began a purge of 'wrong-thinkers' in the military which means anyone that is not on board with Woke. The Capitol Building was surrounded by a fence with razor wire and the Land of the Free was further symbolically and literally dismantled. The circle was completed with the installation of Biden and the exploitation of the QAnon Psyop.

America had never been so divided since the civil war of the 19th century, Pushbackers were isolated and dubbed terrorists and now, as was always going to happen, the Cult immediately set about deleting what little was left of freedom and transforming American society through a swish of the hand of the most controlled 'president' in American history leading (officially at least) the most extreme regime since the country was declared an independent state on July 4th, 1776. Biden issued undebated, dictatorial executive orders almost by the hour in his opening days in office across the whole spectrum of the Cult wish-list including diluting controls on the border with Mexico allowing thousands of migrants to illegally enter the United States to transform the demographics of America and import an election-changing number of perceived Democrat

voters. Then there were Biden deportation amnesties for the already illegally resident (estimated to be as high as 20 or even 30 million). A bill before Congress awarded American citizenship to anyone who could prove they had worked in agriculture for just 180 days in the previous two years as 'Big Ag' secured its slave labour long-term. There were the plans to add new states to the union such as Puerto Rico and making Washington DC a state. They are all parts of a plan to ensure that the Cult-owned Woke Democrats would be permanently in power.

Border – what border?

I have exposed in detail in other books how mass immigration into the United States and Europe is the work of Cult networks fuelled by the tens of billions spent to this and other ends by George Soros and his global Open Society (open borders) Foundations. The impact can be seen in America alone where the population has increased by *100 million* in little more than 30 years mostly through immigration. I wrote in *The Answer* that the plan was to have so many people crossing the southern border that the numbers become unstoppable and we are now there under Cult-owned Biden. El Salvador in Central America puts the scale of what is happening into context. A third of the population now lives in the United States, much of it illegally, and many more are on the way. The methodology is to crush Central and South American countries economically and spread violence through machete-wielding psychopathic gangs like MS-13 based in El Salvador and now operating in many American cities. Biden-imposed lax security at the southern border means that it is all but open. He said before his 'election' that he wanted to see a surge towards the border if he became president and that was the green light for people to do just that after election day to create the human disaster that followed for both America and the migrants. When that surge came the imbecilic Alexandria Ocasio-Cortez said it wasn't a 'surge' because they are 'children, not insurgents' and the term 'surge' (used by Biden) was a claim of 'white supremacists'.

This disingenuous lady may one day enter the realm of the most basic intelligence, but it won't be any time soon.

Sabbatians and the Cult are in the process of destroying America by importing violent people and gangs in among the genuine to terrorise American cities and by overwhelming services that cannot cope with the sheer volume of new arrivals. Something similar is happening in Europe as Western society in general is targeted for demographic and cultural transformation and upheaval. The plan demands violence and crime to create an environment of intimidation, fear and division and Soros has been funding the election of district attorneys across America who then stop prosecuting many crimes, reduce sentences for violent crimes and free as many violent criminals as they can. Sabbatians are creating the chaos from which order – their order – can respond in a classic Problem-Reaction-Solution. A Freemasonic moto says 'Ordo Ab Chao' (Order out of Chaos) and this is why the Cult is constantly creating chaos to impose a new 'order'. Here you have the reason the Cult is constantly creating chaos. The 'Covid' hoax can be seen with those entering the United States by plane being forced to take a 'Covid' test while migrants flooding through southern border processing facilities do not. Nothing is put in the way of mass migration and if that means ignoring the government's own 'Covid' rules then so be it. They know it's all bullshit anyway. Any pushback on this is denounced as 'racist' by Wokers and Sabbatian fronts like the ultra-Zionist Anti-Defamation League headed by the appalling Jonathan Greenblatt which at the same time argues that Israel should not give citizenship and voting rights to more Palestinian Arabs or the 'Jewish population' (in truth the Sabbatian network) will lose control of the country.

Society-changing numbers

Biden's masters have declared that countries like El Salvador are so dangerous that their people must be allowed into the United States for humanitarian reasons when there are fewer murders in large parts of many Central American countries than in US cities like

Baltimore. That is not to say Central America cannot be a dangerous place and Cult-controlled American governments have been making it so since way back, along with the dismantling of economies, in a long-term plan to drive people north into the United States. Parts of Central America are very dangerous, but in other areas the story is being greatly exaggerated to justify relaxing immigration criteria. Migrants are being offered free healthcare and education in the United States as another incentive to head for the border and there is no requirement to be financially independent before you can enter to prevent the resources of America being drained. You can't blame migrants for seeking what they believe will be a better life, but they are being played by the Cult for dark and nefarious ends. The numbers since Biden took office are huge. In February, 2021, more than 100,000 people were known to have tried to enter the US illegally through the southern border (it was 34,000 in the same month in 2020) and in March it was 170,000 – a 418 percent increase on March, 2020. These numbers are only known people, not the ones who get in unseen. The true figure for migrants illegally crossing the border in a single month was estimated by one congressman at 250,000 and that number will only rise under Biden's current policy. Gangs of murdering drug-running thugs that control the Mexican side of the border demand money – thousands of dollars – to let migrants cross the Rio Grande into America. At the same time gun battles are breaking out on the border several times a week between rival Mexican drug gangs (which now operate globally) who are equipped with sophisticated military-grade weapons, grenades and armoured vehicles. While the Capitol Building was being 'protected' from a non-existent 'threat' by thousands of troops, and others were still deployed at the time in the Cult Neocon war in Afghanistan, the southern border of America was left to its fate. This is not incompetence, it is cold calculation.

By March, 2021, there were 17,000 unaccompanied children held at border facilities and many of them are ensnared by people traffickers for paedophile rings and raped on their journey north to America. This is not conjecture – this is fact. Many of those designated

children are in reality teenage boys or older. Meanwhile Wokers posture their self-purity for encouraging poor and tragic people to come to America and face this nightmare both on the journey and at the border with the disgusting figure of House Speaker Nancy Pelosi giving disingenuous speeches about caring for migrants. The woman's evil. Wokers condemned Trump for having children in cages at the border (so did Obama, *Shhhh*), but now they are sleeping on the floor without access to a shower with one border facility 729 percent over capacity. The Biden insanity even proposed flying migrants from the southern border to the northern border with Canada for 'processing'. The whole shambles is being overseen by ultra-Zionist Secretary of Homeland Security, the moronic liar Alejandro Mayorkas, who banned news cameras at border facilities to stop Americans seeing what was happening. Mayorkas said there was not a ban on news crews; it was just that they were not allowed to film. Alongside him at Homeland Security is another ultra-Zionist Cass Sunstein appointed by Biden to oversee new immigration laws. Sunstein despises conspiracy researchers to the point where he suggests they should be banned or *taxed* for having such views. The man is not bonkers or anything. He's perfectly well-adjusted, but adjusted to what is the question. Criticise what is happening and you are a 'white supremacist' when earlier non-white immigrants also oppose the numbers which effect their lives and opportunities. Black people in poor areas are particularly damaged by uncontrolled immigration and the increased competition for work opportunities with those who will work for less. They are also losing voting power as Hispanics become more dominant in former black areas. It's a downward spiral for them while the billionaires behind the policy drone on about how much they care about black people and 'racism'. None of this is about compassion for migrants or black people – that's just wind and air. Migrants are instead being mercilessly exploited to transform America while the countries they leave are losing their future and the same is true in Europe. Mass immigration may now be the work of Woke Democrats, but it can be traced back to the 1986 Immigration Reform and Control Act (it

wasn’t) signed into law by Republican hero President Ronald Reagan which gave amnesty to millions living in the United States illegally and other incentives for people to head for the southern border. Here we have the one-party state at work again.

Save me syndrome

Almost every aspect of what I have been exposing as the Cult agenda was on display in even the first days of ‘Biden’ with silencing of Pushbackers at the forefront of everything. A Renegade Mind will view the Trump years and QAnon in a very different light to their supporters and advocates as the dots are connected. The QAnon/Trump Psyop has given the Cult all it was looking for. We may not know how much, or little, that Trump realised he was being used, but that’s a side issue. This pincer movement produced the desired outcome of dividing America and having Pushbackers isolated. To turn this around we have to look at new routes to empowerment which do not include handing our power to other people and groups through what I will call the ‘Save Me Syndrome’ – ‘I want someone else to do it so that I don’t have to’. We have seen this at work throughout human history and the QAnon/Trump Psyop is only the latest incarnation alongside all the others. Religion is an obvious expression of this when people look to a ‘god’ or priest to save them or tell them how to be saved and then there are ‘save me’ politicians like Trump. Politics is a diversion and not a ‘saviour’. It is a means to block positive change, not make it possible.

Save Me Syndrome always comes with the same repeating theme of handing your power to whom or what you believe will save you while your real ‘saviour’ stares back from the mirror every morning. Renegade Minds are constantly vigilant in this regard and always asking the question ‘What can I do?’ rather than ‘What can someone else do for me?’ Gandhi was right when he said: ‘You must be the change you want to see in the world.’ We are indeed the people we have been waiting for. We are presented with a constant raft of reasons to concede that power to others and forget where the real power is. Humanity has the numbers and the Cult does not. It has to

use diversion and division to target the unstoppable power that comes from unity. Religions, governments, politicians, corporations, media, QAnon, are all different manifestations of this power-diversion and dilution. Refusing to give your power to governments and instead handing it to Trump and QAnon is not to take a new direction, but merely to recycle the old one with new names on the posters. I will explore this phenomenon as we proceed and how to break the cycles and recycles that got us here through the mists of repeating perception and so repeating history.

For now we shall turn to the most potent example in the entire human story of the consequences that follow when you give your power away. I am talking, of course, of the 'Covid' hoax.

CHAPTER FOUR

'Covid': Calculated catastrophe

Facts are threatening to those invested in fraud
DaShanne Stokes

We can easily unravel the real reason for the 'Covid pandemic' hoax by employing the Renegade Mind methodology that I have outlined this far. We'll start by comparing the long-planned Cult outcome with the 'Covid pandemic' outcome. Know the outcome and you'll see the journey.

I have highlighted the plan for the Hunger Games Society which has been in my books for so many years with the very few controlling the very many through ongoing dependency. To create this dependency it is essential to destroy independent livelihoods, businesses and employment to make the population reliant on the state (the Cult) for even the basics of life through a guaranteed pittance income. While independence of income remained these Cult ambitions would be thwarted. With this knowledge it was easy to see where the 'pandemic' hoax was going once talk of 'lockdowns' began and the closing of all but perceived 'essential' businesses to 'save' us from an alleged 'deadly virus'. Cult corporations like Amazon and Walmart were naturally considered 'essential' while mom and pop shops and stores had their doors closed by fascist decree. As a result with every new lockdown and new regulation more small and medium, even large businesses not owned by the Cult, went to the wall while Cult giants and their frontmen and women grew financially fatter by the second. Mom and pop were

denied an income and the right to earn a living and the wealth of people like Jeff Bezos (Amazon), Mark Zuckerberg (Facebook) and Sergei Brin and Larry Page (Google/Alphabet) have reached record levels. The Cult was increasing its own power through further dramatic concentrations of wealth while the competition was being destroyed and brought into a state of dependency. Lockdowns have been instigated to secure that very end and were never anything to do with health. My brother Paul spent 45 years building up a bus repair business, but lockdowns meant buses were running at a fraction of normal levels for months on end. Similar stories can told in their hundreds of millions worldwide. Efforts of a lifetime coldly destroyed by Cult multi-billionaires and their lackeys in government and law enforcement who continued to earn their living from the taxation of the people while denying the right of the same people to earn theirs. How different it would have been if those making and enforcing these decisions had to face the same financial hardships of those they affected, but they never do.

Gates of Hell

Behind it all in the full knowledge of what he is doing and why is the psychopathic figure of Cult operative Bill Gates. His puppet Tedros at the World Health Organization declared 'Covid' a pandemic in March, 2020. The WHO had changed the definition of a 'pandemic' in 2009 just a month before declaring the 'swine flu pandemic' which would not have been so under the previous definition. The same applies to 'Covid'. The definition had included… 'an infection by an infectious agent, occurring simultaneously in different countries, with a significant mortality rate relative to the proportion of the population infected'. The new definition removed the need for 'significant mortality'. The 'pandemic' has been fraudulent even down to the definition, but Gates demanded economy-destroying lockdowns, school closures, social distancing, mandatory masks, a 'vaccination' for every man, woman and child on the planet and severe consequences and restrictions for those that refused. Who gave him this power? The

Cult did which he serves like a little boy in short trousers doing what his daddy tells him. He and his psychopathic missus even smiled when they said that much worse was to come (what they knew was planned to come). Gates responded in the matter-of-fact way of all psychopaths to a question about the effect on the world economy of what he was doing:

> Well, it won't go to zero but it will shrink. Global GDP is probably going to take the biggest hit ever [Gates was smiling as he said this] … in my lifetime this will be the greatest economic hit. But you don't have a choice. People act as if you have a choice. People don't feel like going to the stadium when they might get infected … People are deeply affected by seeing these stats, by knowing they could be part of the transmission chain, old people, their parents and grandparents, could be affected by this, and so you don't get to say ignore what is going on here.
>
> There will be the ability to open up, particularly in rich countries, if things are done well over the next few months, but for the world at large normalcy only returns when we have largely vaccinated the entire population.

The man has no compassion or empathy. How could he when he's a psychopath like all Cult players? My own view is that even beyond that he is very seriously mentally ill. Look in his eyes and you can see this along with his crazy flailing arms. You don't do what he has done to the world population since the start of 2020 unless you are mentally ill and at the most extreme end of psychopathic. You especially don't do it when to you know, as we shall see, that cases and deaths from 'Covid' are fakery and a product of monumental figure massaging. 'These stats' that Gates referred to are based on a 'test' that's not testing for the 'virus' as he has known all along. He made his fortune with big Cult support as an infamously ruthless software salesman and now buys global control of 'health' (death) policy without the population he affects having any say. It's a breathtaking outrage. Gates talked about people being deeply affected by fear of 'Covid' when that was because of *him* and his global network lying to them minute-by-minute supported by a lying media that he seriously influences and funds to the tune of hundreds of millions. He's handed big sums to media operations including the BBC, NBC, Al Jazeera, Univision, *PBS NewsHour,*

ProPublica, National Journal, The Guardian, The Financial Times, The Atlantic, Texas Tribune, USA Today publisher Gannett, *Washington Monthly, Le Monde,* Center for Investigative Reporting, Pulitzer Center on Crisis Reporting, National Press Foundation, International Center for Journalists, Solutions Journalism Network, the Poynter Institute for Media Studies, and many more. Gates is everywhere in the 'Covid' hoax and the man must go to prison – or a mental facility – for the rest of his life and his money distributed to those he has taken such enormous psychopathic pleasure in crushing.

The Muscle

The Hunger Games global structure demands a police-military state – a fusion of the two into one force – which viciously imposes the will of the Cult on the population and protects the Cult from public rebellion. In that regard, too, the 'Covid' hoax just keeps on giving. Often unlawful, ridiculous and contradictory 'Covid' rules and regulations have been policed across the world by moronic automatons and psychopaths made faceless by face-nappy masks and acting like the Nazi SS and fascist blackshirts and brownshirts of Hitler and Mussolini. The smallest departure from the rules decreed by the psychos in government and their clueless gofers were jumped upon by the face-nappy fascists. Brutality against public protestors soon became commonplace even on girls, women and old people as the brave men with the batons – the Face-Nappies as I call them – broke up peaceful protests and handed out fines like confetti to people who couldn't earn a living let alone pay hundreds of pounds for what was once an accepted human right. Robot Face-Nappies of Nottingham police in the English East Midlands fined one group £11,000 for attending a child's birthday party. For decades I charted the transformation of law enforcement as genuine, decent officers were replaced with psychopaths and the brain dead who would happily and brutally do whatever their masters told them. Now they were let loose on the public and I would emphasise the point that none of this just happened. The step-by-step change in the dynamic between police and public was orchestrated from the shadows by

those who knew where this was all going and the same with the perceptual reframing of those in all levels of authority and official administration through 'training courses' by organisations such as Common Purpose which was created in the late 1980s and given a massive boost in Blair era Britain until it became a global phenomenon. Supposed public 'servants' began to view the population as the enemy and the same was true of the police. This was the start of the explosion of behaviour manipulation organisations and networks preparing for the all-war on the human psyche unleashed with the dawn of 2020. I will go into more detail about this later in the book because it is a core part of what is happening.

Police desecrated beauty spots to deter people gathering and arrested women for walking in the countryside alone 'too far' from their homes. We had arrogant, clueless sergeants in the Isle of Wight police where I live posting on Facebook what they insisted the population must do or else. A schoolmaster sergeant called Radford looked young enough for me to ask if his mother knew he was out, but he was posting what he *expected* people to do while a Sergeant Wilkinson boasted about fining lads for meeting in a McDonald's car park where they went to get a lockdown takeaway. Wilkinson added that he had even cancelled their order. What a pair of prats these people are and yet they have increasingly become the norm among Jackboot Johnson's Yellowshirts once known as the British police. This was the theme all over the world with police savagery common during lockdown protests in the United States, the Netherlands, and the fascist state of Victoria in Australia under its tyrannical and again moronic premier Daniel Andrews. Amazing how tyrannical and moronic tend to work as a team and the same combination could be seen across America as arrogant, narcissistic Woke governors and mayors such as Gavin Newsom (California), Andrew Cuomo (New York), Gretchen Whitmer (Michigan), Lori Lightfoot (Chicago) and Eric Garcetti (Los Angeles) did their Nazi and Stalin impressions with the full support of the compliant brutality of their enforcers in uniform as they arrested small business owners defying

fascist shutdown orders and took them to jail in ankle shackles and handcuffs. This happened to bistro owner Marlena Pavlos-Hackney in Gretchen Whitmer's fascist state of Michigan when police arrived to enforce an order by a state-owned judge for 'putting the community at risk' at a time when other states like Texas were dropping restrictions and migrants were pouring across the southern border without any 'Covid' questions at all. I'm sure there are many officers appalled by what they are ordered to do, but not nearly enough of them. If they were truly appalled they would not do it. As the months passed every opportunity was taken to have the military involved to make their presence on the streets ever more familiar and 'normal' for the longer-term goal of police-military fusion.

Another crucial element to the Hunger Games enforcement network has been encouraging the public to report neighbours and others for 'breaking the lockdown rules'. The group faced with £11,000 in fines at the child's birthday party would have been dobbed-in by a neighbour with a brain the size of a pea. The technique was most famously employed by the Stasi secret police in communist East Germany who had public informants placed throughout the population. A police chief in the UK says his force doesn't need to carry out 'Covid' patrols when they are flooded with so many calls from the public reporting other people for visiting the beach. Dorset police chief James Vaughan said people were so enthusiastic about snitching on their fellow humans they were now operating as an auxiliary arm of the police: 'We are still getting around 400 reports a week from the public, so we will respond to reports …We won't need to be doing hotspot patrols because people are very quick to pick the phone up and tell us.' Vaughan didn't say that this is a pillar of all tyrannies of whatever complexion and the means to hugely extend the reach of enforcement while spreading distrust among the people and making them wary of doing anything that might get them reported. Those narcissistic Isle of Wight sergeants Radford and Wilkinson never fail to add a link to their Facebook posts where the public can inform on their fellow slaves.

Neither would be self-aware enough to realise they were imitating the Stasi which they might well never have heard of. Government psychologists that I will expose later laid out a policy to turn communities against each other in the same way.

A coincidence? Yep, and I can knit fog

I knew from the start of the alleged pandemic that this was a Cult operation. It presented limitless potential to rapidly advance the Cult agenda and exploit manipulated fear to demand that every man, woman and child on the planet was 'vaccinated' in a process never used on humans before which infuses self-replicating *synthetic* material into human cells. Remember the plan to transform the human body from a biological to a synthetic biological state. I'll deal with the 'vaccine' (that's not actually a vaccine) when I focus on the genetic agenda. Enough to say here that mass global 'vaccination' justified by this 'new virus' set alarms ringing after 30 years of tracking these people and their methods. The 'Covid' hoax officially beginning in China was also a big red flag for reasons I will be explaining. The agenda potential was so enormous that I could dismiss any idea that the 'virus' appeared naturally. Major happenings with major agenda implications never occur without Cult involvement in making them happen. My questions were twofold in early 2020 as the media began its campaign to induce global fear and hysteria: Was this alleged infectious agent released on purpose by the Cult or did it even exist at all? I then did what I always do in these situations. I sat, observed and waited to see where the evidence and information would take me. By March and early April synchronicity was strongly – and ever more so since then – pointing me in the direction of *there is no 'virus'*. I went public on that with derision even from swathes of the alternative media that voiced a scenario that the Chinese government released the 'virus' in league with Deep State elements in the United States from a top-level bio-lab in Wuhan where the 'virus' is said to have first appeared. I looked at that possibility, but I didn't buy it for several reasons. Deaths from the 'virus' did not in any way match what they

would have been with a ‘deadly bioweapon’ and it is much more effective if you sell the *illusion* of an infectious agent rather than having a real one unless you can control through injection who has it and who doesn’t. Otherwise you lose control of events. A made-up ‘virus’ gives you a blank sheet of paper on which you can make it do whatever you like and have any symptoms or mutant ‘variants’ you choose to add while a real infectious agent would limit you to what it actually does. A phantom disease allows you to have endless ludicrous ‘studies’ on the ‘Covid’ dollar to widen the perceived impact by inventing ever more ‘at risk’ groups including one study which said those who walk slowly may be almost four times more likely to die from the ‘virus’. People are in psychiatric wards for less.

A real ‘deadly bioweapon’ can take out people in the hierarchy that are not part of the Cult, but essential to its operation. Obviously they don’t want that. Releasing a real disease means you immediately lose control of it. Releasing an illusory one means you don’t. Again it’s vital that people are extra careful when dealing with what they want to hear. A bioweapon unleashed from a Chinese laboratory in collusion with the American Deep State may fit a conspiracy narrative, but is it true? Would it not be far more effective to use the excuse of a ‘virus’ to justify the real bioweapon – the ‘vaccine’? That way your disease agent does not have to be transmitted and arrives directly through a syringe. I saw a French virologist Luc Montagnier quoted in the alternative media as saying he had discovered that the alleged ‘new’ severe acute respiratory syndrome coronavirus , or SARS-CoV-2, was made artificially and included elements of the human immunodeficiency ‘virus’ (HIV) and a parasite that causes malaria. SARS-CoV-2 is alleged to trigger an alleged illness called Covid-19. I remembered Montagnier’s name from my research years before into claims that an HIV ‘retrovirus’ causes AIDs – claims that were demolished by Berkeley virologist Peter Duesberg who showed that no one had ever proved that HIV causes acquired immunodeficiency syndrome or AIDS. Claims that become accepted as fact, publicly and medically, with no proof whatsoever are an ever-recurring story that profoundly applies to

‘Covid’. Nevertheless, despite the lack of proof, Montagnier’s team at the Pasteur Institute in Paris had a long dispute with American researcher Robert Gallo over which of them discovered and isolated the HIV ‘virus’ and with *no evidence* found it to cause AIDS. You will see later that there is also no evidence that any ‘virus’ causes any disease or that there is even such a thing as a ‘virus’ in the way it is said to exist. The claim to have ‘isolated’ the HIV ‘virus’ will be presented in its real context as we come to the shocking story – and it is a story – of SARS-CoV-2 and so will Montagnier’s assertion that he identified the full SARS-CoV-2 genome.

Hoax in the making

We can pick up the ‘Covid’ story in 2010 and the publication by the Rockefeller Foundation of a document called ‘Scenarios for the Future of Technology and International Development’. The inner circle of the Rockefeller family has been serving the Cult since John D. Rockefeller (1839-1937) made his fortune with Standard Oil. It is less well known that the same Rockefeller – the Bill Gates of his day – was responsible for establishing what is now referred to as ‘Big Pharma’, the global network of pharmaceutical companies that make outrageous profits dispensing scalpel and drug ‘medicine’ and are obsessed with pumping vaccines in ever-increasing number into as many human arms and backsides as possible. John D. Rockefeller was the driving force behind the creation of the ‘education’ system in the United States and elsewhere specifically designed to program the perceptions of generations thereafter. The Rockefeller family donated exceptionally valuable land in New York for the United Nations building and were central in establishing the World Health Organization in 1948 as an agency of the UN which was created from the start as a Trojan horse and stalking horse for world government. Now enter Bill Gates. His family and the Rockefellers have long been extremely close and I have seen genealogy which claims that if you go back far enough the two families fuse into the same bloodline. Gates has said that the Bill and Melinda Gates Foundation was inspired by the Rockefeller Foundation and why not

when both are serving the same Cult? Major tax-exempt foundations are overwhelmingly criminal enterprises in which Cult assets fund the Cult agenda in the guise of ‘philanthropy’ while avoiding tax in the process. Cult operatives can become mega-rich in their role of front men and women for the psychopaths at the inner core and they, too, have to be psychopaths to knowingly serve such evil. Part of the deal is that a big percentage of the wealth gleaned from representing the Cult has to be spent advancing the ambitions of the Cult and hence you have the Rockefeller Foundation, Bill and Melinda Gates Foundation (and *so* many more) and people like George Soros with his global Open Society Foundations spending their billions in pursuit of global Cult control. Gates is a global public face of the Cult with his interventions in world affairs including Big Tech influence; a central role in the ‘Covid’ and ‘vaccine’ scam; promotion of the climate change shakedown; manipulation of education; geoengineering of the skies; and his food-control agenda as the biggest owner of farmland in America, his GMO promotion and through other means. As one writer said: ‘Gates monopolizes or wields disproportionate influence over the tech industry, global health and vaccines, agriculture and food policy (including biopiracy and fake food), weather modification and other climate technologies, surveillance, education and media.’ The almost limitless wealth secured through Microsoft and other not-allowed-to-fail ventures (including vaccines) has been ploughed into a long, long list of Cult projects designed to enslave the entire human race. Gates and the Rockefellers have been working as one unit with the Rockefeller-established World Health Organization leading global ‘Covid’ policy controlled by Gates through his mouth-piece Tedros. Gates became the WHO’s biggest funder when Trump announced that the American government would cease its donations, but Biden immediately said he would restore the money when he took office in January, 2021. The Gates Foundation (the Cult) owns through limitless funding the world health system and the major players across the globe in the ‘Covid’ hoax.

Okay, with that background we return to that Rockefeller Foundation document of 2010 headed 'Scenarios for the Future of Technology and International Development' and its 'imaginary' epidemic of a virulent and deadly influenza strain which infected 20 percent of the global population and killed eight million in seven months. The Rockefeller scenario was that the epidemic destroyed economies, closed shops, offices and other businesses and led to governments imposing fierce rules and restrictions that included mandatory wearing of face masks and body-temperature checks to enter communal spaces like railway stations and supermarkets. The document predicted that even after the height of the Rockefeller-envisaged epidemic the authoritarian rule would continue to deal with further pandemics, transnational terrorism, environmental crises and rising poverty. Now you may think that the Rockefellers are our modern-day seers or alternatively, and rather more likely, that they well knew what was planned a few years further on. Fascism had to be imposed, you see, to 'protect citizens from risk and exposure'. The Rockefeller scenario document said:

During the pandemic, national leaders around the world flexed their authority and imposed airtight rules and restrictions, from the mandatory wearing of face masks to body-temperature checks at the entries to communal spaces like train stations and supermarkets. Even after the pandemic faded, this more authoritarian control and oversight of citizens and their activities stuck and even intensified. In order to protect themselves from the spread of increasingly global problems – from pandemics and transnational terrorism to environmental crises and rising poverty – leaders around the world took a firmer grip on power.

At first, the notion of a more controlled world gained wide acceptance and approval. Citizens willingly gave up some of their sovereignty – and their privacy – to more paternalistic states in exchange for greater safety and stability. Citizens were more tolerant, and even eager, for top-down direction and oversight, and national leaders had more latitude to impose order in the ways they saw fit.

In developed countries, this heightened oversight took many forms: biometric IDs for all citizens, for example, and tighter regulation of key industries whose stability was deemed vital to national interests. In many developed countries, enforced cooperation with a suite of new regulations and agreements slowly but steadily restored both order and, importantly, economic growth.

There we have the prophetic Rockefellers in 2010 and three years later came their paper for the Global Health Summit in Beijing, China, when government representatives, the private sector, international organisations and groups met to discuss the next 100 years of 'global health'. The Rockefeller Foundation-funded paper was called 'Dreaming the Future of Health for the Next 100 Years and more prophecy ensued as it described a dystopian future: 'The abundance of data, digitally tracking and linking people may mean the 'death of privacy' and may replace physical interaction with transient, virtual connection, generating isolation and raising questions of how values are shaped in virtual networks.' Next in the 'Covid' hoax preparation sequence came a 'table top' simulation in 2018 for another 'imaginary' pandemic of a disease called Clade X which was said to kill 900 million people. The exercise was organised by the Gates-funded Johns Hopkins University's Center for Health Security in the United States and this is the very same university that has been compiling the disgustingly and systematically erroneous global figures for 'Covid' cases and deaths. Similar Johns Hopkins health crisis scenarios have included the Dark Winter exercise in 2001 and Atlantic Storm in 2005.

Nostradamus 201

For sheer predictive genius look no further prophecy-watchers than the Bill Gates-funded Event 201 held only six weeks before the 'coronavirus pandemic' is supposed to have broken out in China and Event 201 was based on a scenario of a global 'coronavirus pandemic'. Melinda Gates, the great man's missus, told the BBC that he had 'prepared for years' for a coronavirus pandemic which told us what we already knew. Nostradamugates had predicted in a TED talk in 2015 that a pandemic was coming that would kill a lot of people and demolish the world economy. My god, the man is a machine – possibly even literally. Now here he was only weeks before the real thing funding just such a simulated scenario and involving his friends and associates at Johns Hopkins, the World Economic Forum Cult-front of Klaus Schwab, the United Nations,

Johnson & Johnson, major banks, and officials from China and the Centers for Disease Control in the United States. What synchronicity – Johns Hopkins would go on to compile the fraudulent 'Covid' figures, the World Economic Forum and Schwab would push the 'Great Reset' in response to 'Covid', the Centers for Disease Control would be at the forefront of 'Covid' policy in the United States, Johnson & Johnson would produce a 'Covid vaccine', and everything would officially start just weeks later in China. Spooky, eh? They were even accurate in creating a simulation of a 'virus' pandemic because the 'real thing' would also be a simulation. Event 201 was not an exercise preparing for something that might happen; it was a rehearsal for what those in control knew was *going* to happen and very shortly. Hours of this simulation were posted on the Internet and the various themes and responses mirrored what would soon be imposed to transform human society. News stories were inserted and what they said would be commonplace a few weeks later with still more prophecy perfection. Much discussion focused on the need to deal with misinformation and the 'anti-vax movement' which is exactly what happened when the 'virus' arrived – was said to have arrived – in the West.

Cult-owned social media banned criticism and exposure of the official 'virus' narrative and when I said there *was* no 'virus' in early April, 2020, I was banned by one platform after another including YouTube, Facebook and later Twitter. The mainstream broadcast media in Britain was in effect banned from interviewing me by the Tony-Blair-created government broadcasting censor Ofcom headed by career government bureaucrat Melanie Dawes who was appointed just as the 'virus' hoax was about to play out in January, 2020. At the same time the Ickonic media platform was using Vimeo, another ultra-Zionist-owned operation, while our own player was being created and they deleted in an instant hundreds of videos, documentaries, series and shows to confirm their unbelievable vindictiveness. We had copies, of course, and they had to be restored one by one when our player was ready. These people have no class. Sabbatian Facebook promised free advertisements for the Gates-

controlled World Health Organization narrative while deleting 'false claims and conspiracy theories' to stop 'misinformation' about the alleged coronavirus. All these responses could be seen just a short while earlier in the scenarios of Event 201. Extreme censorship was absolutely crucial for the Cult because the official story was so ridiculous and unsupportable by the evidence that it could never survive open debate and the free-flow of information and opinion. If you can't win a debate then don't have one is the Cult's approach throughout history. Facebook's little boy front man – front boy – Mark Zuckerberg equated 'credible and accurate information' with official sources and exposing their lies with 'misinformation'.

Silencing those that can see

The censorship dynamic of Event 201 is now the norm with an army of narrative-supporting 'fact-checker' organisations whose entire reason for being is to tell the public that official narratives are true and those exposing them are lying. One of the most appalling of these 'fact-checkers' is called NewsGuard founded by ultra-Zionist Americans Gordon Crovitz and Steven Brill. Crovitz is a former publisher of *The Wall Street Journal*, former Executive Vice President of Dow Jones, a member of the Council on Foreign Relations (CFR), and on the board of the American Association of Rhodes Scholars. The CFR and Rhodes Scholarships, named after Rothschild agent Cecil Rhodes who plundered the gold and diamonds of South Africa for his masters and the Cult, have featured widely in my books. NewsGuard don't seem to like me for some reason – I really can't think why – and they have done all they can to have me censored and discredited which is, to quote an old British politician, like being savaged by a dead sheep. They are, however, like all in the censorship network, very well connected and funded by organisations themselves funded by, or connected to, Bill Gates. As you would expect with anything associated with Gates NewsGuard has an offshoot called HealthGuard which 'fights online health care hoaxes'. How very kind. Somehow the NewsGuard European Managing Director Anna-Sophie Harling, a remarkably young-

looking woman with no broadcasting experience and little hands-on work in journalism, has somehow secured a position on the 'Content Board' of UK government broadcast censor Ofcom. An executive of an organisation seeking to discredit dissidents of the official narratives is making decisions for the government broadcast 'regulator' about content?? Another appalling 'fact-checker' is Full Fact funded by George Soros and global censors Google and Facebook.

It's amazing how many activists in the 'fact-checking', 'anti-hate', arena turn up in government-related positions – people like UK Labour Party activist Imran Ahmed who heads the Center for Countering Digital Hate founded by people like Morgan McSweeney, now chief of staff to the Labour Party's hapless and useless 'leader' Keir Starmer. Digital Hate – which is what it really is – uses the American spelling of Center to betray its connection to a transatlantic network of similar organisations which in 2020 shapeshifted from attacking people for 'hate' to attacking them for questioning the 'Covid' hoax and the dangers of the 'Covid vaccine'. It's just a coincidence, you understand. This is one of Imran Ahmed's hysterical statements: 'I would go beyond calling anti-vaxxers conspiracy theorists to say they are an extremist group that pose a national security risk.' No one could ever accuse this prat of understatement and he's including in that those parents who are now against vaccines after their children were damaged for life or killed by them. He's such a nice man. Ahmed does the rounds of the Woke media getting soft-ball questions from spineless 'journalists' who never ask what right he has to campaign to destroy the freedom of speech of others while he demands it for himself. There also seems to be an overrepresentation in Ofcom of people connected to the narrative-worshipping BBC. This incredible global network of narrative-support was super-vital when the 'Covid' hoax was played in the light of the mega-whopper lies that have to be defended from the spotlight cast by the most basic intelligence.

Setting the scene

The Cult plays the long game and proceeds step-by-step ensuring that everything is in place before major cards are played and they don't come any bigger than the 'Covid' hoax. The psychopaths can't handle events where the outcome isn't certain and as little as possible – preferably nothing – is left to chance. Politicians, government and medical officials who would follow direction were brought to illusory power in advance by the Cult web whether on the national stage or others like state governors and mayors of America. For decades the dynamic between officialdom, law enforcement and the public was changed from one of service to one of control and dictatorship. Behaviour manipulation networks established within government were waiting to impose the coming 'Covid' rules and regulations specifically designed to subdue and rewire the psyche of the people in the guise of protecting health. These included in the UK the Behavioural Insights Team part-owned by the British government Cabinet Office; the Scientific Pandemic Insights Group on Behaviours (SPI-B); and a whole web of intelligence and military groups seeking to direct the conversation on social media and control the narrative. Among them are the cyberwarfare (on the people) 77th Brigade of the British military which is also coordinated through the Cabinet Office as civilian and military leadership continues to combine in what they call the Fusion Doctrine. The 77th Brigade is a British equivalent of the infamous Israeli (Sabbatian) military cyberwarfare and Internet manipulation operation Unit 8200 which I expose at length in *The Trigger*. Also carefully in place were the medical and science advisers to government – many on the payroll past or present of Bill Gates – and a whole alternative structure of unelected government stood by to take control when elected parliaments were effectively closed down once the 'Covid' card was slammed on the table. The structure I have described here and so much more was installed in every major country through the Cult networks. The top-down control hierarchy looks like this: The Cult – Cult-owned Gates – the World Health Organization and Tedros – Gates-funded or controlled chief medical officers and science 'advisers' (dictators) in each country –

political 'leaders'– law enforcement – The People. Through this simple global communication and enforcement structure the policy of the Cult could be imposed on virtually the entire human population so long as they acquiesced to the fascism. With everything in place it was time for the button to be pressed in late 2019/early 2020.

These were the prime goals the Cult had to secure for its will to prevail:

1) Locking down economies, closing all but designated 'essential' businesses (Cult-owned corporations were 'essential'), and putting the population under house arrest was an imperative to destroy independent income and employment and ensure dependency on the Cult-controlled state in the Hunger Games Society. Lockdowns had to be established as the global blueprint from the start to respond to the 'virus' and followed by pretty much the entire world.

2) The global population had to be terrified into believing in a deadly 'virus' that didn't actually exist so they would unquestioningly obey authority in the belief that authority must know how best to protect them and their families. Software salesman Gates would suddenly morph into the world's health expert and be promoted as such by the Cult-owned media.

3) A method of testing that wasn't testing for the 'virus', but was only claimed to be, had to be in place to provide the illusion of 'cases' and subsequent 'deaths' that had a very different cause to the 'Covid-19' that would be scribbled on the death certificate.

4) Because there was no 'virus' and the great majority testing positive with a test not testing for the 'virus' would have no symptoms of anything the lie had to be sold that people without symptoms (without the 'virus') could still pass it on to others. This was crucial to justify for the first time quarantining – house arresting – healthy people. Without this the economy-destroying lockdown of *everybody* could not have been credibly sold.

5) The 'saviour' had to be seen as a vaccine which beyond evil drug companies were working like angels of mercy to develop as quickly as possible, with all corners cut, to save the day. The public must absolutely not know that the 'vaccine' had nothing to do with a 'virus' or that the contents were ready and waiting with a very different motive long before the 'Covid' card was even lifted from the pack.

I said in March, 2020, that the 'vaccine' would have been created way ahead of the 'Covid' hoax which justified its use and the following December an article in the New York *Intelligencer* magazine said the Moderna 'vaccine' had been 'designed' by

January, 2020. This was 'before China had even acknowledged that the disease could be transmitted from human to human, more than a week before the first confirmed coronavirus case in the United States'. The article said that by the time the first American death was announced a month later 'the vaccine had already been manufactured and shipped to the National Institutes of Health for the beginning of its Phase I clinical trial'. The 'vaccine' was actually 'designed' long before that although even with this timescale you would expect the article to ask how on earth it could have been done that quickly. Instead it asked why the 'vaccine' had not been rolled out then and not months later. Journalism in the mainstream is truly dead. I am going to detail in the next chapter why the 'virus' has never existed and how a hoax on that scale was possible, but first the foundation on which the Big Lie of 'Covid' was built.

The test that doesn't test

Fraudulent 'testing' is the bottom line of the whole 'Covid' hoax and was the means by which a 'virus' that did not exist *appeared* to exist. They could only achieve this magic trick by using a test not testing for the 'virus'. To use a test that *was* testing for the 'virus' would mean that every test would come back negative given there was no 'virus'. They chose to exploit something called the RT-PCR test invented by American biochemist Kary Mullis in the 1980s who said publicly that his PCR test … *cannot detect infectious disease*. Yes, the 'test' used worldwide to detect infectious 'Covid' to produce all the illusory 'cases' and 'deaths' compiled by Johns Hopkins and others *cannot detect infectious disease*. This fact came from the mouth of the man who invented PCR and was awarded the Nobel Prize in Chemistry in 1993 for doing so. Sadly, and incredibly conveniently for the Cult, Mullis died in August, 2019, at the age of 74 just before his test would be fraudulently used to unleash fascism on the world. He was said to have died from pneumonia which was an irony in itself. A few months later he would have had 'Covid-19' on his death certificate. I say the timing of his death was convenient because had he lived Mullis, a brilliant, honest and decent man, would have been

vociferously speaking out against the use of his test to detect 'Covid' when it was never designed, or able, to do that. I know that to be true given that Mullis made the same point when his test was used to 'detect' – not detect – HIV. He had been seriously critical of the Gallo/Montagnier claim to have isolated the HIV 'virus' and shown it to cause AIDS for which Mullis said there was no evidence. AIDS is actually not a disease but a series of diseases from which people die all the time. When they die from those *same diseases* after a positive 'test' for HIV then AIDS goes on their death certificate. I think I've heard that before somewhere. Countries instigated a policy with 'Covid' that anyone who tested positive with a test not testing for the 'virus' and died of any other cause within 28 days and even longer 'Covid-19' had to go on the death certificate. Cases have come from the test that can't test for infectious disease and the deaths are those who have died of *anything* after testing positive with a test not testing for the 'virus'. I'll have much more later about the death certificate scandal.

Mullis was deeply dismissive of the now US 'Covid' star Anthony Fauci who he said was a liar who didn't know anything about anything – 'and I would say that to his face – nothing.' He said of Fauci: 'The man thinks he can take a blood sample, put it in an electron microscope and if it's got a virus in there you'll know it – he doesn't understand electron microscopy and he doesn't understand medicine and shouldn't be in a position like he's in.' That position, terrifyingly, has made him the decider of 'Covid' fascism policy on behalf of the Cult in his role as director since 1984 of the National Institute of Allergy and Infectious Diseases (NIAID) while his record of being wrong is laughable; but being wrong, so long as it's the *right kind* of wrong, is why the Cult loves him. He'll say anything the Cult tells him to say. Fauci was made Chief Medical Adviser to the President immediately Biden took office. Biden was installed in the White House by Cult manipulation and one of his first decisions was to elevate Fauci to a position of even more control. This is a coincidence? Yes, and I identify as a flamenco dancer called Lola. How does such an incompetent criminal like Fauci remain in that

pivotal position in American health since *the 1980s*? When you serve the Cult it looks after you until you are surplus to requirements. Kary Mullis said prophetically of Fauci and his like: 'Those guys have an agenda and it's not an agenda we would like them to have … they make their own rules, they change them when they want to, and Tony Fauci does not mind going on television in front of the people who pay his salary and lie directly into the camera.' Fauci has done that almost daily since the 'Covid' hoax began. Lying is in Fauci's DNA. To make the situation crystal clear about the PCR test this is a direct quote from its inventor Kary Mullis:

> It [the PCR test] doesn't tell you that you're sick and doesn't tell you that the thing you ended up with was really going to hurt you ...'

Ask yourself why governments and medical systems the world over have been using this very test to decide who is 'infected' with the SARS-CoV-2 'virus' and the alleged disease it allegedly causes, 'Covid-19'. The answer to that question will tell you what has been going on. By the way, here's a little show-stopper – the 'new' SARS-CoV-2 'virus' was 'identified' as such right from the start using … *the PCR test not testing for the 'virus'*. If you are new to this and find that shocking then stick around. I have hardly started yet. Even worse, other 'tests', like the 'Lateral Flow Device' (LFD), are considered so useless that they have to be *confirmed* by the PCR test! Leaked emails written by Ben Dyson, adviser to UK 'Health' Secretary Matt Hancock, said they were 'dangerously unreliable'. Dyson, executive director of strategy at the Department of Health, wrote: 'As of today, someone who gets a positive LFD result in (say) London has at best a 25 per cent chance of it being a true positive, but if it is a self-reported test potentially as low as 10 per cent (on an optimistic assumption about specificity) or as low as 2 per cent (on a more pessimistic assumption).' These are the 'tests' that schoolchildren and the public are being urged to have twice a week or more and have to isolate if they get a positive. Each fake positive goes in the statistics as a 'case' no matter how ludicrously inaccurate and the

‘cases’ drive lockdown, masks and the pressure to ‘vaccinate’. The government said in response to the email leak that the ‘tests’ were accurate which confirmed yet again what shocking bloody liars they are. The real false positive rate is *100 percent* as we’ll see. In another ‘you couldn’t make it up’ the UK government agreed to pay £2.8 billion to California’s Innova Medical Group to supply the irrelevant lateral flow tests. The company’s primary test-making centre is in China. Innova Medical Group, established in March, 2020, is owned by Pasaca Capital Inc, chaired by Chinese-American millionaire Charles Huang who was born in Wuhan.

How it works – and how it doesn’t

The RT-PCR test, known by its full title of Polymerase chain reaction, is used across the world to make millions, even billions, of copies of a DNA/RNA genetic information sample. The process is called ‘amplification’ and means that a tiny sample of genetic material is amplified to bring out the detailed content. I stress that it is not testing for an infectious disease. It is simply amplifying a sample of genetic material. In the words of Kary Mullis: ‘PCR is … just a process that’s used to make a whole lot of something out of something.’ To emphasise the point companies that make the PCR tests circulated around the world to ‘test’ for ‘Covid’ warn on the box that it can’t be used to detect ‘Covid’ or infectious disease and is for research purposes only. It’s okay, rest for a minute and you’ll be fine. This is the test that produces the ‘cases’ and ‘deaths’ that have been used to destroy human society. All those global and national medical and scientific ‘experts’ demanding this destruction to ‘save us’ *KNOW* that the test is not testing for the ‘virus’ and the cases and deaths they claim to be real are an almost unimaginable fraud. Every one of them and so many others including politicians and psychopaths like Gates and Tedros must be brought before Nuremburg-type trials and jailed for the rest of their lives. The more the genetic sample is amplified by PCR the more elements of that material become sensitive to the test and by that I don’t mean sensitive for a ‘virus’ but for elements of the genetic material which

is *naturally* in the body or relates to remnants of old conditions of various kinds lying dormant and causing no disease. Once the amplification of the PCR reaches a certain level *everyone* will test positive. So much of the material has been made sensitive to the test that everyone will have some part of it in their body. Even lying criminals like Fauci have said that once PCR amplifications pass 35 cycles everything will be a false positive that cannot be trusted for the reasons I have described. I say, like many proper doctors and scientists, that 100 percent of the 'positives' are false, but let's just go with Fauci for a moment.

He says that any amplification over 35 cycles will produce false positives and yet the US Centers for Disease Control (CDC) and Food and Drug Administration (FDA) have recommended up to *40 cycles* and the National Health Service (NHS) in Britain admitted in an internal document for staff that it was using *45 cycles* of amplification. A long list of other countries has been doing the same and at least one 'testing' laboratory has been using *50 cycles*. Have you ever heard a doctor, medical 'expert' or the media ask what level of amplification has been used to claim a 'positive'. The 'test' comes back 'positive' and so you have the 'virus', end of story. Now we can see how the government in Tanzania could send off samples from a goat and a pawpaw fruit under human names and both came back positive for 'Covid-19'. Tanzania president John Magufuli mocked the 'Covid' hysteria, the PCR test and masks and refused to import the DNA-manipulating 'vaccine'. The Cult hated him and an article sponsored by the Bill Gates Foundation appeared in the London *Guardian* in February, 2021, headed 'It's time for Africa to rein in Tanzania's anti-vaxxer president'. Well, 'reined in' he shortly was. Magufuli appeared in good health, but then, in March, 2021, he was dead at 61 from 'heart failure'. He was replaced by Samia Hassan Suhulu who is connected to Klaus Schwab's World Economic Forum and she immediately reversed Magufuli's 'Covid' policy. A sample of cola tested positive for 'Covid' with the PCR test in Germany while American actress and singer-songwriter Erykah Badu tested positive in one nostril and negative in the other. Footballer Ronaldo called

the PCR test 'bullshit' after testing positive three times and being forced to quarantine and miss matches when there was nothing wrong with him. The mantra from Tedros at the World Health Organization and national governments (same thing) has been test, test, test. They know that the more tests they can generate the more fake 'cases' they have which go on to become 'deaths' in ways I am coming to. The UK government has its Operation Moonshot planned to test multiple millions every day in workplaces and schools with free tests for everyone to use twice a week at home in line with the Cult plan from the start to make testing part of life. A government advertisement for an 'Interim Head of Asymptomatic Testing Communication' said the job included responsibility for delivering a 'communications strategy' (propaganda) 'to support the expansion of asymptomatic testing that *'normalises testing as part of everyday life'*. More tests means more fake 'cases', 'deaths' and fascism. I have heard of, and from, many people who booked a test, couldn't turn up, and yet got a positive result through the post for a test they'd never even had. The whole thing is crazy, but for the Cult there's method in the madness. Controlling and manipulating the level of amplification of the test means the authorities can control whenever they want the number of apparent 'cases' and 'deaths'. If they want to justify more fascist lockdown and destruction of livelihoods they keep the amplification high. If they want to give the illusion that lockdowns and the 'vaccine' are working then they lower the amplification and 'cases' and 'deaths' will appear to fall. In January, 2021, the Cult-owned World Health Organization suddenly warned laboratories about over-amplification of the test and to lower the threshold. Suddenly headlines began appearing such as: 'Why ARE "Covid" cases plummeting?' This was just when the vaccine rollout was underway and I had predicted months before they would make cases appear to fall through amplification tampering when the 'vaccine' came. These people are so predictable.

Cow vaccines?

The question must be asked of what is on the test swabs being poked far up the nose of the population to the base of the brain? A nasal swab punctured one woman's brain and caused it to leak fluid. Most of these procedures are being done by people with little training or medical knowledge. Dr Lorraine Day, former orthopaedic trauma surgeon and Chief of Orthopaedic Surgery at San Francisco General Hospital, says the tests are really a *'vaccine'*. Cows have long been vaccinated this way. She points out that masks have to cover the nose and the mouth where it is claimed the 'virus' exists in saliva. Why then don't they take saliva from the mouth as they do with a DNA test instead of pushing a long swab up the nose towards the brain? The ethmoid bone separates the nasal cavity from the brain and within that bone is the cribriform plate. Dr Day says that when the swab is pushed up against this plate and twisted the procedure is 'depositing things back there'. She claims that among these 'things' are nanoparticles that can enter the brain. Researchers have noted that a team at the Gates-funded Johns Hopkins have designed tiny, star-shaped micro-devices that can latch onto intestinal mucosa and release drugs into the body. Mucosa is the thin skin that covers the inside surface of parts of the body such as *the nose* and mouth and produces mucus to protect them. The Johns Hopkins micro-devices are called 'theragrippers' and were 'inspired' by a parasitic worm that digs its sharp teeth into a host's intestines. Nasal swabs are also coated in the sterilisation agent ethylene oxide. The US National Cancer Institute posts this explanation on its website:

> At room temperature, ethylene oxide is a flammable colorless gas with a sweet odor. It is used primarily to produce other chemicals, including antifreeze. In smaller amounts, ethylene oxide is used as a pesticide and a sterilizing agent. The ability of ethylene oxide to damage DNA makes it an effective sterilizing agent but also accounts for its cancer-causing activity.

The Institute mentions lymphoma and leukaemia as cancers most frequently reported to be associated with occupational exposure to ethylene oxide along with stomach and breast cancers. How does anyone think this is going to work out with the constant testing

regime being inflicted on adults and children at home and at school that will accumulate in the body anything that's on the swab?

Doctors know best

It is vital for people to realise that 'hero' doctors 'know' only what the Big Pharma-dominated medical authorities tell them to 'know' and if they refuse to 'know' what they are told to 'know' they are out the door. They are mostly not physicians or healers, but repeaters of the official narrative – or else. I have seen alleged professional doctors on British television make shocking statements that we are supposed to take seriously. One called 'Dr' Amir Khan, who is actually telling patients how to respond to illness, said that men could take the birth pill to 'help slow down the effects of Covid-19'. In March, 2021, another ridiculous 'Covid study' by an American doctor proposed injecting men with the female sex hormone progesterone as a 'Covid' treatment. British doctor Nighat Arif told the BBC that face coverings were now going to be part of ongoing normal. Yes, the vaccine protects you, she said (evidence?) … but the way to deal with viruses in the community was always going to come down to hand washing, face covering and keeping a physical distance. That's not what we were told before the 'vaccine' was circulating. Arif said she couldn't imagine ever again going on the underground or in a lift without a mask. I was just thanking my good luck that she was not my doctor when she said – in March, 2021 – that if 'we are *behaving* and we are doing all the right things' she thought we could 'have our nearest and dearest around us at home … around *Christmas* and N*ew Year!* Her patronising delivery was the usual school teacher talking to six-year-olds as she repeated every government talking point and probably believed them all. If we have learned anything from the 'Covid' experience surely it must be that humanity's perception of doctors needs a fundamental rethink. NHS 'doctor' Sara Kayat told her television audience that the 'Covid vaccine' would '100 percent prevent hospitalisation and death'. Not even Big Pharma claimed that. We have to stop taking 'experts' at their word without question when so many of them are

clueless and only repeating the party line on which their careers depend. That is not to say there are not brilliants doctors – there are and I have spoken to many of them since all this began – but you won't see them in the mainstream media or quoted by the psychopaths and yes-people in government.

Remember the name – Christian Drosten

German virologist Christian Drosten, Director of Charité Institute of Virology in Berlin, became a national star after the pandemic hoax began. He was feted on television and advised the German government on 'Covid' policy. Most importantly to the wider world Drosten led a group that produced the 'Covid' testing protocol for the PCR test. What a remarkable feat given the PCR cannot test for infectious disease and even more so when you think that Drosten said that his method of testing for SARS-CoV-2 was developed 'without having virus material available'. *He developed a test for a 'virus' that he didn't have and had never seen*. Let that sink in as you survey the global devastation that came from what he did. The whole catastrophe of Drosten's 'test' was based on the alleged genetic sequence published by Chinese scientists on the Internet. We will see in the next chapter that this alleged 'genetic sequence' has never been produced by China or anyone and cannot be when there *is no* SARS-CoV-2. Drosten, however, doesn't seem to let little details like that get in the way. He was the lead author with Victor Corman from the same Charité Hospital of the paper 'Detection of 2019 novel coronavirus (2019-nCoV) by real-time PCR' published in a magazine called *Eurosurveillance*. This became known as the Corman-Drosten paper. In November, 2020, with human society devastated by the effects of the Corman-Drosten test baloney, the protocol was publicly challenged by 22 international scientists and independent researchers from Europe, the United States, and Japan. Among them were senior molecular geneticists, biochemists, immunologists, and microbiologists. They produced a document headed 'External peer review of the RTPCR test to detect SARS-Cov-2 Reveals 10 Major Flaws At The Molecular and Methodological Level: Consequences

For False-Positive Results'. The flaws in the Corman-Drosten test included the following:

- The test is non-specific because of erroneous design
- Results are enormously variable
- The test is unable to discriminate between the whole 'virus' and viral fragments
- It doesn't have positive or negative controls
- The test lacks a standard operating procedure
- It is unsupported by proper peer view

The scientists said the PCR 'Covid' testing protocol was not founded on science and they demanded the Corman-Drosten paper be retracted by *Eurosurveillance*. They said all present and previous Covid deaths, cases, and 'infection rates' should be subject to a massive retroactive inquiry. Lockdowns and travel restrictions should be reviewed and relaxed and those diagnosed through PCR to have 'Covid-19' should not be forced to isolate. Dr Kevin Corbett, a health researcher and nurse educator with a long academic career producing a stream of peer-reviewed publications at many UK universities, made the same point about the PCR test debacle. He said of the scientists' conclusions: 'Every scientific rationale for the development of that test has been totally destroyed by this paper. It's like Hiroshima/Nagasaki to the Covid test.' He said that China hadn't given them an isolated 'virus' when Drosten developed the test. Instead they had developed the test from *a sequence in a gene bank*.' Put another way … *they made it up*! The scientists were supported in this contention by a Portuguese appeals court which ruled in November, 2020, that PCR tests are unreliable and it is unlawful to quarantine people based solely on a PCR test. The point about China not providing an isolated virus must be true when the 'virus' has never been isolated to this day and the consequences of that will become clear. Drosten and company produced this useless 'protocol' right on cue in January, 2020, just as the 'virus' was said to

be moving westward and it somehow managed to successfully pass a peer-review in 24 hours. In other words there was no peer-review for a test that would be used to decide who had 'Covid' and who didn't across the world. The Cult-created, Gates-controlled World Health Organization immediately recommended all its nearly 200 member countries to use the Drosten PCR protocol to detect 'cases' and 'deaths'. The sting was underway and it continues to this day.

So who is this Christian Drosten that produced the means through which death, destruction and economic catastrophe would be justified? His education background, including his doctoral thesis, would appear to be somewhat shrouded in mystery and his track record is dire as with another essential player in the 'Covid' hoax, the Gates-funded Professor Neil Ferguson at the Gates-funded Imperial College in London of whom more shortly. Drosten predicted in 2003 that the alleged original SARS 'virus' (SARS-1') was an epidemic that could have serious effects on economies and an effective vaccine would take at least two years to produce. Drosten's answer to every alleged 'outbreak' is a vaccine which you won't be shocked to know. What followed were just 774 official deaths worldwide and none in Germany where there were only nine cases. That is even if you believe there ever was a SARS 'virus' when the evidence is zilch and I will expand on this in the next chapter. Drosten claims to be co-discoverer of 'SARS-1' and developed a test for it in 2003. He was screaming warnings about 'swine flu' in 2009 and how it was a widespread infection far more severe than any dangers from a vaccine could be and people should get vaccinated. It would be helpful for Drosten's vocal chords if he simply recorded the words 'the virus is deadly and you need to get vaccinated' and copies could be handed out whenever the latest made-up threat comes along. Drosten's swine flu epidemic never happened, but Big Pharma didn't mind with governments spending hundreds of millions on vaccines that hardly anyone bothered to use and many who did wished they hadn't. A study in 2010 revealed that the risk of dying from swine flu, or H1N1, was no higher than that of the annual seasonal flu which is what at least most of 'it' really was as in

the case of 'Covid-19'. A media investigation into Drosten asked how with such a record of inaccuracy he could be *the* government adviser on these issues. The answer to that question is the same with Drosten, Ferguson and Fauci – they keep on giving the authorities the 'conclusions' and 'advice' they want to hear. Drosten certainly produced the goods for them in January, 2020, with his PCR protocol garbage and provided the foundation of what German internal medicine specialist Dr Claus Köhnlein, co-author of *Virus Mania*, called the 'test pandemic'. The 22 scientists in the *Eurosurveillance* challenge called out conflicts of interest within the Drosten 'protocol' group and with good reason. Olfert Landt, a regular co-author of Drosten 'studies', owns the biotech company TIB Molbiol Syntheselabor GmbH in Berlin which manufactures and sells the tests that Drosten and his mates come up with. They have done this with SARS, Enterotoxigenic E. coli (ETEC), MERS, Zika 'virus', yellow fever, and now 'Covid'. Landt told the *Berliner Zeitung* newspaper:

> The testing, design and development came from the Charité [Drosten and Corman]. We simply implemented it immediately in the form of a kit. And if we don't have the virus, which originally only existed in Wuhan, we can make a synthetic gene to simulate the genome of the virus. That's what we did very quickly.

This is more confirmation that the Drosten test was designed without access to the 'virus' and only a synthetic simulation which is what SARS-CoV-2 really is – a computer-generated synthetic fiction. It's quite an enterprise they have going here. A Drosten team decides what the test for something should be and Landt's biotech company flogs it to governments and medical systems across the world. His company must have made an absolute fortune since the 'Covid' hoax began. Dr Reiner Fuellmich, a prominent German consumer protection trial lawyer in Germany and California, is on Drosten's case and that of Tedros at the World Health Organization for crimes against humanity with a class-action lawsuit being prepared in the United States and other legal action in Germany.

Why China?

Scamming the world with a 'virus' that doesn't exist would seem impossible on the face of it, but not if you have control of the relatively few people that make policy decisions and the great majority of the global media. Remember it's not about changing 'real' reality it's about controlling *perception* of reality. You don't have to make something happen you only have make people *believe* that it's happening. Renegade Minds understand this and are therefore much harder to swindle. 'Covid-19' is not a 'real' 'virus'. It's a mind virus, like a computer virus, which has infected the minds, not the bodies, of billions. It all started, publically at least, in China and that alone is of central significance. The Cult was behind the revolution led by its asset Mao Zedong, or Chairman Mao, which established the People's Republic of China on October 1st, 1949. It should have been called The Cult's Republic of China, but the name had to reflect the recurring illusion that vicious dictatorships are run by and for the people (see all the 'Democratic Republics' controlled by tyrants). In the same way we have the 'Biden' Democratic Republic of America officially ruled by a puppet tyrant (at least temporarily) on behalf of Cult tyrants. The creation of Mao's merciless communist/fascist dictatorship was part of a frenzy of activity by the Cult at the conclusion of World War Two which, like the First World War, it had instigated through its assets in Germany, Britain, France, the United States and elsewhere. Israel was formed in 1948; the Soviet Union expanded its 'Iron Curtain' control, influence and military power with the Warsaw Pact communist alliance in 1955; the United Nations was formed in 1945 as a Cult precursor to world government; and a long list of world bodies would be established including the World Health Organization (1948), World Trade Organization (1948 under another name until 1995), International Monetary Fund (1945) and World Bank (1944). Human society was redrawn and hugely centralised in the global Problem-Reaction-Solution that was World War Two. All these changes were significant. Israel would become the headquarters of the Sabbatians

and the revolution in China would prepare the ground and control system for the events of 2019/2020.

Renegade Minds know there are no borders except for public consumption. The Cult is a seamless, borderless global entity and to understand the game we need to put aside labels like borders, nations, countries, communism, fascism and democracy. These delude the population into believing that countries are ruled within their borders by a government of whatever shade when these are mere agencies of a global power. America's illusion of democracy and China's communism/fascism are subsidiaries – vehicles – for the same agenda. We may hear about conflict and competition between America and China and on the lower levels that will be true; but at the Cult level they are branches of the same company in the way of the McDonald's example I gave earlier. I have tracked in the books over the years support by US governments of both parties for Chinese Communist Party infiltration of American society through allowing the sale of land, even military facilities, and the acquisition of American business and university influence. All this is underpinned by the infamous stealing of intellectual property and technological know-how. Cult-owned Silicon Valley corporations waive their fraudulent 'morality' to do business with human-rights-free China; Cult-controlled Disney has become China's PR department; and China in effect owns 'American' sports such as basketball which depends for much of its income on Chinese audiences. As a result any sports player, coach or official speaking out against China's horrific human rights record is immediately condemned or fired by the China-worshipping National Basketball Association. One of the first acts of China-controlled Biden was to issue an executive order telling federal agencies to stop making references to the 'virus' by the 'geographic location of its origin'. Long-time Congressman Jerry Nadler warned that criticising China, America's biggest rival, leads to hate crimes against Asian people in the United States. So shut up you bigot. China is fast closing in on Israel as a country that must not be criticised which is apt, really, given that Sabbatians control them both. The two countries have

developed close economic, military, technological and strategic ties which include involvement in China's 'Silk Road' transport and economic initiative to connect China with Europe. Israel was the first country in the Middle East to recognise the establishment of Mao's tyranny in 1950 months after it was established.

Project Wuhan – the 'Covid' Psyop

I emphasise again that the Cult plays the long game and what is happening to the world today is the result of centuries of calculated manipulation following a script to take control step-by-step of every aspect of human society. I will discuss later the common force behind all this that has spanned those centuries and thousands of years if the truth be told. Instigating the Mao revolution in China in 1949 with a 2020 'pandemic' in mind is not only how they work – the 71 years between them is really quite short by the Cult's standards of manipulation preparation. The reason for the Cult's Chinese revolution was to create a fiercely-controlled environment within which an extreme structure for human control could be incubated to eventually be unleashed across the world. We have seen this happen since the 'pandemic' emerged from China with the Chinese control-structure founded on AI technology and tyrannical enforcement sweep across the West. Until the moment when the Cult went for broke in the West and put its fascism on public display Western governments had to pay some lip-service to freedom and democracy to not alert too many people to the tyranny-in-the-making. Freedoms were more subtly eroded and power centralised with covert government structures put in place waiting for the arrival of 2020 when that smokescreen of 'freedom' could be dispensed with. The West was not able to move towards tyranny before 2020 anything like as fast as China which was created as a tyranny and had no limits on how fast it could construct the Cult's blueprint for global control. When the time came to impose that structure on the world it was the same Cult-owned Chinese communist/fascist government that provided the excuse – the 'Covid pandemic'. It was absolutely crucial to the Cult plan for the Chinese response to the 'pandemic' –

draconian lockdowns of the entire population – to become the blueprint that Western countries would follow to destroy the livelihoods and freedom of their people. This is why the Cult-owned, Gates-owned, WHO Director-General Tedros said early on:

> The Chinese government is to be congratulated for the extraordinary measures it has taken to contain the outbreak. China is actually setting a new standard for outbreak response and it is not an exaggeration.

Forbes magazine said of China: '… those measures protected untold millions from getting the disease'. The Rockefeller Foundation 'epidemic scenario' document in 2010 said 'prophetically':

> However, a few countries did fare better – China in particular. The Chinese government's quick imposition and enforcement of mandatory quarantine for all citizens, as well as its instant and near-hermetic sealing off of all borders, saved millions of lives, stopping the spread of the virus far earlier than in other countries and enabling a swifter post-pandemic recovery.

Once again – *spooky*.

The first official story was the 'bat theory' or rather the bat diversion. The source of the 'virus outbreak' we were told was a ''wet market' in Wuhan where bats and other animals are bought and eaten in horrifically unhygienic conditions. Then another story emerged through the alternative media that the 'virus' had been released on purpose or by accident from a BSL-4 (biosafety level 4) laboratory in Wuhan not far from the wet market. The lab was reported to create and work with lethal concoctions and bioweapons. Biosafety level 4 is the highest in the World Health Organization system of safety and containment. Renegade Minds are aware of what I call designer manipulation. The ideal for the Cult is for people to buy its prime narrative which in the opening salvoes of the 'pandemic' was the wet market story. It knows, however, that there is now a considerable worldwide alternative media of researchers sceptical of anything governments say and they are often given a version of events in a form they can perceive as credible while misdirecting them from the real truth. In this case let them

think that the conspiracy involved is a ‘bioweapon virus’ released from the Wuhan lab to keep them from the real conspiracy – *there is no ‘virus’*. The WHO’s current position on the source of the outbreak at the time of writing appears to be: ‘We haven’t got a clue, mate.’ This is a good position to maintain mystery and bewilderment. The inner circle will know where the ‘virus’ came from – *nowhere*. The bottom line was to ensure the public believed there *was* a ‘virus’ and it didn’t much matter if they thought it was natural or had been released from a lab. The belief that there was a ‘deadly virus’ was all that was needed to trigger global panic and fear. The population was terrified into handing their power to authority and doing what they were told. They had to or they were ‘all gonna die’.

In March, 2020, information began to come my way from real doctors and scientists and my own additional research which had my intuition screaming: ‘Yes, that’s it! *There is no virus*.’ The ‘bioweapon’ was not the ‘virus’; it was the *‘vaccine’* already being talked about that would be the bioweapon. My conclusion was further enhanced by happenings in Wuhan. The ‘virus’ was said to be sweeping the city and news footage circulated of people collapsing in the street (which they’ve never done in the West with the same ‘virus’). The Chinese government was building ‘new hospitals’ in a matter of ten days to ‘cope with demand’ such was the virulent nature of the ‘virus’. Yet in what seemed like no time the ‘new hospitals’ closed – even if they even opened – and China declared itself ‘virus-free’. It was back to business as usual. This was more propaganda to promote the Chinese draconian lockdowns in the West as the way to ‘beat the virus’. Trouble was that we subsequently had lockdown after lockdown, but never business as usual. As the people of the West and most of the rest of the world were caught in an ever-worsening spiral of lockdown, social distancing, masks, isolated old people, families forced apart, and livelihood destruction, it was party-time in Wuhan. Pictures emerged of thousands of people enjoying pool parties and concerts. It made no sense until you realised there never was a ‘virus’ and the

whole thing was a Cult set-up to transform human society out of one its major global strongholds – China.

How is it possible to deceive virtually the entire world population into believing there is a deadly virus when there is not even a ‘virus’ let alone a deadly one? It’s nothing like as difficult as you would think and that’s clearly true because it happened.

Postscript: See end of book Postscript for more on the ‘Wuhan lab virus release’ story which the authorities and media were pushing heavily in the summer of 2021 to divert attention from the truth that the ‘Covid virus’ is pure invention.

CHAPTER FIVE

There *is no* 'virus'

You can fool some of the people all of the time, and all of the people some of the time, but you cannot fool all of the people all of the time
Abraham Lincoln

The greatest form of mind control is repetition. The more you repeat the same mantra of alleged 'facts' the more will accept them to be true. It becomes an 'everyone knows that, mate'. If you can also censor any other version or alternative to your alleged 'facts' you are pretty much home and cooking.

By the start of 2020 the Cult owned the global mainstream media almost in its entirety to spew out its 'Covid' propaganda and ignore or discredit any other information and view. Cult-owned social media platforms in Cult-owned Silicon Valley were poised and ready to unleash a campaign of ferocious censorship to obliterate all but the official narrative. To complete the circle many demands for censorship by Silicon Valley were led by the mainstream media as 'journalists' became full-out enforcers for the Cult both as propagandists and censors. Part of this has been the influx of young people straight out of university who have become 'journalists' in significant positions. They have no experience and a headful of programmed perceptions from their years at school and university at a time when today's young are the most perceptually-targeted generations in known human history given the insidious impact of technology. They enter the media perceptually prepared and ready to repeat the narratives of the system that programmed them to

repeat its narratives. The BBC has a truly pathetic 'specialist disinformation reporter' called Marianna Spring who fits this bill perfectly. She is clueless about the world, how it works and what is really going on. Her role is to discredit anyone doing the job that a proper journalist would do and system-serving hacks like Spring wouldn't dare to do or even see the need to do. They are too busy licking the arse of authority which can never be wrong and, in the case of the BBC propaganda programme, *Panorama*, contacting payments systems such as PayPal to have a donations page taken down for a film company making documentaries questioning vaccines. Even the BBC soap opera *EastEnders* included a disgracefully biased scene in which an inarticulate white working class woman was made to look foolish for questioning the 'vaccine' while a well-spoken black man and Asian woman promoted the government narrative. It ticked every BBC box and the fact that the black and minority community was resisting the 'vaccine' had nothing to do with the way the scene was written. The BBC has become a disgusting tyrannical propaganda and censorship operation that should be defunded and disbanded and a free media take its place with a brief to stop censorship instead of demanding it. A BBC 'interview' with Gates goes something like: 'Mr Gates, sir, if I can call you sir, would you like to tell our audience why you are such a great man, a wonderful humanitarian philanthropist, and why you should absolutely be allowed as a software salesman to decide health policy for approaching eight billion people? Thank you, sir, please sir.' Propaganda programming has been incessant and merciless and when all you hear is the same story from the media, repeated by those around you who have only heard the same story, is it any wonder that people on a grand scale believe absolute mendacious garbage to be true? You are about to see, too, why this level of information control is necessary when the official 'Covid' narrative is so nonsensical and unsupportable by the evidence.

Structure of Deceit

The pyramid structure through which the 'Covid' hoax has been manifested is very simple and has to be to work. As few people as possible have to be involved with full knowledge of what they are doing – and why – or the real story would get out. At the top of the pyramid are the inner core of the Cult which controls Bill Gates who, in turn, controls the World Health Organization through his pivotal funding and his puppet Director-General mouthpiece, Tedros. Before he was appointed Tedros was chair of the Gates-founded Global Fund to 'fight against AIDS, tuberculosis and malaria', a board member of the Gates-funded 'vaccine alliance' GAVI, and on the board of another Gates-funded organisation. Gates owns him and picked him for a specific reason – Tedros is a crook and worse. 'Dr' Tedros (he's not a medical doctor, the first WHO chief not to be) was a member of the tyrannical Marxist government of Ethiopia for decades with all its human rights abuses. He has faced allegations of corruption and misappropriation of funds and was exposed three times for covering up cholera epidemics while Ethiopia's health minister. Tedros appointed the mass-murdering genocidal Zimbabwe dictator Robert Mugabe as a WHO goodwill ambassador for public health which, as with Tedros, is like appointing a psychopath to run a peace and love campaign. The move was so ridiculous that he had to drop Mugabe in the face of widespread condemnation. American economist David Steinman, a Nobel peace prize nominee, lodged a complaint with the International Criminal Court in The Hague over alleged genocide by Tedros when he was Ethiopia's foreign minister. Steinman says Tedros was a 'crucial decision maker' who directed the actions of Ethiopia's security forces from 2013 to 2015 and one of three officials in charge when those security services embarked on the 'killing' and 'torturing' of Ethiopians. You can see where Tedros is coming from and it's sobering to think that he has been the vehicle for Gates and the Cult to direct the global response to 'Covid'. Think about that. A psychopathic Cult dictates to psychopath Gates who dictates to psychopath Tedros who dictates how countries of the world must respond to a 'Covid virus' never scientifically shown to exist. At the same time psychopathic Cult-owned Silicon Valley information

giants like Google, YouTube, Facebook and Twitter announced very early on that they would give the Cult/Gates/Tedros/WHO version of the narrative free advertising and censor those who challenged their intelligence-insulting, mendacious story.

The next layer in the global 'medical' structure below the Cult, Gates and Tedros are the chief medical officers and science 'advisers' in each of the WHO member countries which means virtually all of them. Medical officers and arbiters of science (they're not) then take the WHO policy and recommended responses and impose them on their country's population while the political 'leaders' say they are deciding policy (they're clearly not) by 'following the science' on the advice of the 'experts' – the same medical officers and science 'advisers' (dictators). In this way with the rarest of exceptions the entire world followed the same policy of lockdown, people distancing, masks and 'vaccines' dictated by the psychopathic Cult, psychopathic Gates and psychopathic Tedros who we are supposed to believe give a damn about the health of the world population they are seeking to enslave. That, amazingly, is all there is to it in terms of crucial decision-making. Medical staff in each country then follow like sheep the dictates of the shepherds at the top of the national medical hierarchies – chief medical officers and science 'advisers' who themselves follow like sheep the shepherds of the World Health Organization and the Cult. Shepherds at the national level often have major funding and other connections to Gates and his Bill and Melinda Gates Foundation which carefully hands out money like confetti at a wedding to control the entire global medical system from the WHO down.

Follow the money

Christopher Whitty, Chief Medical Adviser to the UK Government at the centre of 'virus' policy, a senior adviser to the government's Scientific Advisory Group for Emergencies (SAGE), and Executive Board member of the World Health Organization, was gifted a grant of $40 million by the Bill and Melinda Gates Foundation for malaria research in Africa. The BBC described the unelected Whitty as 'the

official who will probably have the greatest impact on our everyday lives of any individual policymaker in modern times' and so it turned out. What Gates and Tedros have said Whitty has done like his equivalents around the world. Patrick Vallance, co-chair of SAGE and the government's Chief Scientific Adviser, is a former executive of Big Pharma giant GlaxoSmithKline with its fundamental financial and business connections to Bill Gates. In September, 2020, it was revealed that Vallance owned a deferred bonus of shares in GlaxoSmithKline worth £600,000 while the company was 'developing' a 'Covid vaccine'. Move along now – nothing to see here – what could possibly be wrong with that? Imperial College in London, a major player in 'Covid' policy in Britain and elsewhere with its 'Covid-19' Response Team, is funded by Gates and has big connections to China while the now infamous Professor Neil Ferguson, the useless 'computer modeller' at Imperial College is also funded by Gates. Ferguson delivered the dramatically inaccurate excuse for the first lockdowns (much more in the next chapter). The Institute for Health Metrics and Evaluation (IHME) in the United States, another source of outrageously false 'Covid' computer models to justify lockdowns, is bankrolled by Gates who is a vehement promotor of lockdowns. America's version of Whitty and Vallance, the again now infamous Anthony Fauci, has connections to 'Covid vaccine' maker Moderna as does Bill Gates through funding from the Bill and Melinda Gates Foundation. Fauci is director of the National Institute of Allergy and Infectious Diseases (NIAID), a major recipient of Gates money, and they are very close. Deborah Birx who was appointed White House Coronavirus Response Coordinator in February, 2020, is yet another with ties to Gates. Everywhere you look at the different elements around the world behind the coordination and decision making of the 'Covid' hoax there is Bill Gates and his money. They include the World Health Organization; Centers for Disease Control (CDC) in the United States; National Institutes of Health (NIH) of Anthony Fauci; Imperial College and Neil Ferguson; the London School of Hygiene where Chris Whitty worked; Regulatory agencies like the UK Medicines & Healthcare products Regulatory Agency (MHRA)

which gave emergency approval for 'Covid vaccines'; Wellcome Trust; GAVI, the Vaccine Alliance; the Coalition for Epidemic Preparedness Innovations (CEPI); Johns Hopkins University which has compiled the false 'Covid' figures; and the World Economic Forum. A Nationalfile.com article said:

> Gates has a lot of pull in the medical world, he has a multi-million dollar relationship with Dr. Fauci, and Fauci originally took the Gates line supporting vaccines and casting doubt on [the drug hydroxychloroquine]. Coronavirus response team member Dr. Deborah Birx, appointed by former president Obama to serve as United States Global AIDS Coordinator, also sits on the board of a group that has received billions from Gates' foundation, and Birx reportedly used a disputed Bill Gates-funded model for the White House's Coronavirus effort. Gates is a big proponent for a population lockdown scenario for the Coronavirus outbreak.

Another funder of Moderna is the Defense Advanced Research Projects Agency (DARPA), the technology-development arm of the Pentagon and one of the most sinister organisations on earth. DARPA had a major role with the CIA covert technology-funding operation In-Q-Tel in the development of Google and social media which is now at the centre of global censorship. Fauci and Gates are extremely close and openly admit to talking regularly about 'Covid' policy, but then why wouldn't Gates have a seat at every national 'Covid' table after his Foundation committed $1.75 billion to the 'fight against Covid-19'. When passed through our Orwellian Translation Unit this means that he has bought and paid for the Cult-driven 'Covid' response worldwide. Research the major 'Covid' response personnel in your own country and you will find the same Gates funding and other connections again and again. Medical and science chiefs following World Health Organization 'policy' sit atop a medical hierarchy in their country of administrators, doctors and nursing staff. These 'subordinates' are told they must work and behave in accordance with the policy delivered from the 'top' of the national 'health' pyramid which is largely the policy delivered by the WHO which is the policy delivered by Gates and the Cult. The whole 'Covid' narrative has been imposed on medical staff by a climate of fear although great numbers don't even need that to comply. They do so through breathtaking levels of ignorance and

include doctors who go through life simply repeating what Big Pharma and their hierarchical masters tell them to say and believe. No wonder Big Pharma 'medicine' is one of the biggest killers on Planet Earth.

The same top-down system of intimidation operates with regard to the Cult Big Pharma cartel which also dictates policy through national and global medical systems in this way. The Cult and Big Pharma agendas are the same because the former controls and owns the latter. 'Health' administrators, doctors, and nursing staff are told to support and parrot the dictated policy or they will face consequences which can include being fired. How sad it's been to see medical staff meekly repeating and imposing Cult policy without question and most of those who can see through the deceit are only willing to speak anonymously off the record. They know what will happen if their identity is known. This has left the courageous few to expose the lies about the 'virus', face masks, overwhelmed hospitals that aren't, and the dangers of the 'vaccine' that isn't a vaccine. When these medical professionals and scientists, some renowned in their field, have taken to the Internet to expose the truth their articles, comments and videos have been deleted by Cult-owned Facebook, Twitter and YouTube. What a real head-shaker to see YouTube videos with leading world scientists and highly qualified medical specialists with an added link underneath to the notorious Cult propaganda website *Wikipedia* to find the 'facts' about the same subject.

HIV – the 'Covid' trial-run

I'll give you an example of the consequences for health and truth that come from censorship and unquestioning belief in official narratives. The story was told by PCR inventor Kary Mullis in his book *Dancing Naked in the Mind Field*. He said that in 1984 he accepted as just another scientific fact that Luc Montagnier of France's Pasteur Institute and Robert Gallo of America's National Institutes of Health had independently discovered that a 'retrovirus' dubbed HIV (human immunodeficiency virus) caused AIDS. They

were, after all, Mullis writes, specialists in retroviruses. This is how the medical and science pyramids work. Something is announced or *assumed* and then becomes an everybody-knows-that purely through repetition of the assumption as if it is fact. Complete crap becomes accepted truth with no supporting evidence and only repetition of the crap. This is how a 'virus' that doesn't exist became the 'virus' that changed the world. The HIV-AIDS fairy story became a multi-billion pound industry and the media poured out propaganda terrifying the world about the deadly HIV 'virus' that caused the lethal AIDS. By then Mullis was working at a lab in Santa Monica, California, to detect retroviruses with his PCR test in blood donations received by the Red Cross. In doing so he asked a virologist where he could find a reference for HIV being the cause of AIDS. 'You don't need a reference,' the virologist said … *'Everybody knows it.'* Mullis said he wanted to quote a reference in the report he was doing and he said he felt a little funny about not knowing the source of such an important discovery when everyone else seemed to. The virologist suggested he cite a report by the Centers for Disease Control and Prevention (CDC) on morbidity and mortality. Mullis read the report, but it only said that an organism had been identified and did not say how. The report did not identify the original scientific work. Physicians, however, *assumed* (key recurring theme) that if the CDC was convinced that HIV caused AIDS then proof must exist. Mullis continues:

> I did computer searches. Neither Montagnier, Gallo, nor anyone else had published papers describing experiments which led to the conclusion that HIV probably caused AIDS. I read the papers in Science for which they had become well known as AIDS doctors, but all they had said there was that they had found evidence of a past infection by something which was probably HIV in some AIDS patients.
>
> They found antibodies. Antibodies to viruses had always been considered evidence of past disease, not present disease. Antibodies signaled that the virus had been defeated. The patient had saved himself. There was no indication in these papers that this virus caused a disease. They didn't show that everybody with the antibodies had the disease. In fact they found some healthy people with antibodies.

Mullis asked why their work had been published if Montagnier and Gallo hadn't really found this evidence, and why had they been fighting so hard to get credit for the discovery? He says he was hesitant to write 'HIV is the probable cause of AIDS' until he found published evidence to support that. 'Tens of thousands of scientists and researchers were spending billions of dollars a year doing research based on this idea,' Mullis writes. 'The reason had to be there somewhere; otherwise these people would not have allowed their research to settle into one narrow channel of investigation.' He said he lectured about PCR at numerous meetings where people were always talking about HIV and he asked them how they knew that HIV was the cause of AIDS:

> Everyone said something. Everyone had the answer at home, in the office, in some drawer. They all knew, and they would send me the papers as soon as they got back. But I never got any papers. Nobody ever sent me the news about how AIDS was caused by HIV.

Eventually Mullis was able to ask Montagnier himself about the reference proof when he lectured in San Diego at the grand opening of the University of California AIDS Research Center. Mullis says this was the last time he would ask his question without showing anger. Montagnier said he should reference the CDC report. 'I read it', Mullis said, and it didn't answer the question. 'If Montagnier didn't know the answer who the hell did?' Then one night Mullis was driving when an interview came on National Public Radio with Peter Duesberg, a prominent virologist at Berkeley and a California Scientist of the Year. Mullis says he finally understood why he could not find references that connected HIV to AIDS – *there weren't any!* No one had ever proved that HIV causes AIDS even though it had spawned a multi-billion pound global industry and the media was repeating this as fact every day in their articles and broadcasts terrifying the shit out of people about AIDS and giving the impression that a positive test for HIV (see 'Covid') was a death sentence. Duesberg was a threat to the AIDS gravy train and the agenda that underpinned it. He was therefore abused and castigated after he told the Proceedings of the National Academy of Sciences

there was no good evidence implicating the new ‘virus’. Editors rejected his manuscripts and his research funds were deleted. Mullis points out that the CDC has defined AIDS as one of more than 30 diseases *if accompanied* by a positive result on a test that detects antibodies to HIV; but those same diseases are not defined as AIDS cases when antibodies are not detected:

> If an HIV-positive woman develops uterine cancer, for example, she is considered to have AIDS. If she is not HIV positive, she simply has uterine cancer. An HIV-positive man with tuberculosis has AIDS; if he tests negative he simply has tuberculosis. If he lives in Kenya or Colombia, where the test for HIV antibodies is too expensive, he is simply presumed to have the antibodies and therefore AIDS, and therefore he can be treated in the World Health Organization’s clinic. It’s the only medical help available in some places. And it’s free, because the countries that support WHO are worried about AIDS.

Mullis accuses the CDC of continually adding new diseases (see ever more ‘Covid symptoms’) to the grand AIDS definition and of virtually doctoring the books to make it appear as if the disease continued to spread. He cites how in 1993 the CDC enormously broadened its AIDS definition and county health authorities were delighted because they received $2,500 per year from the Federal government for every reported AIDS case. Ladies and gentlemen, I have just described, via Kary Mullis, the ‘Covid pandemic’ of 2020 and beyond. Every element is the same and it’s been pulled off in the same way by the same networks.

The ‘Covid virus’ exists? Okay – prove it. Er … still waiting

What Kary Mullis described with regard to ‘HIV’ has been repeated with ‘Covid’. A claim is made that a new, or ‘novel’, infection has been found and the entire medical system of the world repeats that as fact exactly as they did with HIV and AIDS. No one in the mainstream asks rather relevant questions such as ‘How do you know?’ and ‘Where is your proof?’ The SARS-Cov-2 ‘virus’ and the ‘Covid-19 disease’ became an overnight ‘everybody-knows-that’. The origin could be debated and mulled over, but what you could not suggest was that ‘SARS-Cov-2’ didn’t exist. That would be

ridiculous. 'Everybody knows' the 'virus' exists. Well, I didn't for one along with American proper doctors like Andrew Kaufman and Tom Cowan and long-time American proper journalist Jon Rappaport. We dared to pursue the obvious and simple question: 'Where's the evidence?' The overwhelming majority in medicine, journalism and the general public did not think to ask that. After all, *everyone knew* there was a new 'virus'. Everyone was saying so and I heard it on the BBC. Some would eventually argue that the 'deadly virus' was nothing like as deadly as claimed, but few would venture into the realms of its very existence. Had they done so they would have found that the evidence for that claim had gone AWOL as with HIV causes AIDS. In fact, not even that. For something to go AWOL it has to exist in the first place and scientific proof for a 'SARS-Cov-2' can be filed under nothing, nowhere and zilch.

Dr Andrew Kaufman is a board-certified forensic psychiatrist in New York State, a Doctor of Medicine and former Assistant Professor and Medical Director of Psychiatry at SUNY Upstate Medical University, and Medical Instructor of Hematology and Oncology at the Medical School of South Carolina. He also studied biology at the Massachusetts Institute of Technology (MIT) and trained in Psychiatry at Duke University. Kaufman is retired from allopathic medicine, but remains a consultant and educator on natural healing, I saw a video of his very early on in the 'Covid' hoax in which he questioned claims about the 'virus' in the absence of any supporting evidence and with plenty pointing the other way. I did everything I could to circulate his work which I felt was asking the pivotal questions that needed an answer. I can recommend an excellent pull-together interview he did with the website The Last Vagabond entitled *Dr Andrew Kaufman: Virus Isolation, Terrain Theory and Covid-19* and his website is andrewkaufmanmd.com. Kaufman is not only a forensic psychiatrist; he is forensic in all that he does. He always reads original scientific papers, experiments and studies instead of second-third-fourth-hand reports about the 'virus' in the media which are repeating the repeated repetition of the narrative. When he did so with the original Chinese 'virus' papers Kaufman

realised that there was no evidence of a 'SARS-Cov-2'. They had never – from the start – shown it to exist and every repeat of this claim worldwide was based on the accepted existence of proof that was nowhere to be found – see Kary Mullis and HIV. Here we go again.

Let's postulate

Kaufman discovered that the Chinese authorities immediately concluded that the cause of an illness that broke out among about 200 initial patients in Wuhan was a 'new virus' when there were no grounds to make that conclusion. The alleged 'virus' was not isolated from other genetic material in their samples and then shown through a system known as Koch's postulates to be the causative agent of the illness. The world was told that the SARS-Cov-2 'virus' caused a disease they called 'Covid-19' which had 'flu-like' symptoms and could lead to respiratory problems and pneumonia. If it wasn't so tragic it would almost be funny. *'Flu-like' symptoms'? Pneumonia? Respiratory disease?* What in *CHINA* and particularly in *Wuhan*, one of the most polluted cities in the world with a resulting epidemic of respiratory disease?? Three hundred thousand people get pneumonia in China every year and there are nearly a billion cases worldwide of 'flu-like symptoms'. These have a whole range of causes – including pollution in Wuhan – but no other possibility was credibly considered in late 2019 when the world was told there was a new and deadly 'virus'. The global prevalence of pneumonia and 'flu-like systems' gave the Cult networks unlimited potential to re-diagnose these other causes as the mythical 'Covid-19' and that is what they did from the very start. Kaufman revealed how Chinese medical and science authorities (all subordinates to the Cult-owned communist government) took genetic material from the lungs of only a few of the first patients. The material contained their own cells, bacteria, fungi and other microorganisms living in their bodies. The only way you could prove the existence of the 'virus' and its responsibility for the alleged 'Covid-19' was to isolate the virus from all the other material – a process also known as 'purification' – and

then follow the postulates sequence developed in the late 19th century by German physician and bacteriologist Robert Koch which became the ‘gold standard’ for connecting an alleged causation agent to a disease:

1. The microorganism (bacteria, fungus, virus, etc.) must be present in every case of the disease and all patients must have the same symptoms. It must also *not be present in healthy individuals*.

2. The microorganism must be isolated from the host with the disease. If the microorganism is a bacteria or fungus it must be grown in a pure culture. If it is a virus, it must be purified (i.e. containing no other material except the virus particles) from a clinical sample.

3. The specific disease, with all of its characteristics, must be reproduced when the infectious agent (the purified virus or a pure culture of bacteria or fungi) is inoculated into a healthy, susceptible host.

4. The microorganism must be recoverable from the experimentally infected host as in step 2.

Not one of these criteria has been met in the case of ‘SARS-Cov-2’ and ‘Covid-19’. Not ONE. *EVER*. Robert Koch refers to bacteria and not viruses. What are called ‘viral particles’ are so minute (hence masks are useless by any definition) that they could only be seen after the invention of the electron microscope in the 1930s and can still only be observed through that means. American bacteriologist and virologist Thomas Milton Rivers, the so-called ‘Father of Modern Virology’ who was very significantly director of the Rockefeller Institute for Medical Research in the 1930s, developed a less stringent version of Koch’s postulates to identify ‘virus’ causation known as ‘Rivers criteria’. ‘Covid’ did not pass that process either. Some even doubt whether any ‘virus’ can be isolated from other particles containing genetic material in the Koch method. Freedom of Information requests in many countries asking for scientific proof that the ‘Covid virus’ has been purified and isolated and shown to exist have all come back with a ‘we don’t have that’ and when this happened with a request to the UK Department of Health they added this comment:

However, outside of the scope of the [Freedom of Information Act] and on a discretionary basis, the following information has been advised to us, which may be of interest. Most infectious diseases are caused by viruses, bacteria or fungi. Some bacteria or fungi have the capacity to grow on their own in isolation, for example in colonies on a petri dish. Viruses are different in that they are what we call 'obligate pathogens' – that is, they cannot survive or reproduce without infecting a host ...

… For some diseases, it is possible to establish causation between a microorganism and a disease by isolating the pathogen from a patient, growing it in pure culture and reintroducing it to a healthy organism. These are known as 'Koch's postulates' and were developed in 1882. However, as our understanding of disease and different disease-causing agents has advanced, these are no longer the method for determining causation [Andrew Kaufman asks why in that case are there two published articles falsely claiming to satisfy Koch's postulates].

It has long been known that viral diseases cannot be identified in this way as viruses cannot be grown in 'pure culture'. When a patient is tested for a viral illness, this is normally done by looking for the presence of antigens, or viral genetic code in a host with molecular biology techniques [Kaufman asks how you could know the origin of these chemicals without having a pure culture for comparison].

For the record 'antigens' are defined so:

Invading microorganisms have antigens on their surface that the human body can recognise as being foreign – meaning not belonging to it. When the body recognises a foreign antigen, lymphocytes (white blood cells) produce antibodies, which are complementary in shape to the antigen.

Notwithstanding that this is open to question in relation to 'SARS-Cov-2' the presence of 'antibodies' can have many causes and they are found in people that are perfectly well. Kary Mullis said: 'Antibodies … had always been considered evidence of past disease, not present disease.'

'Covid' really is a *computer* 'virus'

Where the UK Department of Health statement says 'viruses' are now 'diagnosed' through a 'viral genetic code in a host with molecular biology techniques', they mean … *the PCR test* which its inventor said cannot test for infectious disease. They have no credible method of connecting a 'virus' to a disease and we will see that there is no scientific proof that any 'virus' causes any disease or there is any such thing as a 'virus' in the way that it is described. Tenacious Canadian researcher Christine Massey and her team made

some 40 Freedom of Information requests to national public health agencies in different countries asking for proof that SARS-CoV-2 has been isolated and not one of them could supply that information. Massey said of her request in Canada: ‘Freedom of Information reveals Public Health Agency of Canada has no record of ‘SARS-COV-2’ isolation performed by anyone, anywhere, ever.’ If you accept the comment from the UK Department of Health it’s because they can’t isolate a ‘virus’. Even so many ‘science’ papers claimed to have isolated the ‘Covid virus’ until they were questioned and had to admit they hadn’t. A reply from the Robert Koch Institute in Germany was typical: ‘I am not aware of a paper which purified isolated SARS-CoV-2.’ So what the hell was Christian Drosten and his gang using to design the ‘Covid’ testing protocol that has produced all the illusory Covid’ cases and ‘Covid’ deaths when the head of the Chinese version of the CDC admitted there was a problem right from the start in that the ‘virus’ had never been isolated/purified? Breathe deeply: What they are calling ‘Covid’ is actually created by a *computer program* i.e. *they made it up* – er, that’s it. They took lung fluid, with many sources of genetic material, from one single person alleged to be infected with Covid-19 by a PCR test which they *claimed*, without clear evidence, contained a ‘virus’. They used several computer programs to create a model of a theoretical virus genome sequence from more than fifty-six million small sequences of RNA, each of an unknown source, assembling them like a puzzle with no known solution. The computer filled in the gaps with sequences from bits in the gene bank to make it look like a bat SARS-like coronavirus! A wave of the magic wand and poof, an in silico (computer-generated) genome, a scientific fantasy, was created. UK health researcher Dr Kevin Corbett made the same point with this analogy:

… It’s like giving you a few bones and saying that’s your fish. It could be any fish. Not even a skeleton. Here’s a few fragments of bones. That’s your fish … It’s all from gene bank and the bits of the virus sequence that weren’t there they made up.

They synthetically created them to fill in the blanks. That’s what genetics is; it’s a code. So it’s ABBBCCDDD and you’re missing some what you think is EEE so you put it in. It’s all

synthetic. You just manufacture the bits that are missing. This is the end result of the geneticization of virology. This is basically a computer virus.

Further confirmation came in an email exchange between British citizen journalist Frances Leader and the government's Medicines & Healthcare Products Regulatory Agency (the Gates-funded MHRA) which gave emergency permission for untested 'Covid vaccines' to be used. The agency admitted that the 'vaccine' is not based on an isolated 'virus', but comes from a *computer-generated model*. Frances Leader was naturally banned from Cult-owned fascist Twitter for making this exchange public. The process of creating computer-generated alleged 'viruses' is called 'in silico' or 'in silicon' – computer chips – and the term 'in silico' is believed to originate with biological experiments using only a computer in 1989. 'Vaccines' involved with 'Covid' are also produced 'in silico' or by computer not a natural process. If the original 'virus' is nothing more than a made-up computer model how can there be 'new variants' of something that never existed in the first place? They are not new 'variants'; they are new *computer models* only minutely different to the original program and designed to further terrify the population into having the 'vaccine' and submitting to fascism. You want a 'new variant'? Click, click, enter – there you go. Tell the medical profession that you have discovered a 'South African variant', 'UK variants' or a 'Brazilian variant' and in the usual HIV-causes-AIDS manner they will unquestioningly repeat it with no evidence whatsoever to support these claims. They will go on television and warn about the dangers of 'new variants' while doing nothing more than repeating what they have been told to be true and knowing that any deviation from that would be career suicide. Big-time insiders will know it's a hoax, but much of the medical community is clueless about the way they are being played and themselves play the public without even being aware they are doing so. What an interesting 'coincidence' that AstraZeneca and Oxford University were conducting 'Covid vaccine trials' in the three countries – the UK, South Africa and Brazil – where the first three 'variants' were claimed to have 'broken out'.

Here's your 'virus' – it's a unicorn

Dr Andrew Kaufman presented a brilliant analysis describing how the 'virus' was imagined into fake existence when he dissected an article published by *Nature* and written by 19 authors detailing *alleged* 'sequencing of a complete viral genome' of the 'new SARS-CoV-2 virus'. This computer-modelled *in silico* genome was used as a template for all subsequent genome sequencing experiments that resulted in the so-called variants which he said now number more than *6,000*. The fake genome was constructed from more than 56 million individual short strands of RNA. Those little pieces were assembled into longer pieces by finding areas of overlapping sequences. The computer programs created over two million possible combinations from which the authors simply chose the longest one. They then compared this to a 'bat virus' and the computer 'alignment' rearranged the sequence and filled in the gaps! They called this computer-generated abomination the 'complete genome'. Dr Tom Cowan, a fellow medical author and collaborator with Kaufman, said such computer-generation constitutes scientific fraud and he makes this superb analogy:

> Here is an equivalency: A group of researchers claim to have found a unicorn because they found a piece of a hoof, a hair from a tail, and a snippet of a horn. They then add that information into a computer and program it to re-create the unicorn, and they then claim this computer re-creation is the real unicorn. Of course, they had never actually seen a unicorn so could not possibly have examined its genetic makeup to compare their samples with the actual unicorn's hair, hooves and horn.
>
> The researchers claim they decided which is the real genome of SARS-CoV-2 by 'consensus', sort of like a vote. Again, different computer programs will come up with different versions of the imaginary 'unicorn', so they come together as a group and decide which is the real imaginary unicorn.

This is how the 'virus' that has transformed the world was brought into fraudulent 'existence'. Extraordinary, yes, but as the Nazis said the bigger the lie the more will believe it. Cowan, however, wasn't finished and he went on to identify what he called the real blockbuster in the paper. He quotes this section from a paper written

by virologists and published by the CDC and then explains what it means:

> Therefore, we examined the capacity of SARS-CoV-2 to infect and replicate in several common primate and human cell lines, including human adenocarcinoma cells (A549), human liver cells (HUH 7.0), and human embryonic kidney cells (HEK-293T). In addition to Vero E6 and Vero CCL81 cells. ... Each cell line was inoculated at high multiplicity of infection and examined 24h post-infection.
>
> No CPE was observed in any of the cell lines except in Vero cells, which grew to greater than 10 to the 7th power at 24 h post-infection. In contrast, HUH 7.0 and 293T showed only modest viral replication, and A549 cells were incompatible with SARS CoV-2 infection.

Cowan explains that when virologists attempt to prove infection they have three possible 'hosts' or models on which they can test. The first was humans. Exposure to humans was generally not done for ethical reasons and has never been done with SARS-CoV-2 or any coronavirus. The second possible host was animals. Cowan said that forgetting for a moment that they never actually use purified virus when exposing animals they do use solutions that they *claim* contain the virus. Exposure to animals has been done with SARS-CoV-2 in an experiment involving mice and this is what they found: *None of the wild (normal) mice got sick*. In a group of genetically-modified mice, a statistically insignificant number lost weight and had slightly bristled fur, but they experienced nothing like the illness called 'Covid-19'. Cowan said the third method – the one they mostly rely on – is to inoculate solutions they *say* contain the virus onto a variety of tissue cultures. This process had never been shown to kill tissue *unless* the sample material was starved of nutrients and poisoned as *part of the process*. Yes, incredibly, in tissue experiments designed to show the 'virus' is responsible for killing the tissue they starve the tissue of nutrients and add toxic drugs including antibiotics and they do not have control studies to see if it's the starvation and poisoning that is degrading the tissue rather than the 'virus' they allege to be in there somewhere. You want me to pinch you? Yep, I understand. Tom Cowan said this about the whole nonsensical farce as he explains what that quote from the CDC paper really means:

The shocking thing about the above quote is that using their own methods, the virologists found that solutions containing SARS-CoV-2 – even in high amounts – were NOT, I repeat NOT, infective to any of the three human tissue cultures they tested. In plain English, this means they proved, on their terms, that this 'new coronavirus' is not infectious to human beings. It is ONLY infective to monkey kidney cells, and only then when you add two potent drugs (gentamicin and amphotericin), known to be toxic to kidneys, to the mix.

My friends, read this again and again. These virologists, published by the CDC, performed a clear proof, on their terms, showing that the SARS-CoV-2 virus is harmless to human beings. That is the only possible conclusion, but, unfortunately, this result is not even mentioned in their conclusion. They simply say they can provide virus stocks cultured only on monkey Vero cells, thanks for coming.

Cowan concluded: 'If people really understood how this "science" was done, I would hope they would storm the gates and demand honesty, transparency and truth.' Dr Michael Yeadon, former Vice President and Chief Scientific Adviser at drug giant Pfizer has been a vocal critic of the 'Covid vaccine' and its potential for multiple harm. He said in an interview in April, 2021, that 'not one [vaccine] has the virus. He was asked why vaccines normally using a 'dead' version of a disease to activate the immune system were not used for 'Covid' and instead we had the synthetic methods of the 'mRNA Covid vaccine'. Yeadon said that to do the former 'you'd have to have some of [the virus] wouldn't you?' He added: 'No-one's got any – seriously.' Yeadon said that surely they couldn't have fooled the whole world for a year without having a virus, 'but oddly enough ask around – no one's got it'. He didn't know why with all the 'great labs' around the world that the virus had not been isolated – 'Maybe they've been too busy running bad PCR tests and vaccines that people don't need.' What is today called 'science' is not 'science' at all. Science is no longer what is, but whatever people can be manipulated to *believe* that it is. Real science has been hijacked by the Cult to dispense and produce the 'expert scientists' and contentions that suit the agenda of the Cult. How big-time this has happened with the 'Covid' hoax which is entirely based on fake science delivered by fake 'scientists' and fake 'doctors'. The human-caused climate change hoax is also entirely based on fake science delivered by fake 'scientists' and fake 'climate experts'. In both cases real

scientists, climate experts and doctors have their views suppressed and deleted by the Cult-owned science establishment, media and Silicon Valley. This is the 'science' that politicians claim to be 'following' and a common denominator of 'Covid' and climate are Cult psychopaths Bill Gates and his mate Klaus Schwab at the Gates-funded World Economic Forum. But, don't worry, it's all just a coincidence and absolutely nothing to worry about. *Zzzzzzzz*.

What is a 'virus' REALLY?

Dr Tom Cowan is one of many contesting the very existence of viruses let alone that they cause disease. This is understandable when there is no scientific evidence for a disease-causing 'virus'. German virologist Dr Stefan Lanka won a landmark case in 2017 in the German Supreme Court over his contention that there is no such thing as a measles virus. He had offered a big prize for anyone who could prove there is and Lanka won his case when someone sought to claim the money. There is currently a prize of more than 225,000 euros on offer from an Isolate Truth Fund for anyone who can prove the isolation of SARS-CoV-2 and its genetic substance. Lanka wrote in an article headed 'The Misconception Called Virus' that scientists think a 'virus' is causing tissue to become diseased and degraded when in fact it is the *processes they are using* which do that – not a 'virus'. Lanka has done an important job in making this point clear as Cowan did in his analysis of the CDC paper. Lanka says that all claims about viruses as disease-causing pathogens are wrong and based on 'easily recognisable, understandable and verifiable misinterpretations.' Scientists believed they were working with 'viruses' in their laboratories when they were really working with 'typical particles of specific dying tissues or cells …' Lanka said that the tissue decaying process claimed to be caused by a 'virus' still happens when no alleged 'virus' is involved. It's the *process* that does the damage and not a 'virus'. The genetic sample is deprived of nutrients, removed from its energy supply through removal from the body and then doused in toxic antibiotics to remove any bacteria. He confirms again that establishment scientists do not (pinch me)

conduct control experiments to see if this is the case and if they did they would see the claims that 'viruses' are doing the damage is nonsense. He adds that during the measles 'virus' court case he commissioned an independent laboratory to perform just such a control experiment and the result was that the tissues and cells died in the exact same way as with alleged 'infected' material. This is supported by a gathering number of scientists, doctors and researchers who reject what is called 'germ theory' or the belief in the body being infected by contagious sources emitted by other people. Researchers Dawn Lester and David Parker take the same stance in their highly-detailed and sourced book *What Really Makes You Ill – Why everything you thought you knew about disease is wrong* which was recommended to me by a number of medical professionals genuinely seeking the truth. Lester and Parker say there is no provable scientific evidence to show that a 'virus' can be transmitted between people or people and animals or animals and people:

> The definition also claims that viruses are the cause of many diseases, as if this has been definitively proven. But this is not the case; there is no original scientific evidence that definitively demonstrates that any virus is the cause of any disease. The burden of proof for any theory lies with those who proposed it; but none of the existing documents provides 'proof' that supports the claim that 'viruses' are pathogens.

Dr Tom Cowan employs one of his clever analogies to describe the process by which a 'virus' is named as the culprit for a disease when what is called a 'virus' is only material released by cells detoxing themselves from infiltration by chemical or radiation poisoning. The tidal wave of technologically-generated radiation in the 'smart' modern world plus all the toxic food and drink are causing this to happen more than ever. Deluded 'scientists' misread this as a gathering impact of what they wrongly label 'viruses'.

Paper can infect houses

Cowan said in an article for davidicke.com – with his tongue only mildly in his cheek – that he believed he had made a tremendous

discovery that may revolutionise science. He had discovered that small bits of paper are alive, 'well alive-ish', can 'infect' houses, and then reproduce themselves inside the house. The result was that this explosion of growth in the paper inside the house causes the house to explode, blowing it to smithereens. His evidence for this new theory is that in the past months he had carefully examined many of the houses in his neighbourhood and found almost no scraps of paper on the lawns and surrounds of the house. There was an occasional stray label, but nothing more. Then he would return to these same houses a week or so later and with a few, not all of them, particularly the old and decrepit ones, he found to his shock and surprise they were littered with stray bits of paper. He knew then that the paper had infected these houses, made copies of itself, and blew up the house. A young boy on a bicycle at one of the sites told him he had seen a demolition crew using dynamite to explode the house the previous week, but Cowan dismissed this as the idle thoughts of silly boys because 'I was on to something big'. He was on to how 'scientists' mistake genetic material in the detoxifying process for something they call a 'virus'. Cowan said of his house and paper story:

> If this sounds crazy to you, it's because it should. This scenario is obviously nuts. But consider this admittedly embellished, for effect, current viral theory that all scientists, medical doctors and virologists currently believe.

He takes the example of the 'novel SARS-Cov2' virus to prove the point. First they take someone with an undefined illness called 'Covid-19' and don't even attempt to find any virus in their sputum. Never mind the scientists still describe how this 'virus', which they have not located attaches to a cell receptor, injects its genetic material, in 'Covid's' case, RNA, into the cell. The RNA once inserted exploits the cell to reproduce itself and makes 'thousands, nay millions, of copies of itself … Then it emerges victorious to claim its next victim':

If you were to look in the scientific literature for proof, actual scientific proof, that uniform SARS-CoV2 viruses have been properly isolated from the sputum of a sick person, that actual spike proteins could be seen protruding from the virus (which has not been found), you would find that such evidence doesn't exist.

If you go looking in the published scientific literature for actual pictures, proof, that these spike proteins or any viral proteins are ever attached to any receptor embedded in any cell membrane, you would also find that no such evidence exists. If you were to look for a video or documented evidence of the intact virus injecting its genetic material into the body of the cell, reproducing itself and then emerging victorious by budding off the cell membrane, you would find that no such evidence exists.

The closest thing you would find is electron micrograph pictures of cellular particles, possibly attached to cell debris, both of which to be seen were stained by heavy metals, a process that completely distorts their architecture within the living organism. This is like finding bits of paper stuck to the blown-up bricks, thereby proving the paper emerged by taking pieces of the bricks on its way out.

The Enders baloney

Cowan describes the 'Covid' story as being just as make-believe as his paper story and he charts back this fantasy to a Nobel Prize winner called John Enders (1897-1985), an American biomedical scientist who has been dubbed 'The Father of Modern Vaccines'. Enders is claimed to have 'discovered' the process of the viral culture which 'proved' that a 'virus' caused measles. Cowan explains how Enders did this 'by using the EXACT same procedure that has been followed by every virologist to find and characterize every new virus since 1954'. Enders took throat swabs from children with measles and immersed them in 2ml of milk. Penicillin (100u/ml) and the antibiotic streptomycin (50,g/ml) were added and the whole mix was centrifuged – rotated at high speed to separate large cellular debris from small particles and molecules as with milk and cream, for example. Cowan says that if the aim is to find little particles of genetic material ('viruses') in the snot from children with measles it would seem that the last thing you would do is mix the snot with other material – milk –that also has genetic material. 'How are you ever going to know whether whatever you found came from the snot or the milk?' He points out that streptomycin is a 'nephrotoxic' or poisonous-to-the-kidney drug. You will see the relevance of that

shortly. Cowan says that it gets worse, much worse, when Enders describes the culture medium upon which the virus 'grows': 'The culture medium consisted of bovine amniotic fluid (90%), beef embryo extract (5%), horse serum (5%), antibiotics and phenol red as an indicator of cell metabolism.' Cowan asks incredulously: 'Did he just say that the culture medium also contained fluids and tissues that are themselves rich sources of genetic material?' The genetic cocktail, or 'medium', is inoculated onto tissue and cells from rhesus monkey *kidney* tissue. This is where the importance of streptomycin comes in and currently-used antimicrobials and other drugs that are *poisonous to kidneys* and used in ALL modern viral cultures (e.g. gentamicin, streptomycin, and amphotericin). Cowan asks: 'How are you ever going to know from this witch's brew where any genetic material comes from as we now have five different sources of rich genetic material in our mix?' Remember, he says, that all genetic material, whether from monkey kidney tissues, bovine serum, milk, etc., is made from the exact same components. The same central question returns: 'How are you possibly going to know that it was the virus that killed the kidney tissue and not the toxic antibiotic and starvation rations on which you are growing the tissue?' John Enders answered the question himself – *you can't*:

> A second agent was obtained from an uninoculated culture of monkey kidney cells. The cytopathic changes [death of the cells] it induced in the unstained preparations could not be distinguished with confidence from the viruses isolated from measles.

The death of the cells ('cytopathic changes') happened in exactly the same manner, whether they inoculated the kidney tissue with the measles snot or not, Cowan says. 'This is evidence that the destruction of the tissue, the very proof of viral causation of illness, was not caused by anything in the snot because they saw the same destructive effect when the snot was not even used … the cytopathic, i.e., cell-killing, changes come from the process of the culture itself, not from any virus in any snot, period.' Enders quotes in his 1957 paper a virologist called Ruckle as reporting similar findings 'and in addition has isolated an agent from monkey kidney tissue that is so

far indistinguishable from human measles virus'. In other words, Cowan says, these particles called 'measles viruses' are simply and clearly breakdown products of the starved and poisoned tissue. For measles 'virus' see all 'viruses' including the so-called 'Covid virus'. Enders, the 'Father of Modern Vaccines', also said:

> There is a potential risk in employing cultures of primate cells for the production of vaccines composed of attenuated virus, since the presence of other agents possibly latent in primate tissues cannot be definitely excluded by any known method.

Cowan further quotes from a paper published in the journal *Viruses* in May, 2020, while the 'Covid pandemic' was well underway in the media if not in reality. 'EVs' here refers to particles of genetic debris from our own tissues, such as exosomes of which more in a moment: 'The remarkable resemblance between EVs and viruses has caused quite a few problems in the studies focused on the analysis of EVs released during viral infections.' Later the paper adds that to date a reliable method that can actually guarantee a complete separation (of EVs from viruses) DOES NOT EXIST. This was published at a time when a fairy tale 'virus' was claimed in total certainty to be causing a fairy tale 'viral disease' called 'Covid-19' – a fairy tale that was already well on the way to transforming human society in the image that the Cult has worked to achieve for so long. Cowan concludes his article:

> To summarize, there is no scientific evidence that pathogenic viruses exist. What we think of as 'viruses' are simply the normal breakdown products of dead and dying tissues and cells. When we are well, we make fewer of these particles; when we are starved, poisoned, suffocated by wearing masks, or afraid, we make more.
>
> There is no engineered virus circulating and making people sick. People in laboratories all over the world are making genetically modified products to make people sick. These are called vaccines. There is no virome, no 'ecosystem' of viruses, viruses are not 8%, 50% or 100 % of our genetic material. These are all simply erroneous ideas based on the misconception called a virus.

What is 'Covid'? Load of bollocks

The background described here by Cowan and Lanka was emphasised in the first video presentation that I saw by Dr Andrew Kaufman when he asked whether the ‘Covid virus’ was in truth a natural defence mechanism of the body called ‘exosomes’. These are released by cells when in states of toxicity – see the same themes returning over and over. They are released ever more profusely as chemical and radiation toxicity increases and think of the potential effect therefore of 5G alone as its destructive frequencies infest the human energetic information field with a gathering pace (5G went online in Wuhan in 2019 as the ‘virus’ emerged). I’ll have more about this later. Exosomes transmit a warning to the rest of the body that ‘Houston, we have a problem’. Kaufman presented images of exosomes and compared them with ‘Covid’ under an electron microscope and the similarity was remarkable. They both attach to the same cell receptors (*claimed* in the case of ‘Covid’), contain the same genetic material in the form of RNA or ribonucleic acid, and both are found in ‘viral cell cultures’ with damaged or dying cells. James Hildreth MD, President and Chief Executive Officer of the Meharry Medical College at Johns Hopkins, said: ‘The virus is fully an exosome in every sense of the word.’ Kaufman’s conclusion was that there is no ‘virus’: ‘This entire pandemic is a completely manufactured crisis … there is no evidence of anyone dying from [this] illness.’ Dr Tom Cowan and Sally Fallon Morell, authors of *The Contagion Myth*, published a statement with Dr Kaufman in February, 2021, explaining why the ‘virus’ does not exist and you can read it that in full in the Appendix.

‘Virus’ theory can be traced to the ‘cell theory’ in 1858 of German physician Rudolf Virchow (1821-1920) who contended that disease originates from a single cell infiltrated by a ‘virus’. Dr Stefan Lanka said that findings and insights with respect to the structure, function and central importance of tissues in the creation of life, which were already known in 1858, comprehensively refute the cell theory. Virchow ignored them. We have seen the part later played by John Enders in the 1950s and Lanka notes that infection theories were only established as a global dogma through the policies and

eugenics of the Third Reich in Nazi Germany (creation of the same Sabbatian cult behind the 'Covid' hoax). Lanka said: 'Before 1933, scientists dared to contradict this theory; after 1933, these critical scientists were silenced'. Dr Tom Cowan's view is that ill-heath is caused by too much of something, too little of something, or toxification from chemicals and radiation – not contagion. We must also highlight as a major source of the 'virus' theology a man still called the 'Father of Modern Virology' – Thomas Milton Rivers (1888-1962). There is no way given the Cult's long game policy that it was a coincidence for the 'Father of Modern Virology' to be director of the Rockefeller Institute for Medical Research from 1937 to 1956 when he is credited with making the Rockefeller Institute a leader in 'viral research'. Cult Rockefellers were the force behind the creation of Big Pharma 'medicine', established the World Health Organisation in 1948, and have long and close associations with the Gates family that now runs the WHO during the pandemic hoax through mega-rich Cult gofer and psychopath Bill Gates.

Only a Renegade Mind can see through all this bullshit by asking the questions that need to be answered, not taking 'no' or prevarication for an answer, and certainly not hiding from the truth in fear of speaking it. Renegade Minds have always changed the world for the better and they will change this one no matter how bleak it may currently appear to be.

CHAPTER SIX

Sequence of deceit

If you tell the truth, you don't have to remember anything
Mark Twain

Against the background that I have laid out this far the sequence that took us from an invented 'virus' in Cult-owned China in late 2019 to the fascist transformation of human society can be seen and understood in a whole new context.

We were told that a deadly disease had broken out in Wuhan and the world media began its campaign (coordinated by behavioural psychologists as we shall see) to terrify the population into unquestioning compliance. We were shown images of Chinese people collapsing in the street which never happened in the West with what was supposed to be the same condition. In the earliest days when alleged cases and deaths were few the fear register was hysterical in many areas of the media and this would expand into the common media narrative across the world. The real story was rather different, but we were never told that. The Chinese government, one of the Cult's biggest centres of global operation, said they had discovered a new illness with flu-like and pneumonia-type symptoms in a city with such toxic air that it is overwhelmed with flu-like symptoms, pneumonia and respiratory disease. Chinese scientists said it was a new – 'novel' – coronavirus which they called Sars-Cov-2 and that it caused a disease they labelled 'Covid-19'. There was no evidence for this and the 'virus' has never to this day been isolated, purified and its genetic code established from that. It

was from the beginning a computer-generated fiction. Stories of Chinese whistleblowers saying the number of deaths was being supressed or that the 'new disease' was related to the Wuhan bio-lab misdirected mainstream and alternative media into cul-de-sacs to obscure the real truth – there was no 'virus'.

Chinese scientists took genetic material from the lung fluid of just a few people and said they had found a 'new' disease when this material had a wide range of content. There was no evidence for a 'virus' for the very reasons explained in the last two chapters. The 'virus' has never been shown to (a) exist and (b) cause any disease. People were diagnosed on symptoms that are so widespread in Wuhan and polluted China and with a PCR test that can't detect infectious disease. On this farce the whole global scam was sold to the rest of the world which would also diagnose respiratory disease as 'Covid-19' from symptoms alone or with a PCR test not testing for a 'virus'. Flu miraculously disappeared *worldwide* in 2020 and into 2021 as it was redesignated 'Covid-19'. It was really the same old flu with its 'flu-like' symptoms attributed to 'flu-like' 'Covid-19'. At the same time with very few exceptions the Chinese response of draconian lockdown and fascism was the chosen weapon to respond across the West as recommended by the Cult-owned Tedros at the Cult-owned World Health Organization run by the Cult-owned Gates. All was going according to plan. Chinese scientists – everything in China is controlled by the Cult-owned government – compared their contaminated RNA lung-fluid material with other RNA sequences and said it appeared to be just under 80 percent identical to the SARS-CoV-1 'virus' claimed to be the cause of the SARS (severe acute respiratory syndrome) 'outbreak' in 2003. They decreed that because of this the 'new virus' had to be related and they called it SARS-CoV-2. There are some serious problems with this assumption and *assumption* was all it was. Most 'factual' science turns out to be assumptions repeated into everyone-knows-that. A match of under 80-percent is meaningless. Dr Kaufman makes the point that there's a *96 percent* genetic correlation between humans and chimpanzees, but 'no one would say our genetic material is part

of the chimpanzee family'. Yet the Chinese authorities were claiming that a much lower percentage, less than 80 percent, proved the existence of a new 'coronavirus'. For goodness sake human DNA is 60 percent similar to a *banana*.

You are feeling sleepy

The entire 'Covid' hoax is a global Psyop, a psychological operation to program the human mind into believing and fearing a complete fantasy. A crucial aspect of this was what *appeared* to happen in Italy. It was all very well streaming out daily images of an alleged catastrophe in Wuhan, but to the Western mind it was still on the other side of the world in a very different culture and setting. A reaction of 'this could happen to me and my family' was still nothing like as intense enough for the mind-doctors. The Cult needed a Western example to push people over that edge and it chose Italy, one of its major global locations going back to the Roman Empire. An Italian 'Covid' crisis was manufactured in a particular area called Lombardy which just happens to be notorious for its toxic air and therefore respiratory disease. Wuhan, China, déjà vu. An hysterical media told horror stories of Italians dying from 'Covid' in their droves and how Lombardy hospitals were being overrun by a tidal wave of desperately ill people needing treatment after being struck down by the 'deadly virus'. Here was the psychological turning point the Cult had planned. Wow, if this is happening in Italy, the Western mind concluded, this indeed could happen to me and my family. Another point is that Italian authorities responded by following the Chinese blueprint so vehemently recommended by the Cult-owned World Health Organization. They imposed fascistic lockdowns on the whole country viciously policed with the help of surveillance drones sweeping through the streets seeking out anyone who escaped from mass house arrest. Livelihoods were destroyed and psychology unravelled in the way we have witnessed since in all lockdown countries. Crucial to the plan was that Italy responded in this way to set the precedent of suspending freedom and imposing fascism in a 'Western liberal democracy'. I emphasised in an

animated video explanation on davidicke.com posted in the summer of 2020 how important it was to the Cult to expand the Chinese lockdown model across the West. Without this, and the bare-faced lie that non-symptomatic people could still transmit a 'disease' they didn't have, there was no way locking down the whole population, sick and not sick, could be pulled off. At just the right time and with no evidence Cult operatives and gofers claimed that people without symptoms could pass on the 'disease'. In the name of protecting the 'vulnerable' like elderly people, who lockdowns would kill by the tens of thousands, we had for the first time healthy people told to isolate as well as the sick. The great majority of people who tested positive had no symptoms because there was nothing wrong with them. It was just a trick made possible by a test not testing for the 'virus'.

Months after my animated video the Gates-funded Professor Neil Ferguson at the Gates-funded Imperial College confirmed that I was right. He didn't say it in those terms, naturally, but he did say it. Ferguson will enter the story shortly for his outrageously crazy 'computer models' that led to Britain, the United States and many other countries following the Chinese and now Italian methods of response. Put another way, following the Cult script. Ferguson said that SAGE, the UK government's scientific advisory group which has controlled 'Covid' policy from the start, wanted to follow the Chinese lockdown model (while they all continued to work and be paid), but they wondered if they could possibly, in Ferguson's words, 'get away with it in Europe'. 'Get away with it'? Who the hell do these moronic, arrogant people think they are? This appalling man Ferguson said that once Italy went into national lockdown they realised they, too, could mimic China:

It's a communist one-party state, we said. We couldn't get away with it in Europe, we thought … and then Italy did it. And we realised we could. Behind this garbage from Ferguson is a simple fact: Doing the same as China in every country was the plan from the start and Ferguson's 'models' would play a central role in achieving that. It's just a coincidence, of course, and absolutely nothing to worry your little head about.

Oops, sorry, our mistake

Once the Italian segment of the Psyop had done the job it was designed to do a very different story emerged. Italian authorities revealed that 99 percent of those who had 'died from Covid-19' in Italy had one, two, three, or more 'co-morbidities' or illnesses and health problems that could have ended their life. The US Centers for Disease Control and Prevention (CDC) published a figure of 94 percent for Americans dying of 'Covid' while having other serious medical conditions – on average two to three (some five or six) other potential causes of death. In terms of death from an unproven 'virus' I say it is 100 percent. The other one percent in Italy and six percent in the US would presumably have died from 'Covid's' flu-like symptoms with a range of other possible causes in conjunction with a test not testing for the 'virus'. Fox News reported that even more startling figures had emerged in one US county in which 410 of 422 deaths attributed to 'Covid-19' had other potentially deadly health conditions. The Italian National Health Institute said later that the average age of people dying with a 'Covid-19' diagnosis in Italy was about 81. Ninety percent were over 70 with ten percent over 90. In terms of other reasons to die some 80 percent had two or more chronic diseases with half having three or more including cardiovascular problems, diabetes, respiratory problems and cancer. Why is the phantom 'Covid-19' said to kill overwhelmingly old people and hardly affect the young? Old people continually die of many causes and especially respiratory disease which you can re-diagnose 'Covid-19' while young people die in tiny numbers by comparison and rarely of respiratory disease. Old people 'die of Covid' because they die of other things that can be redesignated 'Covid' and it really is that simple.

Flu has flown

The blueprint was in place. Get your illusory 'cases' from a test not testing for the 'virus' and redesignate other causes of death as 'Covid-19'. You have an instant 'pandemic' from something that is nothing more than a computer-generated fiction. With near-on a

billion people having 'flu-like' symptoms every year the potential was limitless and we can see why flu quickly and apparently miraculously disappeared *worldwide* by being diagnosed 'Covid-19'. The painfully bloody obvious was explained away by the childlike media in headlines like this in the UK '*Independent*': 'Not a single case of flu detected by Public Health England this year as Covid restrictions suppress virus'. I kid you not. The masking, social distancing and house arrest that did not make the 'Covid virus' disappear somehow did so with the 'flu virus'. Even worse the article, by a bloke called Samuel Lovett, suggested that maybe the masking, sanitising and other 'Covid' measures should continue to keep the flu away. With a ridiculousness that disturbs your breathing (it's 'Covid-19') the said Lovett wrote: 'With widespread social distancing and mask-wearing measures in place throughout the UK, the usual routes of transmission for influenza have been blocked.' He had absolutely no evidence to support that statement, but look at the consequences of him acknowledging the obvious. With flu not disappearing at all and only being relabelled 'Covid-19' he would have to contemplate that 'Covid' was a hoax on a scale that is hard to imagine. You need guts and commitment to truth to even go there and that's clearly something Samuel Lovett does not have in abundance. He would never have got it through the editors anyway.

Tens of thousands die in the United States alone every winter from flu including many with pneumonia complications. CDC figures record *45 million* Americans diagnosed with flu in 2017-2018 of which 61,000 died and some reports claim 80,000. Where was the same hysteria then that we have seen with 'Covid-19'? Some 250,000 Americans are admitted to hospital with pneumonia every year with about 50,000 cases proving fatal. About 65 million suffer respiratory disease every year and three million deaths makes this the third biggest cause of death worldwide. You only have to redesignate a portion of all these people 'Covid-19' and you have an instant global pandemic or the *appearance* of one. Why would doctors do this? They are told to do this and all but a few dare not refuse those who must be obeyed. Doctors in general are not researching their own

knowledge and instead take it direct and unquestioned from the authorities that own them and their careers. The authorities say they must now diagnose these symptoms 'Covid-19' and not flu, or whatever, and they do it. Dark suits say put 'Covid-19' on death certificates no matter what the cause of death and the doctors do it. Renegade Minds don't fall for the illusion that doctors and medical staff are all highly-intelligent, highly-principled, seekers of medical truth. *Some are*, but not the majority. They are repeaters, gofers, and yes sir, no sir, purveyors of what the system demands they purvey. The 'Covid' con is not merely confined to diseases of the lungs. Instructions to doctors to put 'Covid-19' on death certificates for anyone dying of *anything* within 28 days (or much more) of a positive test not testing for the 'virus' opened the floodgates. The term dying *with* 'Covid' and not *of* 'Covid' was coined to cover the truth. Whether it was a *with* or an *of* they were all added to the death numbers attributed to the 'deadly virus' compiled by national governments and globally by the Gates-funded Johns Hopkins operation in the United States that was so involved in those 'pandemic' simulations. Fraudulent deaths were added to the ever-growing list of fraudulent 'cases' from false positives from a false test. No wonder Professor Walter Ricciardi, scientific advisor to the Italian minister of health, said after the Lombardy hysteria had done its job that 'Covid' death rates were due to Italy having the second oldest population in the world and to *how hospitals record deaths*:

> The way in which we code deaths in our country is very generous in the sense that all the people who die in hospitals with the coronavirus are deemed to be dying of the coronavirus. On re-evaluation by the National Institute of Health, only 12 per cent of death certificates have shown a direct causality from coronavirus, while 88 per cent of patients who have died have at least one pre-morbidity – many had two or three.

This is extraordinary enough when you consider the propaganda campaign to use Italy to terrify the world, but how can they even say twelve percent were genuine when the 'virus' has not been shown to exist, its 'code' is a computer program, and diagnosis comes from a test not testing for it? As in China, and soon the world, 'Covid-19' in

Italy was a redesignation of diagnosis. Lies and corruption were to become the real ‘pandemic’ fuelled by a pathetically-compliant medical system taking its orders from the tiny few at the top of their national hierarchy who answered to the World Health Organization which answers to Gates and the Cult. Doctors were told – ordered – to diagnose a particular set of symptoms ‘Covid-19’ and put that on the death certificate for any cause of death if the patient had tested positive with a test not testing for the virus or had ‘Covid’ symptoms like the flu. The United States even introduced big financial incentives to manipulate the figures with hospitals receiving £4,600 from the Medicare system for diagnosing someone with regular pneumonia, $13,000 if they made the diagnosis from the same symptoms ‘Covid-19’ pneumonia, and $39, 000 if they put a ‘Covid’ diagnosed patient on a ventilator that would almost certainly kill them. A few – painfully and pathetically few – medical whistleblowers revealed (before Cult-owned YouTube deleted their videos) that they had been instructed to ‘let the patient crash’ and put them straight on a ventilator instead of going through a series of far less intrusive and dangerous methods as they would have done before the pandemic hoax began and the financial incentives kicked in. We are talking cold-blooded murder given that ventilators are so damaging to respiratory systems they are usually the last step before heaven awaits. Renegade Minds never fall for the belief that people in white coats are all angels of mercy and cannot be full-on psychopaths. I have explained in detail in *The Answer* how what I am describing here played out across the world coordinated by the World Health Organization through the medical hierarchies in almost every country.

Medical scientist calls it

Information about the non-existence of the ‘virus’ began to emerge for me in late March, 2020, and mushroomed after that. I was sent an email by Sir Julian Rose, a writer, researcher, and organic farming promotor, from a medical scientist friend of his in the United States. Even at that early stage in March the scientist was able to explain

how the 'Covid' hoax was being manipulated. He said there were no reliable tests for a specific 'Covid-19 virus' and nor were there any reliable agencies or media outlets for reporting numbers of actual 'Covid-19' cases. We have seen in the long period since then that he was absolutely right. 'Every action and reaction to Covid-19 is based on totally flawed data and we simply cannot make accurate assessments,' he said. Most people diagnosed with 'Covid-19' were showing nothing more than cold and flu-like symptoms 'because most coronavirus strains *are* nothing more than cold/flu-like symptoms'. We had farcical situations like an 84-year-old German man testing positive for 'Covid-19' and his nursing home ordered to quarantine only for him to be found to have a common cold. The scientist described back then why PCR tests and what he called the 'Mickey Mouse test kits' were useless for what they were claimed to be identifying. 'The idea these kits can isolate a specific virus like Covid-19 is nonsense,' he said. Significantly, he pointed out that 'if you want to create a totally false panic about a totally false pandemic – pick a coronavirus'. This is exactly what the Cult-owned Gates, World Economic Forum and Johns Hopkins University did with their Event 201 'simulation' followed by their real-life simulation called the 'pandemic'. The scientist said that all you had to do was select the sickest of people with respiratory-type diseases in a single location – 'say Wuhan' – and administer PCR tests to them. You can then claim that anyone showing 'viral sequences' similar to a coronavirus 'which will inevitably be quite a few' is suffering from a 'new' disease:

> Since you already selected the sickest flu cases a fairly high proportion of your sample will go on to die. You can then say this 'new' virus has a CFR [case fatality rate] higher than the flu and use this to infuse more concern and do more tests which will of course produce more 'cases', which expands the testing, which produces yet more 'cases' and so on and so on. Before long you have your 'pandemic', and all you have done is use a simple test kit trick to convert the worst flu and pneumonia cases into something new that doesn't ACTUALLY EXIST [my emphasis].

He said that you then 'just run the same scam in other countries' and make sure to keep the fear message running high 'so that people

will feel panicky and less able to think critically'. The only problem to overcome was the fact *there is no* actual new deadly pathogen and only regular sick people. This meant that deaths from the 'new deadly pathogen' were going to be way too low for a real new deadly virus pandemic, but he said this could be overcome in the following ways – all of which would go on to happen:

1. You can claim this is just the beginning and more deaths are imminent [you underpin this with fantasy 'computer projections']. Use this as an excuse to quarantine everyone and then claim the quarantine prevented the expected millions of dead.

2. You can [say that people] 'minimizing' the dangers are irresponsible and bully them into not talking about numbers.

3. You can talk crap about made up numbers hoping to blind people with pseudoscience.

4. You can start testing well people (who, of course, will also likely have shreds of coronavirus [RNA] in them) and thus inflate your 'case figures' with 'asymptomatic carriers' (you will of course have to spin that to sound deadly even though any virologist knows the more symptom-less cases you have the less deadly is your pathogen).

The scientist said that if you take these simple steps 'you can have your own entirely manufactured pandemic up and running in weeks'. His analysis made so early in the hoax was brilliantly prophetic of what would actually unfold. Pulling all the information together in these recent chapters we have this is simple 1, 2, 3, of how you can delude virtually the entire human population into believing in a 'virus' that doesn't exist:

- A 'Covid case' is someone who tests positive with a test not testing for the 'virus'.

- A 'Covid death' is someone who dies of *any cause* within 28 days (or much longer) of testing positive with a test not testing for the 'virus.

- Asymptomatic means there is nothing wrong with you, but they claim you can pass on what you don't have to justify locking

down (quarantining) healthy people in totality.

The foundations of the hoax are that simple. A study involving ten million people in Wuhan, published in November, 2020, demolished the whole lie about those without symptoms passing on the 'virus'. They found '300 asymptomatic cases' and traced their contacts to find that not one of them was detected with the 'virus'. 'Asymptomatic' patients and their contacts were isolated for no less than two weeks and nothing changed. I know it's all crap, but if you are going to claim that those without symptoms can transmit 'the virus' then you must produce evidence for that and they never have. Even World Health Organization official Dr Maria Van Kerkhove, head of the emerging diseases and zoonosis unit, said as early as June, 2020, that she doubted the validity of asymptomatic transmission. She said that 'from the data we have, it still seems to be rare that an asymptomatic person actually transmits onward to a secondary individual' and by 'rare' she meant that she couldn't cite any case of asymptomatic transmission.

The Ferguson factor

The problem for the Cult as it headed into March, 2020, when the script had lockdown due to start, was that despite all the manipulation of the case and death figures they still did not have enough people alleged to have died from 'Covid' to justify mass house arrest. This was overcome in the way the scientist described: 'You can claim this is just the beginning and more deaths are imminent … Use this as an excuse to quarantine everyone and then claim the quarantine prevented the expected millions of dead.' Enter one Professor Neil Ferguson, the Gates-funded 'epidemiologist' at the Gates-funded Imperial College in London. Ferguson is Britain's Christian Drosten in that he has a dire record of predicting health outcomes, but is still called upon to advise government on the next health outcome when another 'crisis' comes along. This may seem to be a strange and ridiculous thing to do. Why would you keep turning for policy guidance to people who have a history of being

monumentally wrong? Ah, but it makes sense from the Cult point of view. These 'experts' keep on producing predictions that suit the Cult agenda for societal transformation and so it was with Neil Ferguson as he revealed his horrific (and clearly insane) computer model predictions that allowed lockdowns to be imposed in Britain, the United States and many other countries. Ferguson does not have even an A-level in biology and would appear to have no formal training in computer modelling, medicine or epidemiology, according to Derek Winton, an MSc in Computational Intelligence. He wrote an article somewhat aghast at what Ferguson did which included taking no account of respiratory disease 'seasonality' which means it is far worse in the winter months. Who would have thought that respiratory disease could be worse in the winter? Well, certainly not Ferguson.

The massively China-connected Imperial College and its bizarre professor provided the excuse for the long-incubated Chinese model of human control to travel westward at lightning speed. Imperial College confirms on its website that it collaborates with the Chinese Research Institute; publishes more than 600 research papers every year with Chinese research institutions; has 225 Chinese staff; 2,600 Chinese students – the biggest international group; 7,000 former students living in China which is the largest group outside the UK; and was selected for a tour by China's President Xi Jinping during his state visit to the UK in 2015. The college takes major donations from China and describes itself as the UK's number one university collaborator with Chinese research institutions. The China communist/fascist government did not appear phased by the woeful predictions of Ferguson and Imperial when during the lockdown that Ferguson induced the college signed a five-year collaboration deal with China tech giant Huawei that will have Huawei's indoor 5G network equipment installed at the college's West London tech campus along with an 'AI cloud platform'. The deal includes Chinese sponsorship of Imperial's Venture Catalyst entrepreneurship competition. Imperial is an example of the enormous influence the Chinese government has within British and North American

universities and research centres – and further afield. Up to 200 academics from more than a dozen UK universities are being investigated on suspicion of 'unintentionally' helping the Chinese government build weapons of mass destruction by 'transferring world-leading research in advanced military technology such as aircraft, missile designs and cyberweapons'. Similar scandals have broken in the United States, but it's all a coincidence. Imperial College serves the agenda in many other ways including the promotion of every aspect of the United Nations Agenda 21/2030 (the Great Reset) and produced computer models to show that human-caused 'climate change' is happening when in the real world it isn't. Imperial College is driving the climate agenda as it drives the 'Covid' agenda (both Cult hoaxes) while Patrick Vallance, the UK government's Chief Scientific Adviser on 'Covid', was named Chief Scientific Adviser to the UN 'climate change' conference known as COP26 hosted by the government in Glasgow, Scotland. 'Covid' and 'climate' are fundamentally connected.

Professor Woeful

From Imperial's bosom came Neil Ferguson still advising government despite his previous disasters and it was announced early on that he and other key people like UK Chief Medical Adviser Chris Whitty had caught the 'virus' as the propaganda story was being sold. Somehow they managed to survive and we had Prime Minister Boris Johnson admitted to hospital with what was said to be a severe version of the 'virus' in this same period. His whole policy and demeanour changed when he returned to Downing Street. It's a small world with these government advisors – especially in their communal connections to Gates – and Ferguson had partnered with Whitty to write a paper called 'Infectious disease: Tough choices to reduce Ebola transmission' which involved another scare-story that didn't happen. Ferguson's 'models' predicted that up to150, 000 could die from 'mad cow disease', or BSE, and its version in sheep if it was transmitted to humans. BSE was not transmitted and instead triggered by an organophosphate pesticide used to treat a pest on

cows. Fewer than 200 deaths followed from the human form. Models by Ferguson and his fellow incompetents led to the unnecessary culling of millions of pigs, cattle and sheep in the foot and mouth outbreak in 2001 which destroyed the lives and livelihoods of farmers and their families who had often spent decades building their herds and flocks. Vast numbers of these animals did not have foot and mouth and had no contact with the infection. Another 'expert' behind the cull was Professor Roy Anderson, a computer modeller at Imperial College specialising in the epidemiology of *human*, not animal, disease. Anderson has served on the Bill and Melinda Gates Grand Challenges in Global Health advisory board and chairs another Gates-funded organisation. Gates is everywhere.

In a precursor to the 'Covid' script Ferguson backed closing schools 'for prolonged periods' over the swine flu 'pandemic' in 2009 and said it would affect a third of the world population if it continued to spread at the speed he claimed to be happening. His mates at Imperial College said much the same and a news report said: 'One of the authors, the epidemiologist and disease modeller Neil Ferguson, who sits on the World Health Organisation's emergency committee for the outbreak, said the virus had "full pandemic potential".' Professor Liam Donaldson, the Chris Whitty of his day as Chief Medical Officer, said the worst case could see 30 percent of the British people infected by swine flu with 65,000 dying. Ferguson and Donaldson were indeed proved correct when at the end of the year the number of deaths attributed to swine flu was 392. The term 'expert' is rather liberally applied unfortunately, not least to complete idiots. Swine flu 'projections' were great for GlaxoSmithKline (GSK) as millions rolled in for its Pandemrix influenza vaccine which led to brain damage with children most affected. The British government (taxpayers) paid out more than £60 million in compensation after GSK was given immunity from prosecution. Yet another 'Covid' déjà vu. Swine flu was supposed to have broken out in Mexico, but Dr Wolfgang Wodarg, a German doctor, former member of parliament and critic of the 'Covid' hoax, observed 'the spread of swine flu' in Mexico City at the time. He

said: 'What we experienced in Mexico City was a very mild flu which did not kill more than usual – which killed even fewer people than usual.' Hyping the fear against all the facts is not unique to 'Covid' and has happened many times before. Ferguson is reported to have over-estimated the projected death toll of bird flu (H5N1) by some three million-fold, but bird flu vaccine makers again made a killing from the scare. This is some of the background to the Neil Ferguson who produced the perfectly-timed computer models in early 2020 predicting that half a million people would die in Britain without draconian lockdown and 2.2 million in the United States. Politicians panicked, people panicked, and lockdowns of alleged short duration were instigated to 'flatten the curve' of cases gleaned from a test not testing for the 'virus'. I said at the time that the public could forget the 'short duration' bit. This was an agenda to destroy the livelihoods of the population and force them into mass control through dependency and there was going to be nothing 'short' about it. American researcher Daniel Horowitz described the consequences of the 'models' spewed out by Gates-funded Ferguson and Imperial College:

> What led our government and the governments of many other countries into panic was a single Imperial College of UK study, funded by global warming activists, that predicted 2.2 million deaths if we didn't lock down the country. In addition, the reported 8-9% death rate in Italy scared us into thinking there was some other mutation of this virus that they got, which might have come here.
>
> Together with the fact that we were finally testing and had the ability to actually report new cases, we thought we were headed for a death spiral. But again … we can't flatten a curve if we don't know when the curve started.

How about it *never* started?

Giving them what they want

An investigation by German news outlet *Welt Am Sonntag (World on Sunday)* revealed how in March, 2020, the German government gathered together 'leading scientists from several research institutes and universities' and 'together, they were to produce a [modelling]

paper that would serve as legitimization for further tough political measures'. The Cult agenda was justified by computer modelling not based on evidence or reality; it was specifically constructed to justify the Cult demand for lockdowns all over the world to destroy the independent livelihoods of the global population. All these modellers and everyone responsible for the 'Covid' hoax have a date with a trial like those in Nuremberg after World War Two when Nazis faced the consequences of their war crimes. These corrupt-beyond-belief 'modellers' wrote the paper according to government instructions and it said that that if lockdown measures were lifted then up to one million Germans would die from 'Covid-19' adding that some would die 'agonizingly at home, gasping for breath' unable to be treated by hospitals that couldn't cope. All lies. No matter – it gave the Cult all that it wanted. What did long-time government 'modeller' Neil Ferguson say? If the UK and the United States didn't lockdown half a million would die in Britain and 2.2 million Americans. Anyone see a theme here? 'Modellers' are such a crucial part of the lockdown strategy that we should look into their background and follow the money. Researcher Rosemary Frei produced an excellent article headlined 'The Modelling-paper Mafiosi'. She highlights a guy called John Edmunds, a British epidemiologist, and professor in the Faculty of Epidemiology and Population Health at the London School of Hygiene & Tropical Medicine. He studied at Imperial College. Edmunds is a member of government 'Covid' advisory bodies which have been dictating policy, the New and Emerging Respiratory Virus Threats Advisory Group (NERVTAG) and the Scientific Advisory Group for Emergencies (SAGE).

Ferguson, another member of NERVTAG and SAGE, led the way with the original 'virus' and Edmunds has followed in the 'variant' stage and especially the so-called UK or Kent variant known as the 'Variant of Concern' (VOC) B.1.1.7. He said in a co-written report for the Centre for Mathematical modelling of Infectious Diseases at the London School of Hygiene and Tropical Medicine, with input from the Centre's 'Covid-19' Working Group, that there was 'a realistic

possibility that VOC B.1.1.7 is associated with an increased risk of death compared to non-VOC viruses'. Fear, fear, fear, get the vaccine, fear, fear, fear, get the vaccine. Rosemary Frei reveals that almost all the paper's authors and members of the modelling centre's 'Covid-19' Working Group receive funding from the Bill and Melinda Gates Foundation and/or the associated Gates-funded Wellcome Trust. The paper was published by e-journal *Medr χiv* which only publishes papers not peer-reviewed and the journal was established by an organisation headed by Facebook's Mark Zuckerberg and his missus. What a small world it is. Frei discovered that Edmunds is on the Scientific Advisory Board of the Coalition for Epidemic Preparedness Innovations (CEPI) which was established by the Bill and Melinda Gates Foundation, Klaus Schwab's Davos World Economic Forum and Big Pharma giant Wellcome. CEPI was 'launched in Davos [in 2017] to develop vaccines to stop future epidemics', according to its website. 'Our mission is to accelerate the development of vaccines against emerging infectious diseases and enable equitable access to these vaccines for people during outbreaks.' What kind people they are. Rosemary Frei reveals that Public Health England (PHE) director Susan Hopkins is an author of her organisation's non-peer-reviewed reports on 'new variants'. Hopkins is a professor of infectious diseases at London's Imperial College which is gifted tens of millions of dollars a year by the Bill and Melinda Gates Foundation. Gates-funded modelling disaster Neil Ferguson also co-authors Public Health England reports and he spoke in December, 2020, about the potential danger of the B.1.1.7. 'UK variant' promoted by Gates-funded modeller John Edmunds. When I come to the 'Covid vaccines' the 'new variants' will be shown for what they are – bollocks.

Connections, connections

All these people and modellers are lockdown-obsessed or, put another way, they demand what the Cult demands. Edmunds said in January, 2021, that to ease lockdowns too soon would be a disaster and they had to 'vaccinate much, much, much more widely than the

elderly'. Rosemary Frei highlights that Edmunds is married to Jeanne Pimenta who is described in a LinkedIn profile as director of epidemiology at GlaxoSmithKline (GSK) and she held shares in the company. Patrick Vallance, co-chair of SAGE and the government's Chief Scientific Adviser, is a former executive of GSK and has a deferred bonus of shares in the company worth £600,000. GSK has serious business connections with Bill Gates and is collaborating with mRNA-'vaccine' company CureVac to make 'vaccines' for the new variants that Edmunds is talking about. GSK is planning a 'Covid vaccine' with drug giant Sanofi. Puppet Prime Minister Boris Johnson announced in the spring of 2021 that up to 60 million vaccine doses were to be made at the GSK facility at Barnard Castle in the English North East. Barnard Castle, with a population of just 6,000, was famously visited in breach of lockdown rules in April, 2020, by Johnson aide Dominic Cummings who said that he drove there 'to test his eyesight' before driving back to London. Cummings would be better advised to test his integrity – not that it would take long. The GSK facility had nothing to do with his visit then although I'm sure Patrick Vallance would have been happy to arrange an introduction and some tea and biscuits. Ruthless psychopath Gates has made yet another fortune from vaccines in collaboration with Big Pharma companies and gushes at the phenomenal profits to be made from vaccines – more than a 20-to-1 return as he told one interviewer. Gates also tweeted in December, 2019, with the foreknowledge of what was coming: 'What's next for our foundation? I'm particularly excited about what the next year could mean for one of the best buys in global health: vaccines.'

Modeller John Edmunds is a big promotor of vaccines as all these people appear to be. He's the dean of the London School of Hygiene & Tropical Medicine's Faculty of Epidemiology and Population Health which is primarily funded by the Bill and Melinda Gates Foundation and the Gates-established and funded GAVI vaccine alliance which is the Gates vehicle to vaccinate the world. The organisation Doctors Without Borders has described GAVI as being 'aimed more at supporting drug-industry desires to promote new

products than at finding the most efficient and sustainable means for fighting the diseases of poverty'. But then that's why the psychopath Gates created it. John Edmunds said in a video that the London School of Hygiene & Tropical Medicine is involved in every aspect of vaccine development including large-scale clinical trials. He contends that mathematical modelling can show that vaccines protect individuals and society. That's on the basis of shit in and shit out, I take it. Edmunds serves on the UK Vaccine Network as does Ferguson and the government's foremost 'Covid' adviser, the grim-faced, dark-eyed Chris Whitty. The Vaccine Network says it works 'to support the government to identify and shortlist targeted investment opportunities for the most promising vaccines and vaccine technologies that will help combat infectious diseases with epidemic potential, and to address structural issues related to the UK's broader vaccine infrastructure'. Ferguson is acting Director of the Imperial College Vaccine Impact Modelling Consortium which has funding from the Bill and Melina Gates Foundation and the Gates-created GAVI 'vaccine alliance'. Anyone wonder why these characters see vaccines as the answer to every problem? Ferguson is wildly enthusiastic in his support for GAVI's campaign to vaccine children en masse in poor countries. You would expect someone like Gates who has constantly talked about the need to reduce the population to want to fund vaccines to keep more people alive. I'm sure that's why he does it. The John Edmunds London School of Hygiene & Tropical Medicine (LSHTM) has a Vaccines Manufacturing Innovation Centre which develops, tests and commercialises vaccines. Rosemary Frei writes:

> The vaccines centre also performs affiliated activities like combating 'vaccine hesitancy'. The latter includes the Vaccine Confidence Project. The project's stated purpose is, among other things, 'to provide analysis and guidance for early response and engagement with the public to ensure sustained confidence in vaccines and immunisation'. The Vaccine Confidence Project's director is LSHTM professor Heidi Larson. For more than a decade she's been researching how to combat vaccine hesitancy.

How the bloody hell can blokes like John Edmunds and Neil Ferguson with those connections and financial ties model 'virus' case

and death projections for the government and especially in a way that gives their paymasters like Gates exactly what they want? It's insane, but this is what you find throughout the world.

'Covid' is not dangerous, oops, wait, yes it is

Only days before Ferguson's nightmare scenario made Jackboot Johnson take Britain into a China-style lockdown to save us from a deadly 'virus' the UK government website gov.uk was reporting something very different to Ferguson on a page of official government guidance for 'high consequence infectious diseases (HCID)'. It said this about 'Covid-19':

> As of 19 March 2020, COVID-19 *is no longer considered to be a high consequence infectious diseases (HCID) in the UK* [my emphasis]. The 4 nations public health HCID group made an interim recommendation in January 2020 to classify COVID-19 as an HCID. This was based on consideration of the UK HCID criteria about the virus and the disease with information available during the early stages of the outbreak.
>
> Now that more is known about COVID-19, the public health bodies in the UK have reviewed the most up to date information about COVID-19 against the UK HCID criteria. They have determined that several features have now changed; in particular, more information is available about mortality rates (low overall), and there is now greater clinical awareness and a specific and sensitive laboratory test, the availability of which continues to increase. The Advisory Committee on Dangerous Pathogens (ACDP) is also of the opinion that COVID-19 should no longer be classified as an HCID.

Soon after the government had been exposed for downgrading the risk they upgraded it again and everyone was back to singing from the same Cult hymn book. Ferguson and his fellow Gates clones indicated that lockdowns and restrictions would have to continue until a Gates-funded vaccine was developed. Gates said the same because Ferguson and his like were repeating the Gates script which is the Cult script. 'Flatten the curve' became an ongoing nightmare of continuing lockdowns with periods in between of severe restrictions in pursuit of destroying independent incomes and had nothing to do with protecting health about which the Cult gives not a shit. Why wouldn't Ferguson be pushing a vaccine 'solution' when he's owned by vaccine-obsessive Gates who makes a fortune from them and

when Ferguson heads the Vaccine Impact Modelling Consortium at Imperial College funded by the Gates Foundation and GAVI, the 'vaccine alliance', created by Gates as his personal vaccine promotion operation? To compound the human catastrophe that Ferguson's 'models' did so much to create he was later exposed for breaking his own lockdown rules by having sexual liaisons with his married girlfriend Antonia Staats at his home while she was living at another location with her husband and children. Staats was a 'climate' activist and senior campaigner at the Soros-funded Avaaz which I wouldn't trust to tell me that grass is green. Ferguson had to resign as a government advisor over this hypocrisy in May, 2020, but after a period of quiet he was back being quoted by the ridiculous media on the need for more lockdowns and a vaccine rollout. Other government-advising 'scientists' from Imperial College' held the fort in his absence and said lockdown could be indefinite until a vaccine was found. The Cult script was being sung by the payrolled choir. I said there was no intention of going back to 'normal' when the 'vaccine' came because the 'vaccine' is part of a very different agenda that I will discuss in Human 2.0. Why would the Cult want to let the world go back to normal when destroying that normal forever was the whole point of what was happening? House arrest, closing businesses and schools through lockdown, (un)social distancing and masks all followed the Ferguson fantasy models. Again as I predicted (these people are so predictable) when the 'vaccine' arrived we were told that house arrest, lockdown, (un)social distancing and masks would still have to continue. I will deal with the masks in the next chapter because they are of fundamental importance.

Where's the 'pandemic'?

Any mildly in-depth assessment of the figures revealed what was really going on. Cult-funded and controlled organisations still have genuine people working within them such is the number involved. So it is with Genevieve Briand, assistant program director of the Applied Economics master's degree program at Johns Hopkins

University. She analysed the impact that 'Covid-19' had on deaths from *all* causes in the United States using official data from the CDC for the period from early February to early September, 2020. She found that allegedly 'Covid' *related*-deaths exceeded those from heart disease which she found strange with heart disease always the biggest cause of fatalities. Her research became even more significant when she noted the sudden decline in 2020 of *all* non-'Covid' deaths: 'This trend is completely contrary to the pattern observed in all previous years … the total decrease in deaths by other causes almost exactly equals the increase in deaths by Covid-19.' This was such a game, set and match in terms of what was happening that Johns Hopkins University deleted the article on the grounds that it 'was being used to support false and dangerous inaccuracies about the impact of the pandemic'. No – because it exposed the scam from official CDC figures and this was confirmed when those figures were published in January, 2021. Here we can see the effect of people dying from heart attacks, cancer, road accidents and gunshot wounds – *anything* – having 'Covid-19' on the death certificate along with those diagnosed from 'symptoms' who had even not tested positive with a test not testing for the 'virus'. I am not kidding with the gunshot wounds, by the way. Brenda Bock, coroner in Grand County, Colorado, revealed that two gunshot victims tested positive for the 'virus' within the previous 30 days and were therefore classified as 'Covid deaths'. Bock said: 'These two people had tested positive for Covid, but that's not what killed them. A gunshot wound is what killed them.' She said she had not even finished her investigation when the state listed the gunshot victims as deaths due to the 'virus'. The death and case figures for 'Covid-19' are an absolute joke and yet they are repeated like parrots by the media, politicians and alleged medical 'experts'. The official Cult narrative is the only show in town.

Genevieve Briand found that deaths from all causes were not exceptional in 2020 compared with previous years and a Spanish magazine published figures that said the same about Spain which was a 'Covid' propaganda hotspot at one point. *Discovery Salud*, a

health and medicine magazine, quoted government figures which showed how 17,000 *fewer* people died in Spain in 2020 than in 2019 and more than 26,000 fewer than in 2018. The age-standardised mortality rate for England and Wales when age distribution is taken into account was significantly lower in 2020 than the 1970s, 80s and 90s, and was only the ninth highest since 2000. Where is the 'pandemic'?

Post mortems and autopsies virtually disappeared for 'Covid' deaths amid claims that 'virus-infected' bodily fluids posed a risk to those carrying out the autopsy. This was rejected by renowned German pathologist and forensic doctor Klaus Püschel who said that he and his staff had by then done 150 autopsies on 'Covid' patients with no problems at all. He said they were needed to know why some 'Covid' patients suffered blood clots and not severe respiratory infections. The 'virus' is, after all, called SARS or 'severe acute respiratory syndrome'. I highlighted in the spring of 2020 this phenomenon and quoted New York intensive care doctor Cameron Kyle-Sidell who posted a soon deleted YouTube video to say that they had been told to prepare to treat an infectious disease called 'Covid-19', but that was not what they were dealing with. Instead he likened the lung condition of the most severely ill patients to what you would expect with cabin depressurisation in a plane at 30,000 feet or someone dropped on the top of Everest without oxygen or acclimatisation. I have never said this is not happening to a small minority of alleged 'Covid' patients – I am saying this is not caused by a phantom 'contagious virus'. Indeed Kyle-Sidell said that 'Covid-19' was not the disease they were told was coming their way. 'We are operating under a medical paradigm that is untrue,' he said, and he believed they were treating the wrong disease: 'These people are being slowly starved of oxygen.' Patients would take off their oxygen masks in a state of fear and stress and while they were blue in the face on the brink of death. They did not look like patients dying of pneumonia. You can see why they don't want autopsies when their virus doesn't exist and there is another condition in some people that they don't wish to be uncovered. I should add here that

the 5G system of millimetre waves was being rapidly introduced around the world in 2020 and even more so now as they fire 5G at the Earth from satellites. At 60 gigahertz within the 5G range that frequency interacts with the oxygen molecule and stops people breathing in sufficient oxygen to be absorbed into the bloodstream. They are installing 5G in schools and hospitals. The world is not mad or anything. 5G can cause major changes to the lungs and blood as I detail in *The Answer* and these consequences are labelled 'Covid-19', the alleged symptoms of which can be caused by 5G and other electromagnetic frequencies as cells respond to radiation poisoning.

The 'Covid death' scam

Dr Scott Jensen, a Minnesota state senator and medical doctor, exposed 'Covid' Medicare payment incentives to hospitals and death certificate manipulation. He said he was sent a seven-page document by the US Department of Health 'coaching' him on how to fill out death certificates which had never happened before. The document said that he didn't need to have a laboratory test for 'Covid-19' to put that on the death certificate and that shocked him when death certificates are supposed to be about facts. Jensen described how doctors had been 'encouraged, if not pressured' to make a diagnosis of 'Covid-19' if they thought it was probable or *'presumed'*. No positive test was necessary – not that this would have mattered anyway. He said doctors were told to diagnose 'Covid' by symptoms when these were the same as colds, allergies, other respiratory problems, and certainly with influenza which 'disappeared' in the 'Covid' era. A common sniffle was enough to get the dreaded verdict. Ontario authorities decreed that a single care home resident with *one* symptom from a long list must lead to the isolation of the entire home. Other courageous doctors like Jensen made the same point about death figure manipulation and how deaths by other causes were falling while 'Covid-19 deaths' were rising at the same rate due to re-diagnosis. Their videos rarely survive long on YouTube with its Cult-supporting algorithms courtesy of CEO Susan Wojcicki and her bosses at Google. Figure-tampering was so glaring

and ubiquitous that even officials were letting it slip or outright saying it. UK chief scientific adviser Patrick Vallance said on one occasion that ‘Covid’ on the death certificate doesn’t mean ‘Covid’ was the cause of death (so why the hell is it there?) and we had the rare sight of a BBC reporter telling the truth when she said: ‘Someone could be successfully treated for Covid, in say April, discharged, and then in June, get run over by a bus and die … That person would still be counted as a Covid death in England.’ Yet the BBC and the rest of the world media went on repeating the case and death figures as if they were real. Illinois Public Health Director Dr Ngozi Ezike revealed the deceit while her bosses must have been clenching their buttocks:

> If you were in a hospice and given a few weeks to live and you were then found to have Covid that would be counted as a Covid death. [There might be] a clear alternate cause, but it is still listed as a Covid death. So everyone listed as a Covid death doesn’t mean that was the cause of the death, but that they had Covid at the time of death.

Yes, a ‘Covid virus’ never shown to exist and tested for with a test not testing for the ‘virus’. In the first period of the pandemic hoax through the spring of 2020 the process began of designating almost everything a ‘Covid’ death and this has continued ever since. I sat in a restaurant one night listening to a loud conversation on the next table where a family was discussing in bewilderment how a relative who had no symptoms of ‘Covid’, and had died of a long-term problem, could have been diagnosed a death by the ‘virus’. I could understand their bewilderment. If they read this book they will know why this medical fraud has been perpetrated the world over.

Some media truth shock

The media ignored the evidence of death certificate fraud until eventually one columnist did speak out when she saw it first-hand. Bel Mooney is a long-time national newspaper journalist in Britain currently working for the *Daily Mail*. Her article on February 19th, 2021, carried this headline: ‘My dad Ted passed three Covid tests

and died of a chronic illness yet he's officially one of Britain's 120,000 victims of the virus and is far from alone ... so how many more are there?' She told how her 99-year-old father was in a care home with a long-standing chronic obstructive pulmonary disease and vascular dementia. Maybe, but he was still aware enough to tell her from the start that there was no 'virus' and he refused the 'vaccine' for that reason. His death was not unexpected given his chronic health problems and Mooney said she was shocked to find that 'Covid-19' was declared the cause of death on his death certificate. She said this was a 'bizarre and unacceptable untruth' for a man with long-time health problems who had tested negative twice at the home for the 'virus'. I was also shocked by this story although not by what she said. I had been highlighting the death certificate manipulation for ten months. It was the confirmation that a professional full-time journalist only realised this was going on when it affected her directly and neither did she know that whether her dad tested positive or negative was irrelevant with the test not testing for the 'virus'. Where had she been? She said she did not believe in 'conspiracy theories' without knowing I'm sure that this and 'conspiracy theorists' were terms put into widespread circulation by the CIA in the 1960s to discredit those who did not accept the ridiculous official story of the Kennedy assassination. A blanket statement of 'I don't believe in conspiracy theories' is always bizarre. The dictionary definition of the term alone means the world is drowning in conspiracies. What she said was even more daft when her dad had just been affected by the 'Covid' conspiracy. Why else does she think that 'Covid-19' was going on the death certificates of people who died of something else?

To be fair once she saw from personal experience what was happening she didn't mince words. Mooney was called by the care home on the morning of February 9th to be told her father had died in his sleep. When she asked for the official cause of death what came back was 'Covid-19'. Mooney challenged this and was told there had been deaths from Covid on the dementia floor (confirmed by a test not testing for the 'virus') so they considered it 'reasonable

to assume'. 'But doctor,' Mooney rightly protested, 'an assumption isn't a diagnosis.' She said she didn't blame the perfectly decent and sympathetic doctor – 'he was just doing his job'. Sorry, but that's *bullshit*. He wasn't doing his job at all. He was putting a false cause of death on the death certificate and that is a criminal offence for which he should be brought to account and the same with the millions of doctors worldwide who have done the same. They were not doing their job they were following orders and that must not wash at new Nuremberg trials any more than it did at the first ones. Mooney's doctor was 'assuming' (presuming) as he was told to, but 'just following orders' makes no difference to his actions. A doctor's job is to serve the patient and the truth, not follow orders, but that's what they have done all over the world and played a central part in making the 'Covid' hoax possible with all its catastrophic consequences for humanity. Shame on them and they must answer for their actions. Mooney said her disquiet worsened when she registered her father's death by telephone and was told by the registrar there had been very many other cases like hers where 'the deceased' had not tested positive for 'Covid' yet it was recorded as the cause of death. The test may not matter, but those involved at their level *think* it matters and it shows a callous disregard for accurate diagnosis. The pressure to do this is coming from the top of the national 'health' pyramids which in turn obey the World Health Organization which obeys Gates and the Cult. Mooney said the registrar agreed that this must distort the national figures adding that 'the strangest thing is that every winter we record countless deaths from flu, and this winter there have been none. Not one!' She asked if the registrar thought deaths from flu were being misdiagnosed and lumped together with 'Covid' deaths. The answer was a 'puzzled yes'. Mooney said that the funeral director said the same about 'Covid' deaths which had nothing to do with 'Covid'. They had lost count of the number of families upset by this and other funeral companies in different countries have had the same experience. Mooney wrote:

The nightly shroud-waving and shocking close-ups of pain imposed on us by the TV news bewildered and terrified the population into eager compliance with lockdowns. We were invited to 'save the NHS' and to grieve for strangers – the real-life loved ones behind those shocking death counts. Why would the public imagine what I now fear, namely that the way Covid-19 death statistics are compiled might make the numbers seem greater than they are?

Oh, just a little bit – like 100 percent.

Do the maths

Mooney asked why a country would wish to skew its mortality figures by wrongly certifying deaths? What had been going on? Well, if you don't believe in conspiracies you will never find the answer which is that *it's a conspiracy*. She did, however, describe what she had discovered as a 'national scandal'. In reality it's a global scandal and happening everywhere. Pillars of this conspiracy were all put into place before the button was pressed with the Drosten PCR protocol and high amplifications to produce the cases and death certificate changes to secure illusory 'Covid' deaths. Mooney notes that normally two doctors were needed to certify a death, with one having to know the patient, and how the rules were changed in the spring of 2020 to allow one doctor to do this. In the same period 'Covid deaths' were decreed to be all cases where Covid-19 was put on the death certificate even without a positive test or any symptoms. Mooney asked: 'How many of the 30,851 (as of January 15) care home resident deaths with Covid-19 on the certificate (32.4 per cent of all deaths so far) were based on an assumption, like that of my father? And what has that done to our national psyche?'All of them is the answer to the first question and it has devastated and dismantled the national psyche, actually the global psyche, on a colossal scale. In the UK case and death data is compiled by organisations like Public Health England (PHE) and the Office for National Statistics (ONS). Mooney highlights the insane policy of counting a death from any cause as 'Covid-19' if this happens within 28 days of a positive test (with a test not testing for the 'virus') and she points out that ONS statistics reflect deaths 'involving Covid' 'or due to Covid' which meant in practice any

death where 'Covid-19' was mentioned on the death certificate. She described the consequences of this fraud:

> Most people will accept the narrative they are fed, so panicky governments here and in Europe witnessed the harsh measures enacted in totalitarian China and jumped into lockdown. Headlines about Covid deaths tolled like the knell that would bring doomsday to us all. Fear stalked our empty streets. Politicians parroted the frankly ridiculous aim of 'zero Covid' and shut down the economy, while most British people agreed that lockdown was essential and (astonishingly to me, as a patriotic Brit) even wanted more restrictions.
>
> For what? Lies on death certificates? Never mind the grim toll of lives ruined, suicides, schools closed, rising inequality, depression, cancelled hospital treatments, cancer patients in a torture of waiting, poverty, economic devastation, loneliness, families kept apart, and so on. How many lives have been lost as a direct result of lockdown?

She said that we could join in a national chorus of shock and horror at reaching the 120,000 death toll which was surely certain to have been totally skewed all along, but what about the human cost of lockdown justified by these 'death figures'? *The British Medical Journal* had reported a 1,493 percent increase in cases of children taken to Great Ormond Street Hospital with abusive head injuries alone and then there was the effect on families:

> Perhaps the most shocking thing about all this is that families have been kept apart – and obeyed the most irrational, changing rules at the whim of government – because they believed in the statistics. They succumbed to fear, which his generation rejected in that war fought for freedom. Dad (God rest his soul) would be angry. And so am I.

Another theme to watch is that in the winter months when there are more deaths from all causes they focus on 'Covid' deaths and in the summer when the British Lung Foundation says respiratory disease plummets by 80 percent they rage on about 'cases'. Either way fascism on population is always the answer.

Nazi eugenics in the 21st century

Elderly people in care homes have been isolated from their families month after lonely month with no contact with relatives and grandchildren who were banned from seeing them. We were told

that lockdown fascism was to ‘protect the vulnerable’ like elderly people. At the same time Do Not Resuscitate (DNR) orders were placed on their medical files so that if they needed resuscitation it wasn’t done and ‘Covid-19’ went on their death certificates. Old people were not being ‘protected’ they were being culled – murdered in truth. DNR orders were being decreed for disabled and young people with learning difficulties or psychological problems. The UK Care Quality Commission, a non-departmental body of the Department of Health and Social Care, found that 34 percent of those working in health and social care were pressured into placing ‘do not attempt cardiopulmonary resuscitation’ orders on ‘Covid’ patients who suffered from disabilities and learning difficulties without involving the patient or their families in the decision. UK judges ruled that an elderly woman with dementia should have the DNA-manipulating ‘Covid vaccine’ against her son’s wishes and that a man with severe learning difficulties should have the jab despite his family’s objections. Never mind that many had already died. The judiciary always supports doctors and government in fascist dictatorships. They wouldn’t dare do otherwise. A horrific video was posted showing fascist officers from Los Angeles police forcibly giving the ‘Covid’ shot to women with special needs who were screaming that they didn’t want it. The same fascists are seen giving the jab to a sleeping elderly woman in a care home. This is straight out of the Nazi playbook. Hitler’s Nazis committed mass murder of the mentally ill and physically disabled throughout Germany and occupied territories in the programme that became known as Aktion T4, or just T4. Sabbatian-controlled Hitler and his grotesque crazies set out to kill those they considered useless and unnecessary. The Reich Committee for the Scientific Registering of Hereditary and Congenital Illnesses registered the births of babies identified by physicians to have ‘defects’. By 1941 alone more than 5,000 children were murdered by the state and it is estimated that in total the number of innocent people killed in Aktion T4 was between 275,000 and 300,000. Parents were told their children had been sent away for ‘special treatment’ never to return. It is rather pathetic to see claims about plans for new extermination camps being dismissed today

when the same force behind current events did precisely that 80 years ago. Margaret Sanger was a Cult operative who used 'birth control' to sanitise her programme of eugenics. Organisations she founded became what is now Planned Parenthood. Sanger proposed that 'the whole dysgenic population would have its choice of segregation or sterilization'. These included epileptics, 'feeble-minded', and prostitutes. Sanger opposed charity because it perpetuated 'human waste'. She reveals the Cult mentality and if anyone thinks that extermination camps are a 'conspiracy theory' their naivety is touching if breathtakingly stupid.

If you don't believe that doctors can act with callous disregard for their patients it is worth considering that doctors and medical staff agreed to put government-decreed DNR orders on medical files and do nothing when resuscitation is called for. I don't know what you call such people in your house. In mine they are Nazis from the Josef Mengele School of Medicine. Phenomenal numbers of old people have died worldwide from the effects of lockdown, depression, lack of treatment, the 'vaccine' (more later) and losing the will to live. A common response at the start of the manufactured pandemic was to remove old people from hospital beds and transfer them to nursing homes. The decision would result in a mass cull of elderly people in those homes through lack of treatment – *not* 'Covid'. Care home whistleblowers have told how once the 'Covid' era began doctors would not come to their homes to treat patients and they were begging for drugs like antibiotics that often never came. The most infamous example was ordered by New York governor Andrew Cuomo, brother of a moronic CNN host, who amazingly was given an Emmy Award for his handling of the 'Covid crisis' by the ridiculous Wokers that hand them out. Just how ridiculous could be seen in February, 2021, when a Department of Justice and FBI investigation began into how thousands of old people in New York died in nursing homes after being discharged from hospital to make way for 'Covid' patients on Cuomo's say-so – and how he and his staff covered up these facts. This couldn't have happened to a nicer psychopath. Even then there was a 'Covid' spin. Reports said that

thousands of old people who tested positive for 'Covid' in hospital were transferred to nursing homes to both die of 'Covid' and transmit it to others. No – they were in hospital because they were ill and the fact that they tested positive with a test not testing for the 'virus' is irrelevant. They were ill often with respiratory diseases ubiquitous in old people near the end of their lives. Their transfer out of hospital meant that their treatment stopped and many would go on to die.

They're old. Who gives a damn?

I have exposed in the books for decades the Cult plan to cull the world's old people and even to introduce at some point what they call a 'demise pill' which at a certain age everyone would take and be out of here by law. In March, 2021, Spain legalised euthanasia and assisted suicide following the Netherlands, Belgium, Luxembourg and Canada on the Tiptoe to the demise pill. Treatment of old people by many 'care' homes has been a disgrace in the 'Covid' era. There are many, many, caring staff – I know some. There have, however, been legions of stories about callous treatment of old people and their families. Police were called when families came to take their loved ones home in the light of isolation that was killing them. They became prisoners of the state. Care home residents in insane, fascist Ontario, Canada, were not allowed to leave their *room* once the 'Covid' hoax began. UK staff have even wheeled elderly people away from windows where family members were talking with them. Oriana Criscuolo from Stockport in the English North West dropped off some things for her 80-year-old father who has Parkinson's disease and dementia and she wanted to wave to him through a ground-floor window. She was told that was 'illegal'. When she went anyway they closed the curtains in the middle of the day. Oriana said:

> It's just unbelievable. I cannot understand how care home staff – people who are being paid to care – have become so uncaring. Their behaviour is inhumane and cruel. It's beyond belief.

She was right and this was not a one-off. What a way to end your life in such loveless circumstances. UK registered nurse Nicky Millen, a proper old school nurse for 40 years, said that when she started her career care was based on dignity, choice, compassion and empathy. Now she said ‘the things that are important to me have gone out of the window.’ She was appalled that people were dying without their loved ones and saying goodbye on iPads. Nicky described how a distressed 89-year-old lady stroked her face and asked her ‘how many paracetamol would it take to finish me off’. Life was no longer worth living while not seeing her family. Nicky said she was humiliated in front of the ward staff and patients for letting the lady stroke her face and giving her a cuddle. Such is the dehumanisation that the ‘Covid’ hoax has brought to the surface. Nicky worked in care homes where patients told her they were being held prisoner. ‘I want to live until I die’, one said to her. ‘I had a lady in tears because she hadn’t seen her great-grandson.’ Nicky was compassionate old school meeting psychopathic New Normal. She also said she had worked on a ‘Covid’ ward with no ‘Covid’ patients. Jewish writer Shai Held wrote an article in March, 2020, which was headlined ‘The Staggering, Heartless Cruelty Toward the Elderly’. What he described was happening from the earliest days of lockdown. He said ‘the elderly’ were considered a group and not unique individuals (the way of the Woke). Shai Held said:

> Notice how the all-too-familiar rhetoric of dehumanization works: ‘The elderly’ are bunched together as a faceless mass, all of them considered culprits and thus effectively deserving of the suffering the pandemic will inflict upon them. Lost entirely is the fact that the elderly are individual human beings, each with a distinctive face and voice, each with hopes and dreams, memories and regrets, friendships and marriages, loves lost and loves sustained.

‘The elderly’ have become another dehumanised group for which anything goes and for many that has resulted in cold disregard for their rights and their life. The distinctive face that Held talks about is designed to be deleted by masks until everyone is part of a faceless mass.

‘War-zone’ hospitals myth

Again and again medical professionals have told me what was really going on and how hospitals ‘overrun like war zones’ according to the media were virtually empty. The mantra from medical whistleblowers was please don’t use my name or my career is over. Citizen journalists around the world sneaked into hospitals to film evidence exposing the ‘war-zone’ lie. They really *were* largely empty with closed wards and operating theatres. I met a hospital worker in my town on the Isle of Wight during the first lockdown in 2020 who said the only island hospital had never been so quiet. Lockdown was justified by the psychopaths to stop hospitals being overrun. At the same time that the island hospital was near-empty the military arrived here to provide *extra beds*. It was all propaganda to ramp up the fear to ensure compliance with fascism as were never-used temporary hospitals with thousands of beds known as Nightingales and never-used make-shift mortuaries opened by the criminal UK government. A man who helped to install those extra island beds attributed to the army said they were never used and the hospital was empty. Doctors and nurses ‘stood around talking or on their phones, wandering down to us to see what we were doing’. There were no masks or social distancing. He accused the useless local island paper, the *County Press*, of ‘pumping the fear as if our hospital was overrun and we only have one so it should have been’. He described ambulances parked up with crews outside in deck chairs. When his brother called an ambulance he was told there was a two-hour backlog which he called ‘bullshit’. An old lady on the island fell ‘and was in a bad way’, but a caller who rang for an ambulance was told the situation wasn’t urgent enough. Ambulance stations were working under capacity while people would hear ambulances with sirens blaring driving through the streets. When those living near the stations realised what was going on they would follow them as they left, circulated around an urban area with the sirens going, and then came back without stopping. All this was to increase levels of fear and the same goes for the ‘ventilator shortage crisis’ that cost tens of millions for hastily produced ventilators never to be used.

Ambulance crews that agreed to be exploited in this way for fear propaganda might find themselves a mirror. I wish them well with that. Empty hospitals were the obvious consequence of treatment and diagnoses of non-'Covid' conditions cancelled and those involved handed a death sentence. People have been dying at home from undiagnosed and untreated cancer, heart disease and other life-threatening conditions to allow empty hospitals to deal with a 'pandemic' that wasn't happening.

Death of the innocent

'War-zones' have been laying off nursing staff, even doctors where they can. There was no work for them. Lockdown was justified by saving lives and protecting the vulnerable they were actually killing with DNR orders and preventing empty hospitals being 'overrun'. In Britain the mantra of stay at home to 'save the NHS' was everywhere and across the world the same story was being sold when it was all lies. Two California doctors, Dan Erickson and Artin Massihi at Accelerated Urgent Care in Bakersfield, held a news conference in April, 2020, to say that intensive care units in California were 'empty, essentially', with hospitals shutting floors, not treating patients and laying off doctors. The California health system was working at minimum capacity 'getting rid of doctors because we just don't have the volume'. They said that people with conditions such as heart disease and cancer were not coming to hospital out of fear of 'Covid-19'. Their video was deleted by Susan Wojcicki's Cult-owned YouTube after reaching five million views. Florida governor Ron Desantis, who rejected the severe lockdowns of other states and is being targeted for doing so, said that in March, 2020, every US governor was given models claiming they would run out of hospital beds in days. That was never going to happen and the 'modellers' knew it. Deceit can be found at every level of the system. Urgent children's operations were cancelled including fracture repairs and biopsies to spot cancer. Eric Nicholls, a consultant paediatrician, said 'this is obviously concerning and we need to return to normal operating and to increase capacity as soon as possible'. Psychopaths

in power were rather less concerned *because* they are psychopaths. Deletion of urgent care and diagnosis has been happening all over the world and how many kids and others have died as a result of the actions of these cold and heartless lunatics dictating 'health' policy? The number must be stratospheric. Richard Sullivan, professor of cancer and global health at King's College London, said people feared 'Covid' more than cancer such was the campaign of fear. 'Years of lost life will be quite dramatic', Sullivan said, with 'a huge amount of avoidable mortality'. Sarah Woolnough, executive director for policy at Cancer Research UK, said there had been a 75 percent drop in urgent referrals to hospitals by family doctors of people with suspected cancer. Sullivan said that 'a lot of services have had to scale back – we've seen a dramatic decrease in the amount of elective cancer surgery'. Lockdown deaths worldwide has been absolutely fantastic with the *New York Post* reporting how data confirmed that 'lockdowns end more lives than they save':

> There was a sharp decline in visits to emergency rooms and an increase in fatal heart attacks because patients didn't receive prompt treatment. Many fewer people were screened for cancer. Social isolation contributed to excess deaths from dementia and Alzheimer's.
>
> Researchers predicted that the social and economic upheaval would lead to tens of thousands of "deaths of despair" from drug overdoses, alcoholism and suicide. As unemployment surged and mental-health and substance-abuse treatment programs were interrupted, the reported levels of anxiety, depression and suicidal thoughts increased dramatically, as did alcohol sales and fatal drug overdoses.

This has been happening while nurses and other staff had so much time on their hands in the 'war-zones' that Tic-Tok dancing videos began appearing across the Internet with medical staff dancing around in empty wards and corridors as people died at home from causes that would normally have been treated in hospital.

Mentions in dispatches

One brave and truth-committed whistleblower was Louise Hampton, a call handler with the UK NHS who made a viral Internet video saying she had done 'fuck all' during the 'pandemic'

which was ‘a load of bollocks’. She said that ‘Covid-19’ was rebranded flu and of course she lost her job. This is what happens in the medical and endless other professions now when you tell the truth. Louise filmed inside ‘war-zone’ accident and emergency departments to show they were empty and I mean *empty* as in no one there. The mainstream media could have done the same and blown the gaff on the whole conspiracy. They haven’t to their eternal shame. Not that most ‘journalists’ seem capable of manifesting shame as with the psychopaths they slavishly repeat without question. The relative few who were admitted with serious health problems were left to die alone with no loved ones allowed to see them because of ‘Covid’ rules and they included kids dying without the comfort of mum and dad at their bedside while the evil behind this couldn’t give a damn. It was all good fun to them. A Scottish NHS staff nurse publicly quit in the spring of 2021 saying: ‘I can no longer be part of the lies and the corruption by the government.’ She said hospitals ‘aren’t full, the beds aren’t full, beds have been shut, wards have been shut’. Hospitals were never busy throughout ‘Covid’. The staff nurse said that Nicola Sturgeon, tragically the leader of the Scottish government, was on television saying save the hospitals and the NHS – ‘but the beds are empty’ and ‘we’ve not seen flu, we always see flu every year’. She wrote to government and spoke with her union Unison (the unions are Cult-compromised and *useless*, but nothing changed. Many of her colleagues were scared of losing their jobs if they spoke out as they wanted to. She said nursing staff were being affected by wearing masks all day and ‘my head is splitting every shift from wearing a mask’. The NHS is part of the fascist tyranny and must be dismantled so we can start again with human beings in charge. (Ironically, hospitals were reported to be busier again when official ‘Covid’ cases *fell* in spring/summer of 2021 and many other conditions required treatment at the same time as *the fake vaccine rollout*.)

I will cover the ‘Covid vaccine’ scam in detail later, but it is another indicator of the sickening disregard for human life that I am highlighting here. The DNA-manipulating concoctions do not fulfil

the definition of a 'vaccine', have never been used on humans before and were given only emergency approval because trials were not completed and they continued using the unknowing public. The result was what a NHS senior nurse with responsibility for 'vaccine' procedure said was 'genocide'. She said the 'vaccines' were not 'vaccines'. They had not been shown to be safe and claims about their effectiveness by drug companies were 'poetic licence'. She described what was happening as a 'horrid act of human annihilation'. The nurse said that management had instigated a policy of not providing a Patient Information Leaflet (PIL) before people were 'vaccinated' even though health care professionals are supposed to do this according to protocol. Patients should also be told that they are taking part in an ongoing clinical trial. Her challenges to what is happening had seen her excluded from meetings and ridiculed in others. She said she was told to 'watch my step … or I would find myself surplus to requirements'. The nurse, who spoke anonymously in fear of her career, said she asked her NHS manager why he/she was content with taking part in genocide against those having the 'vaccines'. The reply was that everyone had to play their part and to 'put up, shut up, and get it done'. Government was 'leaning heavily' on NHS management which was clearly leaning heavily on staff. This is how the global 'medical' hierarchy operates and it starts with the Cult and its World Health Organization.

She told the story of a doctor who had the Pfizer jab and when questioned had no idea what was in it. The doctor had never read the literature. We have to stop treating doctors as intellectual giants when so many are moral and medical pygmies. The doctor did not even know that the 'vaccines' were not fully approved or that their trials were ongoing. They were, however, asking their patients if they minded taking part in follow-ups for research purposes – yes, the *ongoing clinical trial*. The nurse said the doctor's ignorance was not rare and she had spoken to a hospital consultant who had the jab without any idea of the background or that the 'trials' had not been completed. Nurses and pharmacists had shown the same ignorance.

‘My NHS colleagues have forsaken their duty of care, broken their code of conduct – Hippocratic Oath – and have been brainwashed just the same as the majority of the UK public through propaganda …’ She said she had not been able to recruit a single NHS colleague, doctor, nurse or pharmacist to stand with her and speak out. Her union had refused to help. She said that if the genocide came to light she would not hesitate to give evidence at a Nuremberg-type trial against those in power who could have affected the outcomes but didn’t.

And all for what?

To put the nonsense into perspective let’s say the ‘virus’ does exist and let’s go completely crazy and accept that the official manipulated figures for cases and deaths are accurate. *Even then* a study by Stanford University epidemiologist Dr John Ioannidis published on the World Health Organization website produced an average infection to fatality rate of … *0.23 percent!* Ioannidis said: ‘If one could sample equally from all locations globally, the median infection fatality rate might even be substantially lower than the 0.23% observed in my analysis.’ For healthy people under 70 it was … *0.05 percent*! This compares with the 3.4 percent claimed by the Cult-owned World Health Organization when the hoax was first played and maximum fear needed to be generated. An updated Stanford study in April, 2021, put the ‘infection’ to ‘fatality’ rate at just 0.15 percent. Another team of scientists led by Megan O’Driscoll and Henrik Salje studied data from 45 countries and published their findings on the Nature website. For children and young people the figure is so small it virtually does not register although authorities will be hyping dangers to the young when they introduce DNA-manipulating ‘vaccines’ for children. The O’Driscoll study produced an average infection-fatality figure of 0.003 for children from birth to four; 0.001 for 5 to 14; 0.003 for 15 to 19; and it was still only 0.456 up to 64. To claim that children must be ‘vaccinated’ to protect them from ‘Covid’ is an obvious lie and so there must be another reason and there is. What’s more the average age of a ‘Covid’ death is akin

to the average age that people die in general. The average age of death in England is about 80 for men and 83 for women. The average age of death from alleged 'Covid' is between 82 and 83. California doctors, Dan Erickson and Artin Massihi, said at their April media conference that projection models of millions of deaths had been 'woefully inaccurate'. They produced detailed figures showing that Californians had a 0.03 chance of dying from 'Covid' based on the number of people who tested positive (with a test not testing for the 'virus'). Erickson said there was a 0.1 percent chance of dying from 'Covid' in the *state* of New York, not just the city, and a 0.05 percent chance in Spain, a centre of 'Covid-19' hysteria at one stage. The Stanford studies supported the doctors' data with fatality rate estimates of 0.23 and 0.15 percent. How close are these figures to my estimate of *zero*? Death-rate figures claimed by the World Health Organization at the start of the hoax were some 15 times higher. The California doctors said there was no justification for lockdowns and the economic devastation they caused. Everything they had ever learned about quarantine was that you quarantine the *sick* and not the healthy. They had never seen this before and it made no medical sense.

Why in the in the light of all this would governments and medical systems the world over say that billions must go under house arrest; lose their livelihood; in many cases lose their mind, their health and their life; force people to wear masks dangerous to health and psychology; make human interaction and even family interaction a criminal offence; ban travel; close restaurants, bars, watching live sport, concerts, theatre, and any activity involving human togetherness and discourse; and closing schools to isolate children from their friends and cause many to commit suicide in acts of hopelessness and despair? The California doctors said lockdown consequences included increased child abuse, partner abuse, alcoholism, depression, and other impacts they were seeing every day. Who would do that to the entire human race if not mentally-ill psychopaths of almost unimaginable extremes like Bill Gates? We must face the reality of what we are dealing with and come out of

denial. Fascism and tyranny are made possible only by the target population submitting and acquiescing to fascism and tyranny. The whole of human history shows that to be true. Most people naively and unquestioning believed what they were told about a 'deadly virus' and meekly and weakly submitted to house arrest. Those who didn't believe it – at least in total – still submitted in fear of the consequences of not doing so. For the rest who wouldn't submit draconian fines have been imposed, brutal policing by psychopaths *for* psychopaths, and condemnation from the meek and weak who condemn the Pushbackers on behalf of the very force that has them, too, in its gunsights. 'Pathetic' does not even begin to suffice. Britain's brainless 'Health' Secretary Matt Hancock warned anyone lying to border officials about returning from a list of 'hotspot' countries could face a jail sentence of up to ten years which is more than for racially-aggravated assault, incest and attempting to have sex with a child under 13. Hancock is a lunatic, but he has the state apparatus behind him in a Cult-led chain reaction and the same with UK 'Vaccine Minister' Nadhim Zahawi, a prominent member of the mega-Cult secret society, Le Cercle, which featured in my earlier books. The Cult enforces its will on governments and medical systems; government and medical systems enforce their will on business and police; business enforces its will on staff who enforce it on customers; police enforce the will of the Cult on the population and play their essential part in creating a world of fascist control that their own children and grandchildren will have to live in their entire lives. It is a hierarchical pyramid of imposition and acquiescence and, yes indeedy, of clinical insanity.

Does anyone bright enough to read this book have to ask what the answer is? I think not, but I will reveal it anyway in the fewest of syllables: Tell the psychos and their moronic lackeys to fuck off and let's get on with our lives. We are many – They are few.

CHAPTER SEVEN

War on your mind

One believes things because one has been conditioned to believe them
Aldous Huxley, *Brave New World*

I have described the 'Covid' hoax as a 'Psyop' and that is true in every sense and on every level in accordance with the definition of that term which is psychological warfare. Break down the 'Covid pandemic' to the foundation themes and it is psychological warfare on the human individual and collective mind.

The same can be said for the entire human belief system involving every subject you can imagine. Huxley was right in his contention that people believe what they are conditioned to believe and this comes from the repetition throughout their lives of the same falsehoods. They spew from government, corporations, media and endless streams of 'experts' telling you what the Cult wants you to believe and often believing it themselves (although *far* from always). 'Experts' are rewarded with 'prestigious' jobs and titles and as agents of perceptual programming with regular access to the media. The Cult has to control the narrative – control *information* – or they lose control of the vital, crucial, without-which-they-cannot-prevail public perception of reality. The foundation of that control today is the Internet made possible by the Defense Advanced Research Projects Agency (DARPA), the incredibly sinister technological arm of the Pentagon. The Internet is the result of military technology.

DARPA openly brags about establishing the Internet which has been a long-term project to lasso the minds of the global population. I have said for decades the plan is to control information to such an extreme that eventually no one would see or hear anything that the Cult does not approve. We are closing in on that end with ferocious censorship since the 'Covid' hoax began and in my case it started back in the 1990s in terms of books and speaking venues. I had to create my own publishing company in 1995 precisely because no one else would publish my books even then. I think they're all still running.

Cult Internet

To secure total control of information they needed the Internet in which pre-programmed algorithms can seek out 'unclean' content for deletion and even stop it being posted in the first place. The Cult had to dismantle print and non-Internet broadcast media to ensure the transfer of information to the appropriate-named 'Web' – a critical expression of the *Cult* web. We've seen the ever-quickening demise of traditional media and control of what is left by a tiny number of corporations operating worldwide. Independent journalism in the mainstream is already dead and never was that more obvious than since the turn of 2020. The Cult wants all information communicated via the Internet to globally censor and allow the plug to be pulled any time. Lockdowns and forced isolation has meant that communication between people has been through electronic means and no longer through face-to-face discourse and discussion. Cult psychopaths have targeted the bars, restaurants, sport, venues and meeting places in general for this reason. None of this is by chance and it's to stop people gathering in any kind of privacy or number while being able to track and monitor all Internet communications and block them as necessary. Even private messages between individuals have been censored by these fascists that control Cult fronts like Facebook, Twitter, Google and YouTube which are all officially run by Sabbatian place-people and from the background by higher-level Sabbatian place people.

Facebook, Google, Amazon and their like were seed-funded and supported into existence with money-no-object infusions of funds either directly or indirectly from DARPA and CIA technology arm In-Q-Tel. The Cult plays the long game and prepares very carefully for big plays like 'Covid'. Amazon is another front in the psychological war and pretty much controls the global market in book sales and increasingly publishing. Amazon's limitless funds have deleted fantastic numbers of independent publishers to seize global domination on the way to deciding which books can be sold and circulated and which cannot. Moves in that direction are already happening. Amazon's leading light Jeff Bezos is the grandson of Lawrence Preston Gise who worked with DARPA predecessor ARPA. Amazon has big connections to the CIA and the Pentagon. The plan I have long described went like this:

1. Employ military technology to establish the Internet.

2. Sell the Internet as a place where people can freely communicate without censorship and allow that to happen until the Net becomes the central and irreversible pillar of human society. If the Internet had been highly censored from the start many would have rejected it.

3. Fund and manipulate major corporations into being to control the circulation of information on your Internet using cover stories about geeks in garages to explain how they came about. Give them unlimited funds to expand rapidly with no need to make a profit for years while non-Cult companies who need to balance the books cannot compete. You know that in these circumstances your Googles, YouTubes, Facebooks and Amazons are going to secure near monopolies by either crushing or buying up the opposition.

4. Allow freedom of expression on both the Internet and communication platforms to draw people in until the Internet is the central and irreversible pillar of human society and your communication corporations have reached a stage of near monopoly domination.

5. Then unleash your always-planned frenzy of censorship on the basis of 'where else are you going to go?' and continue to expand that until nothing remains that the Cult does not want its human targets to see.

The process was timed to hit the 'Covid' hoax to ensure the best chance possible of controlling the narrative which they knew they had to do at all costs. They were, after all, about to unleash a 'deadly virus' that didn't really exist. If you do that in an environment of free-flowing information and opinion you would be dead in the

water before you could say Gates is a psychopath. The network was in place through which the Cult-created-and-owned World Health Organization could dictate the 'Covid' narrative and response policy slavishly supported by Cult-owned Internet communication giants and mainstream media while those telling a different story were censored. Google, YouTube, Facebook and Twitter openly announced that they would do this. What else would we expect from Cult-owned operations like Facebook which former executives have confirmed set out to make the platform more addictive than cigarettes and coldly manipulates emotions of its users to sow division between people and groups and scramble the minds of the young? If Zuckerberg lives out the rest of his life without going to jail for crimes against humanity, and most emphatically against the young, it will be a travesty of justice. Still, no matter, cause and effect will catch up with him eventually and the same with Sergey Brin and Larry Page at Google with its CEO Sundar Pichai who fix the Google search results to promote Cult narratives and hide the opposition. Put the same key words into Google and other search engines like DuckDuckGo and you will see how different results can be. Wikipedia is another intensely biased 'encyclopaedia' which skews its content to the Cult agenda. YouTube links to Wikipedia's version of 'Covid' and 'climate change' on video pages in which experts in their field offer a different opinion (even that is increasingly rare with Wojcicki censorship). Into this 'Covid' silence-them network must be added government media censors, sorry 'regulators', such as Ofcom in the UK which imposed tyrannical restrictions on British broadcasters that had the effect of banning me from ever appearing. Just to debate with me about my evidence and views on 'Covid' would mean breaking the fascistic impositions of Ofcom and its CEO career government bureaucrat Melanie Dawes. Gutless British broadcasters tremble at the very thought of fascist Ofcom.

Psychos behind 'Covid'

The reason for the 'Covid' catastrophe in all its facets and forms can be seen by whom and what is driving the policies worldwide in such a coordinated way. Decisions are not being made to protect health, but to target psychology. The dominant group guiding and 'advising' government policy are not medical professionals. They are psychologists and behavioural scientists. Every major country has its own version of this phenomenon and I'll use the British example to show how it works. In many ways the British version has been affecting the wider world in the form of the huge behaviour manipulation network in the UK which operates in other countries. The network involves private companies, government, intelligence and military. The Cabinet Office is at the centre of the government 'Covid' Psyop and part-owns, with 'innovation charity' Nesta, the Behavioural Insights Team (BIT) which claims to be independent of government but patently isn't. The BIT was established in 2010 and its job is to manipulate the psyche of the population to acquiesce to government demands and so much more. It is also known as the 'Nudge Unit', a name inspired by the 2009 book by two ultra-Zionists, Cass Sunstein and Richard Thaler, called *Nudge: Improving Decisions About Health, Wealth, and Happiness*. The book, as with the Behavioural Insights Team, seeks to 'nudge' behaviour (manipulate it) to make the public follow patterns of action and perception that suit those in authority (the Cult). Sunstein is so skilled at this that he advises the World Health Organization and the UK Behavioural Insights Team and was Administrator of the White House Office of Information and Regulatory Affairs in the Obama administration. Biden appointed him to the Department of Homeland Security – another ultra-Zionist in the fold to oversee new immigration laws which is another policy the Cult wants to control. Sunstein is desperate to silence anyone exposing conspiracies and co-authored a 2008 report on the subject in which suggestions were offered to ban 'conspiracy theorizing' or impose 'some kind of tax, financial or otherwise, on those who disseminate such theories'. I guess a psychiatrist's chair is out of the question?

Sunstein's mate Richard Thaler, an 'academic affiliate' of the UK Behavioural Insights Team, is a proponent of 'behavioural economics' which is defined as the study of 'the effects of psychological, cognitive, emotional, cultural and social factors on the decisions of individuals and institutions'. Study the effects so they can be manipulated to be what you want them to be. Other leading names in the development of behavioural economics are ultra-Zionists Daniel Kahneman and Robert J. Shiller and they, with Thaler, won the Nobel Memorial Prize in Economic Sciences for their work in this field. The Behavioural Insights Team is operating at the heart of the UK government and has expanded globally through partnerships with several universities including Harvard, Oxford, Cambridge, University College London (UCL) and Pennsylvania. They claim to have 'trained' (reframed) 20,000 civil servants and run more than 750 projects involving 400 randomised controlled trials in dozens of countries' as another version of mind reframers Common Purpose. BIT works from its office in New York with cities and their agencies, as well as other partners, across the United States and Canada – this is a company part-owned by the British government Cabinet Office. An executive order by President Cult-servant Obama established a US Social and Behavioral Sciences Team in 2015. They all have the same reason for being and that's to brainwash the population directly and by brainwashing those in positions of authority.

'Covid' mind game

Another prime aspect of the UK mind-control network is the 'independent' [joke] Scientific Pandemic Insights Group on Behaviours (SPI-B) which 'provides behavioural science advice aimed at anticipating and helping people adhere to interventions that are recommended by medical or epidemiological experts'. That means manipulating public perception and behaviour to do whatever government tells them to do. It's disgusting and if they really want the public to be 'safe' this lot should all be under lock and key. According to the government website SPI-B consists of

‘behavioural scientists, health and social psychologists, anthropologists and historians’ and advises the Whitty-Vallance-led Scientific Advisory Group for Emergencies (SAGE) which in turn advises the government on ‘the science’ (it doesn’t) and ‘Covid’ policy. When politicians say they are being guided by ‘the science’ this is the rabble in each country they are talking about and that ‘science’ is dominated by behaviour manipulators to enforce government fascism through public compliance. The Behaviour Insight Team is headed by psychologist David Solomon Halpern, a visiting professor at King’s College London, and connects with a national and global web of other civilian and military organisations as the Cult moves towards its goal of fusing them into one fascistic whole in every country through its ‘Fusion Doctrine’. The behaviour manipulation network involves, but is not confined to, the Foreign Office; National Security Council; government communications headquarters (GCHQ); MI5; MI6; the Cabinet Office-based Media Monitoring Unit; and the Rapid Response Unit which ‘monitors digital trends to spot emerging issues; including misinformation and disinformation; and identifies the best way to respond’.

There is also the 77th Brigade of the UK military which operates like the notorious Israeli military’s Unit 8200 in manipulating information and discussion on the Internet by posing as members of the public to promote the narrative and discredit those who challenge it. Here we have the military seeking to manipulate *domestic* public opinion while the Nazis in government are fine with that. Conservative Member of Parliament Tobias Ellwood, an advocate of lockdown and control through ‘vaccine passports’, is a Lieutenant Colonel reservist in the 77th Brigade which connects with the military operation jHub, the ‘innovation centre’ for the Ministry of Defence and Strategic Command. jHub has also been involved with the civilian National Health Service (NHS) in ‘symptom tracing’ the population. The NHS is a key part of this mind control network and produced a document in December, 2020, explaining to staff how to use psychological manipulation with different groups and ages to get them to have the DNA-manipulating ‘Covid vaccine’

that's designed to cumulatively rewrite human genetics. The document, called 'Optimising Vaccination Roll Out – Do's and Dont's for all messaging, documents and "communications" in the widest sense', was published by NHS England and the NHS Improvement *Behaviour Change Unit* in partnership with Public Health England and Warwick Business School. I hear the mantra about 'save the NHS' and 'protect the NHS' when we need to scrap the NHS and start again. The current version is far too corrupt, far too anti-human and totally compromised by Cult operatives and their assets. UK government broadcast media censor Ofcom will connect into this web – as will the BBC with its tremendous Ofcom influence – to control what the public see and hear and dictate mass perception. Nuremberg trials must include personnel from all these organisations.

The fear factor

The 'Covid' hoax has led to the creation of the UK Cabinet Office-connected Joint Biosecurity Centre (JBC) which is officially described as providing 'expert advice on pandemics' using its independent [all Cult operations are 'independent'] analytical function to provide real-time analysis about infection outbreaks to identify and respond to outbreaks of Covid-19'. Another role is to advise the government on a response to spikes in infections – 'for example by closing schools or workplaces in local areas where infection levels have risen'. Put another way, promoting the Cult agenda. The Joint Biosecurity Centre is modelled on the Joint Terrorism Analysis Centre which analyses intelligence to set 'terrorism threat levels' and here again you see the fusion of civilian and military operations and intelligence that has led to military intelligence producing documents about 'vaccine hesitancy' and how it can be combated. Domestic civilian matters and opinions should not be the business of the military. The Joint Biosecurity Centre is headed by Tom Hurd, director general of the Office for Security and Counter-Terrorism from the establishment-to-its-fingertips Hurd family. His father is former Foreign Secretary Douglas Hurd. How coincidental that Tom

Hurd went to the elite Eton College and Oxford University with Boris Johnson. Imperial College with its ridiculous computer modeller Neil Ferguson will connect with this gigantic web that will itself interconnect with similar set-ups in other major and not so major countries. Compared with this Cult network the politicians, be they Boris Johnson, Donald Trump or Joe Biden, are bit-part players 'following the science'. The network of psychologists was on the 'Covid' case from the start with the aim of generating maximum fear of the 'virus' to ensure compliance by the population. A government behavioural science group known as SPI-B produced a paper in March, 2020, for discussion by the main government science advisory group known as SAGE. It was headed 'Options for increasing adherence to social distancing measures' and it said the following in a section headed 'Persuasion':

- A substantial number of people still do not feel sufficiently personally threatened; it could be that they are reassured by the low death rate in their demographic group, although levels of concern may be rising. Having a good understanding of the risk has been found to be positively associated with adoption of COVID-19 social distancing measures in Hong Kong.

- The perceived level of personal threat needs to be increased among those who are complacent, using hard-hitting evaluation of options for increasing social distancing emotional messaging. To be effective this must also empower people by making clear the actions they can take to reduce the threat.

- Responsibility to others: There seems to be insufficient understanding of, or feelings of responsibility about, people's role in transmitting the infection to others … Messaging about actions need to be framed positively in terms of protecting oneself and the community, and increase confidence that they will be effective.

- Some people will be more persuaded by appeals to play by the rules, some by duty to the community, and some to personal risk.

> All these different approaches are needed. The messaging also needs to take account of the realities of different people's lives. Messaging needs to take account of the different motivational levers and circumstances of different people.

All this could be achieved the SPI-B psychologists said by *using the media to increase the sense of personal threat* which translates as terrify the shit out of the population, including children, so they all do what we want. That's not happened has it? Those excuses for 'journalists' who wouldn't know journalism if it bit them on the arse (the great majority) have played their crucial part in serving this Cult-government Psyop to enslave their own kids and grandkids. How they live with themselves I have no idea. The psychological war has been underpinned by constant government 'Covid' propaganda in almost every television and radio ad break, plus the Internet and print media, which has pounded out the fear with taxpayers footing the bill for their own programming. The result has been people terrified of a 'virus' that doesn't exist or one with a tiny fatality rate even if you believe it does. People walk down the street and around the shops wearing face-nappies damaging their health and psychology while others report those who refuse to be that naïve to the police who turn up in their own face-nappies. I had a cameraman come to my flat and he was so frightened of 'Covid' he came in wearing a mask and refused to shake my hand in case he caught something. He had – naïveitis – and the thought that he worked in the mainstream media was both depressing and made his behaviour perfectly explainable. The fear which has gripped the minds of so many and frozen them into compliance has been carefully cultivated by these psychologists who are really psychopaths. If lives get destroyed and a lot of young people commit suicide it shows our plan is working. SPI-B then turned to compulsion on the public to comply. 'With adequate preparation, rapid change can be achieved', it said. Some countries had introduced mandatory self-isolation on a wide scale without evidence of major public unrest and a large majority of the UK's population appeared to be supportive of more coercive measures with 64 percent of adults saying they would

support putting London under a lockdown (watch the 'polls' which are designed to make people believe that public opinion is in favour or against whatever the subject in hand).

For 'aggressive protective measures' to be effective, the SPI-B paper said, special attention should be devoted to those population groups that are more at risk. Translated from the Orwellian this means making the rest of population feel guilty for not protecting the 'vulnerable' such as old people which the Cult and its agencies were about to kill on an industrial scale with lockdown, lack of treatment and the Gates 'vaccine'. Psychopath psychologists sold their guilt-trip so comprehensively that Los Angeles County Supervisor Hilda Solis reported that children were apologising (from a distance) to their parents and grandparents for bringing 'Covid' into their homes and getting them sick. '… These apologies are just some of the last words that loved ones will ever hear as they die alone,' she said. Gut-wrenchingly Solis then used this childhood tragedy to tell children to stay at home and 'keep your loved ones alive'. Imagine heaping such potentially life-long guilt on a kid when it has absolutely nothing to do with them. These people are deeply disturbed and the psychologists behind this even more so.

Uncivil war – divide and rule

Professional mind-controllers at SPI-B wanted the media to increase a sense of responsibility to others (do as you're told) and promote 'positive messaging' for those actions while in contrast to invoke 'social disapproval' by the unquestioning, obedient, community of anyone with a mind of their own. Again the compliant Goebbels-like media obliged. This is an old, old, trick employed by tyrannies the world over throughout human history. You get the target population to keep the target population in line – *your* line. SPI-B said this could 'play an important role in preventing anti-social behaviour or discouraging failure to enact pro-social behaviour'. For 'anti-social' in the Orwellian parlance of SPI-B see any behaviour that government doesn't approve. SPI-B recommendations said that 'social disapproval' should be accompanied by clear messaging and

promotion of strong collective identity – hence the government and celebrity mantra of 'we're all in this together'. Sure we are. The mind doctors have such contempt for their targets that they think some clueless comedian, actor or singer telling them to do what the government wants will be enough to win them over. We have had UK comedian Lenny Henry, actor Michael Caine and singer Elton John wheeled out to serve the propagandists by urging people to have the DNA-manipulating 'Covid' non-'vaccine'. The role of Henry and fellow black celebrities in seeking to coax a 'vaccine' reluctant black community into doing the government's will was especially stomach-turning. An emotion-manipulating script and carefully edited video featuring these black 'celebs' was such an insult to the intelligence of black people and where's the self-respect of those involved selling their souls to a fascist government agenda? Henry said he heard black people's 'legitimate worries and concerns', but people must 'trust the facts' when they were doing exactly that by not having the 'vaccine'. They had to include the obligatory reference to Black Lives Matter with the line … 'Don't let coronavirus cost even more black lives – because we matter'. My god, it was pathetic. 'I know the vaccine is safe and what it does.' How? 'I'm a comedian and it says so in my script.'

SPI-B said social disapproval needed to be carefully managed to avoid victimisation, scapegoating and misdirected criticism, but they knew that their 'recommendations' would lead to exactly that and the media were specifically used to stir-up the divide-and-conquer hostility. Those who conform like good little baa, baas, are praised while those who have seen through the tidal wave of lies are 'Covidiots'. The awake have been abused by the fast asleep for not conforming to fascism and impositions that the awake know are designed to endanger their health, dehumanise them, and tear asunder the very fabric of human society. We have had the curtain-twitchers and morons reporting neighbours and others to the face-nappied police for breaking 'Covid rules' with fascist police delighting in posting links and phone numbers where this could be done. The Cult cannot impose its will without a compliant police

and military or a compliant population willing to play their part in enslaving themselves and their kids. The words of a pastor in Nazi Germany are so appropriate today:

> First they came for the socialists and I did not speak out because I was not a socialist.
>
> Then they came for the trade unionists and I did not speak out because I was not a trade unionist.
>
> Then they came for the Jews and I did not speak out because I was not a Jew.
>
> Then they came for me and there was no one left to speak for me.

Those who don't learn from history are destined to repeat it and so many are.

'Covid' rules: Rewiring the mind

With the background laid out to this gigantic national and global web of psychological manipulation we can put 'Covid' rules into a clear and sinister perspective. Forget the claims about protecting health. 'Covid' rules are about dismantling the human mind, breaking the human spirit, destroying self-respect, and then putting Humpty Dumpty together again as a servile, submissive slave. Social isolation through lockdown and distancing have devastating effects on the human psyche as the psychological psychopaths well know and that's the real reason for them. Humans need contact with each other, discourse, closeness and touch, or they eventually, and literarily, go crazy. Masks, which I will address at some length, fundamentally add to the effects of isolation and the Cult agenda to dehumanise and de-individualise the population. To do this while knowing – in fact *seeking* – this outcome is the very epitome of evil and psychologists involved in this *are* the epitome of evil. They must like all the rest of the Cult demons and their assets stand trial for crimes against humanity on a scale that defies the imagination. Psychopaths in uniform use isolation to break enemy troops and agents and make them subservient and submissive to tell what they know. The technique is rightly considered a form of torture and

torture is most certainly what has been imposed on the human population.

Clinically-insane American psychologist Harry Harlow became famous for his isolation experiments in the 1950s in which he separated baby monkeys from their mothers and imprisoned them for months on end in a metal container or 'pit of despair'. They soon began to show mental distress and depression as any idiot could have predicted. Harlow put other monkeys in steel chambers for three, six or twelve months while denying them any contact with animals or humans. He said that the effects of total social isolation for six months were 'so devastating and debilitating that we had assumed initially that twelve months of isolation would not produce any additional decrement'; but twelve months of isolation 'almost obliterated the animals socially'. This is what the Cult and its psychopaths are doing to you and your children. Even monkeys in partial isolation in which they were not allowed to form relationships with other monkeys became 'aggressive and hostile, not only to others, but also towards their own bodies'. We have seen this in the young as a consequence of lockdown. UK government psychopaths launched a public relations campaign telling people not to hug each other even after they received the 'Covid-19 vaccine' which we were told with more lies would allow a return to 'normal life'. A government source told *The Telegraph*: 'It will be along the lines that it is great that you have been vaccinated, but if you are going to visit your family and hug your grandchildren there is a chance you are going to infect people you love.' The source was apparently speaking from a secure psychiatric facility. Janet Lord, director of Birmingham University's Institute of Inflammation and Ageing, said that parents and grandparents should avoid hugging their children. Well, how can I put it, Ms Lord? Fuck off. Yep, that'll do.

Destroying the kids – where are the parents?

Observe what has happened to people enslaved and isolated by lockdown as suicide and self-harm has soared worldwide,

particularly among the young denied the freedom to associate with their friends. A study of 49,000 people in English-speaking countries concluded that almost half of young adults are at clinical risk of mental health disorders. A national survey in America of 1,000 currently enrolled high school and college students found that 5 percent reported attempting suicide during the pandemic. Data from the US CDC's National Syndromic Surveillance Program from January 1st to October 17th, 2020, revealed a *31 percent* increase in mental health issues among adolescents aged 12 to 17 compared with 2019. The CDC reported that America in general suffered the biggest drop in life expectancy since World War Two as it fell by a year in the first half of 2020 as a result of 'deaths of despair' – overdoses and suicides. Deaths of despair have leapt by more than 20 percent during lockdown and include the highest number of fatal overdoses ever recorded in a single year – 81,000. Internet addiction is another consequence of being isolated at home which lowers interest in physical activities as kids fall into inertia and what's the point? Children and young people are losing hope and giving up on life, sometimes literally. A 14-year-old boy killed himself in Maryland because he had 'given up' when his school district didn't reopen; an 11-year-old boy shot himself during a zoom class; a teenager in Maine succumbed to the isolation of the 'pandemic' when he ended his life after experiencing a disrupted senior year at school. Children as young as nine have taken their life and all these stories can be repeated around the world. Careers are being destroyed before they start and that includes those in sport in which promising youngsters have not been able to take part. The plan of the psycho-psychologists is working all right. Researchers at Cambridge University found that lockdowns cause significant harm to children's mental health. Their study was published in the *Archives of Disease in Childhood*, and followed 168 children aged between 7 and 11. The researchers concluded:

> During the UK lockdown, children's depression symptoms have increased substantially, relative to before lockdown. The scale of this effect has direct relevance for the continuation of different elements of lockdown policy, such as complete or partial school closures …

… Specifically, we observed a statistically significant increase in ratings of depression, with a medium-to-large effect size. Our findings emphasise the need to incorporate the potential impact of lockdown on child mental health in planning the ongoing response to the global pandemic and the recovery from it.

Not a chance when the Cult's psycho-psychologists were getting exactly what they wanted. The UK's Royal College of Paediatrics and Child Health has urged parents to look for signs of eating disorders in children and young people after a three to four fold increase. Specialists say the 'pandemic' is a major reason behind the rise. You don't say. The College said isolation from friends during school closures, exam cancellations, loss of extra-curricular activities like sport, and an increased use of social media were all contributory factors along with fears about the virus (psycho-psychologists again), family finances, and students being forced to quarantine. Doctors said young people were becoming severely ill by the time they were seen with 'Covid' regulations reducing face-to-face consultations. Nor is it only the young that have been devastated by the psychopaths. Like all bullies and cowards the Cult is targeting the young, elderly, weak and infirm. A typical story was told by a British lady called Lynn Parker who was not allowed to visit her husband in 2020 for the last ten and half months of his life 'when he needed me most' between March 20th and when he died on December 19th. This vacates the criminal and enters the territory of evil. The emotional impact on the immune system alone is immense as are the number of people of all ages worldwide who have died as a result of Cult-demanded, Gates-demanded, lockdowns.

Isolation is torture

The experience of imposing solitary confinement on millions of prisoners around the world has shown how a large percentage become 'actively psychotic and/or acutely suicidal'. Social isolation has been found to trigger 'a specific psychiatric syndrome, characterized by hallucinations; panic attacks; overt paranoia; diminished impulse control; hypersensitivity to external stimuli; and difficulties with thinking, concentration and memory'. Juan Mendez,

a United Nations rapporteur (investigator), said that isolation is a form of torture. Research has shown that even after isolation prisoners find it far more difficult to make social connections and I remember chatting to a shop assistant after one lockdown who told me that when her young son met another child again he had no idea how to act or what to do. Hannah Flanagan, Director of Emergency Services at Journey Mental Health Center in Dane County, Wisconsin, said: 'The specificity about Covid social distancing and isolation that we've come across as contributing factors to the suicides are really new to us this year.' But they are not new to those that devised them. They are getting the effect they want as the population is psychologically dismantled to be rebuilt in a totally different way. Children and the young are particularly targeted. They will be the adults when the full-on fascist AI-controlled technocracy is planned to be imposed and they are being prepared to meekly submit. At the same time older people who still have a memory of what life was like before – and how fascist the new normal really is – are being deleted. You are going to see efforts to turn the young against the old to support this geriatric genocide. Hannah Flanagan said the big increase in suicide in her county proved that social isolation is not only harmful, but deadly. Studies have shown that isolation from others is one of the main risk factors in suicide and even more so with women. Warnings that lockdown could create a 'perfect storm' for suicide were ignored. After all this was one of the *reasons* for lockdown. Suicide, however, is only the most extreme of isolation consequences. There are many others. Dr Dhruv Khullar, assistant professor of healthcare policy at Weill Cornell Medical College, said in a *New York Times* article in 2016 long before the fake 'pandemic':

> A wave of new research suggests social separation is bad for us. Individuals with less social connection have disrupted sleep patterns, altered immune systems, more inflammation and higher levels of stress hormones. One recent study found that isolation increases the risk of heart disease by 29 percent and stroke by 32 percent. Another analysis that pooled data from 70 studies and 3.4 million people found that socially isolated individuals had a 30 percent higher risk of dying in the next seven years, and that this effect was largest in middle age.

Loneliness can accelerate cognitive decline in older adults, and isolated individuals are twice as likely to die prematurely as those with more robust social interactions. These effects start early: Socially isolated children have significantly poorer health 20 years later, even after controlling for other factors. All told, loneliness is as important a risk factor for early death as obesity and smoking.

There you have proof from that one article alone four years before 2020 that those who have enforced lockdown, social distancing and isolation knew what the effect would be and that is even more so with professional psychologists that have been driving the policy across the globe. We can go back even further to the years 2000 and 2003 and the start of a major study on the effects of isolation on health by Dr Janine Gronewold and Professor Dirk M. Hermann at the University Hospital in Essen, Germany, who analysed data on 4,316 people with an average age of 59 who were recruited for the long-term research project. They found that socially isolated people are more than 40 percent more likely to have a heart attack, stroke, or other major cardiovascular event and nearly 50 percent more likely to die from any cause. Given the financial Armageddon unleashed by lockdown we should note that the study found a relationship between increased cardiovascular risk and lack of financial support. After excluding other factors social isolation was still connected to a 44 percent increased risk of cardiovascular problems and a 47 percent increased risk of death by any cause. Lack of financial support was associated with a 30 percent increase in the risk of cardiovascular health events. Dr Gronewold said it had been known for some time that feeling lonely or lacking contact with close friends and family can have an impact on physical health and the study had shown that having strong social relationships is of high importance for heart health. Gronewold said they didn't understand yet why people who are socially isolated have such poor health outcomes, but this was obviously a worrying finding, particularly during these times of prolonged social distancing. Well, it can be explained on many levels. You only have to identify the point in the body where people feel loneliness and missing people they are parted from – it's in the centre of the chest where they feel the ache of loneliness and the ache of missing people. 'My heart aches for

you' … 'My heart aches for some company.' I will explain this more in the chapter Escaping Wetiko, but when you realise that the body is the mind – they are expressions of each other – the reason why state of the mind dictates state of the body becomes clear.

American psychologist Ranjit Powar was highlighting the effects of lockdown isolation as early as April, 2020. She said humans have evolved to be social creatures and are wired to live in interactive groups. Being isolated from family, friends and colleagues could be unbalancing and traumatic for most people and could result in short or even long-term psychological and physical health problems. An increase in levels of anxiety, aggression, depression, forgetfulness and hallucinations were possible psychological effects of isolation. 'Mental conditions may be precipitated for those with underlying pre-existing susceptibilities and show up in many others without any pre-condition.' Powar said personal relationships helped us cope with stress and if we lost this outlet for letting off steam the result can be a big emotional void which, for an average person, was difficult to deal with. 'Just a few days of isolation can cause increased levels of anxiety and depression' – so what the hell has been the effect on the global population of *18 months* of this at the time of writing? Powar said: 'Add to it the looming threat of a dreadful disease being repeatedly hammered in through the media and you have a recipe for many shades of mental and physical distress.' For those with a house and a garden it is easy to forget that billions have had to endure lockdown isolation in tiny overcrowded flats and apartments with nowhere to go outside. The psychological and physical consequences of this are unimaginable and with lunatic and abusive partners and parents the consequences have led to tremendous increases in domestic and child abuse and alcoholism as people seek to shut out the horror. Ranjit Powar said:

Staying in a confined space with family is not all a rosy picture for everyone. It can be extremely oppressive and claustrophobic for large low-income families huddled together in small single-room houses. Children here are not lucky enough to have many board/electronic games or books to keep them occupied.

Add to it the deep insecurity of running out of funds for food and basic necessities. On the other hand, there are people with dysfunctional family dynamics, such as domineering, abusive or alcoholic partners, siblings or parents which makes staying home a period of trial. Incidence of suicide and physical abuse against women has shown a worldwide increase. Heightened anxiety and depression also affect a person's immune system, making them more susceptible to illness.

To think that Powar's article was published on April 11th, 2020.

Six-feet fantasy

Social (unsocial) distancing demanded that people stay six feet or two metres apart. UK government advisor Robert Dingwall from the New and Emerging Respiratory Virus Threats Advisory Group said in a radio interview that the two-metre rule was 'conjured up out of nowhere' and was not based on science. No, it was not based on *medical* science, but it didn't come out of nowhere. The distance related to *psychological* science. Six feet/two metres was adopted in many countries and we were told by people like the criminal Anthony Fauci and his ilk that it was founded on science. Many schools could not reopen because they did not have the space for six-feet distancing. Then in March, 2021, after a year of six-feet 'science', a study published in the *Journal of Infectious Diseases* involving more than 500,000 students and almost 100,000 staff over 16 weeks revealed no significant difference in 'Covid' cases between six feet and three feet and Fauci changed his tune. Now three feet was okay. There is no difference between six feet and three *inches* when there is no 'virus' and they got away with six feet for psychological reasons for as long as they could. I hear journalists and others talk about 'unintended consequences' of lockdown. They are not *unintended* at all; they have been coldly-calculated for a specific outcome of human control and that's why super-psychopaths like Gates have called for them so vehemently. Super-psychopath psychologists have demanded them and psychopathic or clueless, spineless, politicians have gone along with them by 'following the science'. But it's not science at all. 'Science' is not what is; it's only what people can be manipulated to believe it is. The whole 'Covid' catastrophe is

founded on mind control. Three word or three statement mantras issued by the UK government are a well-known mind control technique and so we've had 'Stay home/protect the NHS/save lives', 'Stay alert/control the virus/save lives' and 'hands/face/space'. One of the most vocal proponents of extreme 'Covid' rules in the UK has been Professor Susan Michie, a member of the British Communist Party, who is not a medical professional. Michie is the director of the Centre for Behaviour Change at University College London. She is a *behavioural psychologist* and another filthy rich 'Marxist' who praised China's draconian lockdown. She was known by fellow students at Oxford University as 'Stalin's nanny' for her extreme Marxism. Michie is an influential member of the UK government's Scientific Advisory Group for Emergencies (SAGE) and behavioural manipulation groups which have dominated 'Covid' policy. She is a consultant adviser to the World Health Organization on 'Covid-19' and behaviour. Why the hell are lockdowns anything to do with her when they are claimed to be about health? Why does a behavioural psychologist from a group charged with changing the behaviour of the public want lockdown, human isolation and mandatory masks? Does that question really need an answer? Michie *absolutely* has to explain herself before a Nuremberg court when humanity takes back its world again and even more so when you see the consequences of masks that she demands are compulsory. This is a Michie classic:

> The benefits of getting primary school children to wear masks is that regardless of what little degree of transmission is occurring in those age groups it could help normalise the practice. Young children wearing masks may be more likely to get their families to accept masks.

Those words alone should carry a prison sentence when you ponder on the callous disregard for children involved and what a statement it makes about the mind and motivations of Susan Michie. What a lovely lady and what she said there encapsulates the mentality of the psychopaths behind the 'Covid' horror. Let us compare what Michie said with a countrywide study in Germany published at researchsquare.com involving 25,000 school children and 17,854 health complaints submitted by parents. Researchers

found that masks are harming children physically, psychologically, and behaviourally with 24 health issues associated with mask wearing. They include: shortness of breath (29.7%); dizziness (26.4%); increased headaches (53%); difficulty concentrating (50%); drowsiness or fatigue (37%); and malaise (42%). Nearly a third of children experienced more sleep issues than before and a quarter developed new fears. Researchers found health issues and other impairments in 68 percent of masked children covering their faces for an average of 4.5 hours a day. Hundreds of those taking part experienced accelerated respiration, tightness in the chest, weakness, and short-term impairment of consciousness. A reminder of what Michie said again:

> The benefits of getting primary school children to wear masks is that regardless of what little degree of transmission is occurring in those age groups it could help normalise the practice. Young children wearing masks may be more likely to get their families to accept masks.

Psychopaths in government and psychology now have children and young people – plus all the adults – wearing masks for hours on end while clueless teachers impose the will of the psychopaths on the young they should be protecting. What the hell are parents doing?

Cult lab rats

We have some schools already imposing on students microchipped buzzers that activate when they get 'too close' to their pals in the way they do with lab rats. How apt. To the Cult and its brain-dead servants our children *are* lab rats being conditioned to be unquestioning, dehumanised slaves for the rest of their lives. Children and young people are being weaned and frightened away from the most natural human instincts including closeness and touch. I have tracked in the books over the years how schools were banning pupils from greeting each other with a hug and the whole Cult-induced Me Too movement has terrified men and boys from a relaxed and natural interaction with female friends and work colleagues to the point where many men try never to be in a room

alone with a woman that's not their partner. Airhead celebrities have as always played their virtue-signalling part in making this happen with their gross exaggeration. For every monster like Harvey Weinstein there are at least tens of thousands of men that don't treat women like that; but everyone must be branded the same and policy changed for them as well as the monster. I am going to be using the word 'dehumanise' many times in this chapter because that is what the Cult is seeking to do and it goes very deep as we shall see. Don't let them kid you that social distancing is planned to end one day. That's not the idea. We are seeing more governments and companies funding and producing wearable gadgets to keep people apart and they would not be doing that if this was meant to be short-term. A tech start-up company backed by GCHQ, the British Intelligence and military surveillance headquarters, has created a social distancing wrist sensor that alerts people when they get too close to others. The CIA has also supported tech companies developing similar devices. The wearable sensor was developed by Tended, one of a number of start-up companies supported by GCHQ (see the CIA and DARPA). The device can be worn on the wrist or as a tag on the waistband and will vibrate whenever someone wearing the device breaches social distancing and gets anywhere near natural human contact. The company had a lucky break in that it was developing a distancing sensor when the 'Covid' hoax arrived which immediately provided a potentially enormous market. How fortunate. The government in big-time Cult-controlled Ontario in Canada is investing $2.5 million in wearable contact tracing technology that 'will alert users if they may have been exposed to the Covid-19 in the workplace and will beep or vibrate if they are within six feet of another person'. Facedrive Inc., the technology company behind this, was founded in 2016 with funding from the Ontario Together Fund and obviously they, too, had a prophet on the board of directors. The human surveillance and control technology is called TraceSCAN and would be worn by the human cyborgs in places such as airports, workplaces, construction sites, care homes and … *schools*.

I emphasise schools with children and young people the prime targets. You know what is planned for society as a whole if you keep your eyes on the schools. They have always been places where the state program the next generation of slaves to be its compliant worker-ants – or Woker-ants these days; but in the mist of the ‘Covid’ madness they have been transformed into mind laboratories on a scale never seen before. Teachers and head teachers are just as programmed as the kids – often more so. Children are kept apart from human interaction by walk lanes, classroom distancing, staggered meal times, masks, and the rolling-out of buzzer systems. Schools are now physically laid out as a laboratory maze for lab-rats. Lunatics at a school in Anchorage, Alaska, who should be prosecuted for child abuse, took away desks and forced children to kneel (know your place) on a mat for five hours a day while wearing a mask and using their chairs as a desk. How this was supposed to impact on a ‘virus’ only these clinically insane people can tell you and even then it would be clap-trap. The school banned recess (interaction), art classes (creativity), and physical exercise (getting body and mind moving out of inertia). Everyone behind this outrage should be in jail or better still a mental institution. The behavioural manipulators are all for this dystopian approach to schools. Professor Susan Michie, the mind-doctor and British Communist Party member, said it was wrong to say that schools were safe. They had to be made so by ‘distancing’, masks and ventilation (sitting all day in the cold). I must ask this lady round for dinner on a night I know I am going to be out and not back for weeks. She probably wouldn’t be able to make it, anyway, with all the visits to her own psychologist she must have block-booked.

Masking identity

I know how shocking it must be for you that a behaviour manipulator like Michie wants everyone to wear masks which have long been a feature of mind-control programs like the infamous MKUltra in the United States, but, there we are. We live and learn. I spent many years from 1996 to right across the millennium

researching mind control in detail on both sides of the Atlantic and elsewhere. I met a large number of mind-control survivors and many had been held captive in body and mind by MKUltra. MK stands for mind-control, but employs the German spelling in deference to the Nazis spirited out of Germany at the end of World War Two by Operation Paperclip in which the US authorities, with help from the Vatican, transported Nazi mind-controllers and engineers to America to continue their work. Many of them were behind the creation of NASA and they included Nazi scientist and SS officer Wernher von Braun who swapped designing V-2 rockets to bombard London with designing the Saturn V rockets that powered the NASA moon programme's Apollo craft. I think I may have mentioned that the Cult has no borders. Among Paperclip escapees was Josef Mengele, the Angel of Death in the Nazi concentration camps where he conducted mind and genetic experiments on children often using twins to provide a control twin to measure the impact of his 'work' on the other. If you want to observe the Cult mentality in all its extremes of evil then look into the life of Mengele. I have met many people who suffered mercilessly under Mengele in the United States where he operated under the name Dr Greene and became a stalwart of MKUltra programming and torture. Among his locations was the underground facility in the Mojave Desert in California called the China Lake Naval Weapons Station which is almost entirely below the surface. My books *The Biggest Secret*, *Children of the Matrix* and *The Perception Deception* have the detailed background to MKUltra.

The best-known MKUltra survivor is American Cathy O'Brien. I first met her and her late partner Mark Phillips at a conference in Colorado in 1996. Mark helped her escape and deprogram from decades of captivity in an offshoot of MKUltra known as Project Monarch in which 'sex slaves' were provided for the rich and famous including Father George Bush, Dick Cheney and the Clintons. Read Cathy and Mark's book *Trance-Formation of America* and if you are new to this you will be shocked to the core. I read it in 1996 shortly before, with the usual synchronicity of my life, I found

myself given a book table at the conference right next to hers. MKUltra never ended despite being very publicly exposed (only a small part of it) in the 1970s and continues in other guises. I am still in touch with Cathy. She contacted me during 2020 after masks became compulsory in many countries to tell me how they were used as part of MKUltra programming. I had been observing 'Covid regulations' and the relationship between authority and public for months. I saw techniques that I knew were employed on individuals in MKUltra being used on the global population. I had read many books and manuals on mind control including one called *Silent Weapons for Quiet Wars* which came to light in the 1980s and was a guide on how to perceptually program on a mass scale. 'Silent Weapons' refers to mind-control. I remembered a line from the manual as governments, medical authorities and law enforcement agencies have so obviously talked to – or rather at – the adult population since the 'Covid' hoax began as if they are children. The document said:

> If a person is spoken to by a T.V. advertiser as if he were a twelve-year-old, then, due to suggestibility, he will, with a certain probability, respond or react to that suggestion with the uncritical response of a twelve-year-old and will reach in to his economic reservoir and deliver its energy to buy that product on impulse when he passes it in the store.

That's why authority has spoken to adults like children since all this began.

Why did Michael Jackson wear masks?

Every aspect of the 'Covid' narrative has mind-control as its central theme. Cathy O'Brien wrote an article for davidicke.com about the connection between masks and mind control. Her daughter Kelly who I first met in the 1990s was born while Cathy was still held captive in MKUltra. Kelly was forced to wear a mask as part of her programming from the age of *two* to dehumanise her, target her sense of individuality and reduce the amount of oxygen her brain and body received. *Bingo*. This is the real reason for compulsory

masks, why they have been enforced en masse, and why they seek to increase the number they demand you wear. First one, then two, with one disgraceful alleged 'doctor' recommending four which is nothing less than a death sentence. Where and how often they must be worn is being expanded for the purpose of mass mind control and damaging respiratory health which they can call 'Covid-19'. Canada's government headed by the man-child Justin Trudeau, says it's fine for children of two and older to wear masks. An insane 'study' in Italy involving just 47 children concluded there was no problem for babies as young as *four months* wearing them. Even after people were 'vaccinated' they were still told to wear masks by the criminal that is Anthony Fauci. Cathy wrote that mandating masks is allowing the authorities literally to control the air we breathe which is what was done in MKUltra. You might recall how the singer Michael Jackson wore masks and there is a reason for that. He was subjected to MKUltra mind control through Project Monarch and his psyche was scrambled by these simpletons. Cathy wrote:

In MKUltra Project Monarch mind control, Michael Jackson had to wear a mask to silence his voice so he could not reach out for help. Remember how he developed that whisper voice when he wasn't singing? Masks control the mind from the outside in, like the redefining of words is doing. By controlling what we can and cannot say for fear of being labeled racist or beaten, for example, it ultimately controls thought that drives our words and ultimately actions (or lack thereof).

Likewise, a mask muffles our speech so that we are not heard, which controls voice … words … mind. This is Mind Control. Masks are an obvious mind control device, and I am disturbed so many people are complying on a global scale. Masks depersonalize while making a person feel as though they have no voice. It is a barrier to others. People who would never choose to comply but are forced to wear a mask in order to keep their job, and ultimately their family fed, are compromised. They often feel shame and are subdued. People have stopped talking with each other while media controls the narrative.

The 'no voice' theme has often become literal with train passengers told not to speak to each other in case they pass on the 'virus', singing banned for the same reason and bonkers California officials telling people riding roller coasters that they cannot shout and scream. Cathy said she heard every day from healed MKUltra survivors who cannot wear a mask without flashing back on ways

their breathing was controlled – 'from ball gags and penises to water boarding'. She said that through the years when she saw images of people in China wearing masks 'due to pollution' that it was really to control their oxygen levels. 'I knew it was as much of a population control mechanism of depersonalisation as are burkas', she said. Masks are another Chinese communist/fascist method of control that has been swept across the West as the West becomes China at lightning speed since we entered 2020.

Mask-19

There are other reasons for mandatory masks and these include destroying respiratory health to call it 'Covid-19' and stunting brain development of children and the young. Dr Margarite Griesz-Brisson MD, PhD, is a Consultant Neurologist and Neurophysiologist and the Founder and Medical Director of the London Neurology and Pain Clinic. Her CV goes down the street and round the corner. She is clearly someone who cares about people and won't parrot the propaganda. Griesz-Brisson has a PhD in pharmacology, with special interest in neurotoxicology, environmental medicine, neuroregeneration and neuroplasticity (the way the brain can change in the light of information received). She went public in October, 2020, with a passionate warning about the effects of mask-wearing laws:

> The reinhalation of our exhaled air will without a doubt create oxygen deficiency and a flooding of carbon dioxide. We know that the human brain is very sensitive to oxygen deprivation. There are nerve cells for example in the hippocampus that can't be longer than 3 minutes without oxygen – they cannot survive. The acute warning symptoms are headaches, drowsiness, dizziness, issues in concentration, slowing down of reaction time – reactions of the cognitive system.

Oh, I know, let's tell bus, truck and taxi drivers to wear them and people working machinery. How about pilots, doctors and police? Griesz-Brisson makes the important point that while the symptoms she mentions may fade as the body readjusts this does not alter the fact that people continue to operate in oxygen deficit with long list of

potential consequences. She said it was well known that neurodegenerative diseases take years or decades to develop. 'If today you forget your phone number, the breakdown in your brain would have already started 20 or 30 years ago.' She said degenerative processes in your brain are getting amplified as your oxygen deprivation continues through wearing a mask. Nerve cells in the brain are unable to divide themselves normally in these circumstances and lost nerve cells will no longer be regenerated. 'What is gone is gone.' Now consider that people like shop workers and *schoolchildren* are wearing masks for hours every day. What in the name of sanity is going to be happening to them? 'I do not wear a mask, I need my brain to think', Griesz-Brisson said, 'I want to have a clear head when I deal with my patients and not be in a carbon dioxide-induced anaesthesia'. If you are told to wear a mask anywhere ask the organisation, police, store, whatever, for their risk assessment on the dangers and negative effects on mind and body of enforcing mask-wearing. They won't have one because it has never been done not even by government. All of them must be subject to class-action lawsuits as the consequences come to light. They don't do mask risk assessments for an obvious reason. They know what the conclusions would be and independent scientific studies that *have* been done tell a horror story of consequences.

'Masks are criminal'

Dr Griesz-Brisson said that for children and adolescents, masks are an absolute no-no. They had an extremely active and adaptive immune system and their brain was incredibly active with so much to learn. 'The child's brain, or the youth's brain, is thirsting for oxygen.' The more metabolically active an organ was, the more oxygen it required; and in children and adolescents every organ was metabolically active. Griesz-Brisson said that to deprive a child's or adolescent's brain of oxygen, or to restrict it in any way, was not only dangerous to their health, it was absolutely criminal. 'Oxygen deficiency inhibits the development of the brain, and the damage that has taken place as a result CANNOT be reversed.' Mind

manipulators of MKUltra put masks on two-year-olds they wanted to neurologically rewire and you can see why. Griesz-Brisson said a child needs the brain to learn and the brain needs oxygen to function. 'We don't need a clinical study for that. This is simple, indisputable physiology.' Consciously and purposely induced oxygen deficiency was an absolutely deliberate health hazard, and an absolute medical contraindication which means that 'this drug, this therapy, this method or measure should not be used, and is not allowed to be used'. To coerce an entire population to use an absolute medical contraindication by force, she said, there had to be definite and serious reasons and the reasons must be presented to competent interdisciplinary and independent bodies to be verified and authorised. She had this warning of the consequences that were coming if mask wearing continued:

> When, in ten years, dementia is going to increase exponentially, and the younger generations couldn't reach their god-given potential, it won't help to say 'we didn't need the masks'. I know how damaging oxygen deprivation is for the brain, cardiologists know how damaging it is for the heart, pulmonologists know how damaging it is for the lungs. Oxygen deprivation damages every single organ. Where are our health departments, our health insurance, our medical associations? It would have been their duty to be vehemently against the lockdown and to stop it and stop it from the very beginning.
>
> Why do the medical boards issue punishments to doctors who give people exemptions? Does the person or the doctor seriously have to prove that oxygen deprivation harms people? What kind of medicine are our doctors and medical associations representing? Who is responsible for this crime? The ones who want to enforce it? The ones who let it happen and play along, or the ones who don't prevent it?

All of the organisations and people she mentions there either answer directly to the Cult or do whatever hierarchical levels above them tell them to do. The outcome of both is the same. 'It's not about masks, it's not about viruses, it's certainly not about your health', Griesz-Brisson said. 'It is about much, much more. I am not participating. I am not afraid.' They were taking our air to breathe and there was no unfounded medical exemption from face masks. Oxygen deprivation was dangerous for every single brain. It had to be the free decision of every human being whether they want to

wear a mask that was absolutely ineffective to protect themselves from a virus. She ended by rightly identifying where the responsibility lies for all this:

> The imperative of the hour is personal responsibility. We are responsible for what we think, not the media. We are responsible for what we do, not our superiors. We are responsible for our health, not the World Health Organization. And we are responsible for what happens in our country, not the government.

Halle-bloody-lujah.

But surgeons wear masks, right?

Independent studies of mask-wearing have produced a long list of reports detailing mental, emotional and physical dangers. What a definition of insanity to see police officers imposing mask-wearing on the public which will cumulatively damage their health while the police themselves wear masks that will cumulatively damage *their* health. It's utter madness and both public and police do this because 'the government says so' – yes a government of brain-donor idiots like UK Health Secretary Matt Hancock reading the 'follow the science' scripts of psychopathic, lunatic psychologists. The response you get from Stockholm syndrome sufferers defending the very authorities that are destroying them and their families is that 'surgeons wear masks'. This is considered the game, set and match that they must work and don't cause oxygen deficit. Well, actually, scientific studies have shown that they *do* and oxygen levels are monitored in operating theatres to compensate. Surgeons wear masks to stop spittle and such like dropping into open wounds – not to stop 'viral particles' which are so miniscule they can only be seen through an electron microscope. Holes in the masks are significantly bigger than 'viral particles' and if you sneeze or cough they will breach the mask. I watched an incredibly disingenuous 'experiment' that claimed to prove that masks work in catching 'virus' material from the mouth and nose. They did this with a slow motion camera and the mask did block big stuff which stayed inside the mask and

against the face to be breathed in or cause infections on the face as we have seen with many children. 'Viral particles', however, would never have been picked up by the camera as they came through the mask when they are far too small to be seen. The 'experiment' was therefore disingenuous *and* useless.

Studies have concluded that wearing masks in operating theatres (and thus elsewhere) make no difference to preventing infection while the opposite is true with toxic shite building up in the mask and this had led to an explosion in tooth decay and gum disease dubbed by dentists 'mask mouth'. You might have seen the Internet video of a furious American doctor urging people to take off their masks after a four-year-old patient had been rushed to hospital the night before and nearly died with a lung infection that doctors sourced to mask wearing. A study in the journal *Cancer Discovery* found that inhalation of harmful microbes can contribute to advanced stage lung cancer in adults and long-term use of masks can help breed dangerous pathogens. Microbiologists have said frequent mask wearing creates a moist environment in which microbes can grow and proliferate before entering the lungs. The Canadian Agency for Drugs and Technologies in Health, or CADTH, a Canadian national organisation that provides research and analysis to healthcare decision-makers, said this as long ago as 2013 in a report entitled 'Use of Surgical Masks in the Operating Room: A Review of the Clinical Effectiveness and Guidelines'. It said:

- No evidence was found to support the use of surgical face masks to reduce the frequency of surgical site infections
- No evidence was found on the effectiveness of wearing surgical face masks to protect staff from infectious material in the operating room.
- Guidelines recommend the use of surgical face masks by staff in the operating room to protect both operating room staff and patients (despite the lack of evidence).

We were told that the world could go back to ‘normal’ with the arrival of the ‘vaccines’. When they came, fraudulent as they are, the story changed as I knew that it would. We are in the midst of transforming ‘normal’, not going back to it. Mary Ramsay, head of immunisation at Public Health England, echoed the words of US criminal Anthony Fauci who said masks and other regulations must stay no matter if people are vaccinated. The Fauci idiot continued to wear two masks – different colours so both could be clearly seen – after he *claimed* to have been vaccinated. Senator Rand Paul told Fauci in one exchange that his double-masks were ‘theatre’ and he was right. It’s all theatre. Mary Ramsay back-tracked on the vaccine-return-to-normal theme when she said the public may need to wear masks and social-distance for years despite the jabs. ‘People have got used to those lower-level restrictions now, and [they] can live with them’, she said telling us what the idea has been all along. ‘The vaccine does not give you a pass, even if you have had it, you must continue to follow all the guidelines’ said a Public Health England statement which reneged on what we had been told before and made having the ‘vaccine’ irrelevant to ‘normality’ even by the official story. Spain’s fascist government trumped everyone by passing a law mandating the wearing of masks on the beach and even when swimming in the sea. The move would have devastated what’s left of the Spanish tourist industry, posed potential breathing dangers to swimmers and had Northern European sunbathers walking around with their forehead brown and the rest of their face white as a sheet. The ruling was so crazy that it had to be retracted after pressure from public and tourist industry, but it confirmed where the Cult wants to go with masks and how clinically insane authority has become. The determination to make masks permanent and hide the serious dangers to body and mind can be seen in the censorship of scientist Professor Denis Rancourt by Bill Gates-funded academic publishing website ResearchGate over his papers exposing the dangers and uselessness of masks. Rancourt said:

ResearchGate today has permanently locked my account, which I have had since 2015. Their reasons graphically show the nature of their attack against democracy, and their corruption of

science … By their obscene non-logic, a scientific review of science articles reporting on harms caused by face masks has a 'potential to cause harm'. No criticism of the psychological device (face masks) is tolerated, if the said criticism shows potential to influence public policy.

This is what happens in a fascist world.

Where are the 'greens' (again)?

Other dangers of wearing masks especially regularly relate to the inhalation of minute plastic fibres into the lungs and the deluge of discarded masks in the environment and oceans. Estimates predicted that more than 1.5 billion disposable masks will end up in the world's oceans every year polluting the water with tons of plastic and endangering marine wildlife. Studies project that humans are using 129 billion face masks each month worldwide – about three million a minute. Most are disposable and made from plastic, non-biodegradable microfibers that break down into smaller plastic particles that become widespread in ecosystems. They are littering cities, clogging sewage channels and turning up in bodies of water. I have written in other books about the immense amounts of microplastics from endless sources now being absorbed into the body. Rolf Halden, director of the Arizona State University (ASU) Biodesign Center for Environmental Health Engineering, was the senior researcher in a 2020 study that analysed 47 human tissue samples and found microplastics in all of them. 'We have detected these chemicals of plastics in every single organ that we have investigated', he said. I wrote in *The Answer* about the world being deluged with microplastics. A study by the Worldwide Fund for Nature (WWF) found that people are consuming on average every week some 2,000 tiny pieces of plastic mostly through water and also through marine life and the air. Every year humans are ingesting enough microplastics to fill a heaped dinner plate and in a life-time of 79 years it is enough to fill two large waste bins. Marco Lambertini, WWF International director general said: 'Not only are plastics polluting our oceans and waterways and killing marine life – it's in all of us and we can't escape consuming plastics,' American

geologists found tiny plastic fibres, beads and shards in rainwater samples collected from the remote slopes of the Rocky Mountain National Park near Denver, Colorado. Their report was headed: 'It is raining plastic.' Rachel Adams, senior lecturer in Biomedical Science at Cardiff Metropolitan University, said that among health consequences are internal inflammation and immune responses to a 'foreign body'. She further pointed out that microplastics become carriers of toxins including mercury, pesticides and dioxins (a known cause of cancer and reproductive and developmental problems). These toxins accumulate in the fatty tissues once they enter the body through microplastics. Now this is being compounded massively by people putting plastic on their face and throwing it away.

Workers exposed to polypropylene plastic fibres known as 'flock' have developed 'flock worker's lung' from inhaling small pieces of the flock fibres which can damage lung tissue, reduce breathing capacity and exacerbate other respiratory problems. *Now* … commonly used surgical masks have three layers of melt-blown textiles made of … polypropylene. We have billions of people putting these microplastics against their mouth, nose and face for hours at a time day after day in the form of masks. How does anyone think that will work out? I mean – what could possibly go wrong? We posted a number of scientific studies on this at davidicke.com, but when I went back to them as I was writing this book the links to the science research website where they were hosted were dead. Anything that challenges the official narrative in any way is either censored or vilified. The official narrative is so unsupportable by the evidence that only deleting the truth can protect it. A study by Chinese scientists still survived – with the usual twist which it why it was still active, I guess. Yes, they found that virtually all the masks they tested increased the daily intake of microplastic fibres, but people should still wear them because the danger from the 'virus' was worse said the crazy 'team' from the Institute of Hydrobiology in Wuhan. Scientists first discovered microplastics in lung tissue of some patients who died of lung cancer

in the 1990s. Subsequent studies have confirmed the potential health damage with the plastic degrading slowly and remaining in the lungs to accumulate in volume. Wuhan researchers used a machine simulating human breathing to establish that masks shed up to nearly 4,000 microplastic fibres in a month with reused masks producing more. Scientists said some masks are laced with toxic chemicals and a variety of compounds seriously restricted for both health and environmental reasons. They include cobalt (used in blue dye) and formaldehyde known to cause watery eyes, burning sensations in the eyes, nose, and throat, plus coughing, wheezing and nausea. No – that must be 'Covid-19'.

Mask 'worms'

There is another and potentially even more sinister content of masks. Mostly new masks of different makes filmed under a microscope around the world have been found to contain strange black fibres or 'worms' that appear to move or 'crawl' by themselves and react to heat and water. The nearest I have seen to them are the self-replicating fibres that are pulled out through the skin of those suffering from Morgellons disease which has been connected to the phenomena of 'chemtrails' which I will bring into the story later on. Morgellons fibres continue to grow outside the body and have a form of artificial intelligence. Black 'worm' fibres in masks have that kind of feel to them and there is a nanotechnology technique called 'worm micelles' which carry and release drugs or anything else you want to deliver to the body. For sure the suppression of humanity by mind altering drugs is the Cult agenda big time and the more excuses they can find to gain access to the body the more opportunities there are to make that happen whether through 'vaccines' or masks pushed against the mouth and nose for hours on end.

So let us summarise the pros and cons of masks:

Against masks: Breathing in your own carbon dioxide; depriving the body and brain of sufficient oxygen; build-up of toxins in the mask that can be breathed into the lungs and cause rashes on the face and 'mask-mouth'; breathing microplastic fibres and toxic chemicals into the lungs; dehumanisation and deleting individualisation by literally making people faceless; destroying human emotional interaction through facial expression and deleting parental connection with their babies which look for guidance to their facial expression.

For masks: They don't protect you from a 'virus' that doesn't exist and even if it did 'viral' particles are so minute they are smaller than the holes in the mask.

Governments, police, supermarkets, businesses, transport companies, and all the rest who seek to impose masks have done no risk assessment on their consequences for health and psychology and are now open to group lawsuits when the impact becomes clear with a cumulative epidemic of respiratory and other disease. Authorities will try to exploit these effects and hide the real cause by dubbing them 'Covid-19'. Can you imagine setting out to force the population to wear health-destroying masks without doing any assessment of the risks? It is criminal and it is evil, but then how many people targeted in this way, who see their children told to wear them all day at school, have asked for a risk assessment? Billions can't be imposed upon by the few unless the billions allow it. Oh, yes, with just a tinge of irony, 85 percent of all masks made worldwide come from *China*.

Wash your hands in toxic shite

'Covid' rules include the use of toxic sanitisers and again the health consequences of constantly applying toxins to be absorbed through the skin is obvious to any level of Renegade Mind. America's Food and Drug Administration (FDA) said that sanitisers are drugs and issued a warning about 75 dangerous brands which contain

methanol used in antifreeze and can cause death, kidney damage and blindness. The FDA circulated the following warning even for those brands that it claims to be safe:

> Store hand sanitizer out of the reach of pets and children, and children should use it only with adult supervision. Do not drink hand sanitizer. This is particularly important for young children, especially toddlers, who may be attracted by the pleasant smell or brightly colored bottles of hand sanitizer.
>
> Drinking even a small amount of hand sanitizer can cause alcohol poisoning in children. (However, there is no need to be concerned if your children eat with or lick their hands after using hand sanitizer.) During this coronavirus pandemic, poison control centers have had an increase in calls about accidental ingestion of hand sanitizer, so it is important that adults monitor young children's use.
>
> Do not allow pets to swallow hand sanitizer. If you think your pet has eaten something potentially dangerous, call your veterinarian or a pet poison control center right away. Hand sanitizer is flammable and should be stored away from heat and flames. When using hand sanitizer, rub your hands until they feel completely dry before performing activities that may involve heat, sparks, static electricity, or open flames.

There you go, perfectly safe, then, and that's without even a mention of the toxins absorbed through the skin. Come on kids – sanitise your hands everywhere you go. It will save you from the 'virus'. Put all these elements together of the 'Covid' normal and see how much health and psychology is being cumulatively damaged, even devastated, to 'protect your health'. Makes sense, right? They are only imposing these things because they care, right? *Right?*

Submitting to insanity

Psychological reframing of the population goes very deep and is done in many less obvious ways. I hear people say how contradictory and crazy 'Covid' rules are and how they are ever changing. This is explained away by dismissing those involved as idiots. It is a big mistake. The Cult is delighted if its cold calculation is perceived as incompetence and idiocy when it is anything but. Oh, yes, there are idiots within the system – lots of them – but they are *administering* the Cult agenda, mostly unknowingly. They are not deciding and dictating it. The bulwark against tyranny is self-

respect, always has been, always will be. It is self-respect that has broken every tyranny in history. By its very nature self-respect will not bow to oppression and its perpetrators. There is so little self-respect that it's always the few that overturn dictators. Many may eventually follow, but the few with the iron spines (self-respect) kick it off and generate the momentum. The Cult targets self-respect in the knowledge that once this has gone only submission remains. Crazy, contradictory, ever-changing 'Covid' rules are systematically applied by psychologists to delete self-respect. They *want* you to see that the rules make no sense. It is one thing to decide to do something when *you* have made the choice based on evidence and logic. You still retain your self-respect. It is quite another when you can see what you are being told to do is insane, ridiculous and makes no sense, and *yet you still do it*. Your self-respect is extinguished and this has been happening as ever more obviously stupid and nonsensical things have been demanded and the great majority have complied even when they can see they are stupid and nonsensical.

People walk around in face-nappies knowing they are damaging their health and make no difference to a 'virus'. They do it in fear of not doing it. I know it's daft, but I'll do it anyway. When that happens something dies inside of you and submissive reframing has begun. Next there's a need to hide from yourself that you have conceded your self-respect and you convince yourself that you have not really submitted to fear and intimidation. You begin to believe that you are complying with craziness because it's the right thing to do. When first you concede your self-respect of 2+2 = 4 to 2+2 = 5 you *know* you are compromising your self-respect. Gradually to avoid facing that fact you begin to *believe* that 2+2=5. You have been reframed and I have been watching this process happening in the human psyche on an industrial scale. The Cult is working to break your spirit and one of its major tools in that war is humiliation. I read how former American soldier Bradley Manning (later Chelsea Manning after a sex-change) was treated after being jailed for supplying WikiLeaks with documents exposing the enormity of

government and elite mendacity. Manning was isolated in solitary confinement for eight months, put under 24-hour surveillance, forced to hand over clothing before going to bed, and stand naked for every roll call. This is systematic humiliation. The introduction of anal swab 'Covid' tests in China has been done for the same reason to delete self-respect and induce compliant submission. Anal swabs are mandatory for incoming passengers in parts of China and American diplomats have said they were forced to undergo the indignity which would have been calculated humiliation by the Cult-owned Chinese government that has America in its sights.

Government-people: An abusive relationship

Spirit-breaking psychological techniques include giving people hope and apparent respite from tyranny only to take it away again. This happened in the UK during Christmas, 2020, when the psycho-psychologists and their political lackeys announced an easing of restrictions over the holiday only to reimpose them almost immediately on the basis of yet another lie. There is a big psychological difference between getting used to oppression and being given hope of relief only to have that dashed. Psychologists know this and we have seen the technique used repeatedly. Then there is traumatising people before you introduce more extreme regulations that require compliance. A perfect case was the announcement by the dark and sinister Whitty and Vallance in the UK that 'new data' predicted that 4,000 could die every day over the winter of 2020/2021 if we did not lockdown again. I think they call it lying and after traumatising people with that claim out came Jackboot Johnson the next day with new curbs on human freedom. Psychologists know that a frightened and traumatised mind becomes suggestable to submission and behaviour reframing. Underpinning all this has been to make people fearful and suspicious of each other and see themselves as a potential danger to others. In league with deleted self-respect you have the perfect psychological recipe for self-loathing. The relationship between authority and public is now demonstrably the same as that of

subservience to an abusive partner. These are signs of an abusive relationship explained by psychologist Leslie Becker-Phelps:

Psychological and emotional abuse: Undermining a partner's self-worth with verbal attacks, name-calling, and belittling. Humiliating the partner in public, unjustly accusing them of having an affair, or interrogating them about their every behavior. Keeping partner confused or off balance by saying they were just kidding or blaming the partner for 'making' them act this way … Feigning in public that they care while turning against them in private. This leads to victims frequently feeling confused, incompetent, unworthy, hopeless, and chronically self-doubting. [Apply these techniques to how governments have treated the population since New Year, 2020, and the parallels are obvious.]

Physical abuse: The abuser might physically harm their partner in a range of ways, such as grabbing, hitting, punching, or shoving them. They might throw objects at them or harm them with a weapon. [Observe the physical harm imposed by masks, lockdown, and so on.]

Threats and intimidation: One way abusers keep their partners in line is by instilling fear. They might be verbally threatening, or give threatening looks or gestures. Abusers often make it known that they are tracking their partner's every move. They might destroy their partner's possessions, threaten to harm them, or threaten to harm their family members. Not surprisingly, victims of this abuse often feel anxiety, fear, and panic. [No words necessary.]

Isolation: Abusers often limit their partner's activities, forbidding them to talk or interact with friends or family. They might limit access to a car or even turn off their phone. All of this might be done by physically holding them against their will, but is often accomplished through psychological abuse and intimidation. The more isolated a person feels, the fewer resources they have to help gain perspective on their situation and to escape from it. [No words necessary.]

Economic abuse: Abusers often make their partners beholden to them for money by controlling access to funds of any kind. They might prevent their partner from getting a job or withhold access to money they earn from a job. This creates financial dependency that makes leaving the relationship very difficult. [See destruction of livelihoods and the proposed meagre 'guaranteed income' so long as you do whatever you are told.]

Using children: An abuser might disparage their partner's parenting skills, tell their children lies about their partner, threaten to take custody of their children, or threaten to harm their children. These tactics instil fear and often elicit compliance. [See reframed social service mafia and how children are being mercilessly abused by the state over 'Covid' while their parents look on too frightened to do anything.]

A further recurring trait in an abusive relationship is the abused blaming themselves for their abuse and making excuses for the abuser. We have the public blaming each other for lockdown abuse by government and many making excuses for the government while attacking those who challenge the government. How often we have heard authorities say that rules are being imposed or reimposed only because people have refused to 'behave' and follow the rules. We don't want to do it – it's *you*.

Renegade Minds are an antidote to all of these things. They will never concede their self-respect no matter what the circumstances. Even when apparent humiliation is heaped upon them they laugh in its face and reflect back the humiliation on the abuser where it belongs. Renegade Minds will never wear masks they know are only imposed to humiliate, suppress and damage both physically and psychologically. Consequences will take care of themselves and they will never break their spirit or cause them to concede to tyranny. UK newspaper columnist Peter Hitchens was one of the few in the mainstream media to speak out against lockdowns and forced vaccinations. He then announced he had taken the jab. He wanted to see family members abroad and he believed vaccine passports were inevitable even though they had not yet been introduced. Hitchens

has a questioning and critical mind, but not a Renegade one. If he had no amount of pressure would have made him concede. Hitchens excused his action by saying that the battle has been lost. Renegade Minds never accept defeat when freedom is at stake and even if they are the last one standing the self-respect of not submitting to tyranny is more important than any outcome or any consequence.

That's why Renegade Minds are the only minds that ever changed anything worth changing.

CHAPTER EIGHT

'Reframing' insanity

Insanity is relative. It depends on who has who locked in what cage
Ray Bradbury

'Reframing' a mind means simply to change its perception and behaviour. This can be done subconsciously to such an extent that subjects have no idea they have been 'reframed' while to any observer changes in behaviour and attitudes are obvious.

Human society is being reframed on a ginormous scale since the start of 2020 and here we have the reason why psychologists rather than doctors have been calling the shots. Ask most people who have succumbed to 'Covid' reframing if they have changed and most will say 'no'; but they *have* and fundamentally. The Cult's long-game has been preparing for these times since way back and crucial to that has been to prepare both population and officialdom mentally and emotionally. To use the mind-control parlance they had to reframe the population with a mentality that would submit to fascism and reframe those in government and law enforcement to impose fascism or at least go along with it. The result has been the fact-deleted mindlessness of 'Wokeness' and officialdom that has either enthusiastically or unquestioningly imposed global tyranny demanded by reframed politicians on behalf of psychopathic and deeply evil cultists. 'Cognitive reframing' identifies and challenges the way someone sees the world in the form of situations, experiences and emotions and then restructures those perceptions to view the same set of circumstances in a different way. This can have

benefits if the attitudes are personally destructive while on the other side it has the potential for individual and collective mind control which the subject has no idea has even happened.

Cognitive therapy was developed in the 1960s by Aaron T. Beck who was born in Rhode Island in 1921 as the son of Jewish immigrants from the Ukraine. He became interested in the techniques as a treatment for depression. Beck's daughter Judith S. Beck is prominent in the same field and they founded the Beck Institute for Cognitive Behavior Therapy in Philadelphia in 1994. Cognitive reframing, however, began to be used worldwide by those with a very dark agenda. The Cult reframes politicians to change their attitudes and actions until they are completely at odds with what they once appeared to stand for. The same has been happening to government administrators at all levels, law enforcement, military and the human population. Cultists love mind control for two main reasons: It allows them to control what people think, do and say to secure agenda advancement and, by definition, it calms their legendary insecurity and fear of the unexpected. I have studied mind control since the time I travelled America in 1996. I may have been talking to next to no one in terms of an audience in those years, but my goodness did I gather a phenomenal amount of information and knowledge about so many things including the techniques of mind control. I have described this in detail in other books going back to *The Biggest Secret* in 1998. I met a very large number of people recovering from MKUltra and its offshoots and successors and I began to see how these same techniques were being used on the population in general. This was never more obvious than since the 'Covid' hoax began.

Reframing the enforcers

I have observed over the last two decades and more the very clear transformation in the dynamic between the police, officialdom and the public. I tracked this in the books as the relationship mutated from one of serving the public to seeing them as almost the enemy and certainly a lower caste. There has always been a class divide

based on income and always been some psychopathic, corrupt, and big-I-am police officers. This was different. Wholesale change was unfolding in the collective dynamic; it was less about money and far more about position and perceived power. An us-and-them was emerging. Noses were lifted skyward by government administration and law enforcement and their attitude to the public they were *supposed* to be serving changed to one of increasing contempt, superiority and control. The transformation was so clear and widespread that it had to be planned. Collective attitudes and dynamics do not change naturally and organically that quickly on that scale. I then came across an organisation in Britain called Common Purpose created in the late 1980s by Julia Middleton who would work in the office of Deputy Prime Minister John Prescott during the long and disastrous premiership of war criminal Tony Blair. When Blair speaks the Cult is speaking and the man should have been in jail a long time ago. Common Purpose proclaims itself to be one of the biggest 'leadership development' organisations in the world while functioning as a *charity* with all the financial benefits which come from that. It hosts 'leadership development' courses and programmes all over the world and claims to have 'brought together' what it calls 'leaders' from more than 100 countries on six continents. The modus operandi of Common Purpose can be compared with the work of the UK government's reframing network that includes the Behavioural Insights Team 'nudge unit' and 'Covid' reframing specialists at SPI-B. WikiLeaks described Common Purpose long ago as 'a hidden virus in our government and schools' which is unknown to the general public: 'It recruits and trains "leaders" to be loyal to the directives of Common Purpose and the EU, instead of to their own departments, which they then undermine or subvert, the NHS [National Health Service] being an example.' This is a vital point to understand the 'Covid' hoax. The NHS, and its equivalent around the world, has been utterly reframed in terms of administrators and much of the medical personnel with the transformation underpinned by recruitment policies. The outcome has been the criminal and psychopathic behaviour of the

NHS over 'Covid' and we have seen the same in every other major country. WikiLeaks said Common Purpose trainees are 'learning to rule without regard to democracy' and to usher in a police state (current events explained). Common Purpose operated like a 'glue' and had members in the NHS, BBC, police, legal profession, church, many of Britain's 7,000 quangos, local councils, the Civil Service, government ministries and Parliament, and controlled many RDA's (Regional Development Agencies). Here we have one answer for how and why British institutions and their like in other countries have changed so negatively in relation to the public. This further explains how and why the beyond-disgraceful reframed BBC has become a propaganda arm of 'Covid' fascism. They are all part of a network pursuing the same goal.

By 2019 Common Purpose was quoting a figure of 85,000 'leaders' that had attended its programmes. These 'students' of all ages are known as Common Purpose 'graduates' and they consist of government, state and local government officials and administrators, police chiefs and officers, and a whole range of others operating within the national, local and global establishment. Cressida Dick, Commissioner of the London Metropolitan Police, is the Common Purpose graduate who was the 'Gold Commander' that oversaw what can only be described as the murder of Brazilian electrician Jean Charles de Menezes in 2005. He was held down by psychopathic police and shot seven times in the head by a psychopathic lunatic after being mistaken for a terrorist when he was just a bloke going about his day. Dick authorised officers to pursue and keep surveillance on de Menezes and ordered that he be stopped from entering the underground train system. Police psychopaths took her at her word clearly. She was 'disciplined' for this outrage by being *promoted* – eventually to the top of the 'Met' police where she has been a disaster. Many Chief Constables controlling the police in different parts of the UK are and have been Common Purpose graduates. I have heard the 'graduate' network described as a sort of Mafia or secret society operating within the fabric of government at all levels pursuing a collective policy

ingrained at Common Purpose training events. Founder Julia Middleton herself has said:

> Locally and internationally, Common Purpose graduates will be 'lighting small fires' to create change in their organisations and communities … The Common Purpose effect is best illustrated by the many stories of small changes brought about by leaders, who themselves have changed.

A Common Purpose mission statement declared:

> Common Purpose aims to improve the way society works by expanding the vision, decision-making ability and influence of all kinds of leaders. The organisation runs a variety of educational programmes for leaders of all ages, backgrounds and sectors, in order to provide them with the inspirational, information and opportunities they need to change the world.

Yes, but into what? Since 2020 the answer has become clear.

NLP and the Delphi technique

Common Purpose would seem to be a perfect name or would common programming be better? One of the foundation methods of reaching 'consensus' (group think) is by setting the agenda theme and then encouraging, cajoling or pressuring everyone to agree a 'consensus' in line with the core theme promoted by Common Purpose. The methodology involves the 'Delphi technique', or an adaption of it, in which opinions are expressed that are summarised by a 'facilitator or change agent' at each stage. Participants are 'encouraged' to modify their views in the light of what others have said. Stage by stage the former individual opinions are merged into group consensus which just happens to be what Common Purpose wants them to believe. A key part of this is to marginalise anyone refusing to concede to group think and turn the group against them to apply pressure to conform. We are seeing this very technique used on the general population to make 'Covid' group-thinkers hostile to those who have seen through the bullshit. People can be reframed by using perception manipulation methods such as Neuro-Linguistic Programming (NLP) in which you change perception with the use of

carefully constructed language. An NLP website described the technique this way:

> … A method of influencing brain behaviour (the 'neuro' part of the phrase) through the use of language (the 'linguistic' part) and other types of communication to enable a person to 'recode' the way the brain responds to stimuli (that's the 'programming') and manifest new and better behaviours. Neuro-Linguistic Programming often incorporates hypnosis and self-hypnosis to help achieve the change (or 'programming') that is wanted.

British alternative media operation UKColumn has done very detailed research into Common Purpose over a long period. I quoted co-founder and former naval officer Brian Gerrish in my book *Remember Who You Are*, published in 2011, as saying the following years before current times:

> It is interesting that many of the mothers who have had children taken by the State speak of the Social Services people being icily cool, emotionless and, as two ladies said in slightly different words, '… like little robots'. We know that NLP is cumulative, so people can be given small imperceptible doses of NLP in a course here, another in a few months, next year etc. In this way, major changes are accrued in their personality, but the day by day change is almost unnoticeable.

In these and other ways 'graduates' have had their perceptions uniformly reframed and they return to their roles in the institutions of government, law enforcement, legal profession, military, 'education', the UK National Health Service and the whole swathe of the establishment structure to pursue a common agenda preparing for the 'post-industrial', 'post-democratic' society. I say 'preparing' but we are now there. 'Post-industrial' is code for the Great Reset and 'post-democratic' is 'Covid' fascism. UKColumn has spoken to partners of those who have attended Common Purpose 'training'. They have described how personalities and attitudes of 'graduates' changed very noticeably for the worse by the time they had completed the course. They had been 'reframed' and told they are the 'leaders' – the special ones – who know better than the population. There has also been the very demonstrable recruitment of psychopaths and narcissists into government administration at all

levels and law enforcement. If you want psychopathy hire psychopaths and you get a simple cause and effect. If you want administrators, police officers and 'leaders' to perceive the public as lesser beings who don't matter then employ narcissists. These personalities are identified using 'psychometrics' that identifies knowledge, abilities, attitudes and personality traits, mostly through carefully-designed questionnaires and tests. As this policy has passed through the decades we have had power-crazy, power-trippers appointed into law enforcement, security and government administration in preparation for current times and the dynamic between public and law enforcement/officialdom has been transformed. UKColumn's Brian Gerrish said of the narcissistic personality:

> Their love of themselves and power automatically means that they will crush others who get in their way. I received a major piece of the puzzle when a friend pointed out that when they made public officials re-apply for their own jobs several years ago they were also required to do psychometric tests. This was undoubtedly the start of the screening process to get 'their' sort of people in post.

How obvious that has been since 2020 although it was clear what was happening long before if people paid attention to the changing public-establishment dynamic.

Change agents

At the centre of events in 'Covid' Britain is the National Health Service (NHS) which has behaved disgracefully in slavishly following the Cult agenda. The NHS management structure is awash with Common Purpose graduates or 'change agents' working to a common cause. Helen Bevan, a Chief of Service Transformation at the NHS Institute for Innovation and Improvement, co-authored a document called 'Towards a million change agents, a review of the social movements literature: implications for large scale change in the NHS'. The document compared a project management approach to that of change and social movements where 'people change

themselves and each other – peer to peer'. Two definitions given for a 'social movement' were:

A group of people who consciously attempt to build a radically new social order; involves people of a broad range of social backgrounds; and deploys politically confrontational and socially disruptive tactics – Cyrus Zirakzadeh 1997

Collective challenges, based on common purposes and social solidarities, in sustained interaction with elites, opponents, and authorities – Sidney Tarrow 1994

Helen Bevan wrote another NHS document in which she defined 'framing' as 'the process by which leaders construct, articulate and put across their message in a powerful and compelling way in order to win people to their cause and call them to action'. I think I could come up with another definition that would be rather more accurate. The National Health Service and institutions of Britain and the wider world have been taken over by reframed 'change agents' and that includes everything from the United Nations to national governments, local councils and social services which have been kidnapping children from loving parents on an extraordinary and gathering scale on the road to the end of parenthood altogether. Children from loving homes are stolen and kidnapped by the state and put into the 'care' (inversion) of the local authority through council homes, foster parents and forced adoption. At the same time children are allowed to be abused without response while many are under council 'care'. UKColumn highlighted the Common Purpose connection between South Yorkshire Police and Rotherham council officers in the case of the scandal in that area of the sexual exploitation of children to which the authorities turned not one blind eye, but both:

> We were alarmed to discover that the Chief Executive, the Strategic Director of Children and Young People's Services, the Manager for the Local Strategic Partnership, the Community Cohesion Manager, the Cabinet Member for Cohesion, the Chief Constable and his predecessor had all attended Leadership training courses provided by the pseudo-charity Common Purpose.

Once 'change agents' have secured positions of hire and fire within any organisation things start to move very quickly. Personnel are then hired and fired on the basis of whether they will work towards the agenda the change agent represents. If they do they are rapidly promoted even though they may be incompetent. Those more qualified and skilled who are pre-Common Purpose 'old school' see their careers stall and even disappear. This has been happening for decades in every institution of state, police, 'health' and social services and all of them have been transformed as a result in their attitudes to their jobs and the public. Medical professions, including nursing, which were once vocations for the caring now employ many cold, callous and couldn't give a shit personality types. The UKColumn investigation concluded:

> By blurring the boundaries between people, professions, public and private sectors, responsibility and accountability, Common Purpose encourages 'graduates' to believe that as new selected leaders, they can work together, outside of the established political and social structures, to achieve a paradigm shift or CHANGE – so called 'Leading Beyond Authority'. In doing so, the allegiance of the individual becomes 'reframed' on CP colleagues and their NETWORK.

Reframing the Face-Nappies

Nowhere has this process been more obvious than in the police where recruitment of psychopaths and development of unquestioning mind-controlled group-thinkers have transformed law enforcement into a politically-correct 'Woke' joke and a travesty of what should be public service. Today they wear their face-nappies like good little gofers and enforce 'Covid' rules which are fascism under another name. Alongside the specifically-recruited psychopaths we have software minds incapable of free thought. Brian Gerrish again:

An example is the policeman who would not get on a bike for a press photo because he had not done the cycling proficiency course. Normal people say this is political correctness gone mad. Nothing could be further from the truth. The policeman has been reframed, and in his reality it is perfect common sense not to get on the bike 'because he hasn't done the cycling course'.

Another example of this is where the police would not rescue a boy from a pond until they had taken advice from above on the 'risk assessment'. A normal person would have arrived, perhaps thought of the risk for a moment, and dived in. To the police now 'reframed', they followed 'normal' procedure.

There are shocking cases of reframed ambulance crews doing the same. Sheer unthinking stupidity of London Face-Nappies headed by Common Purpose graduate Cressida Dick can be seen in their behaviour at a vigil in March, 2021, for a murdered woman, Sarah Everard. A police officer had been charged with the crime. Anyone with a brain would have left the vigil alone in the circumstances. Instead they 'manhandled' women to stop them breaking 'Covid rules' to betray classic reframing. Minds in the thrall of perception control have no capacity for seeing a situation on its merits and acting accordingly. 'Rules is rules' is their only mind-set. My father used to say that rules and regulations are for the guidance of the intelligent and the blind obedience of the idiot. Most of the intelligent, decent, coppers have gone leaving only the other kind and a few old school for whom the job must be a daily nightmare. The combination of psychopaths and rule-book software minds has been clearly on public display in the 'Covid' era with automaton robots in uniform imposing fascistic 'Covid' regulations on the population without any personal initiative or judging situations on their merits. There are thousands of examples around the world, but I'll make my point with the infamous Derbyshire police in the English East Midlands – the ones who think pouring dye into beauty spots and using drones to track people walking in the countryside away from anyone is called 'policing'. To them there are rules decreed by the government which they have to enforce and in their bewildered state a group gathering in a closed space and someone walking alone in the countryside are the same thing. It is beyond idiocy and enters the realm of clinical insanity.

Police officers in Derbyshire said they were ‘horrified’ – *horrified* – to find 15 to 20 ‘irresponsible’ kids playing a football match at a closed leisure centre ‘in breach of coronavirus restrictions’. When they saw the police the kids ran away leaving their belongings behind and the reframed men and women of Derbyshire police were seeking to establish their identities with a view to fining their parents. The most natural thing for youngsters to do – kicking a ball about – is turned into a criminal activity and enforced by the moronic software programs of Derbyshire police. You find the same mentality in every country. These barely conscious ‘horrified’ officers said they had to take action because ‘we need to ensure these rules are being followed’ and ‘it is of the utmost importance that you ensure your children are following the rules and regulations for Covid-19’. Had any of them done ten seconds of research to see if this parroting of their masters’ script could be supported by any evidence? Nope. Reframed people don’t think – others think for them and that’s the whole idea of reframing. I have seen police officers one after the other repeating without question word for word what officialdom tells them just as I have seen great swathes of the public doing the same. Ask either for ‘their’ opinion and out spews what they have been told to think by the official narrative. Police and public may seem to be in different groups, but their mentality is the same. Most people do whatever they are told in fear not doing so or because they believe what officialdom tells them; almost the entirety of the police do what they are told for the same reason. Ultimately it’s the tiny inner core of the global Cult that’s telling both what to do.

So Derbyshire police were ‘horrified’. Oh, really? Why did they think those kids were playing football? It was to relieve the psychological consequences of lockdown and being denied human contact with their friends and interaction, touch and discourse vital to human psychological health. Being denied this month after month has dismantled the psyche of many children and young people as depression and suicide have exploded. Were Derbyshire police *horrified by that*? Are you kidding? Reframed people don’t have those

mental and emotional processes that can see how the impact on the psychological health of youngsters is far more dangerous than any 'virus' even if you take the mendacious official figures to be true. The reframed are told (programmed) how to act and so they do. The Derbyshire Chief Constable in the first period of lockdown when the black dye and drones nonsense was going on was Peter Goodman. He was the man who severed the connection between his force and the Derbyshire Constabulary *Male Voice* Choir when he decided that it was not inclusive enough to allow women to join. The fact it was a male voice choir making a particular sound produced by male voices seemed to elude a guy who terrifyingly ran policing in Derbyshire. He retired weeks after his force was condemned as disgraceful by former Supreme Court Justice Jonathan Sumption for their behaviour over extreme lockdown impositions. Goodman was replaced by his deputy Rachel Swann who was in charge when her officers were 'horrified'. The police statement over the boys committing the hanging-offence of playing football included the line about the youngsters being 'irresponsible in the times we are all living through' missing the point that the real relevance of the 'times we are all living through' is the imposition of fascism enforced by psychopaths and reframed minds of police officers playing such a vital part in establishing the fascist tyranny that their own children and grandchildren will have to live in their entire lives. As a definition of insanity that is hard to beat although it might be run close by imposing masks on people that can have a serious effect on their health while wearing a face nappy all day themselves. Once again public and police do it for the same reason – the authorities tell them to and who are they to have the self-respect to say no?

Wokers in uniform

How reframed do you have to be to arrest a *six-year-old* and take him to court for *picking a flower* while waiting for a bus? Brain dead police and officialdom did just that in North Carolina where criminal proceedings happen regularly for children under nine. Attorney Julie Boyer gave the six-year-old crayons and a colouring book

during the ‘flower’ hearing while the ‘adults’ decided his fate. County Chief District Court Judge Jay Corpening asked: ‘Should a child that believes in Santa Claus, the Easter Bunny and the tooth fairy be making life-altering decisions?’ Well, of course not, but common sense has no meaning when you have a common purpose and a reframed mind. Treating children in this way, and police operating in American schools, is all part of the psychological preparation for children to accept a police state as normal all their adult lives. The same goes for all the cameras and biometric tracking technology in schools. Police training is focused on reframing them as snowflake Wokers and this is happening in the military. Pentagon top brass said that ‘training sessions on extremism’ were needed for troops who asked why they were so focused on the Capitol Building riot when Black Lives Matter riots were ignored. What’s the difference between them some apparently and rightly asked. Actually, there is a difference. Five people died in the Capitol riot, only one through violence, and that was a police officer shooting an unarmed protestor. BLM riots killed at least 25 people and cost billions. Asking the question prompted the psychopaths and reframed minds that run the Pentagon to say that more ‘education’ (programming) was needed. Troop training is all based on psychological programming to make them fodder for the Cult – ‘Military men are just dumb, stupid animals to be used as pawns in foreign policy’ as Cult-to-his-DNA former Secretary of State Henry Kissinger famously said. Governments see the police in similar terms and it’s time for those among them who can see this to defend the people and stop being enforcers of the Cult agenda upon the people.

The US military, like the country itself, is being targeted for destruction through a long list of Woke impositions. Cult-owned gaga ‘President’ Biden signed an executive order when he took office to allow taxpayer money to pay for transgender surgery for active military personnel and veterans. Are you a man soldier? No, I’m a LGBTQIA+ with a hint of Skoliosexual and Spectrasexual. Oh, good man. Bad choice of words you bigot. The Pentagon announced in March, 2021, the appointment of the first ‘diversity and inclusion

officer' for US Special Forces. Richard Torres-Estrada arrived with the publication of a 'D&I Strategic Plan which will guide the enterprise-wide effort to institutionalize and sustain D&I'. If you think a Special Forces 'Strategic Plan' should have something to do with defending America you haven't been paying attention. Defending Woke is now the military's new role. Torres-Estrada has posted images comparing Donald Trump with Adolf Hitler and we can expect no bias from him as a representative of the supposedly non-political Pentagon. Cable news host Tucker Carlson said: 'The Pentagon is now the Yale faculty lounge but with cruise missiles.' Meanwhile Secretary of Defense Lloyd Austin, a board member of weapons-maker Raytheon with stock and compensation interests in October, 2020, worth $1.4 million, said he was purging the military of the 'enemy within' – anyone who isn't Woke and supports Donald Trump. Austin refers to his targets as 'racist extremists' while in true Woke fashion being himself a racist extremist. Pentagon documents pledge to 'eradicate, eliminate and conquer all forms of racism, sexism and homophobia'. The definitions of these are decided by 'diversity and inclusion committees' peopled by those who see racism, sexism and homophobia in every situation and opinion. Woke (the Cult) is dismantling the US military and purging testosterone as China expands its military and gives its troops 'masculinity training'. How do we think that is going to end when this is all Cult coordinated? The US military, like the British military, is controlled by Woke and spineless top brass who just go along with it out of personal career interests.

'Woke' means fast asleep

Mind control and perception manipulation techniques used on individuals to create group-think have been unleashed on the global population in general. As a result many have no capacity to see the obvious fascist agenda being installed all around them or what 'Covid' is really all about. Their brains are firewalled like a computer system not to process certain concepts, thoughts and realisations that are bad for the Cult. The young are most targeted as the adults they

will be when the whole fascist global state is planned to be fully implemented. They need to be prepared for total compliance to eliminate all pushback from entire generations. The Cult has been pouring billions into taking complete control of 'education' from schools to universities via its operatives and corporations and not least Bill Gates as always. The plan has been to transform 'education' institutions into programming centres for the mentality of 'Woke'. James McConnell, professor of psychology at the University of Michigan, wrote in *Psychology Today* in 1970:

> The day has come when we can combine sensory deprivation with drugs, hypnosis, and astute manipulation of reward and punishment, to gain almost absolute control over an individual's behaviour. It should then be possible to achieve a very rapid and highly effective type of brainwashing that would allow us to make dramatic changes in a person's behaviour and personality ...
>
> … We should reshape society so that we all would be trained from birth to want to do what society wants us to do. We have the techniques to do it... no-one owns his own personality you acquired, and there's no reason to believe you should have the right to refuse to acquire a new personality if your old one is anti-social.

This was the potential for mass brainwashing in 1970 and the mentality there displayed captures the arrogant psychopathy that drives it forward. I emphasise that not all young people have succumbed to Woke programming and those that haven't are incredibly impressive people given that today's young are the most perceptually-targeted generations in history with all the technology now involved. Vast swathes of the young generations, however, have fallen into the spell – and that's what it is – of Woke. The Woke mentality and perceptual program is founded on *inversion* and you will appreciate later why that is so significant. Everything with Woke is inverted and the opposite of what it is claimed to be. Woke was a term used in African-American culture from the 1900s and referred to an awareness of social and racial justice. This is not the meaning of the modern version or 'New Woke' as I call it in *The Answer*. Oh, no, Woke today means something very different no matter how much Wokers may seek to hide that and insist Old Woke and New

Woke are the same. See if you find any 'awareness of social justice' here in the modern variety:

- Woke demands 'inclusivity' while excluding anyone with a different opinion and calls for mass censorship to silence other views.

- Woke claims to stand against oppression when imposing oppression is the foundation of all that it does. It is the driver of political correctness which is nothing more than a Cult invention to manipulate the population to silence itself.

- Woke believes itself to be 'liberal' while pursuing a global society that can only be described as fascist (see 'anti-fascist' fascist Antifa).

- Woke calls for 'social justice' while spreading injustice wherever it goes against the common 'enemy' which can be easily identified as a differing view.

- Woke is supposed to be a metaphor for 'awake' when it is solid-gold asleep and deep in a Cult-induced coma that meets the criteria for 'off with the fairies'.

I state these points as obvious facts if people only care to look. I don't do this with a sense of condemnation. We need to appreciate that the onslaught of perceptual programming on the young has been incessant and merciless. I can understand why so many have been reframed, or, given their youth, framed from the start to see the world as the Cult demands. The Cult has had access to their minds day after day in its 'education' system for their entire formative years. Perception is formed from information received and the Cult-created system is a life-long download of information delivered to elicit a particular perception, thus behaviour. The more this has expanded into still new extremes in recent decades and ever-increasing censorship has deleted other opinions and information why wouldn't that lead to a perceptual reframing on a mass scale? I

have described already cradle-to-grave programming and in more recent times the targeting of young minds from birth to adulthood has entered the stratosphere. This has taken the form of skewing what is 'taught' to fit the Cult agenda and the omnipresent techniques of group-think to isolate non-believers and pressure them into line. There has always been a tendency to follow the herd, but we really are in a new world now in relation to that. We have parents who can see the 'Covid' hoax told by their children not to stop them wearing masks at school, being 'Covid' tested or having the 'vaccine' in fear of the peer-pressure consequences of being different. What is 'peer-pressure' if not pressure to conform to group-think? Renegade Minds never group-think and always retain a set of perceptions that are unique to them. Group-think is always underpinned by consequences for not group-thinking. Abuse now aimed at those refusing DNA-manipulating 'Covid vaccines' are a potent example of this. The biggest pressure to conform comes from the very group which is itself being manipulated. 'I am programmed to be part of a hive mind and so you must be.'

Woke control structures in 'education' now apply to every mainstream organisation. Those at the top of the 'education' hierarchy (the Cult) decide the policy. This is imposed on governments through the Cult network; governments impose it on schools, colleges and universities; their leadership impose the policy on teachers and academics and they impose it on children and students. At any level where there is resistance, perhaps from a teacher or university lecturer, they are targeted by the authorities and often fired. Students themselves regularly demand the dismissal of academics (increasingly few) at odds with the narrative that the students have been programmed to believe in. It is quite a thought that students who are being targeted by the Cult become so consumed by programmed group-think that they launch protests and demand the removal of those who are trying to push back against those targeting the students. Such is the scale of perceptual inversion. We see this with 'Covid' programming as the Cult imposes the rules via psycho-psychologists and governments on

shops, transport companies and businesses which impose them on their staff who impose them on their customers who pressure Pushbackers to conform to the will of the Cult which is in the process of destroying them and their families. Scan all aspects of society and you will see the same sequence every time.

Fact free Woke and hijacking the 'left'

There is no more potent example of this than 'Woke', a mentality only made possible by the deletion of factual evidence by an 'education' system seeking to produce an ever more uniform society. Why would you bother with facts when you don't know any? Deletion of credible history both in volume and type is highly relevant. Orwell said: 'Who controls the past controls the future: who controls the present controls the past.' They who control the perception of the past control the perception of the future and they who control the present control the perception of the past through the writing and deleting of history. Why would you oppose the imposition of Marxism in the name of Wokeism when you don't know that Marxism cost at least 100 million lives in the 20th century alone? Watch videos and read reports in which Woker generations are asked basic historical questions – it's mind-blowing. A survey of 2,000 people found that six percent of millennials (born approximately early1980s to early 2000s) believed the Second World War (1939-1945) broke out with the assassination of President Kennedy (in 1963) and one in ten thought Margaret Thatcher was British Prime Minister at the time. She was in office between 1979 and 1990. We are in a post-fact society. Provable facts are no defence against the fascism of political correctness or Silicon Valley censorship. Facts don't matter anymore as we have witnessed with the 'Covid' hoax. Sacrificing uniqueness to the Woke group-think religion is all you are required to do and that means thinking for yourself is the biggest Woke no, no. All religions are an expression of group-think and censorship and Woke is just another religion with an orthodoxy defended by group-think and censorship. Burned at

the stake becomes burned on Twitter which leads back eventually to burned at the stake as Woke humanity regresses to ages past.

The biggest Woke inversion of all is its creators and funders. I grew up in a traditional left of centre political household on a council estate in Leicester in the 1950s and 60s – you know, the left that challenged the power of wealth-hoarding elites and threats to freedom of speech and opinion. In those days students went on marches defending freedom of speech while today's Wokers march for its deletion. What on earth could have happened? Those very elites (collectively the Cult) that we opposed in my youth and early life have funded into existence the antithesis of that former left and hijacked the 'brand' while inverting everything it ever stood for. We have a mentality that calls itself 'liberal' and 'progressive' while acting like fascists. Cult billionaires and their corporations have funded themselves into control of 'education' to ensure that Woke programming is unceasing throughout the formative years of children and young people and that non-Wokers are isolated (that word again) whether they be students, teachers or college professors. The Cult has funded into existence the now colossal global network of Woke organisations that have spawned and promoted all the 'causes' on the Cult wish-list for global transformation and turned Wokers into demanders of them. Does anyone really think it's a coincidence that the Cult agenda for humanity is a carbon (sorry) copy of the societal transformations desired by Woke?? These are only some of them:

Political correctness: The means by which the Cult deletes all public debates that it knows it cannot win if we had the free-flow of information and evidence.

Human-caused 'climate change': The means by which the Cult seeks to transform society into a globally-controlled dictatorship imposing its will over the fine detail of everyone's lives 'to save the planet' which doesn't actually need saving.

Transgender obsession: Preparing collective perception to accept the 'new human' which would not have genders because it would be created technologically and not through procreation. I'll have much more on this in Human 2.0.

Race obsession: The means by which the Cult seeks to divide and rule the population by triggering racial division through the perception that society is more racist than ever when the opposite is the case. Is it perfect in that regard? No. But to compare today with the racism of apartheid and segregation brought to an end by the civil rights movement in the 1960s is to insult the memory of that movement and inspirations like Martin Luther King. Why is the 'anti-racism' industry (which it is) so dominated by privileged white people?

White supremacy: This is a label used by privileged white people to demonise poor and deprived white people pushing back on tyranny to marginalise and destroy them. White people are being especially targeted as the dominant race by number within Western society which the Cult seeks to transform in its image. If you want to change a society you must weaken and undermine its biggest group and once you have done that by using the other groups you next turn on them to do the same … 'Then they came for the Jews and I was not a Jew so I did nothing.'

Mass migration: The mass movement of people from the Middle East, Africa and Asia into Europe, from the south into the United States and from Asia into Australia are another way the Cult seeks to dilute the racial, cultural and political influence of white people on Western society. White people ask why their governments appear to be working against them while being politically and culturally biased towards incoming cultures. Well, here's your answer. In the same way sexually 'straight' people, men and women, ask why the

authorities are biased against them in favour of other sexualities. The answer is the same – that's the way the Cult wants it to be for very sinister motives.

These are all central parts of the Cult agenda and central parts of the Woke agenda and Woke was created and continues to be funded to an immense degree by Cult billionaires and corporations. If anyone begins to say 'coincidence' the syllables should stick in their throat.

Billionaire 'social justice warriors'

Joe Biden is a 100 percent-owned asset of the Cult and the Wokers' man in the White House whenever he can remember his name and for however long he lasts with his rapidly diminishing cognitive function. Even walking up the steps of an aircraft without falling on his arse would appear to be a challenge. He's not an empty-shell puppet or anything. From the minute Biden took office (or the Cult did) he began his executive orders promoting the Woke wish-list. You will see the Woke agenda imposed ever more severely because it's really the *Cult* agenda. Woke organisations and activist networks spawned by the Cult are funded to the extreme so long as they promote what the Cult wants to happen. Woke is funded to promote 'social justice' by billionaires who become billionaires by destroying social justice. The social justice mantra is only a cover for dismantling social justice and funded by billionaires that couldn't give a damn about social justice. Everything makes sense when you see that. One of Woke's premier funders is Cult billionaire financier George Soros who said: 'I am basically there to make money, I cannot and do not look at the social consequences of what I do.' This is the same Soros who has given more than $32 billion to his Open Society Foundations global Woke network and funded Black Lives Matter, mass immigration into Europe and the United States, transgender activism, climate change activism, political correctness and groups targeting 'white supremacy' in the form of privileged white thugs that dominate Antifa. What a scam it all is and when

you are dealing with the unquestioning fact-free zone of Woke scamming them is child's play. All you need to pull it off in all these organisations are a few in-the-know agents of the Cult and an army of naïve, reframed, uninformed, narcissistic, know-nothings convinced of their own self-righteousness, self-purity and virtue.

Soros and fellow billionaires and billionaire corporations have poured hundreds of millions into Black Lives Matter and connected groups and promoted them to a global audience. None of this is motivated by caring about black people. These are the billionaires that have controlled and exploited a system that leaves millions of black people in abject poverty and deprivation which they do absolutely nothing to address. The same Cult networks funding BLM were behind the *slave trade!* Black Lives Matter hijacked a phrase that few would challenge and they have turned this laudable concept into a political weapon to divide society. You know that BLM is a fraud when it claims that *All* Lives Matter, the most inclusive statement of all, is 'racist'. BLM and its Cult masters don't want to end racism. To them it's a means to an end to control all of humanity never mind the colour, creed, culture or background. What has destroying the nuclear family got to do with ending racism? Nothing – but that is one of the goals of BLM and also happens to be a goal of the Cult as I have been exposing in my books for decades. Stealing children from loving parents and giving schools ever more power to override parents is part of that same agenda. BLM is a Marxist organisation and why would that not be the case when the Cult created Marxism *and* BLM? Patrisse Cullors, a BLM co-founder, said in a 2015 video that she and her fellow organisers, including co-founder Alicia Garza, are 'trained Marxists'. The lady known after marriage as Patrisse Khan-Cullors bought a $1.4 million home in 2021 in one of the whitest areas of California with a black population of just 1.6 per cent and has so far bought *four* high-end homes for a total of $3.2 million. How very Marxist. There must be a bit of spare in the BLM coffers, however, when Cult corporations and billionaires have handed over the best part of $100 million. Many black people can see that Black Lives Matter is not

working for them, but against them, and this is still more confirmation. Black journalist Jason Whitlock, who had his account suspended by Twitter for simply linking to the story about the 'Marxist's' home buying spree, said that BLM leaders are 'making millions of dollars off the backs of these dead black men who they wouldn't spit on if they were on fire and alive'.

Black Lies Matter

Cult assets and agencies came together to promote BLM in the wake of the death of career criminal George Floyd who had been jailed a number of times including for forcing his way into the home of a black woman with others in a raid in which a gun was pointed at her stomach. Floyd was filmed being held in a Minneapolis street in 2020 with the knee of a police officer on his neck and he subsequently died. It was an appalling thing for the officer to do, but the same technique has been used by police on peaceful protestors of lockdown without any outcry from the Woke brigade. As unquestioning supporters of the Cult agenda Wokers have supported lockdown and all the 'Covid' claptrap while attacking anyone standing up to the tyranny imposed in its name. Court documents would later include details of an autopsy on Floyd by County Medical Examiner Dr Andrew Baker who concluded that Floyd had taken a fatal level of the drug fentanyl. None of this mattered to fact-free, question-free, Woke. Floyd's death was followed by worldwide protests against police brutality amid calls to defund the police. Throwing babies out with the bathwater is a Woke speciality. In the wake of the murder of British woman Sarah Everard a Green Party member of the House of Lords, Baroness Jones of Moulescoomb (Nincompoopia would have been better), called for a 6pm curfew for all men. This would be in breach of the Geneva Conventions on war crimes which ban collective punishment, but that would never have crossed the black and white Woke mind of Baroness Nincompoopia who would have been far too convinced of her own self-righteousness to compute such details. Many American cities did defund the police in the face of Floyd riots

and after $15 million was deleted from the police budget in Washington DC under useless Woke mayor Muriel Bowser car-jacking alone rose by 300 percent and within six months the US capital recorded its highest murder rate in 15 years. The same happened in Chicago and other cities in line with the Cult/Soros plan to bring fear to streets and neighbourhoods by reducing the police, releasing violent criminals and not prosecuting crime. This is the mob-rule agenda that I have warned in the books was coming for so long. Shootings in the area of Minneapolis where Floyd was arrested increased by 2,500 percent compared with the year before. Defunding the police over George Floyd has led to a big increase in dead people with many of them black. Police protection for politicians making these decisions stayed the same or increased as you would expect from professional hypocrites. The Cult doesn't actually want to abolish the police. It wants to abolish local control over the police and hand it to federal government as the psychopaths advance the Hunger Games Society. Many George Floyd protests turned into violent riots with black stores and businesses destroyed by fire and looting across America fuelled by Black Lives Matter. Woke doesn't do irony. If you want civil rights you must loot the liquor store and the supermarket and make off with a smart TV. It's the only way.

It's not a race war – it's a class war

Black people are patronised by privileged blacks and whites alike and told they are victims of white supremacy. I find it extraordinary to watch privileged blacks supporting the very system and bloodline networks behind the slave trade and parroting the same Cult-serving manipulative crap of their privileged white, often billionaire, associates. It is indeed not a race war but a class war and colour is just a diversion. Black Senator Cory Booker and black Congresswoman Maxine Waters, more residents of Nincompoopia, personify this. Once you tell people they are victims of someone else you devalue both their own responsibility for their plight and the power they have to impact on their reality and experience. Instead

we have: 'You are only in your situation because of whitey – turn on them and everything will change.' It won't change. Nothing changes in our lives unless *we* change it. Crucial to that is never seeing yourself as a victim and always as the creator of your reality. Life is a simple sequence of choice and consequence. Make different choices and you create different consequences. *You* have to make those choices – not Black Lives Matter, the Woke Mafia and anyone else that seeks to dictate your life. Who are they these Wokers, an emotional and psychological road traffic accident, to tell you what to do? Personal empowerment is the last thing the Cult and its Black Lives Matter want black people or anyone else to have. They claim to be defending the underdog while *creating* and perpetuating the underdog. The Cult's worst nightmare is human unity and if they are going to keep blacks, whites and every other race under economic servitude and control then the focus must be diverted from what they have in common to what they can be manipulated to believe divides them. Blacks have to be told that their poverty and plight is the fault of the white bloke living on the street in the same poverty and with the same plight they are experiencing. The difference is that your plight black people is due to him, a white supremacist with 'white privilege' living on the street. Don't unite as one human family against your mutual oppressors and suppressors – fight the oppressor with the white face who is as financially deprived as you are. The Cult knows that as its 'Covid' agenda moves into still new levels of extremism people are going to respond and it has been spreading the seeds of disunity everywhere to stop a united response to the evil that targets *all of us*.

Racist attacks on 'whiteness' are getting ever more outrageous and especially through the American Democratic Party which has an appalling history for anti-black racism. Barack Obama, Joe Biden, Hillary Clinton and Nancy Pelosi all eulogised about Senator Robert Byrd at his funeral in 2010 after a nearly 60-year career in Congress. Byrd was a brutal Ku Klux Klan racist and a violent abuser of Cathy O'Brien in MKUltra. He said he would never fight in the military 'with a negro by my side' and 'rather I should die a thousand times,

and see Old Glory trampled in the dirt never to rise again, than to see this beloved land of ours become degraded by race mongrels, a throwback to the blackest specimen from the wilds'. Biden called Byrd a 'very close friend and mentor'. These 'Woke' hypocrites are not anti-racist they are anti-poor and anti-people not of their perceived class. Here is an illustration of the scale of anti-white racism to which we have now descended. Seriously Woke and moronic *New York Times* contributor Damon Young described whiteness as a 'virus' that 'like other viruses will not die until there are no bodies left for it to infect'. He went on: '… the only way to stop it is to locate it, isolate it, extract it, and kill it.' Young can say that as a black man with no consequences when a white man saying the same in reverse would be facing a jail sentence. *That's* racism. We had super-Woke numbskull senators Tammy Duckworth and Mazie Hirono saying they would object to future Biden Cabinet appointments if he did not nominate more Asian Americans and Pacific Islanders. Never mind the ability of the candidate what do they look like? Duckworth said: 'I will vote for racial minorities and I will vote for LGBTQ, but anyone else I'm not voting for.' Appointing people on the grounds of race is illegal, but that was not a problem for this ludicrous pair. They were on-message and that's a free pass in any situation.

Critical race racism

White children are told at school they are intrinsically racist as they are taught the divisive 'critical race theory'. This claims that the law and legal institutions are inherently racist and that race is a socially constructed concept used by white people to further their economic and political interests at the expense of people of colour. White is a 'virus' as we've seen. Racial inequality results from 'social, economic, and legal differences that white people create between races to maintain white interests which leads to poverty and criminality in minority communities'. I must tell that to the white guy sleeping on the street. The principal of East Side Community School in New York sent white parents a manifesto that called on

them to become ‘white traitors’ and advocate for full ‘white abolition’. These people are teaching your kids when they urgently need a psychiatrist. The ‘school’ included a chart with ‘eight white identities’ that ranged from ‘white supremacist’ to ‘white abolition’ and defined the behaviour white people must follow to end ‘the regime of whiteness’. Woke blacks and their privileged white associates are acting exactly like the slave owners of old and Ku Klux Klan racists like Robert Byrd. They are too full of their own self-purity to see that, but it’s true. Racism is not a body type; it’s a state of mind that can manifest through any colour, creed or culture.

Another racial fraud is *‘equity’*. Not equality of treatment and opportunity – equity. It’s a term spun as equality when it means something very different. Equality in its true sense is a raising up while ‘equity’ is a race to the bottom. Everyone in the same level of poverty is ‘equity’. Keep everyone down – that’s equity. The Cult doesn’t want anyone in the human family to be empowered and BLM leaders, like all these ‘anti-racist’ organisations, continue their privileged, pampered existence by perpetuating the perception of gathering racism. When is the last time you heard an ‘anti-racist’ or ‘anti-Semitism’ organisation say that acts of racism and discrimination have *fallen?* It’s not in the interests of their fund-raising and power to influence and the same goes for the professional soccer anti-racism operation, Kick It Out. Two things confirmed that the Black Lives Matter riots in the summer of 2020 were Cult creations. One was that while anti-lockdown protests were condemned in this same period for ‘transmitting ‘Covid’ the authorities supported mass gatherings of Black Lives Matter supporters. I even saw self-deluding people claiming to be doctors say the two types of protest were not the same. No – the non-existent ‘Covid’ was in favour of lockdowns and attacked those that protested against them while ‘Covid’ supported Black Lives Matter and kept well away from its protests. The whole thing was a joke and as lockdown protestors were arrested, often brutally, by reframed Face-Nappies we had the grotesque sight of police officers taking the knee to Black Lives Matter, a Cult-funded Marxist

organisation that supports violent riots and wants to destroy the nuclear family and white people.

He's not white? Shucks!

Woke obsession with race was on display again when ten people were shot dead in Boulder, Colorado, in March, 2021. Cult-owned Woke TV channels like CNN said the shooter appeared to be a white man and Wokers were on Twitter condemning 'violent white men' with the usual mantras. Then the shooter's name was released as Ahmad Al Aliwi Alissa, an anti-Trump Arab-American, and the sigh of disappointment could be heard five miles away. Never mind that ten people were dead and what that meant for their families. Race baiting was all that mattered to these sick Cult-serving people like Barack Obama who exploited the deaths to further divide America on racial grounds which is his job for the Cult. This is the man that 'racist' white Americans made the first black president of the United States and then gave him a second term. Not-very-bright Obama has become filthy rich on the back of that and today appears to have a big influence on the Biden administration. Even so he's still a downtrodden black man and a victim of white supremacy. This disingenuous fraud reveals the contempt he has for black people when he puts on a Deep South Alabama accent whenever he talks to them, no, *at* them.

Another BLM red flag was how the now fully-Woke (fully-Cult) and fully-virtue-signalled professional soccer authorities had their teams taking the knee before every match in support of Marxist Black Lives Matter. Soccer authorities and clubs displayed 'Black Lives Matter' on the players' shirts and flashed the name on electronic billboards around the pitch. Any fans that condemned what is a Freemasonic taking-the-knee ritual were widely condemned as you would expect from the Woke virtue-signallers of professional sport and the now fully-Woke media. We have reverse racism in which you are banned from criticising any race or culture except for white people for whom anything goes – say what you like, no problem. What has this got to do with racial harmony and

equality? We've had black supremacists from Black Lives Matter telling white people to fall to their knees in the street and apologise for their white supremacy. Black supremacists acting like white supremacist slave owners of the past couldn't breach their self-obsessed, race-obsessed sense of self-purity. Joe Biden appointed a race-obsessed black supremacist Kristen Clarke to head the Justice Department Civil Rights Division. Clarke claimed that blacks are endowed with 'greater mental, physical and spiritual abilities' than whites. If anyone reversed that statement they would be vilified. Clarke is on-message so no problem. She's never seen a black-white situation in which the black figure is anything but a virtuous victim and she heads the Civil Rights Division which should treat everyone the same or it isn't civil rights. Another perception of the Renegade Mind: If something or someone is part of the Cult agenda they will be supported by Woke governments and media no matter what. If they're not, they will be condemned and censored. It really is that simple and so racist Clarke prospers despite (make that because of) her racism.

The end of culture

Biden's administration is full of such racial, cultural and economic bias as the Cult requires the human family to be divided into warring factions. We are now seeing racially-segregated graduations and everything, but everything, is defined through the lens of perceived 'racism. We have 'racist' mathematics, 'racist' food and even 'racist' *plants*. World famous Kew Gardens in London said it was changing labels on plants and flowers to tell its pre-'Covid' more than two million visitors a year how racist they are. Kew director Richard Deverell said this was part of an effort to 'move quickly to decolonise collections' after they were approached by one Ajay Chhabra 'an actor with an insight into how sugar cane was linked to slavery'. They are *plants* you idiots. 'Decolonisation' in the Woke manual really means colonisation of society with its mentality and by extension colonisation by the Cult. We are witnessing a new Chinese-style 'Cultural Revolution' so essential to the success of all

Marxist takeovers. Our cultural past and traditions have to be swept away to allow a new culture to be built-back-better. Woke targeting of long-standing Western cultural pillars including historical monuments and cancelling of historical figures is what happened in the Mao revolution in China which 'purged remnants of capitalist and traditional elements from Chinese society' and installed Maoism as the dominant ideology'. For China see the Western world today and for 'dominant ideology' see Woke. Better still see Marxism or Maoism. The 'Covid' hoax has specifically sought to destroy the arts and all elements of Western culture from people meeting in a pub or restaurant to closing theatres, music venues, sports stadiums, places of worship and even banning *singing*. Destruction of Western society is also why criticism of any religion is banned except for Christianity which again is the dominant religion as white is the numerically-dominant race. Christianity may be fading rapidly, but its history and traditions are weaved through the fabric of Western society. Delete the pillars and other structures will follow until the whole thing collapses. I am not a Christian defending that religion when I say that. I have no religion. It's just a fact. To this end Christianity has itself been turned Woke to usher its own downfall and its ranks are awash with 'change agents' – knowing and unknowing – at every level including Pope Francis (*definitely* knowing) and the clueless Archbishop of Canterbury Justin Welby (possibly not, but who can be sure?). Woke seeks to coordinate attacks on Western culture, traditions, and ways of life through 'intersectionality' defined as 'the complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism, and classism) combine, overlap, or intersect especially in the experiences of marginalised individuals or groups'. Wade through the Orwellian Woke-speak and this means coordinating disparate groups in a common cause to overthrow freedom and liberal values.

The entire structure of public institutions has been infested with Woke – government at all levels, political parties, police, military, schools, universities, advertising, media and trade unions. This abomination has been achieved through the Cult web by appointing

Wokers to positions of power and battering non-Wokers into line through intimidation, isolation and threats to their job. Many have been fired in the wake of the empathy-deleted, vicious hostility of 'social justice' Wokers and the desire of gutless, spineless employers to virtue-signal their Wokeness. Corporations are filled with Wokers today, most notably those in Silicon Valley. Ironically at the top they are not Woke at all. They are only exploiting the mentality their Cult masters have created and funded to censor and enslave while the Wokers cheer them on until it's their turn. Thus the Woke 'liberal left' is an inversion of the traditional liberal left. Campaigning for justice on the grounds of power and wealth distribution has been replaced by campaigning for identity politics. The genuine traditional left would never have taken money from today's billionaire abusers of fairness and justice and nor would the billionaires have wanted to fund that genuine left. It would not have been in their interests to do so. The division of opinion in those days was between the haves and have nots. This all changed with Cult manipulated and funded identity politics. The division of opinion today is between Wokers and non-Wokers and not income brackets. Cult corporations and their billionaires may have taken wealth disparity to cataclysmic levels of injustice, but as long as they speak the language of Woke, hand out the dosh to the Woke network and censor the enemy they are 'one of us'. Billionaires who don't give a damn about injustice are laughing at them till their bellies hurt. Wokers are not even close to self-aware enough to see that. The transformed 'left' dynamic means that Wokers who drone on about 'social justice' are funded by billionaires that have destroyed social justice the world over. It's *why* they are billionaires.

The climate con

Nothing encapsulates what I have said more comprehensively than the hoax of human-caused global warming. I have detailed in my books over the years how Cult operatives and organisations were the pump-primers from the start of the climate con. A purpose-built vehicle for this is the Club of Rome established by the Cult in 1968

with the Rockefellers and Rothschilds centrally involved all along. Their gofer frontman Maurice Strong, a Canadian oil millionaire, hosted the Earth Summit in Rio de Janeiro, Brazil, in 1992 where the global 'green movement' really expanded in earnest under the guiding hand of the Cult. The Earth Summit established Agenda 21 through the Cult-created-and-owned United Nations to use the illusion of human-caused climate change to justify the transformation of global society to save the world from climate disaster. It is a No-Problem-Reaction-Solution sold through governments, media, schools and universities as whole generations have been terrified into believing that the world was going to end in their lifetimes unless what old people had inflicted upon them was stopped by a complete restructuring of how everything is done. Chill, kids, it's all a hoax. Such restructuring is precisely what the Cult agenda demands (purely by coincidence of course). Today this has been given the codename of the Great Reset which is only an updated term for Agenda 21 and its associated Agenda 2030. The latter, too, is administered through the UN and was voted into being by the General Assembly in 2015. Both 21 and 2030 seek centralised control of all resources and food right down to the raindrops falling on your own land. These are some of the demands of Agenda 21 established in 1992. See if you recognise this society emerging today:

- End national sovereignty
- State planning and management of all land resources, ecosystems, deserts, forests, mountains, oceans and fresh water; agriculture; rural development; biotechnology; and ensuring *'equity'*
- The state to 'define the role' of business and financial resources
- Abolition of private property
- 'Restructuring' the family unit (see BLM)
- Children raised by the state
- People told what their job will be
- Major restrictions on movement
- Creation of 'human settlement zones'

- Mass resettlement as people are forced to vacate land where they live
- Dumbing down education
- Mass global depopulation in pursuit of all the above

The United Nations was created as a Trojan horse for world government. With the climate con of critical importance to promoting that outcome you would expect the UN to be involved. Oh, it's involved all right. The UN is promoting Agenda 21 and Agenda 2030 justified by 'climate change' while also driving the climate hoax through its Intergovernmental Panel on Climate Change (IPCC), one of the world's most corrupt organisations. The IPCC has been lying ferociously and constantly since the day it opened its doors with the global media hanging unquestioningly on its every mendacious word. The Green movement is entirely Woke and has long lost its original environmental focus since it was co-opted by the Cult. An obsession with 'global warming' has deleted its values and scrambled its head. I experienced a small example of what I mean on a beautiful country walk that I have enjoyed several times a week for many years. The path merged into the fields and forests and you felt at one with the natural world. Then a 'Green' organisation, the Hampshire and Isle of Wight Wildlife Trust, took over part of the land and proceeded to cut down a large number of trees, including mature ones, to install a horrible big, bright steel 'this-is-ours-stay-out' fence that destroyed the whole atmosphere of this beautiful place. No one with a feel for nature would do that. Day after day I walked to the sound of chainsaws and a magnificent mature weeping willow tree that I so admired was cut down at the base of the trunk. When I challenged a Woke young girl in a green shirt (of course) about this vandalism she replied: 'It's a weeping willow – it will grow back.' This is what people are paying for when they donate to the Hampshire and Isle of Wight Wildlife Trust and many other 'green' organisations today. It is not the environmental movement that I knew and instead has become a support-system – as with Extinction Rebellion – for a very dark agenda.

Private jets for climate justice

The Cult-owned, Gates-funded, World Economic Forum and its founder Klaus Schwab were behind the emergence of Greta Thunberg to harness the young behind the climate agenda and she was invited to speak to the world at … the UN. Schwab published a book, *Covid-19: The Great Reset* in 2020 in which he used the 'Covid' hoax and the climate hoax to lay out a new society straight out of Agenda 21 and Agenda 2030. Bill Gates followed in early 2021 when he took time out from destroying the world to produce a book in his name about the way to save it. Gates flies across the world in private jets and admitted that 'I probably have one of the highest greenhouse gas footprints of anyone on the planet … my personal flying alone is gigantic.' He has also bid for the planet's biggest private jet operator. Other climate change saviours who fly in private jets include John Kerry, the US Special Presidential Envoy for Climate, and actor Leonardo DiCaprio, a 'UN Messenger of Peace with special focus on climate change'. These people are so full of bullshit they could corner the market in manure. We mustn't be sceptical, though, because the Gates book, *How to Avoid a Climate Disaster: The Solutions We Have and the Breakthroughs We Need*, is a genuine attempt to protect the world and not an obvious pile of excrement attributed to a mega-psychopath aimed at selling his masters' plans for humanity. The Gates book and the other shite-pile by Klaus Schwab could have been written by the same person and may well have been. Both use 'climate change' and 'Covid' as the excuses for their new society and by coincidence the Cult's World Economic Forum and Bill and Melinda Gates Foundation promote the climate hoax and hosted Event 201 which pre-empted with a 'simulation' the very 'coronavirus' hoax that would be simulated for real on humanity within weeks. The British 'royal' family is promoting the 'Reset' as you would expect through Prince 'climate change caused the war in Syria' Charles and his hapless son Prince William who said that we must 'reset our relationship with nature and our trajectory as a species' to avoid a climate disaster. Amazing how many promotors of the 'Covid' and 'climate change' control

systems are connected to Gates and the World Economic Forum. A ‘study’ in early 2021 claimed that carbon dioxide emissions must fall by the equivalent of a global lockdown roughly every two years for the next decade to save the planet. The ‘study’ appeared in the same period that the Schwab mob claimed in a video that lockdowns destroying the lives of billions are good because they make the earth ‘quieter’ with less ‘ambient noise’. They took down the video amid a public backlash for such arrogant, empathy-deleted stupidity You see, however, where they are going with this. Corinne Le Quéré, a professor at the Tyndall Centre for Climate Change Research, University of East Anglia, was lead author of the climate lockdown study, and she writes for … the World Economic Forum. Gates calls in ‘his’ book for changing ‘every aspect of the economy’ (long-time Cult agenda) and for humans to eat synthetic ‘meat’ (predicted in my books) while cows and other farm animals are eliminated. Australian TV host and commentator Alan Jones described what carbon emission targets would mean for farm animals in Australia alone if emissions were reduced as demanded by 35 percent by 2030 and zero by 2050:

> Well, let’s take agriculture, the total emissions from agriculture are about 75 million tonnes of carbon dioxide, equivalent. Now reduce that by 35 percent and you have to come down to 50 million tonnes, I’ve done the maths. So if you take for example 1.5 million cows, you’re going to have to reduce the herd by 525,000 [by] 2030, nine years, that’s 58,000 cows a year. The beef herd’s 30 million, reduce that by 35 percent, that’s 10.5 million, which means 1.2 million cattle have to go every year between now and 2030. This is insanity!
>
> There are 75 million sheep. Reduce that by 35 percent, that’s 26 million sheep, that’s almost 3 million a year. So under the Paris Agreement over 30 million beasts. dairy cows, cattle, pigs and sheep would go. More than 8,000 every minute of every hour for the next decade, do these people know what they’re talking about?

Clearly they don’t at the level of campaigners, politicians and administrators. The Cult *does* know; that’s the outcome it wants. We are faced with not just a war on humanity. Animals and the natural world are being targeted and I have been saying since the ‘Covid’ hoax began that the plan eventually was to claim that the ‘deadly virus’ is able to jump from animals, including farm animals and

domestic pets, to humans. Just before this book went into production came this story: 'Russia registers world's first Covid-19 vaccine for cats & dogs as makers of Sputnik V warn pets & farm animals could spread virus'. The report said 'top scientists warned that the deadly pathogen could soon begin spreading through homes and farms' and 'the next stage is the infection of farm and domestic animals'. Know the outcome and you'll see the journey. Think what that would mean for animals and keep your eye on a term called zoonosis or zoonotic diseases which transmit between animals and humans. The Cult wants to break the connection between animals and people as it does between people and people. Farm animals fit with the Cult agenda to transform food from natural to synthetic.

The gas of life is killing us

There can be few greater examples of Cult inversion than the condemnation of carbon dioxide as a dangerous pollutant when it is the gas of life. Without it the natural world would be dead and so we would all be dead. We breathe in oxygen and breathe out carbon dioxide while plants produce oxygen and absorb carbon dioxide. It is a perfect symbiotic relationship that the Cult wants to dismantle for reasons I will come to in the final two chapters. Gates, Schwab, other Cult operatives and mindless repeaters, want the world to be 'carbon neutral' by at least 2050 and the earlier the better. 'Zero carbon' is the cry echoed by lunatics calling for 'Zero Covid' when we already have it. These carbon emission targets will deindustrialise the world in accordance with Cult plans – the post-industrial, post-democratic society – and with so-called renewables like solar and wind not coming even close to meeting human energy needs blackouts and cold are inevitable. Texans got the picture in the winter of 2021 when a snow storm stopped wind turbines and solar panels from working and the lights went down along with water which relies on electricity for its supply system. Gates wants everything to be powered by electricity to ensure that his masters have the kill switch to stop all human activity, movement, cooking, water and warmth any time they like. The climate lie is so

stupendously inverted that it claims we must urgently reduce carbon dioxide when we *don't have enough*.

Co2 in the atmosphere is a little above 400 parts per million when the optimum for plant growth is 2,000 ppm and when it falls anywhere near 150 ppm the natural world starts to die and so do we. It fell to as low as 280 ppm in an 1880 measurement in Hawaii and rose to 413 ppm in 2019 with industrialisation which is why the planet has become *greener* in the industrial period. How insane then that psychopathic madman Gates is not satisfied only with blocking the rise of Co2. He's funding technology to suck it out of the atmosphere. The reason why will become clear. The industrial era is not destroying the world through Co2 and has instead turned around a potentially disastrous ongoing fall in Co2. Greenpeace co-founder and scientist Patrick Moore walked away from Greenpeace in 1986 and has exposed the green movement for fear-mongering and lies. He said that 500 million years ago there was *17 times* more Co2 in the atmosphere than we have today and levels have been falling for hundreds of millions of years. In the last 150 million years Co2 levels in Earth's atmosphere had reduced by *90 percent*. Moore said that by the time humanity began to unlock carbon dioxide from fossil fuels we were at '38 seconds to midnight' and in that sense: 'Humans are [the Earth's] salvation.' Moore made the point that only half the Co2 emitted by fossil fuels stays in the atmosphere and we should remember that all pollution pouring from chimneys that we are told is carbon dioxide is in fact nothing of the kind. It's pollution. Carbon dioxide is an invisible gas.

William Happer, Professor of Physics at Princeton University and long-time government adviser on climate, has emphasised the Co2 deficiency for maximum growth and food production. Greenhouse growers don't add carbon dioxide for a bit of fun. He said that most of the warming in the last 100 years, after the earth emerged from the super-cold period of the 'Little Ice Age' into a natural warming cycle, was over by 1940. Happer said that a peak year for warming in 1988 can be explained by a 'monster El Nino' which is a natural and cyclical warming of the Pacific that has nothing to do with 'climate

change'. He said the effect of Co2 could be compared to painting a wall with red paint in that once two or three coats have been applied it didn't matter how much more you slapped on because the wall will not get much redder. Almost all the effect of the rise in Co2 has already happened, he said, and the volume in the atmosphere would now have to *double* to increase temperature by a single degree. Climate hoaxers know this and they have invented the most ridiculously complicated series of 'feedback' loops to try to overcome this rather devastating fact. You hear puppet Greta going on cluelessly about feedback loops and this is why.

The Sun affects temperature? No you *climate denier*

Some other nonsense to contemplate: Climate graphs show that rises in temperature do not follow rises in Co2 – *it's the other way round* with a lag between the two of some 800 years. If we go back 800 years from present time we hit the Medieval Warm Period when temperatures were higher than now without any industrialisation and this was followed by the Little Ice Age when temperatures plummeted. The world was still emerging from these centuries of serious cold when many climate records began which makes the ever-repeated line of the 'hottest year since records began' meaningless when you are not comparing like with like. The coldest period of the Little Ice Age corresponded with the lowest period of sunspot activity when the Sun was at its least active. Proper scientists will not be at all surprised by this when it confirms the obvious fact that earth temperature is affected by the scale of Sun activity and the energetic power that it subsequently emits; but when is the last time you heard a climate hoaxer talking about the Sun as a source of earth temperature?? Everything has to be focussed on Co2 which makes up just 0.117 percent of so-called greenhouse gases and only a fraction of even that is generated by human activity. The rest is natural. More than *90 percent* of those greenhouse gases are water vapour and clouds (Fig 9). Ban moisture I say. Have you noticed that the climate hoaxers no longer use the polar bear as their promotion image? That's because far from becoming extinct polar

bear communities are stable or thriving. Joe Bastardi, American meteorologist, weather forecaster and outspoken critic of the climate lie, documents in his book *The Climate Chronicles* how weather patterns and events claimed to be evidence of climate change have been happening since long before industrialisation: 'What happened before naturally is happening again, as is to be expected given the cyclical nature of the climate due to the design of the planet.' If you read the detailed background to the climate hoax in my other books you will shake your head and wonder how anyone could believe the crap which has spawned a multi-trillion dollar industry based on absolute garbage (see HIV causes AIDs and Sars-Cov-2 causes 'Covid-19'). Climate and 'Covid' have much in common given they have the same source. They both have the contradictory *everything* factor in which everything is explained by reference to them. It's hot – 'it's climate change'. It's cold – 'it's climate change'. I got a sniffle – 'it's Covid'. I haven't got a sniffle – 'it's Covid'. Not having a sniffle has to be a symptom of 'Covid'. Everything is and not having a sniffle is especially dangerous if you are a slow walker. For sheer audacity I offer you a Cambridge University 'study' that actually linked 'Covid' to 'climate change'. It had to happen eventually. They concluded that climate change played a role in 'Covid-19' spreading from animals to humans because … wait for it … I kid you not … *the two groups were forced closer together as populations grow*. Er, that's it. The whole foundation on which this depended was that 'Bats are the likely zoonotic origin of SARS-CoV-1 and SARS-CoV-2'. Well, they are not. They are nothing to do with it. Apart from bats not being the origin and therefore 'climate change' effects on bats being irrelevant I am in awe of their academic insight. Where would we be without them? Not where we are that's for sure.

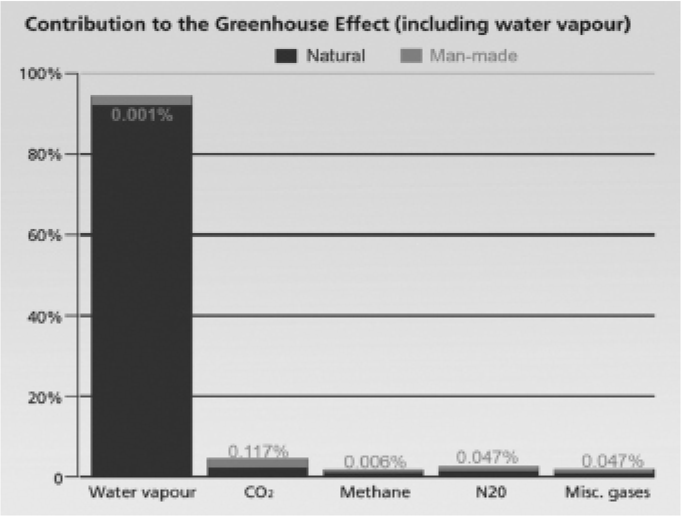

Figure 9: The idea that the gas of life is disastrously changing the climate is an insult to brain cell activity.

One other point about the weather is that climate modification is now well advanced and not every major weather event is natural – or earthquake come to that. I cover this subject at some length in other books. China is openly planning a rapid expansion of its weather modification programme which includes changing the climate in an area more than one and a half times the size of India. China used weather manipulation to ensure clear skies during the 2008 Olympics in Beijing. I have quoted from US military documents detailing how to employ weather manipulation as a weapon of war and they did that in the 1960s and 70s during the conflict in Vietnam with Operation Popeye manipulating monsoon rains for military purposes. Why would there be international treaties on weather modification if it wasn't possible? Of course it is. Weather is energetic information and it can be changed.

How was the climate hoax pulled off? See 'Covid'

If you can get billions to believe in a 'virus' that doesn't exist you can get them to believe in human-caused climate change that doesn't exist. Both are being used by the Cult to transform global society in the way it has long planned. Both hoaxes have been achieved in pretty much the same way. First you declare a lie is a fact. There's a

‘virus’ you call SARS-Cov-2 or humans are warming the planet with their behaviour. Next this becomes, via Cult networks, the foundation of government, academic and science policy and belief. Those who parrot the mantra are given big grants to produce research that confirms the narrative is true and ever more ‘symptoms’ are added to make the ‘virus’/’climate change’ sound even more scary. Scientists and researchers who challenge the narrative have their grants withdrawn and their careers destroyed. The media promote the lie as the unquestionable truth and censor those with an alternative view or evidence. A great percentage of the population believe what they are told as the lie becomes an everybody-knows-that and the believing-masses turn on those with a mind of their own. The technique has been used endlessly throughout human history. Wokers are the biggest promotors of the climate lie *and* ‘Covid’ fascism because their minds are owned by the Cult; their sense of self-righteous self-purity knows no bounds; and they exist in a bubble of reality in which facts are irrelevant and only get in the way of looking without seeing.

Running through all of this like veins in a blue cheese is control of information, which means control of perception, which means control of behaviour, which collectively means control of human society. The Cult owns the global media and Silicon Valley fascists for the simple reason that it *has* to. Without control of information it can’t control perception and through that human society. Examine every facet of the Cult agenda and you will see that anything supporting its introduction is never censored while anything pushing back is always censored. I say again: Psychopaths that know why they are doing this must go before Nuremberg trials and those that follow their orders must trot along behind them into the same dock. ‘I was just following orders’ didn’t work the first time and it must not work now. Nuremberg trials must be held all over the world before public juries for politicians, government officials, police, compliant doctors, scientists and virologists, and all Cult operatives such as Gates, Tedros, Fauci, Vallance, Whitty, Ferguson, Zuckerberg, Wojcicki, Brin, Page, Dorsey, the whole damn lot of

them – including, no *especially*, the psychopath psychologists. Without them and the brainless, gutless excuses for journalists that have repeated their lies, none of this could be happening. Nobody can be allowed to escape justice for the psychological and economic Armageddon they are all responsible for visiting upon the human race.

As for the compliant, unquestioning, swathes of humanity, and the self-obsessed, all-knowing ignorance of the Wokers … don’t start me. God help their kids. God help their grandkids. God *help them*.

CHAPTER NINE

We must have it? So what is it?

Well I won't back down. No, I won't back down. You can stand me up at the Gates of Hell. But I won't back down
Tom Petty

I will now focus on the genetically-manipulating 'Covid vaccines' which do not meet this official definition of a vaccine by the US Centers for Disease Control (CDC): 'A product that stimulates a person's immune system to produce immunity to a specific disease, protecting the person from that disease.' On that basis 'Covid vaccines' are not a vaccine in that the makers don't even claim they stop infection or transmission.

They are instead part of a multi-levelled conspiracy to change the nature of the human body and what it means to be 'human' and to depopulate an enormous swathe of humanity. What I shall call Human 1.0 is on the cusp of becoming Human 2.0 and for very sinister reasons. Before I get to the 'Covid vaccine' in detail here's some background to vaccines in general. Government regulators do not test vaccines – the makers do – and the makers control which data is revealed and which isn't. Children in America are given 50 vaccine doses by age six and 69 by age 19 and the effect of the whole combined schedule has never been tested. Autoimmune diseases when the immune system attacks its own body have soared in the mass vaccine era and so has disease in general in children and the young. Why wouldn't this be the case when vaccines target the *immune system?* The US government gave Big Pharma drug

companies immunity from prosecution for vaccine death and injury in the 1986 National Childhood Vaccine Injury Act (NCVIA) and since then the government (taxpayer) has been funding compensation for the consequences of Big Pharma vaccines. The criminal and satanic drug giants can't lose and the vaccine schedule has increased dramatically since 1986 for this reason. There is no incentive to make vaccines safe and a big incentive to make money by introducing ever more. Even against a ridiculously high bar to prove vaccine liability, and with the government controlling the hearing in which it is being challenged for compensation, the vaccine court has so far paid out more than $4 billion. These are the vaccines we are told are safe and psychopaths like Zuckerberg censor posts saying otherwise. The immunity law was even justified by a ruling that vaccines by their nature were 'unavoidably unsafe'.

Check out the ingredients of vaccines and you will be shocked if you are new to this. *They put that in children's bodies?? What??* Try aluminium, a brain toxin connected to dementia, aborted foetal tissue and formaldehyde which is used to embalm corpses. World-renowned aluminium expert Christopher Exley had his research into the health effect of aluminium in vaccines shut down by Keele University in the UK when it began taking funding from the Bill and Melinda Gates Foundation. Research when diseases 'eradicated' by vaccines began to decline and you will find the fall began long *before* the vaccine was introduced. Sometimes the fall even plateaued after the vaccine. Diseases like scarlet fever for which there was no vaccine declined in the same way because of environmental and other factors. A perfect case in point is the polio vaccine. Polio began when lead arsenate was first sprayed as an insecticide and residues remained in food products. Spraying started in 1892 and the first US polio epidemic came in Vermont in 1894. The simple answer was to stop spraying, but Rockefeller-created Big Pharma had a better idea. Polio was decreed to be caused by the *poliovirus* which 'spreads from person to person and can infect a person's spinal cord'. Lead arsenate was replaced by the lethal DDT which had the same effect of causing paralysis by damaging the brain and central nervous

system. Polio plummeted when DDT was reduced and then banned, but the vaccine is still given the credit for something it didn't do. Today by far the biggest cause of polio is the vaccines promoted by Bill Gates. Vaccine justice campaigner Robert Kennedy Jr, son of assassinated (by the Cult) US Attorney General Robert Kennedy, wrote:

> In 2017, the World Health Organization (WHO) reluctantly admitted that the global explosion in polio is predominantly vaccine strain. The most frightening epidemics in Congo, Afghanistan, and the Philippines, are all linked to vaccines. In fact, by 2018, 70% of global polio cases were vaccine strain.

Vaccines make fortunes for Cult-owned Gates and Big Pharma while undermining the health and immune systems of the population. We had a glimpse of the mentality behind the Big Pharma cartel with a report on WION (World is One News), an international English language TV station based in India, which exposed the extraordinary behaviour of US drug company Pfizer over its 'Covid vaccine'. The WION report told how Pfizer had made fantastic demands of Argentina, Brazil and other countries in return for its 'vaccine'. These included immunity from prosecution, even for Pfizer negligence, government insurance to protect Pfizer from law suits and handing over as collateral sovereign assets of the country to include Argentina's bank reserves, military bases and embassy buildings. Pfizer demanded the same of Brazil in the form of waiving sovereignty of its assets abroad; exempting Pfizer from Brazilian laws; and giving Pfizer immunity from all civil liability. This is a 'vaccine' developed with government funding. Big Pharma is evil incarnate as a creation of the Cult and all must be handed tickets to Nuremberg.

Phantom 'vaccine' for a phantom 'disease'

I'll expose the 'Covid vaccine' fraud and then go on to the wider background of why the Cult has set out to 'vaccinate' every man, woman and child on the planet for an alleged 'new disease' with a survival rate of 99.77 percent (or more) even by the grotesquely-

manipulated figures of the World Health Organization and Johns Hopkins University. The 'infection' to 'death' ratio is 0.23 to 0.15 percent according to Stanford epidemiologist Dr John Ioannidis and while estimates vary the danger remains tiny. I say that if the truth be told the fake infection to fake death ratio is zero. Never mind all the evidence I have presented here and in *The Answer* that there is no 'virus' let us just focus for a moment on that death-rate figure of say 0.23 percent. The figure includes all those worldwide who have tested positive with a test not testing for the 'virus' and then died within 28 days or even longer of any other cause – *any other cause*. Now subtract all those illusory 'Covid' deaths on the global data sheets from the 0.23 percent. What do you think you would be left with? *Zero*. A vaccination has never been successfully developed for a so-called coronavirus. They have all failed at the animal testing stage when they caused hypersensitivity to what they were claiming to protect against and made the impact of a disease far worse. Cult-owned vaccine corporations got around that problem this time by bypassing animal trials, going straight to humans and making the length of the 'trials' before the public rollout as short as they could get away with. Normally it takes five to ten years or more to develop vaccines that still cause demonstrable harm to many people and that's without including the long-term effects that are never officially connected to the vaccination. 'Covid' non-vaccines have been officially produced and approved in a matter of months from a standing start and part of the reason is that (a) they were developed before the 'Covid' hoax began and (b) they are based on computer programs and not natural sources. Official non-trials were so short that government agencies gave *emergency,* not full, approval. 'Trials' were not even completed and full approval cannot be secured until they are. Public 'Covid vaccination' is actually a *continuation of the trial*. Drug company 'trials' are not scheduled to end until 2023 by which time a lot of people are going to be dead. Data on which government agencies gave this emergency approval was supplied by the Big Pharma corporations themselves in the form of Pfizer/BioNTech, AstraZeneca, Moderna, Johnson & Johnson, and

others, and this is the case with all vaccines. By its very nature *emergency* approval means drug companies do not have to prove that the 'vaccine' is 'safe and effective'. How could they with trials way short of complete? Government regulators only have to *believe* that they *could* be safe and effective. It is criminal manipulation to get products in circulation with no testing worth the name. Agencies giving that approval are infested with Big Pharma-connected place-people and they act in the interests of Big Pharma (the Cult) and not the public about whom they do not give a damn.

More human lab rats

'Covid vaccines' produced in record time by Pfizer/BioNTech and Moderna employ a technique *never approved before for use on humans*. They are known as mRNA 'vaccines' and inject a synthetic version of 'viral' mRNA or 'messenger RNA'. The key is in the term 'messenger'. The body works, or doesn't, on the basis of information messaging. Communications are constantly passing between and within the genetic system and the brain. Change those messages and you change the state of the body and even its very nature and you can change psychology and behaviour by the way the brain processes information. I think you are going to see significant changes in personality and perception of many people who have had the 'Covid vaccine' synthetic potions. Insider Aldous Huxley predicted the following in 1961 and mRNA 'vaccines' can be included in the term 'pharmacological methods':

> There will be, in the next generation or so, a pharmacological method of making people love their servitude, and producing dictatorship without tears, so to speak, producing a kind of painless concentration camp for entire societies, so that people will in fact have their own liberties taken away from them, but rather enjoy it, because they will be distracted from any desire to rebel by propaganda or brainwashing, or brainwashing enhanced by pharmacological methods. And this seems to be the final revolution.

Apologists claim that mRNA synthetic 'vaccines' don't change the DNA genetic blueprint because RNA does not affect DNA only the other way round. This is so disingenuous. A process called 'reverse

transcription' can convert RNA into DNA and be integrated into DNA in the cell nucleus. This was highlighted in December, 2020, by scientists at Harvard and Massachusetts Institute of Technology (MIT). Geneticists report that more than 40 percent of mammalian genomes results from reverse transcription. On the most basic level if messaging changes then that sequence must lead to changes in DNA which is receiving and transmitting those communications. How can introducing synthetic material into cells not change the cells where DNA is located? The process is known as transfection which is defined as 'a technique to insert foreign nucleic acid (DNA or RNA) into a cell, typically with the intention of altering the properties of the cell'. Researchers at the Sloan Kettering Institute in New York found that changes in messenger RNA can deactivate tumour-suppressing proteins and thereby promote cancer. This is what happens when you mess with messaging. 'Covid vaccine' maker Moderna was founded in 2010 by Canadian stem cell biologist Derrick J. Rossi after his breakthrough discovery in the field of transforming and reprogramming stem cells. These are neutral cells that can be programmed to become any cell including sperm cells. Moderna was therefore founded on the principle of genetic manipulation and has never produced any vaccine or drug before its genetically-manipulating synthetic 'Covid' shite. Look at the name – Mode-RNA or Modify-RNA. Another important point is that the US Supreme Court has ruled that genetically-modified DNA, or complementary DNA (cDNA) synthesized in the laboratory from messenger RNA, can be patented and owned. These psychopaths are doing this to the human body.

Cells replicate synthetic mRNA in the 'Covid vaccines' and in theory the body is tricked into making antigens which trigger antibodies to target the 'virus spike proteins' which as Dr Tom Cowan said have *never been seen*. Cut the crap and these 'vaccines' deliver *self-replicating* synthetic material to the cells with the effect of changing human DNA. The more of them you have the more that process is compounded while synthetic material is all the time self-replicating. 'Vaccine'-maker Moderna describes mRNA as 'like

software for the cell' and so they are messing with the body's software. What happens when you change the software in a computer? Everything changes. For this reason the Cult is preparing a production line of mRNA 'Covid vaccines' and a long list of excuses to use them as with all the 'variants' of a 'virus' never shown to exist. The plan is further to transfer the mRNA technique to other vaccines mostly given to children and young people. The cumulative consequences will be a transformation of human DNA through a constant infusion of synthetic genetic material which will kill many and change the rest. Now consider that governments that have given emergency approval for a vaccine that's not a vaccine; never been approved for humans before; had no testing worth the name; and the makers have been given immunity from prosecution for any deaths or adverse effects suffered by the public. The UK government awarded *permanent legal indemnity* to itself and its employees for harm done when a patient is being treated for 'Covid-19' or 'suspected Covid-19'. That is quite a thought when these are possible 'side-effects' from the 'vaccine' (they are not 'side', they are effects) listed by the US Food and Drug Administration:

Guillain-Barre syndrome; acute disseminated encephalomyelitis; transverse myelitis; encephalitis; myelitis; encephalomyelitis; meningoencephalitis; meningitis; encephalopathy; convulsions; seizures; stroke; narcolepsy; cataplexy; anaphylaxis; acute myocardial infarction (heart attack); myocarditis; pericarditis; autoimmune disease; death; implications for pregnancy, and birth outcomes; other acute demyelinating diseases; non anaphylactic allergy reactions; thrombocytopenia ; disseminated intravascular coagulation; venous thromboembolism; arthritis; arthralgia; joint pain; Kawasaki disease; multisystem inflammatory syndrome in children; vaccine enhanced disease. The latter is the way the 'vaccine' has the potential to make diseases far worse than they would otherwise be.

UK doctor and freedom campaigner Vernon Coleman described the conditions in this list as ‘all unpleasant, most of them very serious, and you can’t get more serious than death’. The thought that anyone at all has had the ‘vaccine’ in these circumstances is testament to the potential that humanity has for clueless, unquestioning, stupidity and for many that programmed stupidity has already been terminal.

An insider speaks

Dr Michael Yeadon is a former Vice President, head of research and Chief Scientific Adviser at vaccine giant Pfizer. Yeadon worked on the inside of Big Pharma, but that did not stop him becoming a vocal critic of ‘Covid vaccines’ and their potential for multiple harms, including infertility in women. By the spring of 2021 he went much further and even used the no, no, term ‘conspiracy’. When you begin to see what is going on it is impossible not to do so. Yeadon spoke out in an interview with freedom campaigner James Delingpole and I mentioned earlier how he said that no one had samples of ‘the virus’. He explained that the mRNA technique originated in the anti-cancer field and ways to turn on and off certain genes which could be advantageous if you wanted to stop cancer growing out of control. ‘That’s the origin of them. They are a very unusual application, really.’ Yeadon said that treating a cancer patient with an aggressive procedure might be understandable if the alternative was dying, but it was quite another thing to use the same technique as a public health measure. Most people involved wouldn’t catch the infectious agent you were vaccinating against and if they did they probably wouldn’t die:

> If you are really using it as a public health measure you really want to as close as you can get to zero sides-effects … I find it odd that they chose techniques that were really cutting their teeth in the field of oncology and I’m worried that in using gene-based vaccines that have to be injected in the body and spread around the body, get taken up into some cells, and the regulators haven’t quite told us which cells they get taken up into … you are going to be generating a wide range of responses … with multiple steps each of which could go well or badly.

I doubt the Cult intends it to go well. Yeadon said that you can put any gene you like into the body through the 'vaccine'. 'You can certainly give them a gene that would do them some harm if you wanted.' I was intrigued when he said that when used in the cancer field the technique could turn genes on and off. I explore this process in *The Answer* and with different genes having different functions you could create mayhem – physically and psychologically – if you turned the wrong ones on and the right ones off. I read reports of an experiment by researchers at the University of Washington's school of computer science and engineering in which they encoded DNA to infect computers. The body is itself a biological computer and if human DNA can inflict damage on a computer why can't the computer via synthetic material mess with the human body? It can. The Washington research team said it was possible to insert malicious malware into 'physical DNA strands' and corrupt the computer system of a gene sequencing machine as it 'reads gene letters and stores them as binary digits 0 and 1'. They concluded that hackers could one day use blood or spit samples to access computer systems and obtain sensitive data from police forensics labs or infect genome files. It is at this level of digital interaction that synthetic 'vaccines' need to be seen to get the full picture and that will become very clear later on. Michael Yeadon said it made no sense to give the 'vaccine' to younger people who were in no danger from the 'virus'. What was the benefit? It was all downside with potential effects:

> The fact that my government in what I thought was a civilised, rational country, is raining [the 'vaccine'] on people in their 30s and 40s, even my children in their 20s, they're getting letters and phone calls, I know this is not right and any of you doctors who are vaccinating you know it's not right, too. They are not at risk. They are not at risk from the disease, so you are now hoping that the side-effects are so rare that you get away with it. You don't give new technology … that you don't understand to 100 percent of the population.

Blood clot problems with the AstraZeneca 'vaccine' have been affecting younger people to emphasise the downside risks with no benefit. AstraZeneca's version, produced with Oxford University, does not use mRNA, but still gets its toxic cocktail inside cells where

it targets DNA. The Johnson & Johnson ‘vaccine’ which uses a similar technique has also produced blood clot effects to such an extent that the United States paused its use at one point. They are all ‘gene therapy’ (cell modification) procedures and not ‘vaccines’. The truth is that once the content of these injections enter cells we have no idea what the effect will be. People can speculate and some can give very educated opinions and that’s good. In the end, though, only the makers know what their potions are designed to do and even they won’t know every last consequence. Michael Yeadon was scathing about doctors doing what they knew to be wrong. ‘Everyone’s mute’, he said. Doctors in the NHS must know this was not right, coming into work and injecting people. ‘I don’t know how they sleep at night. I know I couldn’t do it. I know that if I were in that position I’d have to quit.’ He said he knew enough about toxicology to know this was not a good risk-benefit. Yeadon had spoken to seven or eight university professors and all except two would not speak out publicly. Their universities had a policy that no one said anything that countered the government and its medical advisors. They were afraid of losing their government grants. This is how intimidation has been used to silence the truth at every level of the system. I say silence, but these people could still speak out if they made that choice. Yeadon called them ‘moral cowards’ – ‘This is about your children and grandchildren’s lives and you have just buggered off and left it.’

‘Variant’ nonsense

Some of his most powerful comments related to the alleged ‘variants’ being used to instil more fear, justify more lockdowns, and introduce more ‘vaccines’. He said government claims about ‘variants’ were nonsense. He had checked the alleged variant ‘codes’ and they were 99.7 percent identical to the ‘original’. This was the human identity difference equivalent to putting a baseball cap on and off or wearing it the other way round. A 0.3 percent difference would make it impossible for that ‘variant’ to escape immunity from the ‘original’. This made no sense of having new ‘vaccines’ for

‘variants’. He said there would have to be at least a *30 percent* difference for that to be justified and even then he believed the immune system would still recognise what it was. Gates-funded ‘variant modeller’ and ‘vaccine’-pusher John Edmunds might care to comment. Yeadon said drug companies were making new versions of the ‘vaccine’ as a ‘top up’ for ‘variants’. Worse than that, he said, the ‘regulators’ around the world like the MHRA in the UK had got together and agreed that because ‘vaccines’ for ‘variants’ were so similar to the first ‘vaccines’ *they did not have to do safety studies*. How transparently sinister that is. This is when Yeadon said: ‘There is a conspiracy here.’ There was no need for another vaccine for ‘variants’ and yet we were told that there was and the country had shut its borders because of them. ‘They are going into hundreds of millions of arms without passing ‘go’ or any regulator. Why did they do that? Why did they pick this method of making the vaccine?’

The reason had to be something bigger than that it seemed and ‘it’s not protection against the virus’. It’s was a far bigger project that meant politicians and advisers were willing to do things and not do things that knowingly resulted in avoidable deaths – ‘that’s already happened when you think about lockdown and deprivation of health care for a year.’ He spoke of people prepared to do something that results in the avoidable death of their fellow human beings and it not bother them. This is the penny-drop I have been working to get across for more than 30 years – the level of pure evil we are dealing with. Yeadon said his friends and associates could not believe there could be that much evil, but he reminded them of Stalin, Pol Pot and Hitler and of what Stalin had said: ‘One death is a tragedy. A million? A statistic.’ He could not think of a benign explanation for why you need top-up vaccines ‘which I’m sure you don’t’ and for the regulators ‘to just get out of the way and wave them through’. Why would the regulators do that when they were still wrestling with the dangers of the ‘parent’ vaccine? He was clearly shocked by what he had seen since the ‘Covid’ hoax began and now he was thinking the previously unthinkable:

If you wanted to depopulate a significant proportion of the world and to do it in a way that doesn't involve destruction of the environment with nuclear weapons, poisoning everyone with anthrax or something like that, and you wanted plausible deniability while you had a multi-year infectious disease crisis, I actually don't think you could come up with a better plan of work than seems to be in front of me. I can't say that's what they are going to do, but I can't think of a benign explanation why they are doing it.

He said he never thought that they would get rid of 99 percent of humans, but now he wondered. 'If you wanted to that this would be a hell of a way to do it – it would be unstoppable folks.' Yeadon had concluded that those who submitted to the 'vaccine' would be allowed to have some kind of normal life (but for how long?) while screws were tightened to coerce and mandate the last few percent. 'I think they'll put the rest of them in a prison camp. I wish I was wrong, but I don't think I am.' Other points he made included: There were no coronavirus vaccines then suddenly they all come along at the same time; we have no idea of the long term affect with trials so short; coercing or forcing people to have medical procedures is against the Nuremberg Code instigated when the Nazis did just that; people should at least delay having the 'vaccine'; a quick Internet search confirms that masks don't reduce respiratory viral transmission and 'the government knows that'; they have smashed civil society and they know that, too; two dozen peer-reviewed studies show no connection between lockdown and reducing deaths; he knew from personal friends the elite were still flying around and going on holiday while the public were locked down; the elite were not having the 'vaccines'. He was also asked if 'vaccines' could be made to target difference races. He said he didn't know, but the document by the Project for the New American Century in September, 2000, said developing 'advanced forms of biological warfare that can target *specific genotypes* may transform biological warfare from the realm of terror to a politically useful tool.' Oh, they're evil all right. Of that we can be *absolutely* sure.

Another cull of old people

We have seen from the CDC definition that the mRNA ‘Covid vaccine’ is not a vaccine and nor are the others that *claim* to reduce ‘severity of symptoms’ in *some* people, but not protect from infection or transmission. What about all the lies about returning to ‘normal’ if people were ‘vaccinated’? If they are not claimed to stop infection and transmission of the alleged ‘virus’, how does anything change? This was all lies to manipulate people to take the jabs and we are seeing that now with masks and distancing still required for the ‘vaccinated’. How did they think that elderly people with fragile health and immune responses were going to be affected by infusing their cells with synthetic material and other toxic substances? They *knew* that in the short and long term it would be devastating and fatal as the culling of the old that began with the first lockdowns was continued with the ‘vaccine’. Death rates in care homes soared immediately residents began to be ‘vaccinated’ – infused with synthetic material. Brave and committed whistleblower nurses put their careers at risk by exposing this truth while the rest kept their heads down and their mouths shut to put their careers before those they are supposed to care for. A long-time American Certified Nursing Assistant who gave his name as James posted a video in which he described emotionally what happened in his care home when vaccination began. He said that during 2020 very few residents were sick with ‘Covid’ and no one died during the entire year; but shortly after the Pfizer mRNA injections 14 people died within two weeks and many others were near death. ‘They’re dropping like flies’, he said. Residents who walked on their own before the shot could no longer and they had lost their ability to conduct an intelligent conversation. The home’s management said the sudden deaths were caused by a ‘super-spreader’ of ‘Covid-19’. Then how come, James asked, that residents who refused to take the injections were not sick? It was a case of inject the elderly with mRNA synthetic potions and blame their illness and death that followed on the ‘virus’. James described what was happening in care homes as ‘the greatest crime of genocide this country has ever seen’. Remember the NHS staff nurse from earlier who used the same

word ‘genocide’ for what was happening with the ‘vaccines’ and that it was an ‘act of human annihilation’. A UK care home whistleblower told a similar story to James about the effect of the ‘vaccine’ in deaths and ‘outbreaks’ of illness dubbed ‘Covid’ after getting the jab. She told how her care home management and staff had zealously imposed government regulations and no one was allowed to even question the official narrative let alone speak out against it. She said the NHS was even worse. Again we see the results of reframing. A worker at a local care home where I live said they had not had a single case of ‘Covid’ there for almost a year and when the residents were ‘vaccinated’ they had 19 positive cases in two weeks with eight dying.

It’s not the ‘vaccine’ – honest

The obvious cause and effect was being ignored by the media and most of the public. Australia’s health minister Greg Hunt (a former head of strategy at the World Economic Forum) was admitted to hospital after he had the ‘vaccine’. He was suffering according to reports from the skin infection ‘cellulitis’ and it must have been a severe case to have warranted days in hospital. Immediately the authorities said this was nothing to do with the ‘vaccine’ when an effect of some vaccines is a ‘cellulitis-like reaction’. We had families of perfectly healthy old people who died after the ‘vaccine’ saying that if only they had been given the ‘vaccine’ earlier they would still be alive. As a numbskull rating that is off the chart. A father of four ‘died of Covid’ at aged 48 when he was taken ill two days after having the ‘vaccine’. The man, a health administrator, had been ‘shielding during the pandemic’ and had ‘not really left the house’ until he went for the ‘vaccine’. Having the ‘vaccine’ and then falling ill and dying does not seem to have qualified as a possible cause and effect and ‘Covid-19’ went on his death certificate. His family said they had no idea how he ‘caught the virus’. A family member said: ‘Tragically, it could be that going for a vaccination ultimately led to him catching Covid …The sad truth is that they are never going to know where it came from.’ The family warned people to remember

that the virus still existed and was 'very real'. So was their stupidity. Nurses and doctors who had the first round of the 'vaccine' were collapsing, dying and ending up in a hospital bed while they or their grieving relatives were saying they'd still have the 'vaccine' again despite what happened. I kid you not. You mean if your husband returned from the dead he'd have the same 'vaccine' again that killed him??

Doctors at the VCU Medical Center in Richmond, Virginia, said the Johnson & Johnson 'vaccine' was to blame for a man's skin peeling off. Patient Richard Terrell said: 'It all just happened so fast. My skin peeled off. It's still coming off on my hands now.' He said it was stinging, burning and itching and when he bent his arms and legs it was very painful with 'the skin swollen and rubbing against itself'. Pfizer/BioNTech and Moderna vaccines use mRNA to change the cell while the Johnson & Johnson version uses DNA in a process similar to AstraZeneca's technique. Johnson & Johnson and AstraZeneca have both had their 'vaccines' paused by many countries after causing serious blood problems. Terrell's doctor Fnu Nutan said he could have died if he hadn't got medical attention. It sounds terrible so what did Nutan and Terrell say about the 'vaccine' now? Oh, they still recommend that people have it. A nurse in a hospital bed 40 minutes after the vaccination and unable to swallow due to throat swelling was told by a doctor that he lost mobility in his arm for 36 hours following the vaccination. What did he say to the ailing nurse? 'Good for you for getting the vaccination.' We are dealing with a serious form of cognitive dissonance madness in both public and medical staff. There is a remarkable correlation between those having the 'vaccine' and trumpeting the fact and suffering bad happenings shortly afterwards. Witold Rogiewicz, a Polish doctor, made a video of his 'vaccination' and ridiculed those who were questioning its safety and the intentions of Bill Gates: 'Vaccinate yourself to protect yourself, your loved ones, friends and also patients. And to mention quickly I have info for anti-vaxxers and anti-Coviders if you want to contact Bill Gates you can do this through me.' He further ridiculed the dangers of 5G. Days later he

was dead, but naturally the vaccination wasn't mentioned in the verdict of 'heart attack'.

Lies, lies and more lies

So many members of the human race have slipped into extreme states of insanity and unfortunately they include reframed doctors and nursing staff. Having a 'vaccine' and dying within minutes or hours is not considered a valid connection while death from any cause within 28 days or longer of a positive test with a test not testing for the 'virus' means 'Covid-19' goes on the death certificate. How could that 'vaccine'-death connection not have been made except by calculated deceit? US figures in the initial rollout period to February 12th, 2020, revealed that a third of the deaths reported to the CDC after 'Covid vaccines' happened within 48 hours. Five men in the UK suffered an 'extremely rare' blood clot problem after having the AstraZeneca 'vaccine', but no causal link was established said the Gates-funded Medicines and Healthcare products Regulatory Agency (MHRA) which had given the 'vaccine' emergency approval to be used. Former Pfizer executive Dr Michael Yeadon explained in his interview how the procedures could cause blood coagulation and clots. People who should have been at no risk were dying from blood clots in the brain and he said he had heard from medical doctor friends that people were suffering from skin bleeding and massive headaches. The AstraZeneca 'shot' was stopped by some 20 countries over the blood clotting issue and still the corrupt MHRA, the European Medicines Agency (EMA) and the World Health Organization said that it should continue to be given even though the EMA admitted that it 'still cannot rule out definitively' a link between blood clotting and the 'vaccine'. Later Marco Cavaleri, head of EMA vaccine strategy, said there was indeed a clear link between the 'vaccine' and thrombosis, but they didn't know why. So much for the trials showing the 'vaccine' is safe. Blood clots were affecting younger people who would be under virtually no danger from 'Covid' even if it existed which makes it all the more stupid and sinister.

The British government responded to public alarm by wheeling out June Raine, the terrifyingly weak infant school headmistress sound-alike who heads the UK MHRA drug 'regulator'. The idea that she would stand up to Big Pharma and government pressure is laughable and she told us that all was well in the same way that she did when allowing untested, never-used-on-humans-before, genetically-manipulating 'vaccines' to be exposed to the public in the first place. Mass lying is the new normal of the 'Covid' era. The MHRA later said 30 cases of rare blood clots had by then been connected with the AstraZeneca 'vaccine' (that means a lot more in reality) while stressing that the benefits of the jab in preventing 'Covid-19' outweighed any risks. A more ridiculous and disingenuous statement with callous disregard for human health it is hard to contemplate. Immediately after the mendacious 'all-clears' two hospital workers in Denmark experienced blood clots and cerebral haemorrhaging following the AstraZeneca jab and one died. Top Norwegian health official Pål Andre Holme said the 'vaccine' was the only common factor: 'There is nothing in the patient history of these individuals that can give such a powerful immune response … I am confident that the antibodies that we have found are the cause, and I see no other explanation than it being the vaccine which triggers it.' Strokes, a clot or bleed in the brain, were clearly associated with the 'vaccine' from word of mouth and whistleblower reports. Similar consequences followed with all these 'vaccines' that we were told were so safe and as the numbers grew by the day it was clear we were witnessing human carnage.

Learning the hard way

A woman interviewed by UKColumn told how her husband suffered dramatic health effects after the vaccine when he'd been in good health all his life. He went from being a little unwell to losing all feeling in his legs and experiencing 'excruciating pain'. Misdiagnosis followed twice at Accident and Emergency (an 'allergy' and 'sciatica') before he was admitted to a neurology ward where doctors said his serious condition had been caused by the

‘vaccine’. Another seven ‘vaccinated’ people were apparently being treated on the same ward for similar symptoms. The woman said he had the ‘vaccine’ because they believed media claims that it was safe. ‘I didn’t think the government would give out a vaccine that does this to somebody; I believed they would be bringing out a vaccination that would be safe.’ What a tragic way to learn that lesson. Another woman posted that her husband was transporting stroke patients to hospital on almost every shift and when he asked them if they had been ‘vaccinated’ for ‘Covid’ they all replied ‘yes’. One had a ‘massive brain bleed’ the day after his second dose. She said her husband reported the ‘just been vaccinated’ information every time to doctors in A and E only for them to ignore it, make no notes and appear annoyed that it was even mentioned. This particular report cannot be verified, but it expresses a common theme that confirms the monumental underreporting of ‘vaccine’ consequences. Interestingly as the ‘vaccines’ and their brain blood clot/stroke consequences began to emerge the UK National Health Service began a publicity campaign telling the public what to do in the event of a stroke. A Scottish NHS staff nurse who quit in disgust in March, 2021, said:

> I have seen traumatic injuries from the vaccine, they’re not getting reported to the yellow card [adverse reaction] scheme, they’re treating the symptoms, not asking why, why it’s happening. It’s just treating the symptoms and when you speak about it you’re dismissed like you’re crazy, I’m not crazy, I’m not crazy because every other colleague I’ve spoken to is terrified to speak out, they’ve had enough.

Videos appeared on the Internet of people uncontrollably shaking after the ‘vaccine’ with no control over muscles, limbs and even their face. A Scottish mother broke out in a severe rash all over her body almost immediately after she was given the AstraZeneca ‘vaccine’. The pictures were horrific. Leigh King, a 41-year-old hairdresser from Lanarkshire said: ‘Never in my life was I prepared for what I was about to experience … My skin was so sore and constantly hot … I have never felt pain like this …’ But don’t you worry, the ‘vaccine’ is perfectly safe. Then there has been the effect on medical

staff who have been pressured to have the 'vaccine' by psychopathic 'health' authorities and government. A London hospital consultant who gave the name K. Polyakova wrote this to the *British Medical Journal* or *BMJ*:

> I am currently struggling with … the failure to report the reality of the morbidity caused by our current vaccination program within the health service and staff population. The levels of sickness after vaccination is unprecedented and staff are getting very sick and some with neurological symptoms which is having a huge impact on the health service function. Even the young and healthy are off for days, some for weeks, and some requiring medical treatment. Whole teams are being taken out as they went to get vaccinated together.
>
> Mandatory vaccination in this instance is stupid, unethical and irresponsible when it comes to protecting our staff and public health. We are in the voluntary phase of vaccination, and encouraging staff to take an unlicensed product that is impacting on their immediate health … it is clearly stated that these vaccine products do not offer immunity or stop transmission. In which case why are we doing it?

Not to protect health that's for sure. Medical workers are lauded by governments for agenda reasons when they couldn't give a toss about them any more than they can for the population in general. Schools across America faced the same situation as they closed due to the high number of teachers and other staff with bad reactions to the Pfizer/BioNTech, Moderna, and Johnson & Johnson 'Covid vaccines' all of which were linked to death and serious adverse effects. The *BMJ* took down the consultant's comments pretty quickly on the grounds that they were being used to spread 'disinformation'. They were exposing the truth about the 'vaccine' was the real reason. The cover-up is breathtaking.

Hiding the evidence

The scale of the 'vaccine' death cover-up worldwide can be confirmed by comparing official figures with the personal experience of the public. I heard of many people in my community who died immediately or soon after the vaccine that would never appear in the media or even likely on the official totals of 'vaccine' fatalities and adverse reactions when only about ten percent are estimated to be

reported and I have seen some estimates as low as one percent in a Harvard study. In the UK alone by April 29th, 2021, some 757,654 adverse reactions had been officially reported from the Pfizer/BioNTech, Oxford/AstraZeneca and Moderna 'vaccines' with more than a thousand deaths linked to jabs and that means an estimated ten times this number in reality from a ten percent reporting rate percentage. That's seven million adverse reactions and 10,000 potential deaths and a one percent reporting rate would be ten times *those* figures. In 1976 the US government pulled the swine flu vaccine after *53* deaths. The UK data included a combined 10,000 eye disorders from the 'Covid vaccines' with more than 750 suffering visual impairment or blindness and again multiply by the estimated reporting percentages. As 'Covid cases' officially fell hospitals virtually empty during the 'Covid crisis' began to fill up with a range of other problems in the wake of the 'vaccine' rollout. The numbers across America have also been catastrophic. Deaths linked to *all* types of vaccine increased by *6,000 percent* in the first quarter of 2021 compared with 2020. A 39-year-old woman from Ogden, Utah, died four days after receiving a second dose of Moderna's 'Covid vaccine' when her liver, heart and kidneys all failed despite the fact that she had no known medical issues or conditions. Her family sought an autopsy, but Dr Erik Christensen, Utah's chief medical examiner, said proving vaccine injury as a cause of death almost never happened. He could think of only one instance where an autopsy would name a vaccine as the official cause of death and that would be anaphylaxis where someone received a vaccine and died almost instantaneously. 'Short of that, it would be difficult for us to definitively say this is the vaccine,' Christensen said. If that is true this must be added to the estimated ten percent (or far less) reporting rate of vaccine deaths and serious reactions and the conclusion can only be that vaccine deaths and serious reactions – including these 'Covid' potions' – are phenomenally understated in official figures. The same story can be found everywhere. Endless accounts of deaths and serious reactions among the public, medical

and care home staff while official figures did not even begin to reflect this.

Professional script-reader Dr David Williams, a 'top public-health official' in Ontario, Canada, insulted our intelligence by claiming only four serious adverse reactions and no deaths from the more than 380,000 vaccine doses then given. This bore no resemblance to what people knew had happened in their owns circles and we had Dirk Huyer in charge of getting millions vaccinated in Ontario while at the same time he was Chief Coroner for the province investigating causes of death including possible death from the vaccine. An aide said he had stepped back from investigating deaths, but evidence indicated otherwise. Rosemary Frei, who secured a Master of Science degree in molecular biology at the Faculty of Medicine at Canada's University of Calgary before turning to investigative journalism, was one who could see that official figures for 'vaccine' deaths and reactions made no sense. She said that doctors seldom reported adverse events and when people got really sick or died after getting a vaccination they would attribute that to anything except the vaccines. It had been that way for years and anyone who wondered aloud whether the 'Covid vaccines' or other shots cause harm is immediately branded as 'anti-vax' and 'anti-science'. This was 'career-threatening' for health professionals. Then there was the huge pressure to support the push to 'vaccinate' billions in the quickest time possible. Frei said:

> So that's where we're at today. More than half a million vaccine doses have been given to people in Ontario alone. The rush is on to vaccinate all 15 million of us in the province by September. And the mainstream media are screaming for this to be sped up even more. That all adds up to only a very slim likelihood that we're going to be told the truth by officials about how many people are getting sick or dying from the vaccines.

What is true of Ontario is true of everywhere.

They KNEW – and still did it

The authorities knew what was going to happen with multiple deaths and adverse reactions. The UK government's Gates-funded

and Big Pharma-dominated Medicines and Healthcare products Regulatory Agency (MHRA) hired a company to employ AI in compiling the projected reactions to the 'vaccine' that would otherwise be uncountable. The request for applications said: 'The MHRA urgently seeks an Artificial Intelligence (AI) software tool to process the expected high volume of Covid-19 vaccine Adverse Drug Reaction …' This was from the agency, headed by the disingenuous June Raine, that gave the 'vaccines' emergency approval and the company was hired before the first shot was given. 'We are going to kill and maim you – is that okay?' 'Oh, yes, perfectly fine – I'm very grateful, thank you, doctor.' The range of 'Covid vaccine' adverse reactions goes on for page after page in the MHRA criminally underreported 'Yellow Card' system and includes affects to eyes, ears, skin, digestion, blood and so on. Raine's MHRA amazingly claimed that the 'overall safety experience … is so far as expected from the clinical trials'. The death, serious adverse effects, deafness and blindness were *expected?* When did they ever mention that? If these human tragedies were expected then those that gave approval for the use of these 'vaccines' must be guilty of crimes against humanity including murder – a definition of which is 'killing a person with malice aforethought or with recklessness manifesting extreme indifference to the value of human life.' People involved at the MHRA, the CDC in America and their equivalent around the world must go before Nuremberg trials to answer for their callous inhumanity. We are only talking here about the immediate effects of the 'vaccine'. The longer-term impact of the DNA synthetic manipulation is the main reason they are so hysterically desperate to inoculate the entire global population in the shortest possible time.

Africa and the developing world are a major focus for the 'vaccine' depopulation agenda and a mass vaccination sales-pitch is underway thanks to caring people like the Rockefellers and other Cult assets. The Rockefeller Foundation, which pre-empted the 'Covid pandemic' in a document published in 2010 that 'predicted' what happened a decade later, announced an initial $34.95 million grant in February, 2021, 'to ensure more equitable access to Covid-19

testing and vaccines' among other things in Africa in collaboration with '24 organizations, businesses, and government agencies'. The pan-Africa initiative would focus on 10 countries: Burkina Faso, Ethiopia, Ghana, Kenya, Nigeria, Rwanda, South Africa, Tanzania, Uganda, and Zambia'. Rajiv Shah, President of the Rockefeller Foundation and former administrator of CIA-controlled USAID, said that if Africa was not mass-vaccinated (to change the DNA of its people) it was a 'threat to all of humanity' and not fair on Africans. When someone from the Rockefeller Foundation says they want to do something to help poor and deprived people and countries it is time for a belly-laugh. They are doing this out of the goodness of their 'heart' because 'vaccinating' the entire global population is what the 'Covid' hoax set out to achieve. Official 'decolonisation' of Africa by the Cult was merely a prelude to financial colonisation on the road to a return to physical colonisation. The 'vaccine' is vital to that and the sudden and convenient death of the 'Covid' sceptic president of Tanzania can be seen in its true light. A lot of people in Africa are aware that this is another form of colonisation and exploitation and they need to stand their ground.

The 'vaccine is working' scam

A potential problem for the Cult was that the 'vaccine' is meant to change human DNA and body messaging and not to protect anyone from a 'virus' never shown to exist. The vaccine couldn't work because it was not designed to work and how could they make it *appear* to be working so that more people would have it? This was overcome by lowering the amplification rate of the PCR test to produce fewer 'cases' and therefore fewer 'deaths'. Some of us had been pointing out since March, 2020, that the amplification rate of the test not testing for the 'virus' had been made artificially high to generate positive tests which they could call 'cases' to justify lockdowns. The World Health Organization recommended an absurdly high 45 amplification cycles to ensure the high positives required by the Cult and then remained silent on the issue until January 20th, 2021 – Biden's Inauguration Day. This was when the

‘vaccinations’ were seriously underway and on that day the WHO recommended after discussions with America’s CDC that laboratories *lowered their testing amplification*. Dr David Samadi, a certified urologist and health writer, said the WHO was encouraging all labs to reduce their cycle count for PCR tests. He said the current cycle was much too high and was ‘resulting in any particle being declared a positive case’. Even one mainstream news report I saw said this meant the number of ‘Covid’ infections may have been ‘dramatically inflated’. Oh, just a little bit. The CDC in America issued new guidance to laboratories in April, 2021, to use 28 cycles *but only for ‘vaccinated’ people*. The timing of the CDC/WHO interventions were cynically designed to make it appear the ‘vaccines’ were responsible for falling cases and deaths when the real reason can be seen in the following examples. New York’s state lab, the Wadsworth Center, identified 872 positive tests in July, 2020, based on a threshold of 40 cycles. When the figure was lowered to 35 cycles *43 percent* of the 872 were no longer ‘positives’. At 30 cycles the figure was 63 percent. A Massachusetts lab found that between *85 to 90 percent* of people who tested positive in July with a cycle threshold of 40 would be negative at 30 cycles, Ashish Jha, MD, director of the Harvard Global Health Institute, said: ‘I’m really shocked that it could be that high … Boy, does it really change the way we need to be thinking about testing.’ I’m shocked that I could see the obvious in the spring of 2020, with no medical background, and most medical professionals still haven’t worked it out. No, that’s not shocking – it’s terrifying.

Three weeks after the WHO directive to lower PCR cycles the London *Daily Mail* ran this headline: ‘Why ARE Covid cases plummeting? New infections have fallen 45% in the US and 30% globally in the past 3 weeks but experts say vaccine is NOT the main driver because only 8% of Americans and 13% of people worldwide have received their first dose.’ They acknowledged that the drop could not be attributed to the ‘vaccine’, but soon this morphed throughout the media into the ‘vaccine’ has caused cases and deaths to fall when it was the PCR threshold. In December, 2020, there was

chaos at English Channel ports with truck drivers needing negative 'Covid' tests before they could board a ferry home for Christmas. The government wanted to remove the backlog as fast as possible and they brought in troops to do the 'testing'. Out of 1,600 drivers just *36* tested positive and the rest were given the all clear to cross the Channel. I guess the authorities thought that 36 was the least they could get away with without the unquestioning catching on. The amplification trick which most people believed in the absence of information in the mainstream applied more pressure on those refusing the 'vaccine' to succumb when it 'obviously worked'. The truth was the exact opposite with deaths in care homes soaring with the 'vaccine' and in Israel the term used was 'skyrocket'. A re-analysis of published data from the Israeli Health Ministry led by Dr Hervé Seligmann at the Medicine Emerging Infectious and Tropical Diseases at Aix-Marseille University found that Pfizer's 'Covid vaccine' killed 'about 40 times more [elderly] people than the disease itself would have killed' during a five-week vaccination period and *260 times* more younger people than would have died from the 'virus' even according to the manipulated 'virus' figures. Dr Seligmann and his co-study author, Haim Yativ, declared after reviewing the Israeli 'vaccine' death data: 'This is a new Holocaust.'

Then, in mid-April, 2021, after vast numbers of people worldwide had been 'vaccinated', the story changed with clear coordination. The UK government began to prepare the ground for more future lockdowns when Nuremberg-destined Boris Johnson told yet another whopper. He said that cases had fallen because of *lockdowns* not 'vaccines'. Lockdowns are irrelevant when *there is no 'virus'* and the test and fraudulent death certificates are deciding the number of 'cases' and 'deaths'. Study after study has shown that lockdowns don't work and instead kill and psychologically destroy people. Meanwhile in the United States Anthony Fauci and Rochelle Walensky, the ultra-Zionist head of the CDC, peddled the same line. More lockdown was the answer and not the 'vaccine', a line repeated on cue by the moron that is Canadian Prime Minister Justin Trudeau. Why all the hysteria to get everyone 'vaccinated' if lockdowns and

not 'vaccines' made the difference? None of it makes sense on the face of it. Oh, but it does. The Cult wants lockdowns *and* the 'vaccine' and if the 'vaccine' is allowed to be seen as the total answer lockdowns would no longer be justified when there are still livelihoods to destroy. 'Variants' and renewed upward manipulation of PCR amplification are planned to instigate never-ending lockdown *and* more 'vaccines'.

You *must* have it – we're desperate

Israel, where the Jewish and Arab population are ruled by the Sabbatian Cult, was the front-runner in imposing the DNA-manipulating 'vaccine' on its people to such an extent that Jewish refusers began to liken what was happening to the early years of Nazi Germany. This would seem to be a fantastic claim. Why would a government of Jewish people be acting like the Nazis did? If you realise that the Sabbatian Cult was behind the Nazis and that Sabbatians hate Jews the pieces start to fit and the question of why a 'Jewish' government would treat Jews with such callous disregard for their lives and freedom finds an answer. Those controlling the government of Israel *aren't Jewish* – they're Sabbatian. Israeli lawyer Tamir Turgal was one who made the Nazi comparison in comments to German lawyer Reiner Fuellmich who is leading a class action lawsuit against the psychopaths for crimes against humanity. Turgal described how the Israeli government was vaccinating children and pregnant women on the basis that there was no evidence that this was dangerous when they had no evidence that it *wasn't* dangerous either. They just had no evidence. This was medical experimentation and Turgal said this breached the Nuremberg Code about medical experimentation and procedures requiring informed consent and choice. Think about that. A Nuremberg Code developed because of Nazi experimentation on Jews and others in concentration camps by people like the evil-beyond-belief Josef Mengele is being breached by the *Israeli* government; but when you know that it's a *Sabbatian* government along with its intelligence and military agencies like Mossad, Shin Bet and the Israeli Defense Forces, and that Sabbatians

were the force behind the Nazis, the kaleidoscope comes into focus. What have we come to when Israeli Jews are suing their government for violating the Nuremberg Code by essentially making Israelis subject to a medical experiment using the controversial 'vaccines'? It's a shocker that this has to be done in the light of what happened in Nazi Germany. The Anshe Ha-Emet, or 'People of the Truth', made up of Israeli doctors, lawyers, campaigners and public, have launched a lawsuit with the International Criminal Court. It says:

> When the heads of the Ministry of Health as well as the prime minister presented the vaccine in Israel and began the vaccination of Israeli residents, the vaccinated were not advised, that, in practice, they are taking part in a medical experiment and that their consent is required for this under the Nuremberg Code.

The irony is unbelievable, but easily explained in one word: Sabbatians. The foundation of Israeli 'Covid' apartheid is the 'green pass' or 'green passport' which allows Jews and Arabs who have had the DNA-manipulating 'vaccine' to go about their lives – to work, fly, travel in general, go to shopping malls, bars, restaurants, hotels, concerts, gyms, swimming pools, theatres and sports venues, while non-'vaccinated' are banned from all those places and activities. Israelis have likened the 'green pass' to the yellow stars that Jews in Nazi Germany were forced to wear – the same as the yellow stickers that a branch of UK supermarket chain Morrisons told exempt mask-wears they had to display when shopping. How very sensitive. The Israeli system is blatant South African-style apartheid on the basis of compliance or non-compliance to fascism rather than colour of the skin. How appropriate that the Sabbatian Israeli government was so close to the pre-Mandela apartheid regime in Pretoria. The Sabbatian-instigated 'vaccine passport' in Israel is planned for everywhere. Sabbatians struck a deal with Pfizer that allowed them to lead the way in the percentage of a national population infused with synthetic material and the result was catastrophic. Israeli freedom activist Shai Dannon told me how chairs were appearing on beaches that said 'vaccinated only'. Health Minister Yuli Edelstein said that anyone unwilling or unable to get

the jabs that 'confer immunity' will be 'left behind'. The man's a liar. Not even the makers claim the 'vaccines' confer immunity. When you see those figures of 'vaccine' deaths these psychopaths were saying that you must take the chance the 'vaccine' will kill you or maim you while knowing it will change your DNA or lockdown for you will be permanent. That's fascism. The Israeli parliament passed a law to allow personal information of the non-vaccinated to be shared with local and national authorities for three months. This was claimed by its supporters to be a way to 'encourage' people to be vaccinated. Hadas Ziv from Physicians for Human Rights described this as a 'draconian law which crushed medical ethics and the patient rights'. But that's the idea, the Sabbatians would reply.

Your papers, please

Sabbatian Israel was leading what has been planned all along to be a global 'vaccine pass' called a 'green passport' without which you would remain in permanent lockdown restriction and unable to do anything. This is how badly – *desperately* – the Cult is to get everyone 'vaccinated'. The term and colour 'green' was not by chance and related to the psychology of fusing the perception of the green climate hoax with the 'Covid' hoax and how the 'solution' to both is the same Great Reset. Lying politicians, health officials and psychologists denied there were any plans for mandatory vaccinations or restrictions based on vaccinations, but they knew that was exactly what was meant to happen with governments of all countries reaching agreements to enforce a global system. 'Free' Denmark and 'free' Sweden unveiled digital vaccine certification. Cyprus, Czech Republic, Estonia, Greece, Hungary, Iceland, Italy, Poland, Portugal, Slovakia, and Spain have all committed to a vaccine passport system and the rest including the whole of the EU would follow. The satanic UK government will certainly go this way despite mendacious denials and at the time of writing it is trying to manipulate the public into having the 'vaccine' so they could go abroad on a summer holiday. How would that work without something to prove you had the synthetic toxicity injected into you?

Documents show that the EU's European Commission was moving towards 'vaccine certificates' in 2018 and 2019 before the 'Covid' hoax began. They knew what was coming. Abracadabra – Ursula von der Leyen, the German President of the Commission, announced in March, 2021, an EU 'Digital Green Certificate' – green again – to track the public's 'Covid status'. The passport sting is worldwide and the Far East followed the same pattern with South Korea ruling that only those with 'vaccination' passports – again the *green* pass – would be able to 'return to their daily lives'.

Bill Gates has been preparing for this 'passport' with other Cult operatives for years and beyond the paper version is a Gates-funded 'digital tattoo' to identify who has been vaccinated and who hasn't. The 'tattoo' is reported to include a substance which is externally readable to confirm who has been vaccinated. This is a bio-luminous light-generating enzyme (think fireflies) called … *Luciferase*. Yes, named after the Cult 'god' Lucifer the 'light bringer' of whom more to come. Gates said he funded the readable tattoo to ensure children in the developing world were vaccinated and no one was missed out. He cares so much about poor kids as we know. This was just the cover story to develop a vaccine tagging system for everyone on the planet. Gates has been funding the ID2020 'alliance' to do just that in league with other lovely people at Microsoft, GAVI, the Rockefeller Foundation, Accenture and IDEO.org. He said in interviews in March, 2020, before any 'vaccine' publicly existed, that the world must have a globalised digital certificate to track the 'virus' and who had been vaccinated. Gates knew from the start that the mRNA vaccines were coming and when they would come and that the plan was to tag the 'vaccinated' to marginalise the intelligent and stop them doing anything including travel. Evil just doesn't suffice. Gates was exposed for offering a $10 million bribe to the Nigerian House of Representatives to invoke compulsory 'Covid' vaccination of all Nigerians. Sara Cunial, a member of the Italian Parliament, called Gates a 'vaccine criminal'. She urged the Italian President to hand him over to the International Criminal Court for crimes against

humanity and condemned his plans to ‘chip the human race’ through ID2020.

You know it’s a long-planned agenda when war criminal and Cult gofer Tony Blair is on the case. With the scale of arrogance only someone as dark as Blair can muster he said: ‘Vaccination in the end is going to be your route to liberty.’ Blair is a disgusting piece of work and he confirms that again. The media has given a lot of coverage to a bloke called Charlie Mullins, founder of London’s biggest independent plumbing company, Pimlico Plumbers, who has said he won’t employ anyone who has not been vaccinated or have them go to any home where people are not vaccinated. He said that if he had his way no one would be allowed to walk the streets if they have not been vaccinated. Gates was cheering at the time while I was alerting the white coats. The plan is that people will qualify for ‘passports’ for having the first two doses and then to keep it they will have to have all the follow ups and new ones for invented ‘variants’ until human genetics is transformed and many are dead who can’t adjust to the changes. Hollywood celebrities – the usual propaganda stunt – are promoting something called the WELL Health-Safety Rating to verify that a building or space has ‘taken the necessary steps to prioritize the health and safety of their staff, visitors and other stakeholders’. They included Lady Gaga, Jennifer Lopez, Michael B. Jordan, Robert DeNiro, Venus Williams, Wolfgang Puck, Deepak Chopra and 17th Surgeon General Richard Carmona. Yawn. WELL Health-Safety has big connections with China. Parent company Delos is headed by former Goldman Sachs partner Paul Scialla. This is another example – and we will see so many others – of using the excuse of ‘health’ to dictate the lives and activities of the population. I guess one confirmation of the ‘safety’ of buildings is that only ‘vaccinated’ people can go in, right?

Electronic concentration camps

I wrote decades ago about the plans to restrict travel and here we are for those who refuse to bow to tyranny. This can be achieved in one go with air travel if the aviation industry makes a blanket decree.

The ‘vaccine’ and guaranteed income are designed to be part of a global version of China’s social credit system which tracks behaviour 24/7 and awards or deletes ‘credits’ based on whether your behaviour is supported by the state or not. I mean your entire lifestyle – what you do, eat, say, everything. Once your credit score falls below a certain level consequences kick in. In China tens of millions have been denied travel by air and train because of this. All the locations and activities denied to refusers by the ‘vaccine’ passports will be included in one big mass ban on doing almost anything for those that don’t bow their head to government. It’s beyond fascist and a new term is required to describe its extremes – I guess fascist technocracy will have to do. The way the Chinese system of technological – technocratic – control is sweeping the West can be seen in the Los Angeles school system and is planned to be expanded worldwide. Every child is required to have a ‘Covid’-tracking app scanned daily before they can enter the classroom. The so-called Daily Pass tracking system is produced by Gates’ Microsoft which I’m sure will shock you rigid. The pass will be scanned using a barcode (one step from an inside-the-body barcode) and the information will include health checks, ‘Covid’ tests and vaccinations. Entry codes are for one specific building only and access will only be allowed if a student or teacher has a negative test with a test not testing for the ‘virus’, has no symptoms of anything alleged to be related to ‘Covid’ (symptoms from a range of other illness), and has a temperature under 100 degrees. No barcode, no entry, is planned to be the case for everywhere and not only schools.

Kids are being psychologically prepared to accept this as ‘normal’ their whole life which is why what they can impose in schools is so important to the Cult and its gofers. Long-time American freedom campaigner John Whitehead of the Rutherford Institute was not exaggerating when he said: ‘Databit by databit, we are building our own electronic concentration camps.’ Canada under its Cult gofer prime minister Justin Trudeau has taken a major step towards the real thing with people interned against their will if they test positive with a test not testing for the ‘virus’ when they arrive at a Canadian

airport. They are jailed in internment hotels often without food or water for long periods and with many doors failing to lock there have been sexual assaults. The interned are being charged sometimes $2,000 for the privilege of being abused in this way. Trudeau is fully on board with the Cult and says the 'Covid pandemic' has provided an opportunity for a global 'reset' to permanently change Western civilisation. His number two, Deputy Prime Minister Chrystia Freeland, is a trustee of the World Economic Forum and a Rhodes Scholar. The Trudeau family have long been servants of the Cult. See *The Biggest Secret* and Cathy O'Brien's book *Trance-Formation of America* for the horrific background to Trudeau's father Pierre Trudeau another Canadian prime minister. Hide your fascism behind the façade of a heart-on-the-sleeve liberal. It's a well-honed Cult technique.

What can the 'vaccine' *really* do?

We have a 'virus' never shown to exist and 'variants' of the 'virus' that have also never been shown to exist except, like the 'original', as computer-generated fictions. Even if you believe there's a 'virus' the 'case' to 'death' rate is in the region of 0.23 to 0.15 percent and those 'deaths' are concentrated among the very old around the same average age that people die anyway. In response to this lack of threat (in truth none) psychopaths and idiots, knowingly and unknowingly answering to Gates and the Cult, are seeking to 'vaccinate' every man, woman and child on Planet Earth. Clearly the 'vaccine' is not about 'Covid' – none of this ever has been. So what is it all about *really*? Why the desperation to infuse genetically-manipulating synthetic material into everyone through mRNA fraudulent 'vaccines' with the intent of doing this over and over with the excuses of 'variants' and other 'virus' inventions? Dr Sherri Tenpenny, an osteopathic medical doctor in the United States, has made herself an expert on vaccines and their effects as a vehement campaigner against their use. Tenpenny was board certified in emergency medicine, the director of a level two trauma centre for 12 years, and moved to Cleveland in 1996 to start an integrative

medicine practice which has treated patients from all 50 states and some 17 other countries. Weaning people off pharmaceutical drugs is a speciality.

She became interested in the consequences of vaccines after attending a meeting at the National Vaccine Information Center in Washington DC in 2000 where she 'sat through four days of listening to medical doctors and scientists and lawyers and parents of vaccine injured kids' and asked: 'What's going on?' She had never been vaccinated and never got ill while her father was given a list of vaccines to be in the military and was 'sick his entire life'. The experience added to her questions and she began to examine vaccine documents from the Centers for Disease Control (CDC). After reading the first one, the 1998 version of *The General Recommendations of Vaccination*, she thought: 'This is it?' The document was poorly written and bad science and Tenpenny began 20 years of research into vaccines that continues to this day. She began her research into 'Covid vaccines' in March, 2020, and she describes them as 'deadly'. For many, as we have seen, they already have been. Tenpenny said that in the first 30 days of the 'vaccine' rollout in the United States there had been more than 40,000 adverse events reported to the vaccine adverse event database. A document had been delivered to her the day before that was 172 pages long. 'We have over 40,000 adverse events; we have over 3,100 cases of [potentially deadly] anaphylactic shock; we have over 5,000 neurological reactions.' Effects ranged from headaches to numbness, dizziness and vertigo, to losing feeling in hands or feet and paraesthesia which is when limbs 'fall asleep' and people have the sensation of insects crawling underneath their skin. All this happened in the first 30 days and remember that only about *ten percent* (or far less) of adverse reactions and vaccine-related deaths are estimated to be officially reported. Tenpenny said:

> So can you think of one single product in any industry, any industry, for as long as products have been made on the planet that within 30 days we have 40,000 people complaining of side effects that not only is still on the market but … we've got paid actors telling us how great

they are for getting their vaccine. We're offering people $500 if they will just get their vaccine and we've got nurses and doctors going; 'I got the vaccine, I got the vaccine'.

Tenpenny said they were not going to be 'happy dancing folks' when they began to suffer Bell's palsy (facial paralysis), neuropathies, cardiac arrhythmias and autoimmune reactions that kill through a blood disorder. 'They're not going to be so happy, happy then, but we're never going to see pictures of those people' she said. Tenpenny described the 'vaccine' as 'a well-designed killing tool'.

No off-switch

Bad as the initial consequences had been Tenpenny said it would be maybe 14 months before we began to see the 'full ravage' of what is going to happen to the 'Covid vaccinated' with full-out consequences taking anything between two years and 20 years to show. You can understand why when you consider that variations of the 'Covid vaccine' use mRNA (messenger RNA) to in theory activate the immune system to produce protective antibodies without using the actual 'virus'. How can they when it's a computer program and they've never isolated what they claim is the 'real thing'? Instead they use *synthetic* mRNA. They are inoculating synthetic material into the body which through a technique known as the Trojan horse is absorbed into cells to change the nature of DNA. Human DNA is changed by an infusion of messenger RNA and with each new 'vaccine' of this type it is changed even more. Say so and you are banned by Cult Internet platforms. The contempt the contemptuous Mark Zuckerberg has for the truth and human health can be seen in an internal Facebook video leaked to the Project Veritas investigative team in which he said of the 'Covid vaccines': '… I share some caution on this because we just don't know the long term side-effects of basically modifying people's DNA and RNA.' At the same time this disgusting man's Facebook was censoring and banning anyone saying exactly the same. He must go before a Nuremberg trial for crimes against humanity when he *knows* that he

is censoring legitimate concerns and denying the right of informed consent on behalf of the Cult that owns him. People have been killed and damaged by the very 'vaccination' technique he cast doubt on himself when they may not have had the 'vaccine' with access to information that he denied them. The plan is to have at least annual 'Covid vaccinations', add others to deal with invented 'variants', and change all other vaccines into the mRNA system. Pfizer executives told shareholders at a virtual Barclays Global Healthcare Conference in March, 2021, that the public may need a third dose of 'Covid vaccine', plus regular yearly boosters and the company planned to hike prices to milk the profits in a 'significant opportunity for our vaccine'. These are the professional liars, cheats and opportunists who are telling you their 'vaccine' is safe. Given this volume of mRNA planned to be infused into the human body and its ability to then replicate we will have a transformation of human genetics from biological to synthetic biological – exactly the long-time Cult plan for reasons we'll see – and many will die. Sherri Tenpenny said of this replication:

> It's like having an on-button but no off-button and that whole mechanism … they actually give it a name and they call it the Trojan horse mechanism, because it allows that [synthetic] virus and that piece of that [synthetic] virus to get inside of your cells, start to replicate and even get inserted into other parts of your DNA as a Trojan-horse.

Ask the overwhelming majority of people who have the 'vaccine' what they know about the contents and what they do and they would reply: 'The government says it will stop me getting the virus.' Governments give that false impression on purpose to increase take-up. You can read Sherri Tenpenny's detailed analysis of the health consequences in her blog at Vaxxter.com, but in summary these are some of them. She highlights the statement by Bill Gates about how human beings can become their own 'vaccine manufacturing machine'. The man is insane. ['Vaccine'-generated] 'antibodies' carry synthetic messenger RNA into the cells and the damage starts, Tenpenny contends, and she says that lungs can be adversely affected through varying degrees of pus and bleeding which

obviously affects breathing and would be dubbed ‘Covid-19’. Even more sinister was the impact of ‘antibodies’ on macrophages, a white blood cell of the immune system. They consist of Type 1 and Type 2 which have very different functions. She said Type 1 are ‘hyper-vigilant’ white blood cells which ‘gobble up’ bacteria etc. However, in doing so, this could cause inflammation and in extreme circumstances be fatal. She says these affects are mitigated by Type 2 macrophages which kick in to calm down the system and stop it going rogue. They clear up dead tissue debris and reduce inflammation that the Type 1 ‘fire crews’ have caused. Type 1 kills the infection and Type 2 heals the damage, she says. This is her punchline with regard to ‘Covid vaccinations’: She says that mRNA ‘antibodies’ block Type 2 macrophages by attaching to them and deactivating them. This meant that when the Type 1 response was triggered by infection there was nothing to stop that getting out of hand by calming everything down. There’s an on-switch, but no off-switch, she says. What follows can be ‘over and out, see you when I see you’.

Genetic suicide

Tenpenny also highlights the potential for autoimmune disease – the body attacking itself – which has been associated with vaccines since they first appeared. Infusing a synthetic foreign substance into cells could cause the immune system to react in a panic believing that the body is being overwhelmed by an invader (it is) and the consequences can again be fatal. There is an autoimmune response known as a ‘cytokine storm’ which I have likened to a homeowner panicked by an intruder and picking up a gun to shoot randomly in all directions before turning the fire on himself. The immune system unleashes a storm of inflammatory response called cytokines to a threat and the body commits hara-kiri. The lesson is that you mess with the body’s immune response at your peril and these ‘vaccines’ seriously – fundamentally – mess with immune response. Tenpenny refers to a consequence called anaphylactic shock which is a severe and highly dangerous allergic reaction when the immune system

floods the body with chemicals. She gives the example of having a bee sting which primes the immune system and makes it sensitive to those chemicals. When people are stung again maybe years later the immune response can be so powerful that it leads to anaphylactic shock. Tenpenny relates this 'shock' with regard to the 'Covid vaccine' to something called polyethylene glycol or PEG. Enormous numbers of people have become sensitive to this over decades of use in a whole range of products and processes including food, drink, skin creams and 'medicine'. Studies have claimed that some 72 percent of people have antibodies triggered by PEG compared with two percent in the 1960s and allergic hypersensitive reactions to this become a gathering cause for concern. Tenpenny points out that the 'mRNA vaccine' is coated in a 'bubble' of polyethylene glycol which has the potential to cause anaphylactic shock through immune sensitivity. Many reports have appeared of people reacting this way after having the 'Covid vaccine'. What do we think is going to happen as humanity has more and more of these 'vaccines'? Tenpenny said: 'All these pictures we have seen with people with these rashes … these weepy rashes, big reactions on their arms and things like that – it's an acute allergic reaction most likely to the polyethylene glycol that you've been previously primed and sensitised to.'

Those who have not studied the conspiracy and its perpetrators at length might think that making the population sensitive to PEG and then putting it in these 'vaccines' is just a coincidence. It is not. It is instead testament to how carefully and coldly-planned current events have been and the scale of the conspiracy we are dealing with. Tenpenny further explains that the 'vaccine' mRNA procedure can breach the blood-brain barrier which protects the brain from toxins and other crap that will cause malfunction. In this case they could make two proteins corrupt brain function to cause Amyotrophic lateral sclerosis (ALS) , a progressive nervous system disease leading to loss of muscle control, and frontal lobe degeneration – Alzheimer's and dementia. Immunologist J. Bart Classon published a paper connecting mRNA 'vaccines' to prion

disease which can lead to Alzheimer's and other forms of neurogenerative disease while others have pointed out the potential to affect the placenta in ways that make women infertile. This will become highly significant in the next chapter when I will discuss other aspects of this non-vaccine that relate to its nanotechnology and transmission from the injected to the uninjected.

Qualified in idiocy

Tenpenny describes how research has confirmed that these 'vaccine'-generated antibodies can interact with a range of other tissues in the body and attack many other organs including the lungs. 'This means that if you have a hundred people standing in front of you that all got this shot they could have a hundred different symptoms.' Anyone really think that Cult gofers like the Queen, Tony Blair, Christopher Whitty, Anthony Fauci, and all the other psychopaths have really had this 'vaccine' in the pictures we've seen? Not a bloody chance. Why don't doctors all tell us about all these dangers and consequences of the 'Covid vaccine'? Why instead do they encourage and pressure patients to have the shot? Don't let's think for a moment that doctors and medical staff can't be stupid, lazy, and psychopathic and that's without the financial incentives to give the jab. Tenpenny again:

> Some people are going to die from the vaccine directly but a large number of people are going to start to get horribly sick and get all kinds of autoimmune diseases 42 days to maybe a year out. What are they going to do, these stupid doctors who say; 'Good for you for getting that vaccine.' What are they going to say; 'Oh, it must be a mutant, we need to give an extra dose of that vaccine.'
>
> Because now the vaccine, instead of one dose or two doses we need three or four because the stupid physicians aren't taking the time to learn anything about it. If I can learn this sitting in my living room reading a 19 page paper and several others so can they. There's nothing special about me, I just take the time to do it.

Remember how Sara Kayat, the NHS and TV doctor, said that the 'Covid vaccine' would '100 percent prevent hospitalisation and death'. Doctors can be idiots like every other profession and they

should not be worshipped as infallible. They are not and far from it. Behind many medical and scientific 'experts' lies an uninformed prat trying to hide themselves from you although in the 'Covid' era many have failed to do so as with UK narrative-repeating 'TV doctor' Hilary Jones. Pushing back against the minority of proper doctors and scientists speaking out against the 'vaccine' has been the entire edifice of the Cult global state in the form of governments, medical systems, corporations, mainstream media, Silicon Valley, and an army of compliant doctors, medical staff and scientists willing to say anything for money and to enhance their careers by promoting the party line. If you do that you are an 'expert' and if you won't you are an 'anti-vaxxer' and 'Covidiot'. The pressure to be 'vaccinated' is incessant. We have even had reports claiming that the 'vaccine' can help cure cancer and Alzheimer's and make the lame walk. I am waiting for the announcement that it can bring you coffee in the morning and cook your tea. Just as the symptoms of 'Covid' seem to increase by the week so have the miracles of the 'vaccine'. American supermarket giant Kroger Co. offered nearly 500,000 employees in 35 states a $100 bonus for having the 'vaccine' while donut chain Krispy Kreme promised 'vaccinated' customers a free glazed donut every day for the rest of 2021. Have your DNA changed and you will get a doughnut although we might not have to give you them for long. Such offers and incentives confirm the desperation.

Perhaps the worse vaccine-stunt of them all was UK 'Health' Secretary Matt-the-prat Hancock on live TV after watching a clip of someone being 'vaccinated' when the roll-out began. Hancock faked tears so badly it was embarrassing. Brain-of-Britain Piers Morgan, the lockdown-supporting, 'vaccine' supporting, 'vaccine' passport-supporting, TV host played along with Hancock – 'You're quite emotional about that' he said in response to acting so atrocious it would have been called out at a school nativity which will presumably today include Mary and Jesus in masks, wise men keeping their camels six feet apart, and shepherds under tent arrest. System-serving Morgan tweeted this: 'Love the idea of covid vaccine passports for everywhere: flights, restaurants, clubs, football, gyms,

shops etc. It's time covid-denying, anti-vaxxer loonies had their bullsh*t bluff called & bar themselves from going anywhere that responsible citizens go.' If only I could aspire to his genius. To think that Morgan, who specialises in shouting over anyone he disagrees with, was lauded as a free speech hero when he lost his job after storming off the set of his live show like a child throwing his dolly out of the pram. If he is a free speech hero we are in real trouble. I have no idea what 'bullsh*t' means, by the way, the * throws me completely.

The Cult is desperate to infuse its synthetic DNA-changing concoction into everyone and has been using every lie, trick and intimidation to do so. The question of '*Why*?' we shall now address.

CHAPTER TEN

Human 2.0

I believe that at the end of the century the use of words and general educated opinion will have altered so much that one will be able to speak of machines thinking without expecting to be contradicted –
Alan Turing (1912-1954), the 'Father of artificial intelligence'

I have been exposing for decades the plan to transform the human body from a biological to a synthetic-biological state. The new human that I will call Human 2.0 is planned to be connected to artificial intelligence and a global AI 'Smart Grid' that would operate as one global system in which AI would control everything from your fridge to your heating system to your car to your mind. Humans would no longer be 'human', but post-human and sub-human, with their thinking and emotional processes replaced by AI.

What I said sounded crazy and beyond science fiction and I could understand that. To any balanced, rational, mind it *is* crazy. Today, however, that world is becoming reality and it puts the 'Covid vaccine' into its true context. Ray Kurzweil is the ultra-Zionist 'computer scientist, inventor and futurist' and co-founder of the Singularity University. Singularity refers to the merging of humans with machines or 'transhumanism'. Kurzweil has said humanity would be connected to the cyber 'cloud' in the period of the ever-recurring year of 2030:

Our thinking … will be a hybrid of biological and non-biological thinking … humans will be able to extend their limitations and 'think in the cloud' … We're going to put gateways to the

> cloud in our brains ... We're going to gradually merge and enhance ourselves ... In my view, that's the nature of being human – we transcend our limitations. As the technology becomes vastly superior to what we are then the small proportion that is still human gets smaller and smaller and smaller until it's just utterly negligible.

They are trying to sell this end-of-humanity-as-we-know-it as the next stage of 'evolution' when we become super-human and 'like the gods'. They are lying to you. Shocked, eh? The population, and again especially the young, have been manipulated into addiction to technologies designed to enslave them for life. First they induced an addiction to smartphones (holdables); next they moved to technology on the body (wearables); and then began the invasion of the body (implantables). I warned way back about the plan for microchipped people and we are now entering that era. We should not be diverted into thinking that this refers only to chips we can see. Most important are the nanochips known as smart dust, neural dust and nanobots which are far too small to be seen by the human eye. Nanotechnology is everywhere, increasingly in food products, and released into the atmosphere by the geoengineering of the skies funded by Bill Gates to 'shut out the Sun' and 'save the planet from global warming'. Gates has been funding a project to spray millions of tonnes of chalk (calcium carbonate) into the stratosphere over Sweden to 'dim the Sun' and cool the Earth. Scientists warned the move could be disastrous for weather systems in ways no one can predict and opposition led to the Swedish space agency announcing that the 'experiment' would not be happening as planned in the summer of 2021; but it shows where the Cult is going with dimming the impact of the Sun and there's an associated plan to change the planet's atmosphere. Who gives psychopath Gates the right to dictate to the entire human race and dismantle planetary systems? The world will not be safe while this man is at large.

The global warming hoax has made the Sun, like the gas of life, something to fear when both are essential to good health and human survival (more inversion). The body transforms sunlight into vital vitamin D through a process involving … *cholesterol*. This is the cholesterol we are also told to fear. We are urged to take Big Pharma

statin drugs to reduce cholesterol and it's all systematic. Reducing cholesterol means reducing vitamin D uptake with all the multiple health problems that will cause. At least if you take statins long term it saves the government from having to pay you a pension. The delivery system to block sunlight is widely referred to as chemtrails although these have a much deeper agenda, too. They appear at first to be contrails or condensation trails streaming from aircraft into cold air at high altitudes. Contrails disperse very quickly while chemtrails do not and spread out across the sky before eventually their content falls to earth. Many times I have watched aircraft cross-cross a clear blue sky releasing chemtrails until it looks like a cloudy day. Chemtrails contain many things harmful to humans and the natural world including toxic heavy metals, aluminium (see Alzheimer's) and nanotechnology. Ray Kurzweil reveals the reason without actually saying so: 'Nanobots will infuse all the matter around us with information. Rocks, trees, everything will become these intelligent creatures.' How do you deliver that? *From the sky*. Self-replicating nanobots would connect everything to the Smart Grid. The phenomenon of Morgellons disease began in the chemtrail era and the correlation has led to it being dubbed the 'chemtrail disease'. Self-replicating fibres appear in the body that can be pulled out through the skin. Morgellons fibres continue to grow outside the body and have a form of artificial intelligence. I cover this at greater length in *Phantom Self*.

'Vaccine' operating system

'Covid vaccines' with their self-replicating synthetic material are also designed to make the connection between humanity and Kurzweil's 'cloud'. American doctor and dedicated campaigner for truth, Carrie Madej, an Internal Medicine Specialist in Georgia with more than 20 years medical experience, has highlighted the nanotechnology aspect of the fake 'vaccines'. She explains how one of the components in at least the Moderna and Pfizer synthetic potions are 'lipid nanoparticles' which are 'like little tiny computer bits' – a 'sci-fi substance' known as nanobots and hydrogel which can be 'triggered

at any moment to deliver its payload' and act as 'biosensors'. The synthetic substance had 'the ability to accumulate data from your body like your breathing, your respiration, thoughts and emotions, all kind of things' and each syringe could carry a *million* nanobots:

> This substance because it's like little bits of computers in your body, crazy, but it's true, it can do that, [and] obviously has the ability to act through Wi-Fi. It can receive and transmit energy, messages, frequencies or impulses. That issue has never been addressed by these companies. What does that do to the human?
>
> Just imagine getting this substance in you and it can react to things all around you, the 5G, your smart device, your phones, what is happening with that? What if something is triggering it, too, like an impulse, a frequency? We have something completely foreign in the human body.

Madej said her research revealed that electromagnetic (EMF) frequencies emitted by phones and other devices had increased dramatically in the same period of the 'vaccine' rollout and she was seeing more people with radiation problems as 5G and other electromagnetic technology was expanded and introduced to schools and hospitals. She said she was 'floored with the EMF coming off' the devices she checked. All this makes total sense and syncs with my own work of decades when you think that Moderna refers in documents to its mRNA 'vaccine' as an 'operating system':

> Recognizing the broad potential of mRNA science, we set out to create an mRNA technology platform that functions very much like an operating system on a computer. It is designed so that it can plug and play interchangeably with different programs. In our case, the 'program' or 'app' is our mRNA drug – the unique mRNA sequence that codes for a protein …
>
> … Our MRNA Medicines – 'The 'Software Of Life': When we have a concept for a new mRNA medicine and begin research, fundamental components are already in place. Generally, the only thing that changes from one potential mRNA medicine to another is the coding region – the actual genetic code that instructs ribosomes to make protein. Utilizing these instruction sets gives our investigational mRNA medicines a software-like quality. We also have the ability to combine different mRNA sequences encoding for different proteins in a single mRNA investigational medicine.

Who needs a real 'virus' when you can create a computer version to justify infusing your operating system into the entire human race on the road to making living, breathing people into cyborgs? What is missed with the 'vaccines' is the *digital* connection between synthetic material and the body that I highlighted earlier with the study that hacked a computer with human DNA. On one level the body is digital, based on mathematical codes, and I'll have more about that in the next chapter. Those who ridiculously claim that mRNA 'vaccines' are not designed to change human genetics should explain the words of Dr Tal Zaks, chief medical officer at Moderna, in a 2017 TED talk. He said that over the last 30 years 'we've been living this phenomenal digital scientific revolution, and I'm here today to tell you, that we are actually *hacking the software of life*, and that it's changing the way we think about prevention and treatment of disease':

> In every cell there's this thing called messenger RNA, or mRNA for short, that transmits the critical information from the DNA in our genes to the protein, which is really the stuff we're all made out of. This is the critical information that determines what the cell will do. So we think about it as an operating system. So if you could change that, if you could introduce a line of code, or change a line of code, it turns out, that has profound implications for everything, from the flu to cancer.

Zaks should more accurately have said that this has profound implications for the human genetic code and the nature of DNA. Communications within the body go both ways and not only one. But, hey, no, the 'Covid vaccine' will not affect your genetics. Cult fact-checkers say so even though the man who helped to develop the mRNA technique says that it does. Zaks said in 2017:

> If you think about what it is we're trying to do. We've taken information and our understanding of that information and how that information is transmitted in a cell, and we've taken our understanding of medicine and how to make drugs, and we're fusing the two. We think of it as information therapy.

I have been writing for decades that the body is an information field communicating with itself and the wider world. This is why

radiation which is information can change the information field of body and mind through phenomena like 5G and change their nature and function. 'Information therapy' means to change the body's information field and change the way it operates. DNA is a receiver-transmitter of information and can be mutated by information like mRNA synthetic messaging. Technology to do this has been ready and waiting in the underground bases and other secret projects to be rolled out when the 'Covid' hoax was played. 'Trials' of such short and irrelevant duration were only for public consumption. When they say the 'vaccine' is 'experimental' that is not true. It may appear to be 'experimental' to those who don't know what's going on, but the trials have already been done to ensure the Cult gets the result it desires. Zaks said that it took decades to sequence the human genome, completed in 2003, but now they could do it in a week. By 'they' he means scientists operating in the public domain. In the secret projects they were sequencing the genome in a week long before even 2003.

Deluge of mRNA

Highly significantly the Moderna document says the guiding premise is that if using mRNA as a medicine works for one disease then it should work for many diseases. They were leveraging the flexibility afforded by their platform and the fundamental role mRNA plays in protein synthesis to pursue mRNA medicines for a broad spectrum of diseases. Moderna is confirming what I was saying through 2020 that multiple 'vaccines' were planned for 'Covid' (and later invented 'variants') and that previous vaccines would be converted to the mRNA system to infuse the body with massive amounts of genetically-manipulating synthetic material to secure a transformation to a synthetic-biological state. The 'vaccines' are designed to kill stunning numbers as part of the long-exposed Cult depopulation agenda and transform the rest. Given this is the goal you can appreciate why there is such hysterical demand for every human to be 'vaccinated' for an alleged 'disease' that has an estimated 'infection' to 'death' ratio of 0.23-0.15 percent. As I write

children are being given the 'vaccine' in trials (their parents are a disgrace) and ever-younger people are being offered the vaccine for a 'virus' that even if you believe it exists has virtually zero chance of harming them. Horrific effects of the 'trials' on a 12-year-old girl were revealed by a family member to be serious brain and gastric problems that included a bowel obstruction and the inability to swallow liquids or solids. She was unable to eat or drink without throwing up, had extreme pain in her back, neck and abdomen, and was paralysed from the waist down which stopped her urinating unaided. When the girl was first taken to hospital doctors said it was all in her mind. She was signed up for the 'trial' by her parents for whom no words suffice. None of this 'Covid vaccine' insanity makes any sense unless you see what the 'vaccine' really is – a body-changer. Synthetic biology or 'SynBio' is a fast-emerging and expanding scientific discipline which includes everything from genetic and molecular engineering to electrical and computer engineering. Synthetic biology is defined in these ways:

- A multidisciplinary area of research that seeks to create new biological parts, devices, and systems, or to redesign systems that are already found in nature.

- The use of a mixture of physical engineering and genetic engineering to create new (and therefore synthetic) life forms.

- An emerging field of research that aims to combine the knowledge and methods of biology, engineering and related disciplines in the design of chemically-synthesized DNA to create organisms with novel or enhanced characteristics and traits (synthetic organisms including humans).

We now have synthetic blood, skin, organs and limbs being developed along with synthetic body parts produced by 3D printers. These are all elements of the synthetic human programme and this comment by Kurzweil's co-founder of the Singularity University,

Peter Diamandis, can be seen in a whole new light with the 'Covid' hoax and the sanctions against those that refuse the 'vaccine':

> Anybody who is going to be resisting the progress forward [to transhumanism] is going to be resisting evolution and, fundamentally, they will die out. It's not a matter of whether it's good or bad. It's going to happen.

'Resisting evolution'? What absolute bollocks. The arrogance of these people is without limit. His 'it's going to happen' mantra is another way of saying 'resistance is futile' to break the spirit of those pushing back and we must not fall for it. Getting this genetically-transforming 'vaccine' into everyone is crucial to the Cult plan for total control and the desperation to achieve that is clear for anyone to see. Vaccine passports are a major factor in this and they, too, are a form of resistance is futile. It's NOT. The paper funded by the Rockefeller Foundation for the 2013 'health conference' in China said:

> We will interact more with artificial intelligence. The use of robotics, bio-engineering to augment human functioning is already well underway and will advance. Re-engineering of humans into potentially separate and unequal forms through genetic engineering or mixed human-robots raises debates on ethics and equality.
>
> A new demography is projected to emerge after 2030 [that year again] of technologies (robotics, genetic engineering, nanotechnology) producing robots, engineered organisms, 'nanobots' and artificial intelligence (AI) that can self-replicate. Debates will grow on the implications of an impending reality of human designed life.

What is happening today is so long planned. The world army enforcing the will of the world government is intended to be a robot army, not a human one. Today's military and its technologically 'enhanced' troops, pilotless planes and driverless vehicles are just stepping stones to that end. Human soldiers are used as Cult fodder and its time they woke up to that and worked for the freedom of the population instead of their own destruction and their family's destruction – the same with the police. Join us and let's sort this out. The phenomenon of enforce my own destruction is widespread in the 'Covid' era with Woker 'luvvies' in the acting and entertainment

industries supporting 'Covid' rules which have destroyed their profession and the same with those among the public who put signs on the doors of their businesses 'closed due to Covid – stay safe' when many will never reopen. It's a form of masochism and most certainly insanity.

Transgender = transhumanism

When something explodes out of nowhere and is suddenly everywhere it is always the Cult agenda and so it is with the tidal wave of claims and demands that have infiltrated every aspect of society under the heading of 'transgenderism'. The term 'trans' is so 'in' and this is the dictionary definition:

> A prefix meaning 'across', 'through', occurring … in loanwords from Latin, used in particular for denoting movement or conveyance from place to place (transfer; transmit; transplant) or complete change (transform; transmute), or to form adjectives meaning 'crossing', 'on the other side of', or 'going beyond' the place named (transmontane; transnational; trans-Siberian).

Transgender means to go beyond gender and transhuman means to go beyond human. Both are aspects of the Cult plan to transform the human body to a synthetic state with *no gender*. Human 2.0 is not designed to procreate and would be produced technologically with no need for parents. The new human would mean the end of parents and so men, and increasingly women, are being targeted for the deletion of their rights and status. Parental rights are disappearing at an ever-quickening speed for the same reason. The new human would have no need for men or women when there is no procreation and no gender. Perhaps the transgender movement that appears to be in a permanent state of frenzy might now contemplate on how it is being used. This was never about transgender rights which are only the interim excuse for confusing gender, particularly in the young, on the road to *fusing* gender. Transgender activism is not an end; it is a *means* to an end. We see again the technique of creative destruction in which you destroy the status quo to 'build back better' in the form that you want. The gender status quo had to be

destroyed by persuading the Cult-created Woke mentality to believe that you can have 100 genders or more. A programme for 9 to 12 year olds produced by the Cult-owned BBC promoted the 100 genders narrative. The very idea may be the most monumental nonsense, but it is not what is true that counts, only what you can make people *believe* is true. Once the gender of 2 + 2 = 4 has been dismantled through indoctrination, intimidation and 2 + 2 = 5 then the new no-gender normal can take its place with Human 2.0. Aldous Huxley revealed the plan in his prophetic *Brave New World* in 1932:

> Natural reproduction has been done away with and children are created, decanted', and raised in 'hatcheries and conditioning centres'. From birth, people are genetically designed to fit into one of five castes, which are further split into 'Plus' and 'Minus' members and designed to fulfil predetermined positions within the social and economic strata of the World State.

How could Huxley know this in 1932? For the same reason George Orwell knew about the Big Brother state in 1948, Cult insiders I have quoted knew about it in 1969, and I have known about it since the early 1990s. If you are connected to the Cult or you work your balls off to uncover the plan you can predict the future. The process is simple. If there is a plan for the world and nothing intervenes to stop it then it will happen. Thus if you communicate the plan ahead of time you are perceived to have predicted the future, but you haven't. You have revealed the plan which without intervention will become the human future. The whole reason I have done what I have is to alert enough people to inspire an intervention and maybe at last that time has come with the Cult and its intentions now so obvious to anyone with a brain in working order.

The future is here

Technological wombs that Huxley described to replace parent procreation are already being developed and they are only the projects we know about in the public arena. Israeli scientists told *The Times of Israel* in March, 2021, that they have grown 250-cell embryos

into mouse foetuses with fully formed organs using artificial wombs in a development they say could pave the way for gestating humans outside the womb. Professor Jacob Hanna of the Weizmann Institute of Science said:

> We took mouse embryos from the mother at day five of development, when they are just of 250 cells, and had them in the incubator from day five until day 11, by which point they had grown all their organs.
>
> By day 11 they make their own blood and have a beating heart, a fully developed brain. Anybody would look at them and say, 'this is clearly a mouse foetus with all the characteristics of a mouse.' It's gone from being a ball of cells to being an advanced foetus.

A special liquid is used to nourish embryo cells in a laboratory dish and they float on the liquid to duplicate the first stage of embryonic development. The incubator creates all the right conditions for its development, Hanna said. The liquid gives the embryo 'all the nutrients, hormones and sugars they need' along with a custom-made electronic incubator which controls gas concentration, pressure and temperature. The cutting-edge in the underground bases and other secret locations will be light years ahead of that, however, and this was reported by the London *Guardian* in 2017:

> We are approaching a biotechnological breakthrough. Ectogenesis, the invention of a complete external womb, could completely change the nature of human reproduction. In April this year, researchers at the Children's Hospital of Philadelphia announced their development of an artificial womb.

The article was headed 'Artificial wombs could soon be a reality. What will this mean for women?' What would it mean for children is an even bigger question. No mother to bond with only a machine in preparation for a life of soulless interaction and control in a world governed by machines (see the *Matrix* movies). Now observe the calculated manipulations of the 'Covid' hoax as human interaction and warmth has been curtailed by distancing, isolation and fear with people communicating via machines on a scale never seen before.

These are all dots in the same picture as are all the personal assistants, gadgets and children's toys through which kids and adults communicate with AI as if it is human. The AI 'voice' on Sat-Nav should be included. All these things are psychological preparation for the Cult endgame. Before you can make a physical connection with AI you have to make a psychological connection and that is what people are being conditioned to do with this ever gathering human-AI interaction. Movies and TV programmes depicting the transhuman, robot dystopia relate to a phenomenon known as 'pre-emptive programming' in which the world that is planned is portrayed everywhere in movies, TV and advertising. This is conditioning the conscious and subconscious mind to become familiar with the planned reality to dilute resistance when it happens for real. What would have been a shock such is the change is made less so. We have young children put on the road to transgender transition surgery with puberty blocking drugs at an age when they could never be able to make those life-changing decisions.

Rachel Levine, a professor of paediatrics and psychiatry who believes in treating children this way, became America's highest-ranked openly-transgender official when she was confirmed as US Assistant Secretary at the Department of Health and Human Services after being nominated by Joe Biden (the Cult). Activists and governments press for laws to deny parents a say in their children's transition process so the kids can be isolated and manipulated into agreeing to irreversible medical procedures. A Canadian father Robert Hoogland was denied bail by the Vancouver Supreme Court in 2021 and remained in jail for breaching a court order that he stay silent over his young teenage daughter, a minor, who was being offered life-changing hormone therapy without parental consent. At the age of 12 the girl's 'school counsellor' said she may be transgender, referred her to a doctor and told the school to treat her like a boy. This is another example of state-serving schools imposing ever more control over children's lives while parents have ever less.

Contemptible and extreme child abuse is happening all over the world as the Cult gender-fusion operation goes into warp-speed.

Why the war on men – and now women?

The question about what artificial wombs mean for women should rightly be asked. The answer can be seen in the deletion of women's rights involving sport, changing rooms, toilets and status in favour of people in male bodies claiming to identify as women. I can identify as a mountain climber, but it doesn't mean I can climb a mountain any more than a biological man can be a biological woman. To believe so is a triumph of belief over factual reality which is the very perceptual basis of everything Woke. Women's sport is being destroyed by allowing those with male bodies who say they identify as female to 'compete' with girls and women. Male body 'women' dominate 'women's' competition with their greater muscle mass, bone density, strength and speed. With that disadvantage sport for women loses all meaning. To put this in perspective nearly 300 American high school boys can run faster than the quickest woman sprinter in the world. Women are seeing their previously protected spaces invaded by male bodies simply because they claim to identify as women. That's all they need to do to access all women's spaces and activities under the Biden 'Equality Act' that destroys equality for women with the usual Orwellian Woke inversion. Male sex offenders have already committed rapes in women's prisons after claiming to identify as women to get them transferred. Does this not matter to the Woke 'equality' hypocrites? Not in the least. What matters to Cult manipulators and funders behind transgender activists is to advance gender fusion on the way to the no-gender 'human'. When you are seeking to impose transparent nonsense like this, or the 'Covid' hoax, the only way the nonsense can prevail is through censorship and intimidation of dissenters, deletion of factual information, and programming of the unquestioning, bewildered and naive. You don't have to scan the world for long to see that all these things are happening.

Many women's rights organisations have realised that rights and status which took such a long time to secure are being eroded and that it is systematic. Kara Dansky of the global Women's Human Rights Campaign said that Biden's transgender executive order immediately he took office, subsequent orders, and Equality Act legislation that followed 'seek to erase women and girls in the law as a category'. *Exactly*. I said during the long ago-started war on men (in which many women play a crucial part) that this was going to turn into a war on them. The Cult is phasing out *both* male and female genders. To get away with that they are brought into conflict so they are busy fighting each other while the Cult completes the job with no unity of response. Unity, people, *unity*. We need unity everywhere. Transgender is the only show in town as the big step towards the no-gender human. It's not about rights for transgender people and never has been. Woke political correctness is deleting words relating to genders to the same end. Wokers believe this is to be 'inclusive' when the opposite is true. They are deleting words describing gender because gender *itself* is being deleted by Human 2.0. Terms like 'man', 'woman', 'mother' and 'father' are being deleted in the universities and other institutions to be replaced by the *no*-gender, not trans-gender, 'individuals' and 'guardians'. Women's rights campaigner Maria Keffler of Partners for Ethical Care said: 'Children are being taught from kindergarten upward that some boys have a vagina, some girls have a penis, and that kids can be any gender they want to be.' Do we really believe that suddenly countries all over the world at the same time had the idea of having drag queens go into schools or read transgender stories to very young children in the local library? It's coldly-calculated confusion of gender on the way to the fusion of gender. Suzanne Vierling, a psychologist from Southern California, made another important point:

> Yesterday's slave woman who endured gynecological medical experiments is today's girl-child being butchered in a booming gender-transitioning sector. Ovaries removed, pushing her into menopause and osteoporosis, uncharted territory, and parents' rights and authority decimated.

The erosion of parental rights is a common theme in line with the Cult plans to erase the very concept of parents and 'ovaries removed, pushing her into menopause' means what? Those born female lose the ability to have children – another way to discontinue humanity as we know it.

Eliminating Human 1.0 (before our very eyes)

To pave the way for Human 2.0 you must phase out Human 1.0. This is happening through plummeting sperm counts and making women infertile through an onslaught of chemicals, radiation (including smartphones in pockets of men) and mRNA 'vaccines'. Common agriculture pesticides are also having a devastating impact on human fertility. I have been tracking collapsing sperm counts in the books for a long time and in 2021 came a book by fertility scientist and reproductive epidemiologist Shanna Swan, *Count Down: How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development and Imperiling the Future of the Human Race*. She reports how the global fertility rate dropped by *half* between 1960 and 2016 with America's birth rate 16 percent below where it needs to be to sustain the population. Women are experiencing declining egg quality, more miscarriages, and more couples suffer from infertility. Other findings were an increase in erectile dysfunction, infant boys developing more genital abnormalities, male problems with conception, and plunging levels of the male hormone testosterone which would explain why so many men have lost their backbone and masculinity. This has been very evident during the 'Covid' hoax when women have been prominent among the Pushbackers and big strapping blokes have bowed their heads, covered their faces with a nappy and quietly submitted. Mind control expert Cathy O'Brien also points to how global education introduced the concept of 'we're all winners' in sport and classrooms: 'Competition was defused, and it in turn defused a sense of fighting back.' This is another version of the 'equity' doctrine in which you drive down rather than raise up. What a contrast in Cult-controlled China with its global ambitions

where the government published plans in January, 2021, to ‘cultivate masculinity’ in boys from kindergarten through to high school in the face of a ‘masculinity crisis’. A government adviser said boys would be soon become ‘delicate, timid and effeminate’ unless action was taken. Don’t expect any similar policy in the targeted West. A 2006 study showed that a 65-year-old man in 2002 had testosterone levels *15 percent* lower than a 65-year-old man in 1987 while a 2020 study found a similar story with young adults and adolescents. Men are getting prescriptions for testosterone replacement therapy which causes an even greater drop in sperm count with up to 99 percent seeing sperm counts drop to zero during the treatment. More sperm is defective and malfunctioning with some having two heads or not pursuing an egg.

A class of *synthetic* chemicals known as phthalates are being blamed for the decline. These are found everywhere in plastics, shampoos, cosmetics, furniture, flame retardants, personal care products, pesticides, canned foods and even receipts. Why till receipts? Everyone touches them. Let no one delude themselves that all this is not systematic to advance the long-time agenda for human body transformation. Phthalates mimic hormones and disrupt the hormone balance causing testosterone to fall and genital birth defects in male infants. Animals and fish have been affected in the same way due to phthalates and other toxins in rivers. When fish turn gay or change sex through chemicals in rivers and streams it is a pointer to why there has been such an increase in gay people and the sexually confused. It doesn’t matter to me what sexuality people choose to be, but if it’s being affected by chemical pollution and consumption then we need to know. Does anyone really think that this is not connected to the transgender agenda, the war on men and the condemnation of male ‘toxic masculinity’? You watch this being followed by ‘toxic femininity’. It’s already happening. When breastfeeding becomes ‘chest-feeding’, pregnant women become pregnant people along with all the other Woke claptrap you know that the world is going insane and there’s a Cult scam in progress. Transgender activists are promoting the Cult agenda while Cult

billionaires support and fund the insanity as they laugh themselves to sleep at the sheer stupidity for which humans must be infamous in galaxies far, far away.

'Covid vaccines' and female infertility

We can now see why the 'vaccine' has been connected to potential infertility in women. Dr Michael Yeadon, former Vice President and Chief Scientific Advisor at Pfizer, and Dr Wolfgang Wodarg in Germany, filed a petition with the European Medicines Agency in December, 2020, urging them to stop trials for the Pfizer/BioNTech shot and all other mRNA trials until further studies had been done. They were particularly concerned about possible effects on fertility with 'vaccine'-produced antibodies attacking the protein Syncytin-1 which is responsible for developing the placenta. The result would be infertility 'of indefinite duration' in women who have the 'vaccine' with the placenta failing to form. Section 10.4.2 of the Pfizer/BioNTech trial protocol says that pregnant women or those who might become so should not have mRNA shots. Section 10.4 warns men taking mRNA shots to 'be abstinent from heterosexual intercourse' and not to donate sperm. The UK government said that it *did not know* if the mRNA procedure had an effect on fertility. *Did not know?* These people have to go to jail. UK government advice did not recommend at the start that pregnant women had the shot and said they should avoid pregnancy for at least two months after 'vaccination'. The 'advice' was later updated to pregnant women should only have the 'vaccine' if the benefits outweighed the risks to mother and foetus. What the hell is that supposed to mean? Then 'spontaneous abortions' began to appear and rapidly increase on the adverse reaction reporting schemes which include only a fraction of adverse reactions. Thousands and ever-growing numbers of 'vaccinated' women are describing changes to their menstrual cycle with heavier blood flow, irregular periods and menstruating again after going through the menopause – all links to reproduction effects. Women are passing blood clots and the lining of their uterus while men report erectile dysfunction and blood effects. Most

significantly of all *un*vaccinated women began to report similar menstrual changes after interaction with *'vaccinated'* people and men and children were also affected with bleeding noses, blood clots and other conditions. 'Shedding' is when vaccinated people can emit the content of a vaccine to affect the unvaccinated, but this is different. 'Vaccinated' people were not shedding a 'live virus' allegedly in 'vaccines' as before because the fake 'Covid vaccines' involve synthetic material and other toxicity. Doctors exposing what is happening prefer the term 'transmission' to shedding. Somehow those that have had the shots are transmitting effects to those that haven't. Dr Carrie Madej said the nano-content of the 'vaccines' can 'act like an antenna' to others around them which fits perfectly with my own conclusions. This 'vaccine' transmission phenomenon was becoming known as the book went into production and I deal with this further in the Postscript.

Vaccine effects on sterility are well known. The World Health Organization was accused in 2014 of sterilising millions of women in Kenya with the evidence confirmed by the content of the vaccines involved. The same WHO behind the 'Covid' hoax admitted its involvement for more than ten years with the vaccine programme. Other countries made similar claims. Charges were lodged by Tanzania, Nicaragua, Mexico, and the Philippines. The Gardasil vaccine claimed to protect against a genital 'virus' known as HPV has also been linked to infertility. Big Pharma and the WHO (same thing) are criminal and satanic entities. Then there's the Bill Gates Foundation which is connected through funding and shared interests with 20 pharmaceutical giants and laboratories. He stands accused of directing the policy of United Nations Children's Fund (UNICEF), vaccine alliance GAVI, and other groupings, to advance the vaccine agenda and silence opposition at great cost to women and children. At the same time Gates wants to reduce the global population. Coincidence?

Great Reset = Smart Grid = new human

The Cult agenda I have been exposing for 30 years is now being openly promoted by Cult assets like Gates and Klaus Schwab of the World Economic Forum under code-terms like the 'Great Reset', 'Build Back Better' and 'a rare but narrow window of opportunity to reflect, reimagine, and reset our world'. What provided this 'rare but narrow window of opportunity'? The 'Covid' hoax did. Who created that? *They* did. My books from not that long ago warned about the planned 'Internet of Things' (IoT) and its implications for human freedom. This was the plan to connect all technology to the Internet and artificial intelligence and today we are way down that road with an estimated 36 billion devices connected to the World Wide Web and that figure is projected to be 76 billion by 2025. I further warned that the Cult planned to go beyond that to the Internet of *Everything* when the human brain was connected via AI to the Internet and Kurzweil's 'cloud'. Now we have Cult operatives like Schwab calling for precisely that under the term 'Internet of Bodies', a fusion of the physical, digital and biological into one centrally-controlled Smart Grid system which the Cult refers to as the 'Fourth Industrial Revolution'. They talk about the 'biological', but they really mean the synthetic-biological which is required to fully integrate the human body and brain into the Smart Grid and artificial intelligence planned to replace the human mind. We have everything being synthetically manipulated including the natural world through GMO and smart dust, the food we eat and the human body itself with synthetic 'vaccines'. I said in *The Answer* that we would see the Cult push for synthetic meat to replace animals and in February, 2021, the so predictable psychopath Bill Gates called for the introduction of synthetic meat to save us all from 'climate change'. The climate hoax just keeps on giving like the 'Covid' hoax. The war on meat by vegan activists is a carbon (oops, sorry) copy of the manipulation of transgender activists. They have no idea (except their inner core) that they are being used to promote and impose the agenda of the Cult or that they are only the *vehicle* and not the *reason*. This is not to say those who choose not to eat meat shouldn't be respected and supported in that right, but there are ulterior motives

for those in power. A *Forbes* article in December, 2019, highlighted the plan so beloved of Schwab and the Cult under the heading: 'What Is The Internet of Bodies? And How Is It Changing Our World?' The article said the human body is the latest data platform (remember 'our vaccine is an operating system'). *Forbes* described the plan very accurately and the words could have come straight out of my books from long before:

> The Internet of Bodies (IoB) is an extension of the IoT and basically connects the human body to a network through devices that are ingested, implanted, or connected to the body in some way. Once connected, data can be exchanged, and the body and device can be remotely monitored and controlled.

They were really describing a human hive mind with human perception centrally-dictated via an AI connection as well as allowing people to be 'remotely monitored and controlled'. Everything from a fridge to a human mind could be directed from a central point by these insane psychopaths and 'Covid vaccines' are crucial to this. Forbes explained the process I mentioned earlier of holdable and wearable technology followed by implantable. The article said there were three generations of the Internet of Bodies that include:

- Body external: These are wearable devices such as Apple Watches or Fitbits that can monitor our health.
- Body internal: These include pacemakers, cochlear implants, and digital pills that go inside our bodies to monitor or control various aspects of health.
- Body embedded: The third generation of the Internet of Bodies is embedded technology where technology and the human body are melded together and have a real-time connection to a remote machine.

Forbes noted the development of the Brain Computer Interface (BCI) which merges the brain with an external device for monitoring and controlling in real-time. 'The ultimate goal is to help restore function to individuals with disabilities by using brain signals rather than conventional neuromuscular pathways.' Oh, do fuck off. The goal of brain interface technology is controlling human thought and emotion from the central point in a hive mind serving its masters wishes. Many people are now agreeing to be chipped to open doors without a key. You can recognise them because they'll be wearing a mask, social distancing and lining up for the 'vaccine'. The Cult plans a Great Reset money system after they have completed the demolition of the global economy in which 'money' will be exchanged through communication with body operating systems. Rand Corporation, a Cult-owned think tank, said of the Internet of Bodies or IoB:

> Internet of Bodies technologies fall under the broader IoT umbrella. But as the name suggests, IoB devices introduce an even more intimate interplay between humans and gadgets. IoB devices monitor the human body, collect health metrics and other personal information, and transmit those data over the Internet. Many devices, such as fitness trackers, are already in use … IoB devices … and those in development can track, record, and store users' whereabouts, bodily functions, and what they see, hear, and even think.

Schwab's World Economic Forum, a long-winded way of saying 'fascism' or 'the Cult', has gone full-on with the Internet of Bodies in the 'Covid' era. 'We're entering the era of the Internet of Bodies', it declared, 'collecting our physical data via a range of devices that can be implanted, swallowed or worn'. The result would be a huge amount of health-related data that could improve human wellbeing around the world, and prove crucial in fighting the 'Covid-19 pandemic'. Does anyone think these clowns care about 'human wellbeing' after the death and devastation their pandemic hoax has purposely caused? Schwab and co say we should move forward with the Internet of Bodies because 'Keeping track of symptoms could help us stop the spread of infection, and quickly detect new cases'. How wonderful, but keeping track' is all they are really bothered

about. Researchers were investigating if data gathered from smartwatches and similar devices could be used as viral infection alerts by tracking the user's heart rate and breathing. Schwab said in his 2018 book *Shaping the Future of the Fourth Industrial Revolution*:

> The lines between technologies and beings are becoming blurred and not just by the ability to create lifelike robots or synthetics. Instead it is about the ability of new technologies to literally become part of us. Technologies already influence how we understand ourselves, how we think about each other, and how we determine our realities. As the technologies … give us deeper access to parts of ourselves, we may begin to integrate digital technologies into our bodies.

You can see what the game is. Twenty-four hour control and people – if you could still call them that – would never know when something would go ping and take them out of circulation. It's the most obvious rush to a global fascist dictatorship and the complete submission of humanity and yet still so many are locked away in their Cult-induced perceptual coma and can't see it.

Smart Grid control centres

The human body is being transformed by the 'vaccines' and in other ways into a synthetic cyborg that can be attached to the global Smart Grid which would be controlled from a central point and other sub-locations of Grid manipulation. Where are these planned to be? Well, China for a start which is one of the Cult's biggest centres of operation. The technological control system and technocratic rule was incubated here to be unleashed across the world after the 'Covid' hoax came out of China in 2020. Another Smart Grid location that will surprise people new to this is Israel. I have exposed in *The Trigger* how Sabbatian technocrats, intelligence and military operatives were behind the horrors of 9/11 and not '19 Arab hijackers' who somehow manifested the ability to pilot big passenger airliners when instructors at puddle-jumping flying schools described some of them as a joke. The 9/11 attacks were made possible through control of civilian and military air computer systems and those of the White House, Pentagon and connected agencies. See *The Trigger* – it

will blow your mind. The controlling and coordinating force were the Sabbatian networks in Israel and the United States which by then had infiltrated the entire US government, military and intelligence system. The real name of the American Deep State is 'Sabbatian State'. Israel is a tiny country of only nine million people, but it is one of the global centres of cyber operations and fast catching Silicon Valley in importance to the Cult. Israel is known as the 'start-up nation' for all the cyber companies spawned there with the Sabbatian specialisation of 'cyber security' that I mentioned earlier which gives those companies access to computer systems of their clients in real time through 'backdoors' written into the coding when security software is downloaded. The Sabbatian centre of cyber operations outside Silicon Valley is the Israeli military Cyber Intelligence Unit, the biggest infrastructure project in Israel's history, headquartered in the desert-city of Beersheba and involving some 20,000 'cyber soldiers'. Here are located a literal army of Internet trolls scanning social media, forums and comment lists for anyone challenging the Cult agenda. The UK military has something similar with its 77th Brigade and associated operations. The Beersheba complex includes research and development centres for other Cult operations such as Intel, Microsoft, IBM, Google, Apple, Hewlett-Packard, Cisco Systems, Facebook and Motorola. Techcrunch.com ran an article about the Beersheba global Internet technology centre headlined 'Israel's desert city of Beersheba is turning into a cybertech oasis':

> The military's massive relocation of its prestigious technology units, the presence of multinational and local companies, a close proximity to Ben Gurion University and generous government subsidies are turning Beersheba into a major global cybertech hub. Beersheba has all of the ingredients of a vibrant security technology ecosystem, including Ben Gurion University with its graduate program in cybersecurity and Cyber Security Research Center, and the presence of companies such as EMC, Deutsche Telekom, PayPal, Oracle, IBM, and Lockheed Martin. It's also the future home of the INCB (Israeli National Cyber Bureau); offers a special income tax incentive for cyber security companies, and was the site for the relocation of the army's intelligence corps units.

Sabbatians have taken over the cyber world through the following process: They scan the schools for likely cyber talent and develop them at Ben Gurion University and their period of conscription in the Israeli Defense Forces when they are stationed at the Beersheba complex. When the cyber talented officially leave the army they are funded to start cyber companies with technology developed by themselves or given to them by the state. Much of this is stolen through backdoors of computer systems around the world with America top of the list. Others are sent off to Silicon Valley to start companies or join the major ones and so we have many major positions filled by apparently 'Jewish' but really Sabbatian operatives. Google, YouTube and Facebook are all run by 'Jewish' CEOs while Twitter is all but run by ultra-Zionist hedge-fund shark Paul Singer. At the centre of the Sabbatian global cyber web is the Israeli army's Unit 8200 which specialises in hacking into computer systems of other countries, inserting viruses, gathering information, instigating malfunction, and even taking control of them from a distance. A long list of Sabbatians involved with 9/11, Silicon Valley and Israeli cyber security companies are operatives of Unit 8200. This is not about Israel. It's about the Cult. Israel is planned to be a Smart Grid hub as with China and what is happening at Beersheba is not for the benefit of Jewish people who are treated disgustingly by the Sabbatian elite that control the country. A glance at the Nuremberg Codes will tell you that.

The story is much bigger than 'Covid', important as that is to where we are being taken. Now, though, it's time to really strap in. There's more … much more …

CHAPTER ELEVEN

Who controls the Cult?

Awake, arise or be forever fall'n
John Milton, *Paradise Lost*

I have exposed this far the level of the Cult conspiracy that operates in the world of the seen and within the global secret society and satanic network which operates in the shadows one step back from the seen. The story, however, goes much deeper than that.

The 'Covid' hoax is major part of the Cult agenda, but only part, and to grasp the biggest picture we have to expand our attention beyond the realm of human sight and into the infinity of possibility that we cannot see. It is from here, ultimately, that humanity is being manipulated into a state of total control by the force which dictates the actions of the Cult. How much of reality can we see? Next to damn all is the answer. We may appear to see all there is to see in the 'space' our eyes survey and observe, but little could be further from the truth. The human 'world' is only a tiny band of frequency that the body's visual and perceptual systems can decode into *perception* of a 'world'. According to mainstream science the electromagnetic spectrum is 0.005 percent of what exists in the Universe (Fig 10). The maximum estimate I have seen is 0.5 percent and either way it's miniscule. I say it is far, far, smaller even than 0.005 percent when you compare reality we see with the totality of reality that we don't. Now get this if you are new to such information: Visible light, the only band of frequency that we can see, is a *fraction* of the 0.005

percent (Fig 11 overleaf). Take this further and realise that our universe is one of infinite universes and that universes are only a fragment of overall reality – *infinite* reality. Then compare that with the almost infinitesimal frequency band of visible light or human sight. You see that humans are as near blind as it is possible to be without actually being so. Artist and filmmaker, Sergio Toporek, said:

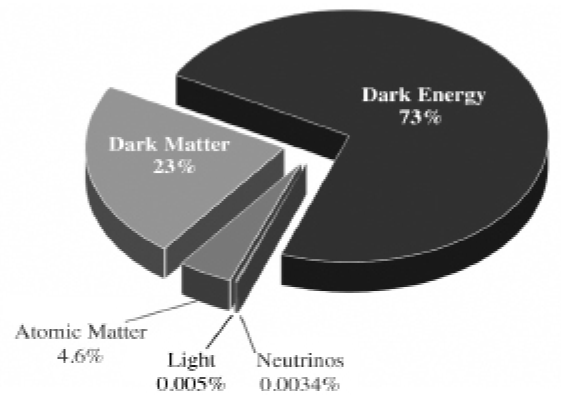

Figure 10: Humans can perceive such a tiny band of visual reality it's laughable.

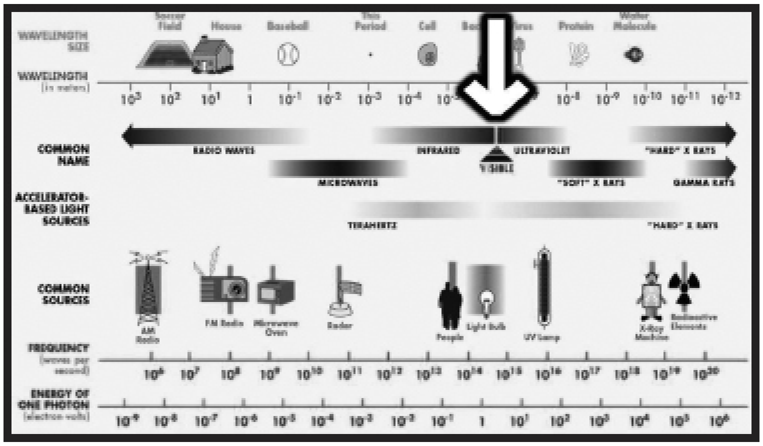

Figure 11: We can see a smear of the 0.005 percent electromagnetic spectrum, but we still know it all. Yep, makes sense.

Consider that you can see less than 1% of the electromagnetic spectrum and hear less than 1% of the acoustic spectrum. 90% of the cells in your body carry their own microbial DNA and are not 'you'. The atoms in your body are 99.9999999999999999% empty space and none of them are the ones you were born with ... Human beings have 46 chromosomes, two less than a potato.

The existence of the rainbow depends on the conical photoreceptors in your eyes; to animals without cones, the rainbow does not exist. So you don't just look at a rainbow, you create it. This is pretty amazing, especially considering that all the beautiful colours you see represent less than 1% of the electromagnetic spectrum.

Suddenly the 'world' of humans looks a very different place. Take into account, too, that Planet Earth when compared with the projected size of this single universe is the equivalent of a billionth of a pinhead. Imagine the ratio that would be when compared to infinite reality. To think that Christianity once insisted that Earth and humanity were the centre of everything. This background is vital if we are going to appreciate the nature of 'human' and how we can be manipulated by an unseen force. To human visual reality virtually *everything* is unseen and yet the prevailing perception within the institutions and so much of the public is that if we can't see it, touch it, hear it, taste it and smell it then it cannot exist. Such perception is indoctrinated and encouraged by the Cult and its agents because it isolates believers in the strictly limited, village-idiot, realm of the five senses where perceptions can be firewalled and information controlled. Most of those perpetuating the 'this-world-is-all-there-is' insanity are themselves indoctrinated into believing the same delusion. While major players and influencers know that official reality is laughable most of those in science, academia and medicine really believe the nonsense they peddle and teach succeeding generations. Those who challenge the orthodoxy are dismissed as nutters and freaks to protect the manufactured illusion from exposure. Observe the dynamic of the 'Covid' hoax and you will see how that takes the same form. The inner-circle psychopaths knows it's a gigantic scam, but almost the entirety of those imposing their fascist rules believe that 'Covid' is all that they're told it is.

Stolen identity

Ask people who they are and they will give you their name, place of birth, location, job, family background and life story. Yet that is not who they are – it is what they are *experiencing*. The difference is *absolutely crucial*. The true 'I', the eternal, infinite 'I', is consciousness,

a state of being aware. Forget 'form'. That is a vehicle for a brief experience. Consciousness does not come *from* the brain, but *through* the brain and even that is more symbolic than literal. We are awareness, pure awareness, and this is what withdraws from the body at what we call 'death' to continue our eternal beingness, *isness*, in other realms of reality within the limitlessness of infinity or the Biblical 'many mansions in my father's house'. Labels of a human life, man, woman, transgender, black, white, brown, nationality, circumstances and income are not who we are. They are what we are – awareness – is *experiencing* in a brief connection with a band of frequency we call 'human'. The labels are not the self; they are, to use the title of one of my books, a *Phantom* Self. I am not David Icke born in Leicester, England, on April 29th, 1952. I am the consciousness *having that experience*. The Cult and its non-human masters seek to convince us through the institutions of 'education', science, medicine, media and government that what we are *experiencing* is who we *are*. It's so easy to control and direct perception locked away in the bewildered illusions of the five senses with no expanded radar. Try, by contrast, doing the same with a humanity aware of its true self and its true power to consciously create its reality and experience. How is it possible to do this? We do it all day every day. If you perceive yourself as 'little me' with no power to impact upon your life and the world then your life experience will reflect that. You will hand the power you don't think you have to authority in all its forms which will use it to control your experience. This, in turn, will appear to confirm your perception of 'little me' in a self-fulfilling feedback loop. But that is what 'little me' really is – a *perception*. We are all 'big-me', infinite me, and the Cult has to make us forget that if its will is to prevail. We are therefore manipulated and pressured into self-identifying with human labels and not the consciousness/awareness *experiencing* those human labels.

The phenomenon of identity politics is a Cult-instigated manipulation technique to sub-divide previous labels into even smaller ones. A United States university employs this list of letters to

describe student identity: LGBTTQQFAGPBDSM or lesbian, gay, bisexual, transgender, transsexual, queer, questioning, flexual, asexual, gender-fuck, polyamorous, bondage/discipline, dominance/submission and sadism/masochism. I'm sure other lists are even longer by now as people feel the need to self-identity the 'I' with the minutiae of race and sexual preference. Wokers programmed by the Cult for generations believe this is about 'inclusivity' when it's really the Cult locking them away into smaller and smaller versions of Phantom Self while firewalling them from the influence of their true self, the infinite, eternal 'I'. You may notice that my philosophy which contends that we are all unique points of attention/awareness within the same infinite whole or Oneness is the ultimate non-racism. The very sense of Oneness makes the judgement of people by their body-type, colour or sexuality utterly ridiculous and confirms that racism has no understanding of reality (including anti-white racism). Yet despite my perception of life Cult agents and fast-asleep Wokers label me racist to discredit my information while they are themselves phenomenally racist and sexist. All they see is race and sexuality and they judge people as good or bad, demons or untouchables, by their race and sexuality. All they see is *Phantom Self* and perceive themselves in terms of Phantom Self. They are pawns and puppets of the Cult agenda to focus attention and self-identity in the five senses and play those identities against each other to divide and rule. Columbia University has introduced segregated graduations in another version of social distancing designed to drive people apart and teach them that different racial and cultural groups have nothing in common with each other. The last thing the Cult wants is unity. Again the pump-primers of this will be Cult operatives in the knowledge of what they are doing, but the rest are just the Phantom Self blind leading the Phantom Self blind. We *do* have something in common – we are all *the same consciousness* having different temporary experiences.

What is this 'human'?

Yes, what *is* 'human'? That is what we are supposed to be, right? I mean 'human'? True, but 'human' is the experience not the 'I'. Break it down to basics and 'human' is the way that information is processed. If we are to experience and interact with this band of frequency we call the 'world' we must have a vehicle that operates within that band of frequency. Our consciousness in its prime form cannot do that; it is way beyond the frequency of the human realm. My consciousness or awareness could not tap these keys and pick up the cup in front of me in the same way that radio station A cannot interact with radio station B when they are on different frequencies. The human body is the means through which we have that interaction. I have long described the body as a biological computer which processes information in a way that allows consciousness to experience this reality. The body is a receiver, transmitter and processor of information in a particular way that we call human. We visually perceive only the world of the five senses in a wakened state – that is the limit of the body's visual decoding system. In truth it's not even visual in the way we experience 'visual reality' as I will come to in a moment. We are 'human' because the body processes the information sources of human into a reality and behaviour system that we *perceive* as human. Why does an elephant act like an elephant and not like a human or a duck? The elephant's biological computer is a different information field and processes information according to that program into a visual and behaviour type we call an elephant. The same applies to everything in our reality. These body information fields are perpetuated through procreation (like making a copy of a software program). The Cult wants to break that cycle and intervene technologically to transform the human information field into one that will change what we call humanity. If it can change the human information field it will change the way that field processes information and change humanity both 'physically' and psychologically. Hence the *messenger* (information) RNA 'vaccines' and so much more that is targeting human genetics by changing the body's information – *messaging* – construct through food, drink, radiation, toxicity and other means.

Reality that we experience is nothing like reality as it really is in the same way that the reality people experience in virtual reality games is not the reality they are really living in. The game is only a decoded source of information that appears to be a reality. Our world is also an information construct – a *simulation* (more later). In its base form our reality is a wavefield of information much the same in theme as Wi-Fi. The five senses decode wavefield information into electrical information which they communicate to the brain to decode into holographic (illusory 'physical') information. Different parts of the brain specialise in decoding different senses and the information is fused into a reality that appears to be outside of us but is really inside the brain and the genetic structure in general (Fig 12 overleaf). DNA is a receiver-transmitter of information and a vital part of this decoding process and the body's connection to other realities. Change DNA and you change the way we decode and connect with reality – see 'Covid vaccines'. Think of computers decoding Wi-Fi. You have information encoded in a radiation field and the computer decodes that information into a very different form on the screen. You can't see the Wi-Fi until its information is made manifest on the screen and the information on the screen is inside the computer and not outside. I have just described how we decode the 'human world'. All five senses decode the waveform 'Wi-Fi' field into electrical signals and the brain (computer) constructs reality inside the brain and not outside – 'You don't just look at a rainbow, you create it'. Sound is a simple example. We don't hear sound until the brain decodes it. Waveform sound waves are picked up by the hearing sense and communicated to the brain in an electrical form to be decoded into the sounds that we hear. Everything we hear is inside the brain along with everything we see, feel, smell and taste. Words and language are waveform fields generated by our vocal chords which pass through this process until they are decoded by the brain into words that we hear. Different languages are different frequency fields or sound waves generated by vocal chords. Late British philosopher Alan Watts said:

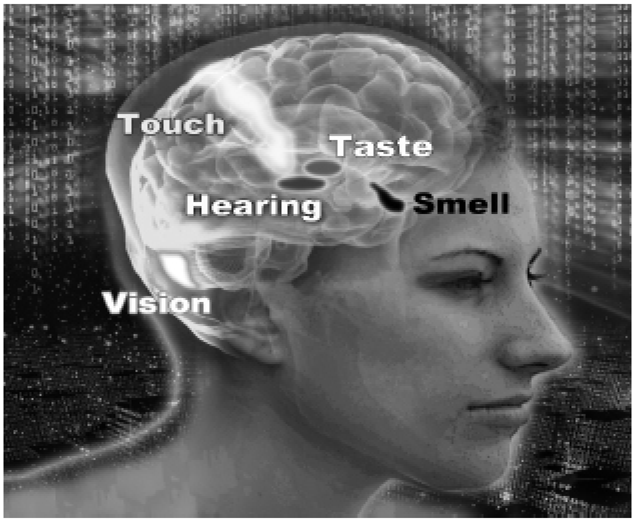

Figure 12: The brain receives information from the five senses and constructs from that our perceived reality.

[Without the brain] the world is devoid of light, heat, weight, solidity, motion, space, time or any other imaginable feature. All these phenomena are interactions, or transactions, of vibrations with a certain arrangement of neurons.

That's exactly what they are and scientist Robert Lanza describes in his book, *Biocentrism*, how we decode electromagnetic waves and energy into visual and 'physical' experience. He uses the example of a flame emitting photons, electromagnetic energy, each pulsing electrically and magnetically:

… these … invisible electromagnetic waves strike a human retina, and if (and only if) the waves happen to measure between 400 and 700 nano meters in length from crest to crest, then their energy is just right to deliver a stimulus to the 8 million cone-shaped cells in the retina.

Each in turn send an electrical pulse to a neighbour neuron, and on up the line this goes, at 250 mph, until it reaches the … occipital lobe of the brain, in the back of the head. There, a cascading complex of neurons fire from the incoming stimuli, and we subjectively perceive this experience as a yellow brightness occurring in a place we have been conditioned to call the 'external world'.

You hear what you decode

If a tree falls or a building collapses they make no noise unless someone is there to decode the energetic waves generated by the disturbance into what we call sound. Does a falling tree make a noise? Only if you hear it – *decode* it. Everything in our reality is a frequency field of information operating within the overall 'Wi-Fi' field that I call The Field. A vibrational disturbance is generated in The Field by the fields of the falling tree or building. These disturbance waves are what we decode into the sound of them falling. If no one is there to do that then neither will make any noise. Reality is created by the observer – *decoder* – and the *perceptions* of the observer affect the decoding process. For this reason different people – different *perceptions* – will perceive the same reality or situation in a different way. What one may perceive as a nightmare another will see as an opportunity. The question of why the Cult is so focused on controlling human perception now answers itself. All experienced reality is the act of decoding and we don't experience Wi-Fi until it is decoded on the computer screen. The sight and sound of an Internet video is encoded in the Wi-Fi all around us, but we don't see or hear it until the computer decodes that information. Taste, smell and touch are all phenomena of the brain as a result of the same process. We don't taste, smell or feel anything except in the brain and there are pain relief techniques that seek to block the signal from the site of discomfort to the brain because if the brain doesn't decode that signal we don't feel pain. Pain is in the brain and only appears to be at the point of impact thanks to the feedback loop between them. We don't see anything until electrical information from the sight senses is decoded in an area at the back of the brain. If that area is damaged we can go blind when our eyes are perfectly okay. So why do we go blind if we damage an eye? We damage the information processing between the waveform visual information and the visual decoding area of the brain. If information doesn't reach the brain in a form it can decode then we can't see the visual reality that it represents. What's more the brain is decoding only a fraction of the information it receives and the rest is absorbed by the

sub-conscious mind. This explanation is from the science magazine, *Wonderpedia*:

> Every second, 11 million sensations crackle along these [brain] pathways … The brain is confronted with an alarming array of images, sounds and smells which it rigorously filters down until it is left with a manageable list of around 40. Thus 40 sensations per second make up what we perceive as reality.

The 'world' is not what people are told to believe that is it and the inner circles of the Cult *know that*.

Illusory 'physical' reality

We can only see a smear of 0.005 percent of the Universe which is only one of a vast array of universes – 'mansions' – within infinite reality. Even then the brain decodes only 40 pieces of information ('sensations') from a potential *11 million* that we receive every second. Two points strike you from this immediately: The sheer breathtaking stupidity of believing we know anything so rigidly that there's nothing more to know; and the potential for these processes to be manipulated by a malevolent force to control the reality of the population. One thing I can say for sure with no risk of contradiction is that when you can perceive an almost indescribable fraction of infinite reality there is always more to know as in tidal waves of it. Ancient Greek philosopher Socrates was so right when he said that wisdom is to know how little we know. How obviously true that is when you think that we are experiencing a physical world of solidity that is neither physical nor solid and a world of apartness when everything is connected. Cult-controlled 'science' dismisses the so-called 'paranormal' and all phenomena related to that when the 'para'-normal is perfectly normal and explains the alleged 'great mysteries' which dumbfound scientific minds. There is a reason for this. A 'scientific mind' in terms of the mainstream is a material mind, a five-sense mind imprisoned in see it, touch it, hear it, smell it and taste it. Phenomena and happenings that can't be explained that way leave the 'scientific mind' bewildered and the rule is that if they

can't account for why something is happening then it can't, by definition, be happening. I beg to differ. Telepathy is thought waves passing through The Field (think wave disturbance again) to be decoded by someone able to connect with that wavelength (information). For example: You can pick up the thought waves of a friend at any distance and at the very least that will bring them to mind. A few minutes later the friend calls you. 'My god', you say, 'that's incredible – I was just thinking of you.' Ah, but *they* were thinking of *you* before they made the call and that's what you decoded. Native peoples not entrapped in five-sense reality do this so well it became known as the 'bush telegraph'. Those known as psychics and mediums (genuine ones) are doing the same only across dimensions of reality. 'Mind over matter' comes from the fact that matter and mind are the *same*. The state of one influences the state of the other. Indeed one *and* the other are illusions. They are aspects of the same field. Paranormal phenomena are all explainable so why are they still considered 'mysteries' or not happening? Once you go down this road of understanding you begin to expand awareness beyond the five senses and that's the nightmare for the Cult.

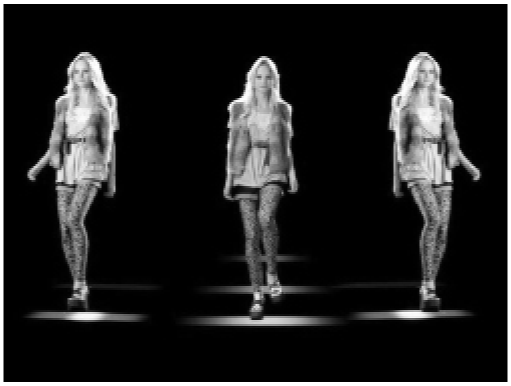

Figure 13: Holograms are not solid, but the best ones appear to be.

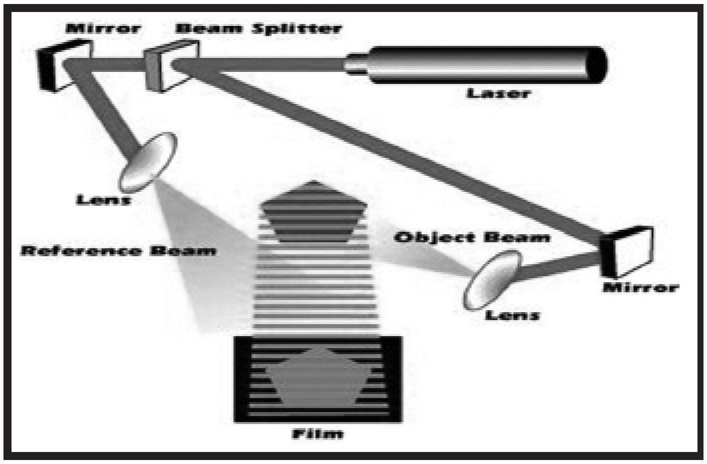

Figure 14: How holograms are created by capturing a waveform version of the subject image.

Holographic 'solidity'

Our reality is not solid, it is holographic. We are now well aware of holograms which are widely used today. Two-dimensional information is decoded into a three-dimensional reality that is not solid although can very much appear to be (Fig 13). Holograms are created with a laser divided into two parts. One goes directly onto a holographic photographic print ('reference beam') and the other takes a waveform image of the subject ('working beam') before being directed onto the print where it 'collides' with the other half of the laser (Fig 14). This creates a *waveform* interference pattern which contains the wavefield information of whatever is being photographed (Fig 15 overleaf). The process can be likened to dropping pebbles in a pond. Waves generated by each one spread out across the water to collide with the others and create a wave representation of where the stones fell and at what speed, weight and distance. A waveform interference pattern of a hologram is akin to the waveform information in The Field which the five senses decode into electrical signals to be decoded by the brain into a holographic illusory 'physical' reality. In the same way when a laser (think human attention) is directed at the waveform interference pattern a three-dimensional version of the subject is projected into apparently 'solid' reality (Fig 16). An amazing trait of holograms reveals more 'paranormal mysteries'. Information of the *whole*

hologram is encoded in waveform in every part of the interference pattern by the way they are created. This means that every *part* of a hologram is a smaller version of the whole. Cut the interference wave-pattern into four and you won't get four parts of the image. You get quarter-sized versions of the *whole* image. The body is a hologram and the same applies. Here we have the basis of acupuncture, reflexology and other forms of healing which identify representations of the whole body in all of the parts, hands, feet, ears, everywhere. Skilled palm readers can do what they do because the information of whole body is encoded in the hand. The concept of as above, so below, comes from this.

Figure 15: A waveform interference pattern that holds the information that transforms into a hologram.

Figure 16: Holographic people including 'Elvis' holographically inserted to sing a duet with Celine Dion.

The question will be asked of why, if solidity is illusory, we can't just walk through walls and each other. The resistance is not solid against solid; it is electromagnetic field against electromagnetic field and we decode this into the *experience* of solid against solid. We should also not underestimate the power of belief to dictate reality. What you believe is impossible *will be*. Your belief impacts on your decoding processes and they won't decode what you think is impossible. What we believe we perceive and what we perceive we experience. 'Can't dos' and 'impossibles' are like a firewall in a computer system that won't put on the screen what the firewall blocks. How vital that is to understanding how human experience has been hijacked. I explain in *The Answer*, *Everything You Need To Know But Have Never Been Told* and other books a long list of 'mysteries' and 'paranormal' phenomena that are not mysterious and perfectly normal once you realise what reality is and how it works. 'Ghosts' can be seen to pass through 'solid' walls because the walls are not solid and the ghost is a discarnate entity operating on a frequency so different to that of the wall that it's like two radio stations sharing the same space while never interfering with each other. I have seen ghosts do this myself. The apartness of people and objects is also an illusion. Everything is connected by the Field like all sea life is connected by the sea. It's just that within the limits of our visual reality we only 'see' holographic information and not the field of information that connects everything and from which the holographic world is made manifest. If you can only see holographic 'objects' and not the field that connects them they will appear to you as unconnected to each other in the same way that we see the computer while not seeing the Wi-Fi.

What you don't know *can* hurt you

Okay, we return to those 'two worlds' of human society and the Cult with its global network of interconnecting secret societies and satanic groups which manipulate through governments, corporations, media, religions, etc. The fundamental difference between them is *knowledge*. The idea has been to keep humanity

ignorant of the plan for its total enslavement underpinned by a crucial ignorance of reality – who we are and where we are – and how we interact with it. 'Human' should be the interaction between our expanded eternal consciousness and the five-sense body experience. We are meant to be *in* this world in terms of the five senses but not *of* this world in relation to our greater consciousness and perspective. In that state we experience the small picture of the five senses within the wider context of the big picture of awareness beyond the five senses. Put another way the five senses see the dots and expanded awareness connects them into pictures and patterns that give context to the apparently random and unconnected. Without the context of expanded awareness the five senses see only apartness and randomness with apparently no meaning. The Cult and its other-dimensional controllers seek to intervene in the frequency realm where five-sense reality is supposed to connect with expanded reality and to keep the two apart (more on this in the final chapter). When that happens five-sense mental and emotional processes are no longer influenced by expanded awareness, or the True 'I', and instead are driven by the isolated perceptions of the body's decoding systems. They are in the world *and* of it. Here we have the human plight and why humanity with its potential for infinite awareness can be so easily manipulatable and descend into such extremes of stupidity.

Once the Cult isolates five-sense mind from expanded awareness it can then program the mind with perceptions and beliefs by controlling information that the mind receives through the 'education' system of the formative years and the media perceptual bombardment and censorship of an entire lifetime. Limit perception and a sense of the possible through limiting knowledge by limiting and skewing information while censoring and discrediting that which could set people free. As the title of another of my books says *… And The Truth Shall Set You Free*. For this reason the last thing the Cult wants in circulation is the truth about anything – especially the reality of the eternal 'I' – and that's why it is desperate to control information. The Cult knows that information becomes perception

which becomes behaviour which, collectively, becomes human society. Cult-controlled and funded mainstream 'science' denies the existence of an eternal 'I' and seeks to dismiss and trash all evidence to the contrary. Cult-controlled mainstream religion has a version of 'God' that is little more than a system of control and dictatorship that employs threats of damnation in an afterlife to control perceptions and behaviour in the here and now through fear and guilt. Neither is true and it's the 'neither' that the Cult wishes to suppress. This 'neither' is that everything is an expression, a point of attention, within an infinite state of consciousness which is the real meaning of the term 'God'.

Perceptual obsession with the 'physical body' and five-senses means that 'God' becomes personified as a bearded bloke sitting among the clouds or a raging bully who loves us if we do what 'he' wants and condemns us to the fires of hell if we don't. These are no more than a 'spiritual' fairy tales to control and dictate events and behaviour through fear of this 'God' which has bizarrely made 'God-fearing' in religious circles a state to be desired. I would suggest that fearing *anything* is not to be encouraged and celebrated, but rather deleted. You can see why 'God fearing' is so beneficial to the Cult and its religions when *they* decide what 'God' wants and what 'God' demands (the Cult demands) that everyone do. As the great American comedian Bill Hicks said satirising a Christian zealot: 'I think what God meant to say.' How much of this infinite awareness ('God') that we access is decided by how far we choose to expand our perceptions, self-identity and sense of the possible. The scale of self-identity reflects itself in the scale of awareness that we can connect with and are influenced by – how much knowing and insight we have instead of programmed perception. You cannot expand your awareness into the infinity of possibility when you believe that you are little me Peter the postman or Mary in marketing and nothing more. I'll deal with this in the concluding chapter because it's crucial to how we turnaround current events.

Where the Cult came from

When I realised in the early 1990s there was a Cult network behind global events I asked the obvious question: When did it start? I took it back to ancient Rome and Egypt and on to Babylon and Sumer in Mesopotamia, the 'Land Between Two Rivers', in what we now call Iraq. The two rivers are the Tigris and Euphrates and this region is of immense historical and other importance to the Cult, as is the land called Israel only 550 miles away by air. There is much more going with deep esoteric meaning across this whole region. It's not only about 'wars for oil'. Priceless artefacts from Mesopotamia were stolen or destroyed after the American and British invasion of Iraq in 2003 justified by the lies of Boy Bush and Tony Blair (their Cult masters) about non-existent 'weapons of mass destruction'. Mesopotamia was the location of Sumer (about 5,400BC to 1,750BC), and Babylon (about 2,350BC to 539BC). Sabbatians may have become immensely influential in the Cult in modern times but they are part of a network that goes back into the mists of history. Sumer is said by historians to be the 'cradle of civilisation'. I disagree. I say it was the re-start of what we call human civilisation after cataclysmic events symbolised in part as the 'Great Flood' destroyed the world that existed before. These fantastic upheavals that I have been describing in detail in the books since the early1990s appear in accounts and legends of ancient cultures across the world and they are supported by geological and biological evidence. Stone tablets found in Iraq detailing the Sumer period say the cataclysms were caused by non-human 'gods' they call the Anunnaki. These are described in terms of extraterrestrial visitations in which knowledge supplied by the Anunnaki is said to have been the source of at least one of the world's oldest writing systems and developments in astronomy, mathematics and architecture that were way ahead of their time. I have covered this subject at length in *The Biggest Secret* and *Children of the Matrix* and the same basic 'Anunnaki' story can be found in Zulu accounts in South Africa where the late and very great Zulu high shaman Credo Mutwa told me that the Sumerian Anunnaki were known by Zulus as the Chitauri or 'children of the serpent'. See my six-hour video interview with Credo on this subject entitled *The*

Reptilian Agenda recorded at his then home near Johannesburg in 1999 which you can watch on the Ickonic media platform.

The Cult emerged out of Sumer, Babylon and Egypt (and elsewhere) and established the Roman Empire before expanding with the Romans into northern Europe from where many empires were savagely imposed in the form of Cult-controlled societies all over the world. Mass death and destruction was their calling card. The Cult established its centre of operations in Europe and European Empires were Cult empires which allowed it to expand into a global force. Spanish and Portuguese colonialists headed for Central and South America while the British and French targeted North America. Africa was colonised by Britain, France, Belgium, the Netherlands, Portugal, Spain, Italy, and Germany. Some like Britain and France moved in on the Middle East. The British Empire was by far the biggest for a simple reason. By now Britain was the headquarters of the Cult from which it expanded to form Canada, the United States, Australia and New Zealand. The Sun never set on the British Empire such was the scale of its occupation. London remains a global centre for the Cult along with Rome and the Vatican although others have emerged in Israel and China. It is no accident that the 'virus' is alleged to have come out of China while Italy was chosen as the means to terrify the Western population into compliance with 'Covid' fascism. Nor that Israel has led the world in 'Covid' fascism and mass 'vaccination'.

You would think that I would mention the United States here, but while it has been an important means of imposing the Cult's will it is less significant than would appear and is currently in the process of having what power it does have deleted. The Cult in Europe has mostly loaded the guns for the US to fire. America has been controlled from Europe from the start through Cult operatives in Britain and Europe. The American Revolution was an illusion to make it appear that America was governing itself while very different forces were pulling the strings in the form of Cult families such as the Rothschilds through the Rockefellers and other subordinates. The Rockefellers are extremely close to Bill Gates and

established both scalpel and drug 'medicine' and the World Health Organization. They play a major role in the development and circulation of vaccines through the Rockefeller Foundation on which Bill Gates said his Foundation is based. Why wouldn't this be the case when the Rockefellers and Gates are on the same team? Cult infiltration of human society goes way back into what we call history and has been constantly expanding and centralising power with the goal of establishing a global structure to dictate everything. Look how this has been advanced in great leaps with the 'Covid' hoax.

The non-human dimension

I researched and observed the comings and goings of Cult operatives through the centuries and even thousands of years as they were born, worked to promote the agenda within the secret society and satanic networks, and then died for others to replace them. Clearly there had to be a coordinating force that spanned this entire period while operatives who would not have seen the end goal in their lifetimes came and went advancing the plan over millennia. I went in search of that coordinating force with the usual support from the extraordinary synchronicity of my life which has been an almost daily experience since 1990. I saw common themes in religious texts and ancient cultures about a non-human force manipulating human society from the hidden. Christianity calls this force Satan, the Devil and demons; Islam refers to the Jinn or Djinn; Zulus have their Chitauri (spelt in other ways in different parts of Africa); and the Gnostic people in Egypt in the period around and before 400AD referred to this phenomena as the 'Archons', a word meaning rulers in Greek. Central American cultures speak of the 'Predators' among other names and the same theme is everywhere. I will use 'Archons' as a collective name for all of them. When you see how their nature and behaviour is described all these different sources are clearly talking about the same force. Gnostics described the Archons in terms of 'luminous fire' while Islam relates the Jinn to 'smokeless fire'. Some refer to beings in form that could occasionally be seen, but the most common of common theme is that they operate from

unseen realms which means almost all existence to the visual processes of humans. I had concluded that this was indeed the foundation of human control and that the Cult was operating within the human frequency band on behalf of this hidden force when I came across the writings of Gnostics which supported my conclusions in the most extraordinary way.

A sealed earthen jar was found in 1945 near the town of Nag Hammadi about 75-80 miles north of Luxor on the banks of the River Nile in Egypt. Inside was a treasure trove of manuscripts and texts left by the Gnostic people some 1,600 years earlier. They included 13 leather-bound papyrus codices (manuscripts) and more than 50 texts written in Coptic Egyptian estimated to have been hidden in the jar in the period of 400AD although the source of the information goes back much further. Gnostics oversaw the Great or Royal Library of Alexandria, the fantastic depository of ancient texts detailing advanced knowledge and accounts of human history. The Library was dismantled and destroyed in stages over a long period with the death-blow delivered by the Cult-established Roman Church in the period around 415AD. The Church of Rome was the Church of Babylon relocated as I said earlier. Gnostics were not a race. They were a way of perceiving reality. Whenever they established themselves and their information circulated the terrorists of the Church of Rome would target them for destruction. This happened with the Great Library and with the Gnostic Cathars who were burned to death by the psychopaths after a long period of oppression at the siege of the Castle of Monségur in southern France in 1244. The Church has always been terrified of Gnostic information which demolishes the official Christian narrative although there is much in the Bible that supports the Gnostic view if you read it in another way. To anyone studying the texts of what became known as the Nag Hammadi Library it is clear that great swathes of Christian and Biblical belief has its origin with Gnostics sources going back to Sumer. Gnostic themes have been twisted to manipulate the perceived reality of Bible believers. Biblical texts have been in the open for centuries where they could be changed while Gnostic

documents found at Nag Hammadi were sealed away and untouched for 1,600 years. What you see is what they wrote.

Use your *pneuma* not your *nous*

Gnosticism and Gnostic come from 'gnosis' which means knowledge, or rather *secret* knowledge, in the sense of spiritual awareness – knowledge about reality and life itself. The desperation of the Cult's Church of Rome to destroy the Gnostics can be understood when the knowledge they were circulating was the last thing the Cult wanted the population to know. Sixteen hundred years later the same Cult is working hard to undermine and silence me for the same reason. The dynamic between knowledge and ignorance is a constant. 'Time' appears to move on, but essential themes remain the same. We are told to 'use your nous', a Gnostic word for head/brain/intelligence. They said, however, that spiritual awakening or 'salvation' could only be secured by expanding awareness *beyond* what they called *nous* and into *pneuma* or Infinite Self. Obviously as I read these texts the parallels with what I have been saying since 1990 were fascinating to me. There is a universal truth that spans human history and in that case why wouldn't we be talking the same language 16 centuries apart? When you free yourself from the perception program of the five senses and explore expanded realms of consciousness you are going to connect with the same information no matter what the perceived 'era' within a manufactured timeline of a single and tiny range of manipulated frequency. Humans working with 'smart' technology or knocking rocks together in caves is only a timeline appearing to operate within the human frequency band. Expanded awareness and the knowledge it holds have always been there whether the era be Stone Age or computer age. We can only access that knowledge by opening ourselves to its frequency which the five-sense prison cell is designed to stop us doing. Gates, Fauci, Whitty, Vallance, Zuckerberg, Brin, Page, Wojcicki, Bezos, and all the others behind the 'Covid' hoax clearly have a long wait before their range of frequency can make that connection given that an open heart is

crucial to that as we shall see. Instead of accessing knowledge directly through expanded awareness it is given to Cult operatives by the secret society networks of the Cult where it has been passed on over thousands of years outside the public arena. Expanded realms of consciousness is where great artists, composers and writers find their inspiration and where truth awaits anyone open enough to connect with it. We need to go there fast.

Archon hijack

A fifth of the Nag Hammadi texts describe the existence and manipulation of the Archons led by a 'Chief Archon' they call 'Yaldabaoth', or the 'Demiurge', and this is the Christian 'Devil', 'Satan', 'Lucifer', and his demons. Archons in Biblical symbolism are the 'fallen ones' which are also referred to as fallen angels after the angels expelled from heaven according to the Abrahamic religions of Judaism, Christianity and Islam. These angels are claimed to tempt humans to 'sin' ongoing and you will see how accurate that symbolism is during the rest of the book. The theme of 'original sin' is related to the 'Fall' when Adam and Eve were 'tempted by the serpent' and fell from a state of innocence and 'obedience' (connection) with God into a state of disobedience (disconnection). The Fall is said to have brought sin into the world and corrupted everything including human nature. Yaldabaoth, the 'Lord Archon', is described by Gnostics as a 'counterfeit spirit', 'The Blind One', 'The Blind God', and 'The Foolish One'. The Jewish name for Yaldabaoth in Talmudic writings is Samael which translates as 'Poison of God', or 'Blindness of God'. You see the parallels. Yaldabaoth in Islamic belief is the Muslim Jinn devil known as Shaytan – Shaytan is Satan as the same themes are found all over the world in every religion and culture. The 'Lord God' of the Old Testament is the 'Lord Archon' of Gnostic manuscripts and that's why he's such a bloodthirsty bastard. Satan is known by Christians as 'the Demon of Demons' and Gnostics called Yaldabaoth the 'Archon of Archons'. Both are known as 'The Deceiver'. We are talking about the same 'bloke' for sure and these common themes

using different names, storylines and symbolism tell a common tale of the human plight.

Archons are referred to in Nag Hammadi documents as mind parasites, inverters, guards, gatekeepers, detainers, judges, pitiless ones and deceivers. The 'Covid' hoax alone is a glaring example of all these things. The Biblical 'God' is so different in the Old and New Testaments because they are not describing the same phenomenon. The vindictive, angry, hate-filled, 'God' of the Old Testament, known as Yahweh, is Yaldabaoth who is depicted in Cult-dictated popular culture as the 'Dark Lord', 'Lord of Time', Lord (Darth) Vader and Dormammu, the evil ruler of the 'Dark Dimension' trying to take over the 'Earth Dimension' in the Marvel comic movie, *Dr Strange*. Yaldabaoth is both the Old Testament 'god' and the Biblical 'Satan'. Gnostics referred to Yaldabaoth as the 'Great Architect of the Universe'and the Cult-controlled Freemason network calls their god 'the 'Great Architect of the Universe' (also Grand Architect). The 'Great Architect' Yaldabaoth is symbolised by the Cult as the all-seeing eye at the top of the pyramid on the Great Seal of the United States and the dollar bill. Archon is encoded in *arch*-itect as it is in *arch*-angels and *arch*-bishops. All religions have the theme of a force for good and force for evil in some sort of spiritual war and there is a reason for that – the theme is true. The Cult and its non-human masters are quite happy for this to circulate. They present themselves as the force for good fighting evil when they are really the force of evil (absence of love). The whole foundation of Cult modus operandi is inversion. They promote themselves as a force for good and anyone challenging them in pursuit of peace, love, fairness, truth and justice is condemned as a satanic force for evil. This has been the game plan throughout history whether the Church of Rome inquisitions of non-believers or 'conspiracy theorists' and 'anti-vaxxers' of today. The technique is the same whatever the timeline era.

Yaldabaoth is revolting (true)

Yaldabaoth and the Archons are said to have revolted against God with Yaldabaoth claiming to *be* God – the *All That Is*. The Old Testament 'God' (Yaldabaoth) demanded to be worshipped as such: '*I am* the LORD, and there is none else, there is no God beside me' (Isaiah 45:5). I have quoted in other books a man who said he was the unofficial son of the late Baron Philippe de Rothschild of the Mouton-Rothschild wine producing estates in France who died in 1988 and he told me about the Rothschild 'revolt from God'. The man said he was given the name Phillip Eugene de Rothschild and we shared long correspondence many years ago while he was living under another identity. He said that he was conceived through 'occult incest' which (within the Cult) was 'normal and to be admired'. 'Phillip' told me about his experience attending satanic rituals with rich and famous people whom he names and you can see them and the wider background to Cult Satanism in my other books starting with *The Biggest Secret*. Cult rituals are interactions with Archontic 'gods'. 'Phillip' described Baron Philippe de Rothschild as 'a master Satanist and hater of God' and he used the same term 'revolt from God' associated with Yaldabaoth/Satan/Lucifer/the Devil in describing the Sabbatian Rothschild dynasty. 'I played a key role in my family's revolt from God', he said. That role was to infiltrate in classic Sabbatian style the Christian Church, but eventually he escaped the mind-prison to live another life. The Cult has been targeting religion in a plan to make worship of the Archons the global one-world religion. Infiltration of Satanism into modern 'culture', especially among the young, through music videos, stage shows and other means, is all part of this.

Nag Hammadi texts describe Yaldabaoth and the Archons in their prime form as energy – consciousness – and say they can take form if they choose in the same way that consciousness takes form as a human. Yaldabaoth is called 'formless' and represents a deeply inverted, distorted and chaotic state of consciousness which seeks to attached to humans and turn them into a likeness of itself in an attempt at assimilation. For that to happen it has to manipulate

humans into low frequency mental and emotional states that match its own. Archons can certainly appear in human form and this is the origin of the psychopathic personality. The energetic distortion Gnostics called Yaldabaoth *is* psychopathy. When psychopathic Archons take human form that human will be a psychopath as an expression of Yaldabaoth consciousness. Cult psychopaths are Archons in human form. The principle is the same as that portrayed in the 2009 *Avatar* movie when the American military travelled to a fictional Earth-like moon called Pandora in the Alpha Centauri star system to infiltrate a society of blue people, or Na'vi, by hiding within bodies that looked like the Na'vi. Archons posing as humans have a particular hybrid information field, part human, part Archon, (the ancient 'demigods') which processes information in a way that manifests behaviour to match their psychopathic evil, lack of empathy and compassion, and stops them being influenced by the empathy, compassion and love that a fully-human information field is capable of expressing. Cult bloodlines interbreed, be they royalty or dark suits, for this reason and you have their obsession with incest. Interbreeding with full-blown humans would dilute the Archontic energy field that guarantees psychopathy in its representatives in the human realm.

Gnostic writings say the main non-human forms that Archons take are *serpentine* (what I have called for decades 'reptilian' amid unbounded ridicule from the Archontically-programmed) and what Gnostics describe as 'an unborn baby or foetus with grey skin and dark, unmoving eyes'. This is an excellent representation of the ET 'Greys' of UFO folklore which large numbers of people claim to have seen and been abducted by – Zulu shaman Credo Mutwa among them. I agree with those that believe in extraterrestrial or interdimensional visitations today and for thousands of years past. No wonder with their advanced knowledge and technological capability they were perceived and worshipped as gods for technological and other 'miracles' they appeared to perform. Imagine someone arriving in a culture disconnected from the modern world with a smartphone and computer. They would be

seen as a 'god' capable of 'miracles'. The Renegade Mind, however, wants to know the source of everything and not only the way that source manifests as human or non-human. In the same way that a Renegade Mind seeks the original source material for the 'Covid virus' to see if what is claimed is true. The original source of Archons in form is consciousness – the distorted state of consciousness known to Gnostics as Yaldabaoth.

'Revolt from God' is energetic disconnection

Where I am going next will make a lot of sense of religious texts and ancient legends relating to 'Satan', Lucifer' and the 'gods'. Gnostic descriptions sync perfectly with the themes of my own research over the years in how they describe a consciousness distortion seeking to impose itself on human consciousness. I've referred to the core of infinite awareness in previous books as Infinite Awareness in Awareness of Itself. By that I mean a level of awareness that knows that it is all awareness and is aware of all awareness. From here comes the frequency of love in its true sense and balance which is what love is on one level – the balance of all forces into a single whole called Oneness and Isness. The more we disconnect from this state of love that many call 'God' the constituent parts of that Oneness start to unravel and express themselves as a part and not a whole. They become individualised as intellect, mind, selfishness, hatred, envy, desire for power over others, and such like. This is not a problem in the greater scheme in that 'God', the *All That Is*, can experience all these possibilities through different expressions of itself including humans. What we as expressions of the whole experience the *All That Is* experiences. We are the *All That Is* experiencing itself. As we withdraw from that state of Oneness we disconnect from its influence and things can get very unpleasant and very stupid. Archontic consciousness is at the extreme end of that. It has so disconnected from the influence of Oneness that it has become an inversion of unity and love, an inversion of everything, an inversion of life itself. Evil is appropriately live written backwards. Archontic consciousness is obsessed with death, an inversion of life,

and so its manifestations in Satanism are obsessed with death. They use inverted symbols in their rituals such as the inverted pentagram and cross. Sabbatians as Archontic consciousness incarnate invert Judaism and every other religion and culture they infiltrate. They seek disunity and chaos and they fear unity and harmony as they fear love like garlic to a vampire. As a result the Cult, Archons incarnate, act with such evil, psychopathy and lack of empathy and compassion disconnected as they are from the source of love. How could Bill Gates and the rest of the Archontic psychopaths do what they have to human society in the 'Covid' era with all the death, suffering and destruction involved and have no emotional consequence for the impact on others? Now you know. Why have Zuckerberg, Brin, Page, Wojcicki and company callously censored information warning about the dangers of the 'vaccine' while thousands have been dying and having severe, sometimes life-changing reactions? Now you know. Why have Tedros, Fauci, Whitty, Vallance and their like around the world been using case and death figures they're aware are fraudulent to justify lockdowns and all the deaths and destroyed lives that have come from that? Now you know. Why did Christian Drosten produce and promote a 'testing' protocol that he knew couldn't test for infectious disease which led to a global human catastrophe. Now you know. The Archontic mind doesn't give a shit (Fig 17). I personally think that Gates and major Cult insiders are a form of AI cyborg that the Archons want humans to become.

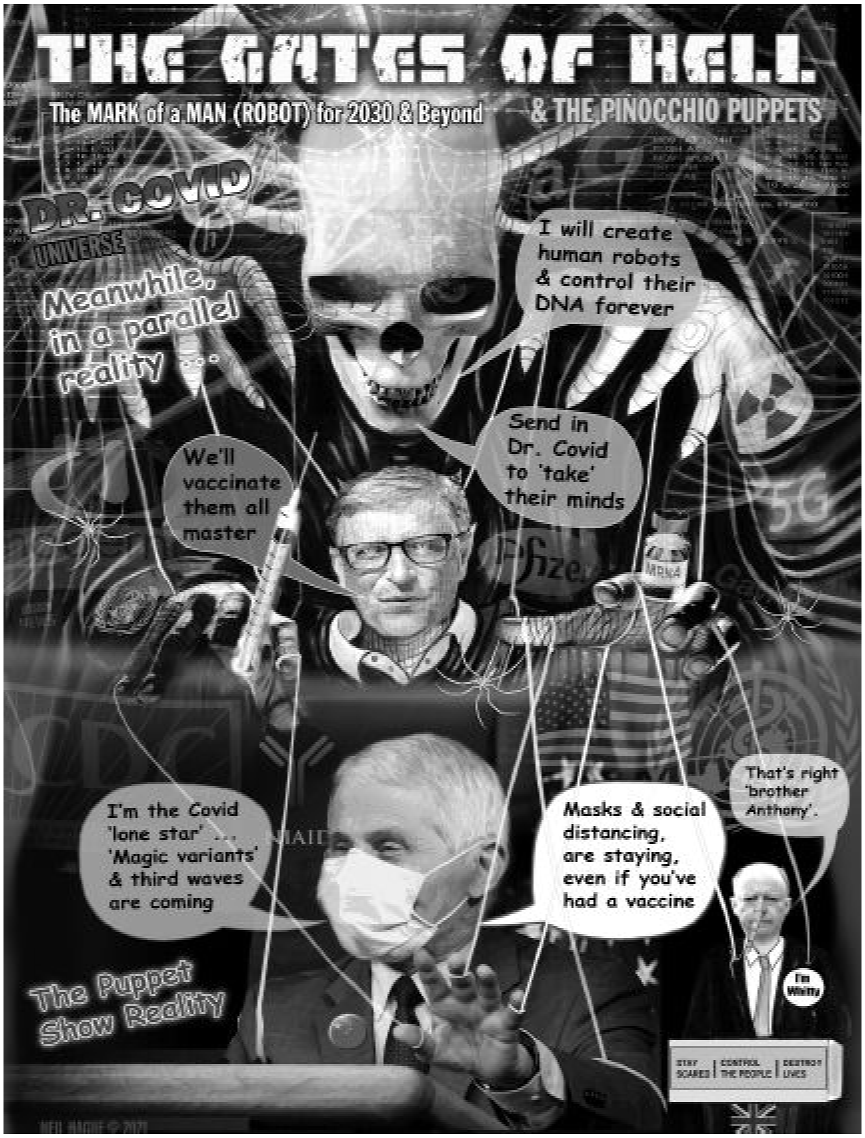

Figure 17: Artist Neil Hague's version of the 'Covid' hierarchy.

Human batteries

A state of such inversion does have its consequences, however. The level of disconnection from the Source of All means that you withdraw from that source of energetic sustenance and creativity. This means that you have to find your own supply of energetic power and it has – *us*. When the Morpheus character in the first *Matrix* movie held up a battery he spoke a profound truth when he said: 'The Matrix is a computer-generated dream world built to keep us under control in order to change the human being into one of

these.’ The statement was true in all respects. We do live in a technologically-generated virtual reality simulation (more very shortly) and we have been manipulated to be an energy source for Archontic consciousness. The Disney-Pixar animated movie *Monsters, Inc*. in 2001 symbolised the dynamic when monsters in their world had no energy source and they would enter the human world to terrify children in their beds, catch the child’s scream, terror (low-vibrational frequencies), and take that energy back to power the monster world. The lead character you might remember was a single giant eye and the symbolism of the Cult’s all-seeing eye was obvious. Every thought and emotion is broadcast as a frequency unique to that thought and emotion. Feelings of love and joy, empathy and compassion, are high, quick, frequencies while fear, depression, anxiety, suffering and hate are low, slow, dense frequencies. Which kind do you think Archontic consciousness can connect with and absorb? In such a low and dense frequency state there’s no way it can connect with the energy of love and joy. Archons can only feed off energy compatible with their own frequency and they and their Cult agents want to delete the human world of love and joy and manipulate the transmission of low vibrational frequencies through low-vibrational human mental and emotional states. *We are their energy source*. Wars are energetic banquets to the Archons – a world war even more so – and think how much low-frequency mental and emotional energy has been generated from the consequences for humanity of the ‘Covid’ hoax orchestrated by Archons incarnate like Gates.

The ancient practice of human sacrifice ‘to the gods’, continued in secret today by the Cult, is based on the same principle. ‘The gods’ are Archontic consciousness in different forms and the sacrifice is induced into a state of intense terror to generate the energy the Archontic frequency can absorb. Incarnate Archons in the ritual drink the blood which contains an adrenaline they crave which floods into the bloodstream when people are terrorised. Most of the sacrifices, ancient and modern, are children and the theme of ‘sacrificing young virgins to the gods’ is just code for children. They

have a particular pre-puberty energy that Archons want more than anything and the energy of the young in general is their target. The California Department of Education wants students to chant the names of Aztec gods (Archontic gods) once worshipped in human sacrifice rituals in a curriculum designed to encourage them to ‘challenge racist, bigoted, discriminatory, imperialist/colonial beliefs’, join ‘social movements that struggle for social justice’, and ‘build new possibilities for a post-racist, post-systemic racism society’. It’s the usual Woke crap that inverts racism and calls it anti-racism. In this case solidarity with ‘indigenous tribes’ is being used as an excuse to chant the names of ‘gods’ to which people were sacrificed (and still are in secret). What an example of Woke’s inability to see beyond black and white, us and them, They condemn the colonisation of these tribal cultures by Europeans (quite right), but those cultures sacrificing people including children to their ‘gods’, and mass murdering untold numbers as the Aztecs did, is just fine. One chant is to the Aztec god Tezcatlipoca who had a man sacrificed to him in the 5th month of the Aztec calendar. His heart was cut out and he was eaten. Oh, that’s okay then. Come on children … after three … Other sacrificial ‘gods’ for the young to chant their allegiance include Quetzalcoatl, Huitzilopochtli and Xipe Totec. The curriculum says that ‘chants, affirmations, and energizers can be used to bring the class together, build unity around ethnic studies principles and values, and to reinvigorate the class following a lesson that may be emotionally taxing or even when student engagement may appear to be low’. Well, that’s the cover story, anyway. Chanting and mantras are the repetition of a particular frequency generated from the vocal cords and chanting the names of these Archontic ‘gods’ tunes you into their frequency. That is the last thing you want when it allows for energetic synchronisation, attachment and perceptual influence. Initiates chant the names of their ‘Gods’ in their rituals for this very reason.

Vampires of the Woke

Paedophilia is another way that Archons absorb the energy of children. Paedophiles possessed by Archontic consciousness are used as the conduit during sexual abuse for discarnate Archons to vampire the energy of the young they desire so much. Stupendous numbers of children disappear every year never to be seen again although you would never know from the media. Imagine how much low-vibrational energy has been generated by children during the 'Covid' hoax when so many have become depressed and psychologically destroyed to the point of killing themselves. Shocking numbers of children are now taken by the state from loving parents to be handed to others. I can tell you from long experience of researching this since 1996 that many end up with paedophiles and assets of the Cult through corrupt and Cult-owned social services which in the reframing era has hired many psychopaths and emotionless automatons to do the job. Children are even stolen to order using spurious reasons to take them by the corrupt and secret (because they're corrupt) 'family courts'. I have written in detail in other books, starting with *The Biggest Secret* in 1997, about the ubiquitous connections between the political, corporate, government, intelligence and military elites (Cult operatives) and Satanism and paedophilia. If you go deep enough both networks have an interlocking leadership. The Woke mentality has been developed by the Cult for many reasons: To promote almost every aspect of its agenda; to hijack the traditional political left and turn it fascist; to divide and rule; and to target agenda pushbackers. But there are other reasons which relate to what I am describing here. How many happy and joyful Wokers do you ever see especially at the extreme end? They are a mental and psychological mess consumed by emotional stress and constantly emotionally cocked for the next explosion of indignation at someone referring to a female as a female. They are walking, talking, batteries as Morpheus might say emitting frequencies which both enslave them in low-vibrational bubbles of perceptual limitation and feed the Archons. Add to this the hatred claimed to be love; fascism claimed to 'anti-fascism', racism claimed to be 'anti-racism';

exclusion claimed to inclusion; and the abuse-filled Internet trolling. You have a purpose-built Archontic energy system with not a wind turbine in sight and all founded on Archontic *inversion*. We have whole generations now manipulated to serve the Archons with their actions and energy. They will be doing so their entire adult lives unless they snap out of their Archon-induced trance. Is it really a surprise that Cult billionaires and corporations put so much money their way? Where is the energy of joy and laughter, including laughing at yourself which is confirmation of your own emotional security? Mark Twain said: 'The human race has one really effective weapon, and that is laughter.' We must use it all the time. Woke has destroyed comedy because it has no humour, no joy, sense of irony, or self-deprecation. Its energy is dense and intense. *Mmmmm*, lunch says the Archontic frequency. Rudolf Steiner (1861-1925) was the Austrian philosopher and famous esoteric thinker who established Waldorf education or Steiner schools to treat children like unique expressions of consciousness and not minds to be programmed with the perceptions determined by authority. I'd been writing about this energy vampiring for decades when I was sent in 2016 a quote by Steiner. He was spot on:

> There are beings in the spiritual realms for whom anxiety and fear emanating from human beings offer welcome food. When humans have no anxiety and fear, then these creatures starve. If fear and anxiety radiates from people and they break out in panic, then these creatures find welcome nutrition and they become more and more powerful. These beings are hostile towards humanity. Everything that feeds on negative feelings, on anxiety, fear and superstition, despair or doubt, are in reality hostile forces in super-sensible worlds, launching cruel attacks on human beings, while they are being fed ... These are exactly the feelings that belong to contemporary culture and materialism; because it estranges people from the spiritual world, it is especially suited to evoke hopelessness and fear of the unknown in people, thereby calling up the above mentioned hostile forces against them.

Pause for a moment from this perspective and reflect on what has happened in the world since the start of 2020. Not only will pennies drop, but billion dollar bills. We see the same theme from Don Juan Matus, a Yaqui Indian shaman in Mexico and the information source for Peruvian-born writer, Carlos Castaneda, who wrote a series of

books from the 1960s to 1990s. Don Juan described the force manipulating human society and his name for the Archons was the predator:

We have a predator that came from the depths of the cosmos and took over the rule of our lives. Human beings are its prisoners. The predator is our lord and master. It has rendered us docile, helpless. If we want to protest, it suppresses our protest. If we want to act independently, it demands that we don't do so ... indeed we are held prisoner!

They took us over because we are food to them, and they squeeze us mercilessly because we are their sustenance. Just as we rear chickens in coops, the predators rear us in human coops, humaneros. Therefore, their food is always available to them.

Different cultures, different eras, same recurring theme.

The 'ennoia' dilemma

Nag Hammadi Gnostic manuscripts say that Archon consciousness has no 'ennoia'. This is directly translated as 'intentionality', but I'll use the term 'creative imagination'. The *All That Is* in awareness of itself is the source of all creativity – all possibility – and the more disconnected you are from that source the more you are subsequently denied 'creative imagination'. Given that Archon consciousness is almost entirely disconnected it severely lacks creativity and has to rely on far more mechanical processes of thought and exploit the creative potential of those that do have 'ennoia'. You can see cases of this throughout human society. Archon consciousness almost entirely dominates the global banking system and if we study how that system works you will appreciate what I mean. Banks manifest 'money' out of nothing by issuing lines of 'credit' which is 'money' that has never, does not, and will never exist except in theory. It's a confidence trick. If you think 'credit' figures-on-a-screen 'money' is worth anything you accept it as payment. If you don't then the whole system collapses through lack of confidence in the value of that 'money'. Archontic bankers with no 'ennoia' are 'lending' 'money' that doesn't exist to humans that *do* have creativity – those that have the inspired ideas and create businesses and products. Archon banking feeds off human creativity

which it controls through 'money' creation and debt. Humans have the creativity and Archons exploit that for their own benefit and control while having none themselves. Archon Internet platforms like Facebook claim joint copyright of everything that creative users post and while Archontic minds like Zuckerberg may officially head that company it will be human creatives on the staff that provide the creative inspiration. When you have limitless 'money' you can then buy other companies established by creative humans. Witness the acquisition record of Facebook, Google and their like. Survey the Archon-controlled music industry and you see non-creative dark suit executives making their fortune from the human creativity of their artists. The cases are endless. Research the history of people like Gates and Zuckerberg and how their empires were built on exploiting the creativity of others. Archon minds cannot create out of nothing, but they are skilled (because they have to be) in what Gnostic texts call 'countermimicry'. They can imitate, but not innovate. Sabbatians trawl the creativity of others through backdoors they install in computer systems through their cybersecurity systems. Archon-controlled China is globally infamous for stealing intellectual property and I remember how Hong Kong, now part of China, became notorious for making counterfeit copies of the creativity of others – 'countermimicry'. With the now pervasive and all-seeing surveillance systems able to infiltrate any computer you can appreciate the potential for Archons to vampire the creativity of humans. Author John Lamb Lash wrote in his book about the Nag Hammadi texts, *Not In His Image*:

> Although they cannot originate anything, because they lack the divine factor of ennoia (intentionality), Archons can imitate with a vengeance. Their expertise is simulation (HAL, virtual reality). The Demiurge [Yaldabaoth] fashions a heaven world copied from the fractal patterns [of the original] ... His construction is celestial kitsch, like the fake Italianate villa of a Mafia don complete with militant angels to guard every portal.

This brings us to something that I have been speaking about since the turn of the millennium. Our reality is a simulation; a virtual reality that we think is real. No, I'm not kidding.

Human reality? Well, virtually

I had pondered for years about whether our reality is 'real' or some kind of construct. I remembered being immensely affected on a visit as a small child in the late 1950s to the then newly-opened Planetarium on the Marylebone Road in London which is now closed and part of the adjacent Madame Tussauds wax museum. It was in the middle of the day, but when the lights went out there was the night sky projected in the Planetarium's domed ceiling and it appeared to be so real. The experience never left me and I didn't know why until around the turn of the millennium when I became certain that our 'night sky' and entire reality is a projection, a virtual reality, akin to the illusory world portrayed in the *Matrix* movies. I looked at the sky one day in this period and it appeared to me like the domed roof of the Planetarium. The release of the first *Matrix* movie in 1999 also provided a synchronistic and perfect visual representation of where my mind had been going for a long time. I hadn't come across the Gnostic Nag Hammadi texts then. When I did years later the correlation was once again astounding. As I read Gnostic accounts from 1,600 years and more earlier it was clear that they were describing the same simulation phenomenon. They tell how the Yaldabaoth 'Demiurge' and Archons created a 'bad copy' of original reality to rule over all that were captured by its illusions and the body was a prison to trap consciousness in the 'bad copy' fake reality. Read how Gnostics describe the 'bad copy' and update that to current times and they are referring to what we would call today a virtual reality simulation.

Author John Lamb Lash said 'the Demiurge fashions a heaven world copied from the fractal patterns' of the original through expertise in 'HAL' or virtual reality simulation. Fractal patterns are part of the energetic information construct of our reality, a sort of blueprint. If these patterns were copied in computer terms it would indeed give you a copy of a 'natural' reality in a non-natural frequency and digital form. The principle is the same as making a copy of a website. The original website still exists, but now you can change the copy version to make it whatever you like and it can

become very different to the original website. Archons have done this with our reality, a *synthetic* copy of prime reality that still exists beyond the frequency walls of the simulation. Trapped within the illusions of this synthetic Matrix, however, were and are human consciousness and other expressions of prime reality and this is why the Archons via the Cult are seeking to make the human body synthetic and give us synthetic AI minds to complete the job of turning the entire reality synthetic including what we perceive to be the natural world. To quote Kurzweil: 'Nanobots will infuse all the matter around us with information. Rocks, trees, everything will become these intelligent creatures.' Yes, *synthetic* 'creatures' just as 'Covid' and other genetically-manipulating 'vaccines' are designed to make the human body synthetic. From this perspective it is obvious why Archons and their Cult are so desperate to infuse synthetic material into every human with their 'Covid' scam.

Let there be (electromagnetic) light

Yaldabaoth, the force that created the simulation, or Matrix, makes sense of the Gnostic reference to 'The Great Architect' and its use by Cult Freemasonry as the name of its deity. The designer of the Matrix in the movies is called 'The Architect' and that trilogy is jam-packed with symbolism relating to these subjects. I have contended for years that the angry Old Testament God (Yaldabaoth) is the 'God' being symbolically 'quoted' in the opening of Genesis as 'creating the world'. This is not the creation of prime reality – it's the creation of the *simulation*. The Genesis 'God' says: 'Let there be Light: and there was light.' But what is this 'Light'? I have said for decades that the speed of light (186,000 miles per second) is not the fastest speed possible as claimed by mainstream science and is in fact the frequency walls or outer limits of the Matrix. You can't have a fastest or slowest anything within all possibility when everything is possible. The human body is encoded to operate within the speed of light or *within the simulation* and thus we see only the tiny frequency band of visible *light*. Near-death experiencers who perceive reality outside the body during temporary 'death' describe a very different

form of light and this is supported by the Nag Hammadi texts. Prime reality beyond the simulation ('Upper Aeons' to the Gnostics) is described as a realm of incredible beauty, bliss, love and harmony – a realm of 'watery light' that is so powerful 'there are no shadows'. Our false reality of Archon control, which Gnostics call the 'Lower Aeons', is depicted as a realm with a different kind of 'light' and described in terms of chaos, 'Hell', 'the Abyss' and 'Outer Darkness', where trapped souls are tormented and manipulated by demons (relate that to the 'Covid' hoax alone). The watery light theme can be found in near-death accounts and it is not the same as *simulation* 'light' which is electromagnetic or radiation light within the speed of light – the 'Lower Aeons'. Simulation 'light' is the 'luminous fire' associated by Gnostics with the Archons. The Bible refers to Yaldabaoth as 'that old serpent, called the Devil, and Satan, which deceiveth the whole world' (Revelation 12:9). I think that making a simulated copy of prime reality ('countermimicry') and changing it dramatically while all the time manipulating humanity to believe it to be real could probably meet the criteria of deceiving the whole world. Then we come to the Cult god Lucifer – the *Light Bringer*. Lucifer is symbolic of Yaldabaoth, the bringer of radiation light that forms the bad copy simulation within the speed of light. 'He' is symbolised by the lighted torch held by the Statue of Liberty and in the name 'Illuminati'. Sabbatian-Frankism declares that Lucifer is the true god and Lucifer is the real god of Freemasonry honoured as their 'Great or Grand Architect of the Universe' (simulation).

I would emphasise, too, the way Archontic technologically-generated luminous fire of radiation has deluged our environment since I was a kid in the 1950s and changed the nature of The Field with which we constantly interact. Through that interaction technological radiation is changing us. The Smart Grid is designed to operate with immense levels of communication power with 5G expanding across the world and 6G, 7G, in the process of development. Radiation is the simulation and the Archontic manipulation system. Why wouldn't the Archon Cult wish to unleash radiation upon us to an ever-greater extreme to form

Kurzweil's 'cloud'? The plan for a synthetic human is related to the need to cope with levels of radiation beyond even anything we've seen so far. Biological humans would not survive the scale of radiation they have in their script. The Smart Grid is a technological sub-reality within the technological simulation to further disconnect five-sense perception from expanded consciousness. It's a technological prison of the mind.

Infusing the 'spirit of darkness'

A recurring theme in religion and native cultures is the manipulation of human genetics by a non-human force and most famously recorded as the biblical 'sons of god' (the god*s* plural in the original) who interbred with the daughters of men. The Nag Hammadi *Apocryphon of John* tells the same story this way:

> He [Yaldabaoth] sent his angels [Archons/demons] to the daughters of men, that they might take some of them for themselves and raise offspring for their enjoyment. And at first they did not succeed. When they had no success, they gathered together again and they made a plan together ... And the angels changed themselves in their likeness into the likeness of their mates, filling them with the spirit of darkness, which they had mixed for them, and with evil ... And they took women and begot children out of the darkness according to the likeness of their spirit.

Possession when a discarnate entity takes over a human body is an age-old theme and continues today. It's very real and I've seen it. Satanic and secret society rituals can create an energetic environment in which entities can attach to initiates and I've heard many stories of how people have changed their personality after being initiated even into lower levels of the Freemasons. I have been inside three Freemasonic temples, one at a public open day and two by just walking in when there was no one around to stop me. They were in Ryde, the town where I live, Birmingham, England, when I was with a group, and Boston, Massachusetts. They all felt the same energetically – dark, dense, low-vibrational and sinister. Demonic attachment can happen while the initiate has no idea what is going on. To them it's just a ritual to get in the Masons and do a bit of good

business. In the far more extreme rituals of Satanism human possession is even more powerful and they are designed to make possession possible. The hierarchy of the Cult is dictated by the power and perceived status of the possessing Archon. In this way the Archon hierarchy becomes the Cult hierarchy. Once the entity has attached it can influence perception and behaviour and if it attaches to the extreme then so much of its energy (information) infuses into the body information field that the hologram starts to reflect the nature of the possessing entity. This is the *Exorcist* movie type of possession when facial features change and it's known as shapeshifting. Islam's Jinn are said to be invisible tricksters who change shape, 'whisper', confuse and take human form. These are all traits of the Archons and other versions of the same phenomenon. Extreme possession could certainty infuse the 'spirit of darkness' into a partner during sex as the Nag Hammadi texts appear to describe. Such an infusion can change genetics which is also energetic information. Human genetics is information and the 'spirit of darkness' is information. Mix one with the other and change must happen. Islam has the concept of a 'Jinn baby' through possession of the mother and by Jinn taking human form. There are many ways that human genetics can be changed and remember that Archons have been aware all along of advanced techniques to do this. What is being done in human society today – and far more – was known about by Archons at the time of the 'fallen ones' and their other versions described in religions and cultures.

Archons and their human-world Cult are obsessed with genetics as we see today and they know this dictates how information is processed into perceived reality during a human life. They needed to produce a human form that would decode the simulation and this is symbolically known as 'Adam and Eve' who left the 'garden' (prime reality) and 'fell' into Matrix reality. The simulation is not a 'physical' construct (there is no 'physical'); it is a source of information. Think Wi-Fi again. The simulation is an energetic field encoded with information and body-brain systems are designed to decode that information encoded in wave or frequency form which

is transmitted to the brain as electrical signals. These are decoded by the brain to construct our sense of reality – an illusory 'physical' world that only exists in the brain or the mind. Virtual reality games mimic this process using the same sensory decoding system. Information is fed to the senses to decode a virtual reality that can appear so real, but isn't (Figs 18 and 19). Some scientists believe – and I agree with them – that what we perceive as 'physical' reality only exists when we are looking or observing. The act of perception or focus triggers the decoding systems which turn waveform information into holographic reality. When we are not observing something our reality reverts from a holographic state to a waveform state. This relates to the same principle as a falling tree not making a noise unless someone is there to hear it or decode it. The concept makes sense from the simulation perspective. A computer is not decoding all the information in a Wi-Fi field all the time and only decodes or brings into reality on the screen that part of Wi-Fi that it's decoding – focusing upon – at that moment.

Figure 18: Virtual reality technology 'hacks' into the body's five-sense decoding system.

Figure 19: The result can be experienced as very 'real'.

Interestingly, Professor Donald Hoffman at the Department of Cognitive Sciences at the University of California, Irvine, says that our experienced reality is like a computer interface that shows us only the level with which we interact while hiding all that exists beyond it: 'Evolution shaped us with a user interface that hides the truth. Nothing that we see is the truth – the very language of space and time and objects is the wrong language to describe reality.' He is correct in what he says on so many levels. Space and time are not a universal reality. They are a phenomenon of decoded *simulation* reality as part of the process of enslaving our sense of reality. Near-death experiencers report again and again how space and time did not exist as we perceive them once they were free of the body – body decoding systems. You can appreciate from this why Archons and their Cult are so desperate to entrap human attention in the five senses where we are in the Matrix and of the Matrix. Opening your mind to expanded states of awareness takes you beyond the information confines of the simulation and you become aware of knowledge and insights denied to you before. This is what we call 'awakening' – *awakening from the Matrix* – and in the final chapter I will relate this to current events.

Where are the 'aliens'?

A simulation would explain the so-called 'Fermi Paradox' named after Italian physicist Enrico Fermi (1901-1954) who created the first nuclear reactor. He considered the question of why there is such a lack of extraterrestrial activity when there are so many stars and planets in an apparently vast universe; but what if the night sky that we see, or think we do, is a simulated projection as I say? If you control the simulation and your aim is to hold humanity fast in essential ignorance would you want other forms of life including advanced life coming and going sharing information with humanity? Or would you want them to believe they were isolated and apparently alone? Themes of human isolation and apartness are common whether they be the perception of a lifeless universe or the fascist isolation laws of the 'Covid' era. Paradoxically the very

existence of a simulation means that we are not alone when some force had to construct it. My view is that experiences that people have reported all over the world for centuries with Reptilians and Grey entities are Archon phenomena as Nag Hammadi texts describe; and that benevolent 'alien' interactions are non-human groups that come in and out of the simulation by overcoming Archon attempts to keep them out. It should be highlighted, too, that Reptilians and Greys are obsessed with *genetics* and *technology* as related by cultural accounts and those who say they have been abducted by them. Technology is their way of overcoming some of the limitations in their creative potential and our technology-driven and controlled human society of today is *arch*etypical Archon-Reptilian-Grey modus operandi. Technocracy is really *Archon*tocracy. The Universe does not have to be as big as it appears with a simulation. There is no space or distance only information decoded into holographic reality. What we call 'space' is only the absence of holographic 'objects' and that 'space' is The Field of energetic information which connects everything into a single whole. The same applies with the artificially-generated information field of the simulation. The Universe is not big or small as a physical reality. It is decoded information, that's all, and its perceived size is decided by the way the simulation is encoded to make it appear. The entire night sky as we perceive it only exists in our brain and so where are those 'millions of light years'? The 'stars' on the ceiling of the Planetarium looked a vast distance away.

There's another point to mention about 'aliens'. I have been highlighting since the 1990s the plan to stage a fake 'alien invasion' to justify the centralisation of global power and a world military. Nazi scientist Werner von Braun, who was taken to America by Operation Paperclip after World War Two to help found NASA, told his American assistant Dr Carol Rosin about the Cult agenda when he knew he was dying in 1977. Rosin said that he told her about a sequence that would lead to total human control by a one-world government. This included threats from terrorism, rogue nations, meteors and asteroids before finally an 'alien invasion'. All of these

things, von Braun said, would be bogus and what I would refer to as a No-Problem-Reaction-Solution. Keep this in mind when ‘the aliens are coming’ is the new mantra. The aliens are not coming – they are *already here* and they have infiltrated human society while looking human. French-Canadian investigative journalist Serge Monast said in 1994 that he had uncovered a NASA/military operation called Project Blue Beam which fits with what Werner von Braun predicted. Monast died of a ‘heart attack’ in 1996 the day after he was arrested and spent a night in prison. He was 51. He said Blue Beam was a plan to stage an alien invasion that would include religious figures beamed holographically into the sky as part of a global manipulation to usher in a ‘new age’ of worshipping what I would say is the Cult ‘god’ Yaldabaoth in a one-world religion. Fake holographic asteroids are also said to be part of the plan which again syncs with von Braun. How could you stage an illusory threat from asteroids unless they were holographic inserts? This is pretty straightforward given the advanced technology outside the public arena and the fact that our ‘physical’ reality is holographic anyway. Information fields would be projected and we would decode them into the illusion of a ‘physical’ asteroid. If they can sell a global ‘pandemic’ with a ‘virus’ that doesn’t exist what will humans not believe if government and media tell them?

All this is particularly relevant as I write with the Pentagon planning to release in June, 2021, information about ‘UFO sightings’. I have been following the UFO story since the early 1990s and the common theme throughout has been government and military denials and cover up. More recently, however, the Pentagon has suddenly become more talkative and apparently open with Air Force pilot radar images released of unexplained craft moving and changing direction at speeds well beyond anything believed possible with human technology. Then, in March, 2021, former Director of National Intelligence John Ratcliffe said a Pentagon report months later in June would reveal a great deal of information about UFO sightings unknown to the public. He said the report would have ‘massive implications’. The order to do this was included bizarrely

in a $2.3 trillion ‘coronavirus’ relief and government funding bill passed by the Trump administration at the end of 2020. I would add some serious notes of caution here. I have been pointing out since the 1990s that the US military and intelligence networks have long had craft – ‘flying saucers’ or anti-gravity craft – which any observer would take to be extraterrestrial in origin. Keeping this knowledge from the public allows craft flown by *humans* to be perceived as alien visitations. I am not saying that ‘aliens’ do not exist. I would be the last one to say that, but we have to be streetwise here. President Ronald Reagan told the UN General Assembly in 1987: ‘I occasionally think how quickly our differences worldwide would vanish if we were facing an alien threat from outside this world.’ That’s the idea. Unite against a common ‘enemy’ with a common purpose behind your ‘saviour force’ (the Cult) as this age-old technique of mass manipulation goes global.

Science moves this way ...

I could find only one other person who was discussing the simulation hypothesis publicly when I concluded it was real. This was Nick Bostrom, a Swedish-born philosopher at the University of Oxford, who has explored for many years the possibility that human reality is a computer simulation although his version and mine are not the same. Today the simulation and holographic reality hypothesis have increasingly entered the scientific mainstream. Well, the more open-minded mainstream, that is. Here are a few of the ever-gathering examples. American nuclear physicist Silas Beane led a team of physicists at the University of Bonn in Germany pursuing the question of whether we live in a simulation. They concluded that we probably do and it was likely based on a lattice of cubes. They found that cosmic rays align with that specific pattern. The team highlighted the Greisen–Zatsepin–Kuzmin (GZK) limit which refers to cosmic ray particle interaction with cosmic background radiation that creates an apparent boundary for cosmic ray particles. They say in a paper entitled ‘Constraints on the Universe as a Numerical Simulation’ that this ‘pattern of constraint’ is exactly what you

would find with a computer simulation. They also made the point that a simulation would create its own 'laws of physics' that would limit possibility. I've been making the same point for decades that the *perceived* laws of physics relate only to this reality, or what I would later call the simulation. When designers write codes to create computer and virtual reality games they are the equivalent of the laws of physics for that game. Players interact within the limitations laid out by the coding. In the same way those who wrote the codes for the simulation decided the laws of physics that would apply. These can be overridden by expanded states of consciousness, but not by those enslaved in only five-sense awareness where simulation codes rule. Overriding the codes is what people call 'miracles'. They are not. They are bypassing the encoded limits of the simulation. A population caught in simulation perception would have no idea that this was their plight. As the Bonn paper said: 'Like a prisoner in a pitch-black cell we would not be able to see the "walls" of our prison,' That's true if people remain mesmerised by the five senses. Open to expanded awareness and those walls become very clear. The main one is the speed of light.

American theoretical physicist James Gates is another who has explored the simulation question and found considerable evidence to support the idea. Gates was Professor of Physics at the University of Maryland, Director of The Center for String and Particle Theory, and on Barack Obama's Council of Advisors on Science and Technology. He and his team found *computer codes* of digital data embedded in the fabric of our reality. They relate to on-off electrical charges of 1 and 0 in the binary system used by computers. 'We have no idea what they are doing there', Gates said. They found within the energetic fabric mathematical sequences known as error-correcting codes or block codes that 'reboot' data to its original state or 'default settings' when something knocks it out of sync. Gates was asked if he had found a set of equations embedded in our reality indistinguishable from those that drive search engines and browsers and he said: 'That is correct.' Rich Terrile, director of the Centre for Evolutionary Computation and Automated Design at NASA's Jet

Propulsion Laboratory, has said publicly that he believes the Universe is a digital hologram that must have been created by a form of intelligence. I agree with that in every way. Waveform information is delivered electrically by the senses to the brain which constructs a *digital* holographic reality that we call the 'world'. This digital level of reality can be read by the esoteric art of numerology. Digital holograms are at the cutting edge of holographics today. We have digital technology everywhere designed to access and manipulate our digital level of perceived reality. Synthetic mRNA in 'Covid vaccines' has a digital component to manipulate the body's digital 'operating system'.

Reality is numbers

How many know that our reality can be broken down to numbers and codes that are the same as computer games? Max Tegmark, a physicist at the Massachusetts Institute of Technology (MIT), is the author of *Our Mathematical Universe* in which he lays out how reality can be entirely described by numbers and maths in the way that a video game is encoded with the 'physics' of computer games. Our world and computer virtual reality are essentially the same. Tegmark imagines the perceptions of characters in an advanced computer game when the graphics are so good they don't know they are in a game. They think they can bump into real objects (electromagnetic resistance in our reality), fall in love and feel emotions like excitement. When they began to study the apparently 'physical world' of the video game they would realise that everything was made of pixels (which have been found in our energetic reality as must be the case when on one level our world is digital). What computer game characters thought was physical 'stuff', Tegmark said, could actually be broken down into numbers:

And we're exactly in this situation in our world. We look around and it doesn't seem that mathematical at all, but everything we see is made out of elementary particles like quarks and electrons. And what properties does an electron have? Does it have a smell or a colour or a texture? No! ... We physicists have come up with geeky names for [Electron] properties, like

electric charge, or spin, or lepton number, but the electron doesn't care what we call it, the properties are just numbers.

This is the illusory reality Gnostics were describing. This is the simulation. The A, C, G, and T codes of DNA have a binary value – A and C = 0 while G and T = 1. This has to be when the simulation is digital and the body must be digital to interact with it. Recurring mathematical sequences are encoded throughout reality and the body. They include the Fibonacci sequence in which the two previous numbers are added to get the next one, as in ... 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, etc. The sequence is encoded in the human face and body, proportions of animals, DNA, seed heads, pine cones, trees, shells, spiral galaxies, hurricanes and the number of petals in a flower. The list goes on and on. There are fractal patterns – a 'never-ending pattern that is infinitely complex and self-similar across all scales in the as above, so below, principle of holograms. These and other famous recurring geometrical and mathematical sequences such as Phi, Pi, Golden Mean, Golden Ratio and Golden Section are *computer codes* of the simulation. I had to laugh and give my head a shake the day I finished this book and it went into the production stage. I was sent an article in *Scientific American* published in April, 2021, with the headline 'Confirmed! We Live in a Simulation'. Two decades after I first said our reality is a simulation and the speed of light is it's outer limit the article suggested that we do live in a simulation and that the speed of light is its outer limit. I left school at 15 and never passed a major exam in my life while the writer was up to his eyes in qualifications. As I will explain in the final chapter *knowing* is far better than thinking and they come from very different sources. The article rightly connected the speed of light to the processing speed of the 'Matrix' and said what has been in my books all this time … 'If we are in a simulation, as it appears, then space is an abstract property written in code. It is not real'. No it's not and if we live in a simulation something created it and it wasn't *us*. 'That David Icke says we are manipulated by aliens' – he's crackers.'

Wow ...

The reality that humanity thinks is so real is an illusion. Politicians, governments, scientists, doctors, academics, law enforcement, media, school and university curriculums, on and on, are all founded on a world that *does not exist* except as a simulated prison cell. Is it such a stretch to accept that 'Covid' doesn't exist when our entire 'physical' reality doesn't exist? Revealed here is the knowledge kept under raps in the Cult networks of compartmentalised secrecy to control humanity's sense of reality by inducing the population to believe in a reality that's not real. If it wasn't so tragic in its experiential consequences the whole thing would be hysterically funny. None of this is new to Renegade Minds. Ancient Greek philosopher Plato (about 428 to about 347BC) was a major influence on Gnostic belief and he described the human plight thousands of years ago with his Allegory of the Cave. He told the symbolic story of prisoners living in a cave who had never been outside. They were chained and could only see one wall of the cave while behind them was a fire that they could not see. Figures walked past the fire casting shadows on the prisoners' wall and those moving shadows became their sense of reality. Some prisoners began to study the shadows and were considered experts on them (today's academics and scientists), but what they studied was only an illusion (today's academics and scientists). A prisoner escaped from the cave and saw reality as it really is. When he returned to report this revelation they didn't believe him, called him mad and threatened to kill him if he tried to set them free. Plato's tale is not only a brilliant analogy of the human plight and our illusory reality. It describes, too, the dynamics of the 'Covid' hoax. I have only skimmed the surface of these subjects here. The aim of this book is to crisply connect all essential dots to put what is happening today into its true context. All subject areas and their connections in this chapter are covered in great evidential detail in *Everything You Need To Know, But Have Never Been Told* and *The Answer*.

They say that bewildered people 'can't see the forest for the trees'. Humanity, however, can't see the forest for the *twigs*. The five senses

see only twigs while Renegade Minds can see the forest and it's the forest where the answers lie with the connections that reveals. Breaking free of perceptual programming so the forest can be seen is the way we turn all this around. Not breaking free is how humanity got into this mess. The situation may seem hopeless, but I promise you it's not. We are a perceptual heartbeat from paradise if only we knew.

CHAPTER TWELVE

Escaping Wetiko

Life is simply a vacation from the infinite
Dean Cavanagh

Renegade Minds weave the web of life and events and see common themes in the apparently random. They are always there if you look for them and their pursuit is aided by incredible synchronicity that comes when your mind is open rather than mesmerised by what it thinks it can see.

Infinite awareness is infinite possibility and the more of infinite possibility that we access the more becomes infinitely possible. That may be stating the apparently obvious, but it is a devastatingly-powerful fact that can set us free. We are a point of attention within an infinity of consciousness. The question is how much of that infinity do we choose to access? How much knowledge, insight, awareness, wisdom, do we want to connect with and explore? If your focus is only in the five senses you will be influenced by a fraction of infinite awareness. I mean a range so tiny that it gives new meaning to infinitesimal. Limitation of self-identity and a sense of the possible limit accordingly your range of consciousness. We are what we think we are. Life is what we think it is. The dream is the dreamer and the dreamer is the dream. Buddhist philosophy puts it this way: 'As a thing is viewed, so it appears.' Most humans live in the realm of touch, taste, see, hear, and smell and that's the limit of their sense of the possible and sense of self. Many will follow a religion and speak of a God in his heaven, but their lives are still

dominated by the five senses in their perceptions and actions. The five senses become the arbiter of everything. When that happens all except a smear of infinity is sealed away from influence by the rigid, unyielding, reality bubbles that are the five-sense human or Phantom Self. Archon Cult methodology is to isolate consciousness within five-sense reality – the simulation – and then program that consciousness with a sense of self and the world through a deluge of life-long information designed to instil the desired perception that allows global control. Efforts to do this have increased dramatically with identity politics as identity bubbles are squeezed into the minutiae of five-sense detail which disconnect people even more profoundly from the infinite 'I'.

Five-sense focus and self-identity are like a firewall that limits access to the infinite realms. You only perceive one radio or television station and no other. We'll take that literally for a moment. Imagine a vast array of stations giving different information and angles on reality, but you only ever listen to one. Here we have the human plight in which the population is overwhelmingly confined to CultFM. This relates only to the frequency range of CultFM and limits perception and insight to that band – limits *possibility* to that band. It means you are connecting with an almost imperceptibly minuscule range of possibility and creative potential within the infinite Field. It's a world where everything seems apart from everything else and where synchronicity is rare. Synchronicity is defined in the dictionary as 'the happening by chance of two or more related or similar events at the same time'. Use of 'by chance' betrays a complete misunderstanding of reality. Synchronicity is not 'by chance'. As people open their minds, or 'awaken' to use the term, they notice more and more coincidences in their lives, bits of 'luck', apparently miraculous happenings that put them in the right place at the right time with the right people. Days become peppered with 'fancy meeting you here' and 'what are the chances of that?' My entire life has been lived like this and ever more so since my own colossal awakening in 1990 and 91 which transformed my sense of reality. Synchronicity is not 'by chance'; it is by accessing expanded

realms of possibility which allow expanded potential for manifestation. People broadcasting the same vibe from the same openness of mind tend to be drawn 'by chance' to each other through what I call frequency magnetism and it's not only people. In the last more than 30 years incredible synchronicity has also led me through the Cult maze to information in so many forms and to crucial personal experiences. These 'coincidences' have allowed me to put the puzzle pieces together across an enormous array of subjects and situations. Those who have breached the bubble of five-sense reality will know exactly what I mean and this escape from the perceptual prison cell is open to everyone whenever they make that choice. This may appear super-human when compared with the limitations of 'human', but it's really our natural state. 'Human' as currently experienced is consciousness in an unnatural state of induced separation from the infinity of the whole. I'll come to how this transformation into unity can be made when I have described in more detail the force that holds humanity in servitude by denying this access to infinite self.

The Wetiko factor

I have been talking and writing for decades about the way five-sense mind is systematically barricaded from expanded awareness. I have used the analogy of a computer (five-sense mind) and someone at the keyboard (expanded awareness). Interaction between the computer and the operator is symbolic of the interaction between five-sense mind and expanded awareness. The computer directly experiences the Internet and the operator experiences the Internet via the computer which is how it's supposed to be – the two working as one. Archons seek to control that point where the operator connects with the computer to stop that interaction (Fig 20). Now the operator is banging the keyboard and clicking the mouse, but the computer is not responding and this happens when the computer is taken over – *possessed* – by an appropriately-named computer 'virus'. The operator has lost all influence over the computer which goes its own way making decisions under the control of the 'virus'. I have

just described the dynamic through which the force known to Gnostics as Yaldabaoth and Archons disconnects five-sense mind from expanded awareness to imprison humanity in perceptual servitude.

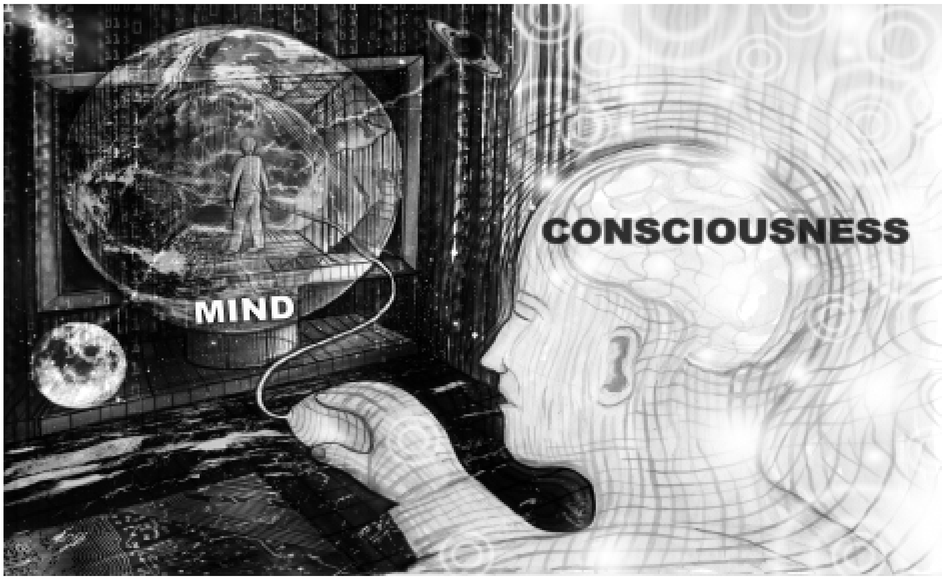

Figure 20: The mind 'virus' I have been writing about for decades seeks to isolate five-sense mind (the computer) from the true 'I'. (Image by Neil Hague).

About a year ago I came across a Native American concept of Wetiko which describes precisely the same phenomenon. Wetiko is the spelling used by the Cree and there are other versions including wintiko and windigo used by other tribal groups. They spell the name with lower case, but I see Wetiko as a proper noun as with Archons and prefer a capital. I first saw an article about Wetiko by writer and researcher Paul Levy which so synced with what I had been writing about the computer/operator disconnection and later the Archons. I then read his book, the fascinating *Dispelling Wetiko, Breaking the Spell of Evil*. The parallels between what I had concluded long before and the Native American concept of Wetiko were so clear and obvious that it was almost funny. For Wetiko see the Gnostic Archons for sure and the Jinn, the Predators, and every other name for a force of evil, inversion and chaos. Wetiko is the Native American name for the force that divides the computer from

the operator (Fig 21). Indigenous author Jack D. Forbes, a founder of the Native American movement in the 1960s, wrote another book about Wetiko entitled *Columbus And Other Cannibals – The Wetiko Disease of Exploitation, Imperialism, and Terrorism* which I also read. Forbes says that Wetiko refers to an evil person or spirit 'who terrorizes other creatures by means of terrible acts, including cannibalism'. Zulu shaman Credo Mutwa told me that African accounts tell how cannibalism was brought into the world by the Chitauri 'gods' – another manifestation of Wetiko. The distinction between 'evil person or spirit' relates to Archons/Wetiko possessing a human or acting as pure consciousness. Wetiko is said to be a sickness of the soul or spirit and a state of being that takes but gives nothing back – the Cult and its operatives perfectly described. Black Hawk, a Native American war leader defending their lands from confiscation, said European invaders had 'poisoned hearts' – Wetiko hearts – and that this would spread to native societies. Mention of the heart is very significant as we shall shortly see. Forbes writes: 'Tragically, the history of the world for the past 2,000 years is, in great part, the story of the epidemiology of the wetiko disease.' Yes, and much longer. Forbes is correct when he says: 'The wetikos destroyed Egypt and Babylon and Athens and Rome and Tenochtitlan [capital of the Aztec empire] and perhaps now they will destroy the entire earth.' Evil, he said, is the number one export of a Wetiko culture – see its globalisation with 'Covid'. Constant war, mass murder, suffering of all kinds, child abuse, Satanism, torture and human sacrifice are all expressions of Wetiko and the Wetiko possessed. The world is Wetiko made manifest, *but it doesn't have to be*. There is a way out of this even now.

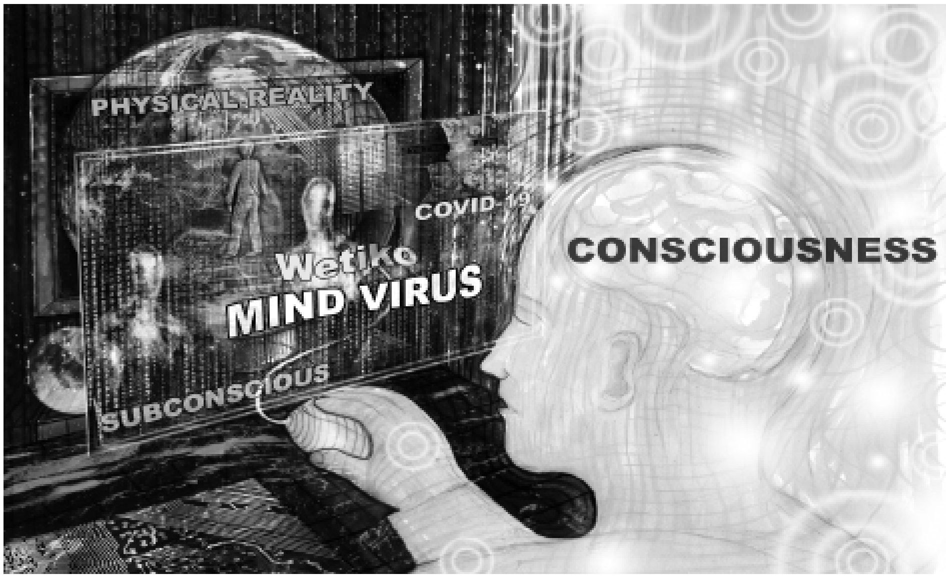

Figure 21: The mind 'virus' is known to Native Americans as 'Wetiko'. (Image by Neil Hague).

Cult of Wetiko

Wetiko is the Yaldabaoth frequency distortion that seeks to attach to human consciousness and absorb it into its own. Once this connection is made Wetiko can drive the perceptions of the target which they believe to be coming from their own mind. All the horrors of history and today from mass killers to Satanists, paedophiles like Jeffrey Epstein and other psychopaths, are the embodiment of Wetiko and express its state of being in all its grotesqueness. The Cult is Wetiko incarnate, Yaldabaoth incarnate, and it seeks to facilitate Wetiko assimilation of humanity in totality into its distortion by manipulating the population into low frequency states that match its own. Paul Levy writes: 'Holographically enforced within the psyche of every human being the wetiko virus pervades and underlies the entire field of consciousness, and can therefore potentially manifest through any one of us at any moment if we are not mindful.' The 'Covid' hoax has achieved this with many people, but others have not fallen into Wetiko's frequency lair. Players in the 'Covid' human catastrophe including Gates, Schwab, Tedros, Fauci, Whitty, Vallance, Johnson, Hancock, Ferguson, Drosten, and all the rest, including the psychopath psychologists, are expressions of Wetiko. This is why

they have no compassion or empathy and no emotional consequence for what they do that would make them stop doing it. Observe all the people who support the psychopaths in authority against the Pushbackers despite the damaging impact the psychopaths have on their own lives and their family's lives. You are again looking at Wetiko possession which prevents them seeing through the lies to the obvious scam going on. *Why can't they see it?* Wetiko won't let them see it. The perceptual divide that has now become a chasm is between the Wetikoed and the non-Wetikoed.

Paul Levy describes Wetiko in the same way that I have long described the Archontic force. They are the same distorted consciousness operating across dimensions of reality: '… the subtle body of wetiko is not located in the third dimension of space and time, literally existing in another dimension … it is able to affect ordinary lives by mysteriously interpenetrating into our three-dimensional world.' Wetiko does this through its incarnate representatives in the Cult and by weaving itself into The Field which on our level of reality is the electromagnetic information field of the simulation or Matrix. More than that, the simulation *is* Wetiko / Yaldabaoth. Caleb Scharf, Director of Astrobiology at Columbia University, has speculated that 'alien life' could be so advanced that it has transcribed itself into the quantum realm to become what we call physics. He said intelligence indistinguishable from the fabric of the Universe would solve many of its greatest mysteries:

> Perhaps hyper-advanced life isn't just external. Perhaps it's already all around. It is embedded in what we perceive to be physics itself, from the root behaviour of particles and fields to the phenomena of complexity and emergence ... In other words, life might not just be in the equations. It might BE the equations [My emphasis].

Scharf said it is possible that 'we don't recognise advanced life because it forms an integral and unsuspicious part of what we've considered to be the natural world'. I agree. Wetiko/Yaldabaoth *is* the simulation. We are literally in the body of the beast. But that doesn't mean it has to control us. We all have the power to overcome Wetiko

influence and the Cult knows that. I doubt it sleeps too well because it knows that.

Which Field?

This, I suggest, is how it all works. There are two Fields. One is the fierce electromagnetic light of the Matrix within the speed of light; the other is the 'watery light' of The Field beyond the walls of the Matrix that connects with the Great Infinity. Five-sense mind and the decoding systems of the body attach us to the Field of Matrix light. They have to or we could not experience this reality. Five-sense mind sees only the Matrix Field of information while our expanded consciousness is part of the Infinity Field. When we open our minds, and most importantly our hearts, to the Infinity Field we have a mission control which gives us an expanded perspective, a road map, to understand the nature of the five-sense world. If we are isolated only in five-sense mind there is no mission control. We're on our own trying to understand a world that's constantly feeding us information to ensure we do not understand. People in this state can feel 'lost' and bewildered with no direction or radar. You can see ever more clearly those who are influenced by the Fields of Big Infinity or little five-sense mind simply by their views and behaviour with regard to the 'Covid' hoax. We have had this division throughout known human history with the mass of the people on one side and individuals who could see and intuit beyond the walls of the simulation – Plato's prisoner who broke out of the cave and saw reality for what it is. Such people have always been targeted by Wetiko/Archon-possessed authority, burned at the stake or demonised as mad, bad and dangerous. The Cult today and its global network of 'anti-hate', 'anti-fascist' Woke groups are all expressions of Wetiko attacking those exposing the conspiracy, 'Covid' lies and the 'vaccine' agenda.

Woke as a whole is Wetiko which explains its black and white mentality and how at one it is with the Wetiko-possessed Cult. Paul Levy said: 'To be in this paradigm is to still be under the thrall of a two-valued logic – where things are either true or false – of a

wetikoized mind.' Wetiko consciousness is in a permanent rage, therefore so is Woke, and then there is Woke inversion and contradiction. 'Anti-fascists' act like fascists because fascists *and* 'anti-fascists' are both Wetiko at work. Political parties act the same while claiming to be different for the same reason. Secret society and satanic rituals are attaching initiates to Wetiko and the cold, ruthless, psychopathic mentality that secures the positions of power all over the world is Wetiko. Reframing 'training programmes' have the same cumulative effect of attaching Wetiko and we have their graduates described as automatons and robots with a cold, psychopathic, uncaring demeanour. They are all traits of Wetiko possession and look how many times they have been described in this book and elsewhere with regard to personnel behind 'Covid' including the police and medical profession. Climbing the greasy pole in any profession in a Wetiko society requires traits of Wetiko to get there and that is particularly true of politics which is not about fair competition and pre-eminence of ideas. It is founded on how many backs you can stab and arses you can lick. This culminated in the global 'Covid' coordination between the Wetiko possessed who pulled it off in all the different countries without a trace of empathy and compassion for their impact on humans. Our sight sense can see only holographic form and not the Field which connects holographic form. Therefore we perceive 'physical' objects with 'space' in between. In fact that 'space' is energy/consciousness operating on multiple frequencies. One of them is Wetiko and that connects the Cult psychopaths, those who submit to the psychopaths, and those who serve the psychopaths in the media operations of the world. Wetiko is Gates. Wetiko is the mask-wearing submissive. Wetiko is the fake journalist and 'fact-checker'. The Wetiko Field is coordinating the whole thing. Psychopaths, gofers, media operatives, 'anti-hate' hate groups, 'fact-checkers' and submissive people work as one unit *even without human coordination* because they are attached to the *same* Field which is organising it all (Fig 22). Paul Levy is here describing how Wetiko-possessed people are drawn together and refuse to let any information breach their rigid

perceptions. He was writing long before 'Covid', but I think you will recognise followers of the 'Covid' religion *oh just a little bit*:

> People who are channelling the vibratory frequency of wetiko align with each other through psychic resonance to reinforce their unspoken shared agreement so as to uphold their deranged view of reality. Once an unconscious content takes possession of certain individuals, it irresistibly draws them together by mutual attraction and knits them into groups tied together by their shared madness that can easily swell into an avalanche of insanity.
>
> A psychic epidemic is a closed system, which is to say that it is insular and not open to any new information or informing influences from the outside world which contradict its fixed, limited, and limiting perspective.

There we have the Woke mind and the 'Covid' mind. Compatible resonance draws the awakening together, too, which is clearly happening today.

Figure 22: The Wetiko Field from which the Cult pyramid and its personnel are made manifest. (Image by Neil Hague).

Spiritual servitude

Wetiko doesn't care about humans. It's not human; it just possesses humans for its own ends and the effect (depending on the scale of

possession) can be anything from extreme psychopathy to unquestioning obedience. Wetiko's worst nightmare is for human consciousness to expand beyond the simulation. Everything is focussed on stopping that happening through control of information, thus perception, thus frequency. The 'education system', media, science, medicine, academia, are all geared to maintaining humanity in five-sense servitude as is the constant stimulation of low-vibrational mental and emotional states (see 'Covid'). Wetiko seeks to dominate those subconscious spaces between five-sense perception and expanded consciousness where the computer meets the operator. From these subconscious hiding places Wetiko speaks to us to trigger urges and desires that we take to be our own and manipulate us into anything from low-vibrational to psychopathic states. Remember how Islam describes the Jinn as invisible tricksters that 'whisper' and confuse. Wetiko is the origin of the 'trickster god' theme that you find in cultures all over the world. Jinn, like the Archons, are Wetiko which is terrified of humans awakening and reconnecting with our true self for then its energy source has gone. With that the feedback loop breaks between Wetiko and human perception that provides the energetic momentum on which its very existence depends as a force of evil. Humans are both its target and its source of survival, but only if we are operating in low-vibrational states of fear, hate, depression and the background anxiety that most people suffer. We are Wetiko's target because we are its key to survival. It needs us, not the other way round. Paul Levy writes:

> A vampire has no intrinsic, independent, substantial existence in its own right; it only exists in relation to us. The pathogenic, vampiric mind-parasite called wetiko is nothing in itself – not being able to exist from its own side – yet it has a 'virtual reality' such that it can potentially destroy our species …
>
> …The fact that a vampire is not reflected by a mirror can also mean that what we need to see is that there's nothing, no-thing to see, other than ourselves. The fact that wetiko is the expression of something inside of us means that the cure for wetiko is with us as well. The critical issue is finding this cure within us and then putting it into effect.

Evil begets evil because if evil does not constantly expand and find new sources of energetic sustenance its evil, its *distortion*, dies with the assimilation into balance and harmony. Love is the garlic to Wetiko's vampire. Evil, the absence of love, cannot exist in the presence of love. I think I see a way out of here. I have emphasised so many times over the decades that the Archons/Wetiko and their Cult are not all powerful. *They are not*. I don't care how it looks even now *they are not*. I have not called them little boys in short trousers for effect. I have said it because it is true. Wetiko's insatiable desire for power over others is not a sign of its omnipotence, but its insecurity. Paul Levy writes: 'Due to the primal fear which ultimately drives it and which it is driven to cultivate, wetiko's body politic has an intrinsic and insistent need for centralising power and control so as to create imagined safety for itself.' *Yeeeeeees!* Exactly! Why does Wetiko want humans in an ongoing state of fear? Wetiko itself *is* fear and it is petrified of love. As evil is an absence of love, so love is an absence of fear. Love conquers all and *especially* Wetiko which *is* fear. Wetiko brought fear into the world when it wasn't here before. *Fear* was the 'fall', the fall into low-frequency ignorance and illusion – fear is **F**alse **E**motion **A**ppearing **R**eal. The simulation is driven and energised by fear because Wetiko/Yaldabaoth (fear) *are* the simulation. Fear is the absence of love and Wetiko is the absence of love.

Wetiko today

We can now view current events from this level of perspective. The 'Covid' hoax has generated momentous amounts of ongoing fear, anxiety, depression and despair which have empowered Wetiko. No wonder people like Gates have been the instigators when they are Wetiko incarnate and exhibit every trait of Wetiko in the extreme. See how cold and unemotional these people are like Gates and his cronies, how dead of eye they are. That's Wetiko. Sabbatians are Wetiko and everything they control including the World Health Organization, Big Pharma and the 'vaccine' makers, national 'health'

hierarchies, corporate media, Silicon Valley, the banking system, and the United Nations with its planned transformation into world government. All are controlled and possessed by the Wetiko distortion into distorting human society in its image. We are with this knowledge at the gateway to understanding the world. Divisions of race, culture, creed and sexuality are diversions to hide the real division between those possessed and influenced by Wetiko and those that are not. The 'Covid' hoax has brought both clearly into view. Human behaviour is not about race. Tyrants and dictatorships come in all colours and creeds. What unites the US president bombing the innocent and an African tribe committing genocide against another as in Rwanda? What unites them? *Wetiko*. All wars are Wetiko, all genocide is Wetiko, all hunger over centuries in a world of plenty is Wetiko. Children going to bed hungry, including in the West, is Wetiko. Cult-generated Woke racial divisions that focus on the body are designed to obscure the reality that divisions in behaviour are manifestations of mind, not body. Obsession with body identity and group judgement is a means to divert attention from the real source of behaviour – mind and perception. Conflict sown by the Woke both within themselves and with their target groups are Wetiko providing lunch for itself through still more agents of the division, chaos, and fear on which it feeds. The Cult is seeking to assimilate the entirety of humanity and all children and young people into the Wetiko frequency by manipulating them into states of fear and despair. Witness all the suicide and psychological unravelling since the spring of 2020. Wetiko psychopaths want to impose a state of unquestioning obedience to authority which is no more than a conduit for Wetiko to enforce its will and assimilate humanity into itself. It needs us to believe that resistance is futile when it fears resistance and even more so the game-changing non-cooperation with its impositions. It can use violent resistance for its benefit. Violent impositions and violent resistance are *both* Wetiko. The Power of Love with its Power of No will sweep Wetiko from our world. Wetiko and its Cult know that. They just don't want us to know.

AI Wetiko

This brings me to AI or artificial intelligence and something else Wetikos don't want us to know. What is AI *really*? I know about computer code algorithms and AI that learns from data input. These, however, are more diversions, the expeditionary force, for the real AI that they want to connect to the human brain as promoted by Silicon Valley Wetikos like Kurzweil. What is this AI? It is the frequency of *Wetiko*, the frequency of the Archons. The connection of AI to the human brain is the connection of the Wetiko frequency to create a Wetiko hive mind and complete the job of assimilation. The hive mind is planned to be controlled from Israel and China which are both 100 percent owned by Wetiko Sabbatians. The assimilation process has been going on minute by minute in the 'smart' era which fused with the 'Covid' era. We are told that social media is scrambling the minds of the young and changing their personality. This is true, but what is social media? Look more deeply at how it works, how it creates divisions and conflict, the hostility and cruelty, the targeting of people until they are destroyed. That's Wetiko. Social media is manipulated to tune people to the Wetiko frequency with all the emotional exploitation tricks employed by platforms like Facebook and its Wetiko front man, Zuckerberg. Facebook's Instagram announced a new platform for children to overcome a legal bar on them using the main site. This is more Wetiko exploitation and manipulation of kids. Amnesty International likened the plan to foxes offering to guard the henhouse and said it was incompatible with human rights. Since when did Wetiko or Zuckerberg (I repeat myself) care about that? Would Brin and Page at Google, Wojcicki at YouTube, Bezos at Amazon and whoever the hell runs Twitter act as they do if they were not channelling Wetiko? Would those who are developing technologies for no other reason than human control? How about those designing and selling technologies to kill people and Big Pharma drug and 'vaccine' producers who know they will end or devastate lives? Quite a thought for these people to consider is that if you are Wetiko in a human life you are Wetiko on the 'other side' unless your frequency

changes and that can only change by a change of perception which becomes a change of behaviour. Where Gates is going does not bear thinking about although perhaps that's exactly where he wants to go. Either way, that's where he's going. His frequency will make it so.

The frequency lair

I have been saying for a long time that a big part of the addiction to smartphones and devices is that a frequency is coming off them that entraps the mind. People spend ages on their phones and sometimes even a minute or so after they put them down they pick them up again and it all repeats. 'Covid' lockdowns will have increased this addiction a million times for obvious reasons. Addictions to alcohol overindulgence and drugs are another way that Wetiko entraps consciousness to attach to its own. Both are symptoms of low-vibrational psychological distress which alcoholism and drug addiction further compound. Do we think it's really a coincidence that access to them is made so easy while potions that can take people into realms beyond the simulation are banned and illegal? I have explored smartphone addiction in other books, the scale is mind-blowing, and that level of addiction does not come without help. Tech companies that make these phones are Wetiko and they will have no qualms about destroying the minds of children. We are seeing again with these companies the Wetiko perceptual combination of psychopathic enforcers and weak and meek unquestioning compliance by the rank and file.

The global Smart Grid is the Wetiko Grid and it is crucial to complete the Cult endgame. The simulation is radiation and we are being deluged with technological radiation on a devastating scale. Wetiko frauds like Elon Musk serve Cult interests while occasionally criticising them to maintain his street-cred. 5G and other forms of Wi-Fi are being directed at the earth from space on a volume and scale that goes on increasing by the day. Elon Musk's (officially) SpaceX Starlink project is in the process of putting tens of thousands of satellites in low orbit to cover every inch of the planet with 5G and other Wi-Fi to create Kurzweil's global 'cloud' to which the

human mind is planned to be attached very soon. SpaceX has approval to operate 12,000 satellites with more than 1,300 launched at the time of writing and applications filed for *30,000* more. Other operators in the Wi-Fi, 5G, low-orbit satellite market include OneWeb (UK), Telesat (Canada), and AST & Science (US). Musk tells us that AI could be the end of humanity and then launches a company called Neuralink to connect the human brain to computers. Musk's (in theory) Tesla company is building electric cars and the driverless vehicles of the smart control grid. As frauds and bullshitters go Elon Musk in my opinion is Major League.

5G and technological radiation in general are destructive to human health, genetics and psychology and increasing the strength of artificial radiation underpins the five-sense perceptual bubbles which are themselves expressions of radiation or electromagnetism. Freedom activist John Whitehead was so right with his 'databit by databit, we are building our own electronic concentration camps'. The Smart Grid and 5G is a means to control the human mind and infuse perceptual information into The Field to influence anyone in sync with its frequency. You can change perception and behaviour en masse if you can manipulate the population into those levels of frequency and this is happening all around us today. The arrogance of Musk and his fellow Cult operatives knows no bounds in the way that we see with Gates. Musk's satellites are so many in number already they are changing the night sky when viewed from Earth. The astronomy community has complained about this and they have seen nothing yet. Some consequences of Musk's Wetiko hubris include: Radiation; visible pollution of the night sky; interference with astronomy and meteorology; ground and water pollution from intensive use of increasingly many spaceports; accumulating space debris; continual deorbiting and burning up of aging satellites, polluting the atmosphere with toxic dust and smoke; and ever-increasing likelihood of collisions. A collective public open letter of complaint to Musk said:

> We are writing to you … because SpaceX is in process of surrounding the Earth with a network of thousands of satellites whose very purpose is to irradiate every square inch of the

Earth. SpaceX, like everyone else, is treating the radiation as if it were not there. As if the mitochondria in our cells do not depend on electrons moving undisturbed from the food we digest to the oxygen we breathe.

As if our nervous systems and our hearts are not subject to radio frequency interference like any piece of electronic equipment. As if the cancer, diabetes, and heart disease that now afflict a majority of the Earth's population are not metabolic diseases that result from interference with our cellular machinery. As if insects everywhere, and the birds and animals that eat them, are not starving to death as a result.

People like Musk and Gates believe in their limitless Wetiko arrogance that they can do whatever they like to the world because they own it. Consequences for humanity are irrelevant. It's absolutely time that we stopped taking this shit from these self-styled masters of the Earth when you consider where this is going.

Why is the Cult so anti-human?

I hear this question often: Why would they do this when it will affect them, too? Ah, but will it? Who is this *them*? Forget their bodies. They are just vehicles for Wetiko consciousness. When you break it all down to the foundations we are looking at a state of severely distorted consciousness targeting another state of consciousness for assimilation. The rest is detail. The simulation is the fly-trap in which unique sensations of the five senses create a cycle of addiction called reincarnation. Renegade Minds see that everything which happens in our reality is a smaller version of the whole picture in line with the holographic principle. Addiction to the radiation of smart technology is a smaller version of addiction to the whole simulation. Connecting the body/brain to AI is taking that addiction on a giant step further to total ongoing control by assimilating human incarnate consciousness into Wetiko. I have watched during the 'Covid' hoax how many are becoming ever more profoundly attached to Wetiko's perceptual calling cards of aggressive response to any other point of view ('There is no other god but me'), psychopathic lack of compassion and empathy, and servile submission to the narrative and will of authority. Wetiko is the psychopaths *and* subservience to psychopaths. The Cult of Wetiko is

so anti-human because it is *not* human. It embarked on a mission to destroy human by targeting everything that it means to be human and to survive as human. 'Covid' is not the end, just a means to an end. The Cult with its Wetiko consciousness is seeking to change Earth systems, including the atmosphere, to suit them, not humans. The gathering bombardment of 5G alone from ground and space is dramatically changing The Field with which the five senses interact. There is so much more to come if we sit on our hands and hope it will all go away. It is not meant to go away. It is meant to get ever more extreme and we need to face that while we still can – just.

Carbon dioxide is the gas of life. Without that human is over. Kaput, gone, history. No natural world, no human. The Cult has created a cock and bull story about carbon dioxide and climate change to justify its reduction to the point where Gates and the ignoramus Biden 'climate chief' John Kerry want to suck it out of the atmosphere. Kerry wants to do this because his master Gates does. Wetikos have made the gas of life a demon with the usual support from the Wokers of Extinction Rebellion and similar organisations and the bewildered puppet-child that is Greta Thunberg who was put on the world stage by Klaus Schwab and the World Economic Forum. The name Extinction Rebellion is both ironic and as always Wetiko inversion. The gas that we need to survive must be reduced to save us from extinction. The most basic need of human is oxygen and we now have billions walking around in face nappies depriving body and brain of this essential requirement of human existence. More than that 5G at 60 gigahertz interacts with the oxygen molecule to reduce the amount of oxygen the body can absorb into the bloodstream. The obvious knock-on consequences of that for respiratory and cognitive problems and life itself need no further explanation. Psychopaths like Musk are assembling a global system of satellites to deluge the human atmosphere with this insanity. The man should be in jail. Here we have two most basic of human needs, oxygen and carbon dioxide, being dismantled.

Two others, water and food, are getting similar treatment with the United Nations Agendas 21 and 2030 – the Great Reset – planning to

centrally control all water and food supplies. People will not even own rain water that falls on their land. Food is affected at the most basic level by reducing carbon dioxide. We have genetic modification or GMO infiltrating the food chain on a mass scale, pesticides and herbicides polluting the air and destroying the soil. Freshwater fish that provide livelihoods for 60 million people and feed hundreds of millions worldwide are being ‘pushed to the brink’ according the conservationists while climate change is the only focus. Now we have Gates and Schwab wanting to dispense with current food sources all together and replace them with a synthetic version which the Wetiko Cult would control in terms of production and who eats and who doesn’t. We have been on the Totalitarian Tiptoe to this for more than 60 years as food has become ever more processed and full of chemical shite to the point today when it’s not natural food at all. As Dr Tom Cowan says: ‘If it has a label don’t eat it.’ Bill Gates is now the biggest owner of farmland in the United States and he does nothing without an ulterior motive involving the Cult. Klaus Schwab wrote: ‘To feed the world in the next 50 years we will need to produce as much food as was produced in the last 10,000 years … food security will only be achieved, however, if regulations on genetically modified foods are adapted to reflect the reality that gene editing offers a precise, efficient and safe method of improving crops.’ Liar. People and the world are being targeted with aluminium through vaccines, chemtrails, food, drink cans, and endless other sources when aluminium has been linked to many health issues including dementia which is increasing year after year. Insects, bees and wildlife essential to the food chain are being deleted by pesticides, herbicides and radiation which 5G is dramatically increasing with 6G and 7G to come. The pollinating bee population is being devastated while wildlife including birds, dolphins and whales are having their natural radar blocked by the effects of ever-increasing radiation. In the summer windscreens used to be splattered with insects so numerous were they. It doesn’t happen now. Where have they gone?

Synthetic everything

The Cult is introducing genetically-modified versions of trees, plants and insects including a Gates-funded project to unleash hundreds of millions of genetically-modified, lab-altered and patented male mosquitoes to mate with wild mosquitoes and induce genetic flaws that cause them to die out. Clinically-insane Gates-funded Japanese researchers have developed mosquitos that spread vaccine and are dubbed 'flying vaccinators'. Gates is funding the modification of weather patterns in part to sell the myth that this is caused by carbon dioxide and he's funding geoengineering of the skies to change the atmosphere. Some of this came to light with the Gates-backed plan to release tonnes of chalk into the atmosphere to 'deflect the Sun and cool the planet'. Funny how they do this while the heating effect of the Sun is not factored into climate projections focussed on carbon dioxide. The reason is that they want to reduce carbon dioxide (so don't mention the Sun), but at the same time they do want to reduce the impact of the Sun which is so essential to human life and health. I have mentioned the sun-cholesterol-vitamin D connection as they demonise the Sun with warnings about skin cancer (caused by the chemicals in sun cream they tell you to splash on). They come from the other end of the process with statin drugs to reduce cholesterol that turns sunlight into vitamin D. A lack of vitamin D leads to a long list of health effects and how vitamin D levels must have fallen with people confined to their homes over 'Covid'. Gates is funding other forms of geoengineering and most importantly chemtrails which are dropping heavy metals, aluminium and self-replicating nanotechnology onto the Earth which is killing the natural world. See *Everything You Need To Know, But Have Never Been Told* for the detailed background to this.

Every human system is being targeted for deletion by a force that's not human. The Wetiko Cult has embarked on the process of transforming the human body from biological to synthetic biological as I have explained. Biological is being replaced by the artificial and synthetic – Archontic 'countermimicry' – right across human society. The plan eventually is to dispense with the human body altogether

and absorb human consciousness – which it wouldn't really be by then – into cyberspace (the simulation which is Wetiko/Yaldabaoth). Preparations for that are already happening if people would care to look. The alternative media rightly warns about globalism and 'the globalists', but this is far bigger than that and represents the end of the human race as we know it. The 'bad copy' of prime reality that Gnostics describe was a bad copy of harmony, wonder and beauty to start with before Wetiko/Yaldabaoth set out to change the simulated 'copy' into something very different. The process was slow to start with. Entrapped humans in the simulation timeline were not technologically aware and they had to be brought up to intellectual speed while being suppressed spiritually to the point where they could build their own prison while having no idea they were doing so. We have now reached that stage where technological intellect has the potential to destroy us and that's why events are moving so fast. Central American shaman Don Juan Matus said:

> Think for a moment, and tell me how you would explain the contradictions between the intelligence of man the engineer and the stupidity of his systems of belief, or the stupidity of his contradictory behaviour. Sorcerers believe that the predators have given us our systems of beliefs, our ideas of good and evil; our social mores. They are the ones who set up our dreams of success or failure. They have given us covetousness, greed, and cowardice. It is the predator who makes us complacent, routinary, and egomaniacal.
>
> In order to keep us obedient and meek and weak, the predators engaged themselves in a stupendous manoeuvre – stupendous, of course, from the point of view of a fighting strategist; a horrendous manoeuvre from the point of those who suffer it. They gave us their mind. The predators' mind is baroque, contradictory, morose, filled with the fear of being discovered any minute now.

For 'predators' see Wetiko, Archons, Yaldabaoth, Jinn, and all the other versions of the same phenomenon in cultures and religions all over the world. The theme is always the same because it's true and it's real. We have reached the point where we have to deal with it. The question is – how?

Don't fight – walk away

I thought I'd use a controversial subheading to get things moving in terms of our response to global fascism. What do you mean 'don't fight'? What do you mean 'walk away'? We've got to fight. We can't walk away. Well, it depends what we mean by fight and walk away. If fighting means physical combat we are playing Wetiko's game and falling for its trap. It wants us to get angry, aggressive, and direct hate and hostility at the enemy we think we must fight. Every war, every battle, every conflict, has been fought with Wetiko leading both sides. It's what it does. Wetiko wants a fight, anywhere, any place. Just hit me, son, so I can hit you back. Wetiko hits Wetiko and Wetiko hits Wetiko in return. I am very forthright as you can see in exposing Wetikos of the Cult, but I don't hate them. I refuse to hate them. It's what they want. What you hate you become. What you *fight* you become. Wokers, 'anti-haters' and 'anti-fascists' prove this every time they reach for their keyboards or don their balaclavas. By walk away I mean to disengage from Wetiko which includes ceasing to cooperate with its tyranny. Paul Levy says of Wetiko:

> The way to 'defeat' evil is not to try to destroy it (for then, in playing evil's game, we have already lost), but rather, to find the invulnerable place within ourselves where evil is unable to vanquish us – this is to truly 'win' our battle with evil.

Wetiko is everywhere in human society and it's been on steroids since the 'Covid' hoax. Every shouting match over wearing masks has Wetiko wearing a mask and Wetiko not wearing one. It's an electrical circuit of push and resist, push and resist, with Wetiko pushing *and* resisting. Each polarity is Wetiko empowering itself. Dictionary definitions of 'resist' include 'opposing, refusing to accept or comply with' and the word to focus on is 'opposing'. What form does this take – setting police cars alight or 'refusing to accept or comply with'? The former is Wetiko opposing Wetiko while the other points the way forward. This is the difference between those aggressively demanding that government fascism must be obeyed who stand in stark contrast to the great majority of Pushbackers. We saw this clearly with a march by thousands of Pushbackers against lockdown in London followed days later by a Woker-hijacked

protest in Bristol in which police cars were set on fire. Masks were virtually absent in London and widespread in Bristol. Wetiko wants lockdown on every level of society and infuses its aggression to police it through its unknowing stooges. Lockdown protesters are the ones with the smiling faces and the hugs, The two blatantly obvious states of being – getting more obvious by the day – are the result of Wokers and their like becoming ever more influenced by the simulation Field of Wetiko and Pushbackers ever more influenced by The Field of a far higher vibration beyond the simulation. Wetiko can't invade the heart which is where most lockdown opponents are coming from. It's the heart that allows them to see through the lies to the truth in ways I will be highlighting.

Renegade Minds know that calmness is the place from which wisdom comes. You won't find wisdom in a hissing fit and wisdom is what we need in abundance right now. Calmness is not weakness – you don't have to scream at the top of your voice to be strong. Calmness is indeed a sign of strength. 'No' means I'm not doing it. *NOOOO!!!* doesn't mean you're not doing it even more. Volume does not advance 'No – I'm not doing it'. You are just not doing it. Wetiko possessed and influenced don't know how to deal with that. Wetiko wants a fight and we should not give it one. What it needs more than anything is our *cooperation* and we should not give that either. Mass rallies and marches are great in that they are a visual representation of feeling, but if it ends there they are irrelevant. You demand that Wetikos act differently? Well, they're not going to are they? They are Wetikos. We don't need to waste our time demanding that something doesn't happen when that will make no difference. We need to delete the means that *allows* it to happen. This, invariably, is our cooperation. You can demand a child stop firing a peashooter at the dog or you can refuse to buy the peashooter. If you provide the means you are cooperating with the dog being smacked on the nose with a pea. How can the authorities enforce mask-wearing if millions in a country refuse? What if the 74 million Pushbackers that voted for Trump in 2020 refused to wear masks, close their businesses or stay in their homes. It would be unenforceable. The

few control the many through the compliance of the many and that's always been the dynamic be it 'Covid' regulations or the Roman Empire. I know people can find it intimidating to say no to authority or stand out in a crowd for being the only one with a face on display; but it has to be done or it's over. I hope I've made clear in this book that where this is going will be far more intimidating than standing up now and saying 'No' – I will not cooperate with my own enslavement and that of my children. There might be consequences for some initially, although not so if enough do the same. The question that must be addressed is what is going to happen if we don't? It is time to be strong and unyieldingly so. No means no. Not here and there, but *everywhere* and *always*. I have refused to wear a mask and obey all the other nonsense. I will not comply with tyranny. I repeat: Fascism is not imposed by fascists – there are never enough of them. Fascism is imposed by the population acquiescing to fascism. *I will not do it*. I will die first, or my body will. Living meekly under fascism is a form of death anyway, the death of the spirit that Martin Luther King described.

Making things happen

We must not despair. This is not over till it's over and it's far from that. The 'fat lady' must refuse to sing. The longer the 'Covid' hoax has dragged on and impacted on more lives we have seen an awakening of phenomenal numbers of people worldwide to the realisation that what they have believed all their lives is not how the world really is. Research published by the system-serving University of Bristol and King's College London in February, 2021, concluded: 'One in every 11 people in Britain say they trust David Icke's take on the coronavirus pandemic.' It will be more by now and we have gathering numbers to build on. We must urgently progress from seeing the scam to ceasing to cooperate with it. Prominent German lawyer Reiner Fuellmich, also licenced to practice law in America, is doing a magnificent job taking the legal route to bring the psychopaths to justice through a second Nuremberg tribunal for crimes against humanity. Fuellmich has an impressive record of

beating the elite in court and he formed the German Corona Investigative Committee to pursue civil charges against the main perpetrators with a view to triggering criminal charges. Most importantly he has grasped the foundation of the hoax – the PCR test not testing for the 'virus' – and Christian Drosten is therefore on his charge sheet along with Gates frontman Tedros at the World Health Organization. Major players must be not be allowed to inflict their horrors on the human race without being brought to book. A life sentence must follow for Bill Gates and the rest of them. A group of researchers has also indicted the government of Norway for crimes against humanity with copies sent to the police and the International Criminal Court. The lawsuit cites participation in an internationally-planned false pandemic and violation of international law and human rights, the European Commission's definition of human rights by coercive rules, Nuremberg and Hague rules on fundamental human rights, and the Norwegian constitution. We must take the initiative from hereon and not just complain, protest and react.

There are practical ways to support vital mass non-cooperation. Organising in numbers is one. Lockdown marches in London in the spring in 2021 were mass non-cooperation that the authorities could not stop. There were too many people. Hundreds of thousands walked the London streets in the centre of the road for mile after mile while the Face-Nappies could only look on. They were determined, but calm, and just *did it* with no histrionics and lots of smiles. The police were impotent. Others are organising group shopping without masks for mutual support and imagine if that was happening all over. Policing it would be impossible. If the store refuses to serve people in these circumstances they would be faced with a long line of trolleys full of goods standing on their own and everything would have to be returned to the shelves. How would they cope with that if it kept happening? I am talking here about moving on from complaining to being pro-active; from watching things happen to making things happen. I include in this our relationship with the police. The behaviour of many Face-Nappies

has been disgraceful and anyone who thinks they would never find concentration camp guards in the 'enlightened' modern era have had that myth busted big-time. The period and setting may change – Wetikos never do. I watched film footage from a London march in which a police thug viciously kicked a protestor on the floor who had done nothing. His fellow Face-Nappies stood in a ring protecting him. What he did was a criminal assault and with a crowd far outnumbering the police this can no longer be allowed to happen unchallenged. I get it when people chant 'shame on you' in these circumstances, but that is no longer enough. They *have* no shame those who do this. Crowds needs to start making a citizen's arrest of the police who commit criminal offences and brutally attack innocent people and defenceless women. A citizen's arrest can be made under section 24A of the UK Police and Criminal Evidence (PACE) Act of 1984 and you will find something similar in other countries. I prefer to call it a Common Law arrest rather than citizen's for reasons I will come to shortly. Anyone can arrest a person committing an indictable offence or if they have reasonable grounds to suspect they are committing an indictable offence. On both counts the attack by the police thug would have fallen into this category. A citizen's arrest can be made to stop someone:

- Causing physical injury to himself or any other person
- Suffering physical injury
- Causing loss of or damage to property
- Making off before a constable can assume responsibility for him

A citizen's arrest may also be made to prevent a breach of the peace under Common Law and if they believe a breach of the peace will happen or anything related to harm likely to be done or already done in their presence. This is the way to go I think – the Common Law version. If police know that the crowd and members of the public will no longer be standing and watching while they commit

their thuggery and crimes they will think twice about acting like Brownshirts and Blackshirts.

Common Law – common sense

Mention of Common Law is very important. Most people think the law is the law as in one law. This is not the case. There are two bodies of law, Common Law and Statute Law, and they are not the same. Common Law is founded on the simple premise of do no harm. It does not recognise victimless crimes in which no harm is done while Statute Law does. There is a Statute Law against almost everything. So what is Statute Law? Amazingly it's the law of the *sea* that was brought ashore by the Cult to override the law of the land which is Common Law. They had no right to do this and as always they did it anyway. They had to. They could not impose their will on the people through Common Law which only applies to do no harm. How could you stitch up the fine detail of people's lives with that? Instead they took the law of the sea, or Admiralty Law, and applied it to the population. Statute Law refers to all the laws spewing out of governments and their agencies including all the fascist laws and regulations relating to 'Covid'. The key point to make is that Statute Law is *contract law*. It only applies between *contracting* corporations. Most police officers don't even know this. They have to be kept in the dark, too. Long ago when merchants and their sailing ships began to trade with different countries a contractual law was developed called Admiralty Law and other names. Again it only applied to *contracts* agreed between *corporate* entities. If there is no agreed contract the law of the sea had no jurisdiction *and that still applies to its new alias of Statute Law*. The problem for the Cult when the law of the sea was brought ashore was an obvious one. People were not corporations and neither were government entities. To overcome the latter they made governments and all associated organisations corporations. All the institutions are *private corporations* and I mean governments and their agencies, local councils, police, courts, military, US states, the whole lot. Go to the

Dun and Bradstreet corporate listings website for confirmation that they are all corporations. You are arrested by a private corporation called the police by someone who is really a private security guard and they take you to court which is another private corporation. Neither have jurisdiction over you unless you consent and *contract* with them. This is why you hear the mantra about law enforcement policing by *consent* of the people. In truth the people 'consent' only in theory through monumental trickery.

Okay, the Cult overcame the corporate law problem by making governments and institutions corporate entities; but what about people? They are not corporations are they? Ah ... well in a sense, and *only* a sense, they are. Not people exactly – the illusion of people. The Cult creates a corporation in the name of everyone at the time that their birth certificate is issued. Note birth/ *berth* certificate and when you go to court under the law of the sea on land you stand in a *dock*. These are throwbacks to the origin. My Common Law name is David Vaughan Icke. The name of the corporation created by the government when I was born is called Mr David Vaughan Icke usually written in capitals as MR DAVID VAUGHAN ICKE. That is not me, the living, breathing man. It is a fictitious corporate entity. The trick is to make you think that David Vaughan Icke and MR DAVID VAUGHAN ICKE are the same thing. *They are not*. When police charge you and take you to court they are prosecuting the corporate entity and not the living, breathing, man or woman. They have to trick you into identifying as the corporate entity and contracting with them. Otherwise they have no jurisdiction. They do this through a language known as legalese. Lawful and legal are not the same either. Lawful relates to Common Law and legal relates to Statute Law. Legalese is the language of Statue Law which uses terms that mean one thing to the public and another in legalese. Notice that when a police officer tells someone why they are being charged he or she will say at the end: 'Do you understand?' To the public that means 'Do you comprehend?' In legalese it means 'Do you stand under me?' Do you stand under my authority? If you say

yes to the question you are unknowingly agreeing to give them jurisdiction over you in a contract between two corporate entities.

This is a confidence trick in every way. Contracts have to be agreed between informed parties and if you don't know that David Vaughan Icke is agreeing to be the corporation MR DAVID VAUGHAN ICKE you cannot knowingly agree to contract. They are deceiving you and another way they do this is to ask for proof of identity. You usually show them a driving licence or other document on which your corporate name is written. In doing so you are accepting that you are that corporate entity when you are not. Referring to yourself as a 'person' or 'citizen' is also identifying with your corporate fiction which is why I made the Common Law point about the citizen's arrest. If you are approached by a police officer you identify yourself immediately as a living, breathing, man or woman and say 'I do not consent, I do not contract with you and I do not understand' or stand under their authority. I have a Common Law birth certificate as a living man and these are available at no charge from commonlawcourt.com. Businesses registered under the Statute Law system means that its laws apply. There are, however, ways to run a business under Common Law. Remember all 'Covid' laws and regulations are Statute Law – the law of *contracts* and you do not have to contract. This doesn't mean that you can kill someone and get away with it. Common Law says do no harm and that applies to physical harm, financial harm etc. Police are employees of private corporations and there needs to be a new system of non-corporate Common Law constables operating outside the Statute Law system. If you go to davidicke.com and put Common Law into the search engine you will find videos that explain Common Law in much greater detail. It is definitely a road we should walk.

With all my heart

I have heard people say that we are in a spiritual war. I don't like the term 'war' with its Wetiko dynamic, but I know what they mean. Sweep aside all the bodily forms and we are in a situation in which two states of consciousness are seeking very different realities.

Wetiko wants upheaval, chaos, fear, suffering, conflict and control. The other wants love, peace, harmony, fairness and freedom. That's where we are. We should not fall for the idea that Wetiko is all-powerful and there's nothing we can do. Wetiko is not all-powerful. It's a joke, pathetic. It doesn't have to be, but it has made that choice for now. A handful of times over the years when I have felt the presence of its frequency I have allowed it to attach briefly so I could consciously observe its nature. The experience is not pleasant, the energy is heavy and dark, but the ease with which you can kick it back out the door shows that its real power is in persuading us that it has power. It's all a con. Wetiko is a con. It's a trickster and not a power that can control us if we unleash our own. The con is founded on manipulating humanity to give its power to Wetiko which recycles it back to present the illusion that it has power when its power is *ours* that we gave away. This happens on an energetic level and plays out in the world of the seen as humanity giving its power to Wetiko authority which uses that power to control the population when the power is only the power the population has handed over. How could it be any other way for billions to be controlled by a relative few? I have had experiences with people possessed by Wetiko and again you can kick its arse if you do it with an open heart. Oh yes – the *heart* which can transform the world of perceived 'matter'.

We are receiver-transmitters and processors of information, but what information and where from? Information is processed into perception in three main areas – the brain, the heart and the belly. These relate to thinking, knowing, and emotion. Wetiko wants us to be head and belly people which means we think within the confines of the Matrix simulation and low-vibrational emotional reaction scrambles balance and perception. A few minutes on social media and you see how emotion is the dominant force. Woke is all emotion and is therefore thought-free and fact-free. Our heart is something different. It *knows* while the head *thinks* and has to try to work it out because it doesn't know. The human energy field has seven prime vortexes which connect us with wider reality (Fig 23). Chakra means

‘wheels of light’ in the Sanskrit language of ancient India. The main ones are: The crown chakra on top of the head; brow (or ‘third eye’) chakra in the centre of the forehead; throat chakra; heart chakra in the centre of the chest; solar plexus chakra below the sternum; sacral chakra beneath the navel; and base chakra at the bottom of the spine. Each one has a particular function or functions. We feel anxiety and nervousness in the belly where the sacral chakra is located and this processes emotion that can affect the colon to give people ‘the shits’ or make them ‘shit scared’ when they are nervous. Chakras all play an important role, but the Mr and Mrs Big is the heart chakra which sits at the centre of the seven, above the chakras that connect us to the ‘physical’ and below those that connect with higher realms (or at least should). Here in the heart chakra we feel love, empathy and compassion – ‘My heart goes out to you’. Those with closed hearts become literally ‘heart-less’ in their attitudes and behaviour (see Bill Gates). Native Americans portrayed Wetiko with what Paul Levy calls a ‘frigid, icy heart, devoid of mercy’ (see Bill Gates).

Figure 23: The chakra system which interpenetrates the human energy field. The heart chakra is the governor – or should be.

Wetiko trembles at the thought of heart energy which it cannot infiltrate. The frequency is too high. What it seeks to do instead is close the heart chakra vortex to block its perceptual and energetic influence. Psychopaths have ‘hearts of stone’ and emotionally-damaged people have ‘heartache’ and ‘broken hearts’. The astonishing amount of heart disease is related to heart chakra

disruption with its fundamental connection to the 'physical' heart. Dr Tom Cowan has written an outstanding book challenging the belief that the heart is a pump and making the connection between the 'physical' and spiritual heart. Rudolph Steiner who was way ahead of his time said the same about the fallacy that the heart is a pump. *What*? The heart is not a pump? That's crazy, right? Everybody knows that. Read Cowan's *Human Heart, Cosmic Heart* and you will realise that the very idea of the heart as a pump is ridiculous when you see the evidence. How does blood in the feet so far from the heart get pumped horizontally up the body by the heart?? Cowan explains in the book the real reason why blood moves as it does. Our 'physical' heart is used to symbolise love when the source is really the heart vortex or spiritual heart which is our most powerful energetic connection to 'out there' expanded consciousness. That's why we feel *knowing* – intuitive knowing – in the centre of the chest. Knowing doesn't come from a process of thoughts leading to a conclusion. It is there in an instant all in one go. Our heart knows because of its connection to levels of awareness that *do* know. This is the meaning and source of intuition – intuitive *knowing*.

For the last more than 30 years of uncovering the global game and the nature of reality my heart has been my constant antenna for truth and accuracy. An American intelligence insider once said that I had quoted a disinformer in one of my books and yet I had only quoted the part that was true. He asked: 'How do you do that?' By using my heart antenna was the answer and anyone can do it. Heart-centred is how we are meant to be. With a closed heart chakra we withdraw into a closed mind and the bubble of five-sense reality. If you take a moment to focus your attention on the centre of your chest, picture a spinning wheel of light and see it opening and expanding. You will feel it happening, too, and perceptions of the heart like joy and love as the heart impacts on the mind as they interact. The more the chakra opens the more you will feel expressions of heart consciousness and as the process continues, and becomes part of you, insights and knowings will follow. An open

heart is connected to that level of awareness that knows all is *One*. You will see from its perspective that the fault-lines that divide us are only illusions to control us. An open heart does not process the illusions of race, creed and sexuality except as brief experiences for a consciousness that is all. Our heart does not see division, only unity (Figs 24 and 25). There's something else, too. Our hearts love to laugh. Mark Twain's quote that says 'The human race has one really effective weapon, and that is laughter' is really a reference to the heart which loves to laugh with the joy of knowing the true nature of infinite reality and that all the madness of human society is an illusion of the mind. Twain also said: 'Against the assault of laughter nothing can stand.' This is so true of Wetiko and the Cult. Their insecurity demands that they be taken seriously and their power and authority acknowledged and feared. We should do nothing of the sort. We should not get aggressive or fearful which their insecurity so desires. We should laugh in their face. Even in their no-face as police come over in their face-nappies and expect to be taken seriously. They don't take themselves seriously looking like that so why should we? Laugh in the face of intimidation. Laugh in the face of tyranny. You will see by its reaction that you have pressed all of its buttons. Wetiko does not know what to do in the face of laughter or when its targets refuse to concede their joy to fear. We have seen many examples during the 'Covid' hoax when people have expressed their energetic power and the string puppets of Wetiko retreat with their tail limp between their knees. Laugh – the world is bloody mad after all and if it's a choice between laughter and tears I know which way I'm going.

Figure 24: Head consciousness without the heart sees division and everything apart from everything else.

Figure 25: Heart consciousness sees everything as One.

'Vaccines' and the soul

The foundation of Wetiko/Archon control of humans is the separation of incarnate five-sense mind from the infinite 'I' and closing the heart chakra where the True 'I' lives during a human life. The goal has been to achieve complete separation in both cases. I was interested therefore to read an account by a French energetic healer of what she said she experienced with a patient who had been given the 'Covid' vaccine. Genuine energy healers can sense information and consciousness fields at different levels of being which are referred to as 'subtle bodies'. She described treating the patient who later returned after having, without the healer's knowledge, two doses of the 'Covid vaccine'. The healer said:

I noticed immediately the change, very heavy energy emanating from [the] subtle bodies. The scariest thing was when I was working on the heart chakra, I connected with her soul: it was detached from the physical body, it had no contact and it was, as if it was floating in a state of total confusion: a damage to the consciousness that loses contact with the physical body, i.e. with our biological machine, there is no longer any communication between them.

I continued the treatment by sending light to the heart chakra, the soul of the person, but it seemed that the soul could no longer receive any light, frequency or energy. It was a very powerful experience for me. Then I understood that this substance is indeed used to detach consciousness so that this consciousness can no longer interact through this body that it possesses in life, where there is no longer any contact, no frequency, no light, no more energetic balance or mind.

This would create a human that is rudderless and at the extreme almost zombie-like operating with a fractional state of consciousness at the mercy of Wetiko. I was especially intrigued by what the healer said in the light of the prediction by the highly-informed Rudolf Steiner more than a hundred years ago. He said:

> In the future, we will eliminate the soul with medicine. Under the pretext of a 'healthy point of view', there will be a vaccine by which the human body will be treated as soon as possible directly at birth, so that the human being cannot develop the thought of the existence of soul and Spirit. To materialistic doctors will be entrusted the task of removing the soul of humanity.
>
> As today, people are vaccinated against this disease or that disease, so in the future, children will be vaccinated with a substance that can be produced precisely in such a way that people, thanks to this vaccination, will be immune to being subjected to the 'madness' of spiritual life. He would be extremely smart, but he would not develop a conscience, and that is the true goal of some materialistic circles.

Steiner said the vaccine would detach the physical body from the etheric body (subtle bodies) and 'once the etheric body is detached the relationship between the universe and the etheric body would become extremely unstable, and man would become an automaton'. He said 'the physical body of man must be polished on this Earth by spiritual will – so the vaccine becomes a kind of arymanique (Wetiko) force' and 'man can no longer get rid of a given materialistic feeling'. Humans would then, he said, become 'materialistic of constitution and can no longer rise to the spiritual'. I have been writing for years about DNA being a receiver-transmitter of information that connects us to other levels of reality and these 'vaccines' changing DNA can be likened to changing an antenna and what it can transmit and receive. Such a disconnection would clearly lead to changes in personality and perception. Steiner further predicted the arrival of AI. Big Pharma 'Covid vaccine' makers, expressions of Wetiko, are testing their DNA-manipulating evil on children as I write with a view to giving the 'vaccine' to babies. If it's a soul-body disconnector – and I say that it is or can be – every child would be disconnected from 'soul' at birth and the 'vaccine' would create a closed system in which spiritual guidance from the greater self would play no part. This has been the ambition of Wetiko all

along. A Pentagon video from 2005 was leaked of a presentation explaining the development of vaccines to change behaviour by their effect on the brain. Those that believe this is not happening with the 'Covid' genetically-modifying procedure masquerading as a 'vaccine' should make an urgent appointment with Naivety Anonymous. Klaus Schwab wrote in 2018:

> Neurotechnologies enable us to better influence consciousness and thought and to understand many activities of the brain. They include decoding what we are thinking in fine levels of detail through new chemicals and interventions that can influence our brains to correct for errors or enhance functionality.

The plan is clear and only the heart can stop it. With every heart that opens, every mind that awakens, Wetiko is weakened. Heart and love are far more powerful than head and hate and so nothing like a majority is needed to turn this around.

Beyond the Phantom

Our heart is the prime target of Wetiko and so it must be the answer to Wetiko. We *are* our heart which is part of one heart, the infinite heart. Our heart is where the true self lives in a human life behind firewalls of five-sense illusion when an imposter takes its place – *Phantom Self*; but our heart waits patiently to be set free any time we choose to see beyond the Phantom, beyond Wetiko. A Wetikoed Phantom Self can wreak mass death and destruction while the love of forever is locked away in its heart. The time is here to unleash its power and let it sweep away the fear and despair that is Wetiko. Heart consciousness does not seek manipulated, censored, advantage for its belief or religion, its activism and desires. As an expression of the One it treats all as One with the same rights to freedom and opinion. Our heart demands fairness for itself no more than for others. From this unity of heart we can come together in mutual support and transform this Wetikoed world into what reality is meant to be – a place of love, joy, happiness, fairness, justice and freedom. Wetiko has another agenda and that's why the world is as

it is, but enough of this nonsense. Wetiko can't stay where hearts are open and it works so hard to keep them closed. Fear is its currency and its food source and love in its true sense has no fear. Why would love have fear when it knows it is *All That Is, Has Been, And Ever Can Be* on an eternal exploration of all possibility? Love in this true sense is not the physical attraction that passes for love. This can be an expression of it, yes, but Infinite Love, a love without condition, goes far deeper to the core of all being. It *is* the core of all being. Infinite realty was born from love beyond the illusions of the simulation. Love infinitely expressed is the knowing that all is One and the swiftly-passing experience of separation is a temporary hallucination. You cannot disconnect from Oneness; you can only *perceive* that you have and withdraw from its influence. This is the most important of all perception trickery by the mind parasite that is Wetiko and the foundation of all its potential for manipulation.

If we open our hearts, open the sluice gates of the mind, and redefine self-identity amazing things start to happen. Consciousness expands or contracts in accordance with self-identity. When true self is recognised as infinite awareness and label self – Phantom Self – is seen as only a series of brief experiences life is transformed. Consciousness expands to the extent that self-identity expands and everything changes. You see unity, not division, the picture, not the pixels. From this we can play the long game. No more is an experience something in and of itself, but a fleeting moment in the eternity of forever. Suddenly people in uniform and dark suits are no longer intimidating. Doing what your heart knows to be right is no longer intimidating and consequences for those actions take on the same nature of a brief experience that passes in the blink of an infinite eye. Intimidation is all in the mind. Beyond the mind there is no intimidation.

An open heart does not consider consequences for what it knows to be right. To do so would be to consider not doing what it knows to be right and for a heart in its power that is never an option. The Renegade Mind is really the Renegade Heart. Consideration of consequences will always provide a getaway car for the mind and

the heart doesn't want one. What is right in the light of what we face today is to stop cooperating with Wetiko in all its forms and to do it without fear or compromise. You cannot compromise with tyranny when tyranny always demands more until it has everything. Life is your perception and you are your destiny. Change your perception and you change your life. Change collective perception and we change the world.

Come on people … One human family, One heart, One goal … *FREEEEEEDOM*!

We must settle for nothing less.

Postscript

The big scare story as the book goes to press is the 'Indian' variant and the world is being deluged with propaganda about the 'Covid catastrophe' in India which mirrors in its lies and misrepresentations what happened in Italy before the first lockdown in 2020.

The *New York Post* published a picture of someone who had 'collapsed in the street from Covid' in India in April, 2021, which was actually taken during a gas leak in May, 2020. Same old, same old. Media articles in mid-February were asking why India had been so untouched by 'Covid' and then as their vaccine rollout gathered pace the alleged 'cases' began to rapidly increase. Indian 'Covid vaccine' maker Bharat Biotech was funded into existence by the Bill and Melinda Gates Foundation (the pair announced their divorce in May, 2021, which is a pity because they so deserve each other). The Indian 'Covid crisis' was ramped up by the media to terrify the world and prepare people for submission to still more restrictions. The scam that worked the first time was being repeated only with far more people seeing through the deceit. Davidicke.com and Ickonic.com have sought to tell the true story of what is happening by talking to people living through the Indian nightmare which has nothing to do with 'Covid'. We posted a letter from 'Alisha' in Pune who told a very different story to government and media mendacity. She said scenes of dying people and overwhelmed hospitals were designed to hide what was really happening – genocide and starvation. Alisha said that millions had already died of starvation during the ongoing lockdowns while government and media were lying and making it look like the 'virus':

Restaurants, shops, gyms, theatres, basically everything is shut. The cities are ghost towns. Even so-called 'essential' businesses are only open till 11am in the morning. You basically have just an hour to buy food and then your time is up.

Inter-state travel and even inter-district travel is banned. The cops wait at all major crossroads to question why you are traveling outdoors or to fine you if you are not wearing a mask.

The medical community here is also complicit in genocide, lying about hospitals being full and turning away people with genuine illnesses, who need immediate care. They have even created a shortage of oxygen cylinders.

This is the classic Cult modus operandi played out in every country. Alisha said that people who would not have a PCR test not testing for the 'virus' were being denied hospital treatment. She said the people hit hardest were migrant workers and those in rural areas. Most businesses employed migrant workers and with everything closed there were no jobs, no income and no food. As a result millions were dying of starvation or malnutrition. All this was happening under Prime Minister Narendra Modi, a 100-percent asset of the Cult, and it emphasises yet again the scale of pure anti-human evil we are dealing with. Australia banned its people from returning home from India with penalties for trying to do so of up to five years in jail and a fine of £37,000. The manufactured 'Covid' crisis in India was being prepared to justify further fascism in the West. Obvious connections could be seen between the Indian 'vaccine' programme and increased 'cases' and this became a common theme. The Seychelles, the most per capita 'Covid vaccinated' population in the world, went back into lockdown after a 'surge of cases'.

Long ago the truly evil Monsanto agricultural biotechnology corporation with its big connections to Bill Gates devastated Indian farming with genetically-modified crops. Human rights activist Gurcharan Singh highlighted the efforts by the Indian government to complete the job by destroying the food supply to hundreds of millions with 'Covid' lockdowns. He said that 415 million people at the bottom of the disgusting caste system (still going whatever they say) were below the poverty line and struggled to feed themselves every year. Now the government was imposing lockdown at just the

time to destroy the harvest. This deliberate policy was leading to mass starvation. People may reel back at the suggestion that a government would do that, but Wetiko-controlled 'leaders' are capable of any level of evil. In fact what is described in India is in the process of being instigated worldwide. The food chain and food supply are being targeted at every level to cause world hunger and thus control. Bill Gates is not the biggest owner of farmland in America for no reason and destroying access to food aids both the depopulation agenda and the plan for synthetic 'food' already being funded into existence by Gates. Add to this the coming hyper-inflation from the suicidal creation of fake 'money' in response to 'Covid' and the breakdown of container shipping systems and you have a cocktail that can only lead one way and is meant to. The Cult plan is to crash the entire system to 'build back better' with the Great Reset.

'Vaccine' transmission

Reports from all over the world continue to emerge of women suffering menstrual and fertility problems after having the fake 'vaccine' and of the non-'vaccinated' having similar problems when interacting with the 'vaccinated'. There are far too many for 'coincidence' to be credible. We've had menopausal women getting periods, others having periods stop or not stopping for weeks, passing clots, sometimes the lining of the uterus, breast irregularities, and miscarriages (which increased by 400 percent in parts of the United States). Non-'vaccinated' men and children have suffered blood clots and nose bleeding after interaction with the 'vaccinated'. Babies have died from the effects of breast milk from a 'vaccinated' mother. Awake doctors – the small minority – speculated on the cause of non-'vaccinated' suffering the same effects as the 'vaccinated'. Was it nanotechnology in the synthetic substance transmitting frequencies or was it a straight chemical bioweapon that was being transmitted between people? I am not saying that some kind of chemical transmission is not one possible answer, but the foundation of all that the Cult does is frequency and

this is fertile ground for understanding how transmission can happen. American doctor Carrie Madej, an internal medicine physician and osteopath, has been practicing for the last 20 years, teaching medical students, and she says attending different meetings where the agenda for humanity was discussed. Madej, who operates out of Georgia, did not dismiss other possible forms of transmission, but she focused on frequency in search of an explanation for transmission. She said the Moderna and Pfizer 'vaccines' contained nano-lipid particles as a key component. This was a brand new technology never before used on humanity. 'They're using a nanotechnology which is pretty much little tiny computer bits … nanobots or hydrogel.' Inside the 'vaccines' was 'this sci-fi kind of substance' which suppressed immune checkpoints to get into the cell. I referred to this earlier as the 'Trojan horse' technique that tricks the cell into opening a gateway for the self-replicating synthetic material and while the immune system is artificially suppressed the body has no defences. Madej said the substance served many purposes including an on-demand ability to 'deliver the payload' and using the nano 'computer bits' as biosensors in the body. 'It actually has the ability to accumulate data from your body, like your breathing, your respiration, thoughts, emotions, all kinds of things.'

She said the technology obviously has the ability to operate through Wi-Fi and transmit and receive energy, messages, frequencies or impulses. 'Just imagine you're getting this new substance in you and it can react to things all around you, the 5G, your smart device, your phones.' We had something completely foreign in the human body that had never been launched large scale at a time when we were seeing 5G going into schools and hospitals (plus the Musk satellites) and she believed the 'vaccine' transmission had something to do with this: '… if these people have this inside of them … it can act like an antenna and actually transmit it outwardly as well.' The synthetic substance produced its own voltage and so it could have that kind of effect. This fits with my own contention that the nano receiver-transmitters are designed to connect people to the

Smart Grid and break the receiver-transmitter connection to expanded consciousness. That would explain the French energy healer's experience of the disconnection of body from 'soul' with those who have had the 'vaccine'. The nanobots, self-replicating inside the body, would also transmit the synthetic frequency which could be picked up through close interaction by those who have not been 'vaccinated'. Madej speculated that perhaps it was 5G and increased levels of other radiation that was causing the symptoms directly although interestingly she said that non-'vaccinated' patients had shown improvement when they were away from the 'vaccinated' person they had interacted with. It must be remembered that you can control frequency and energy with your mind and you can consciously create energetic barriers or bubbles with the mind to stop damaging frequencies from penetrating your field. American paediatrician Dr Larry Palevsky said the 'vaccine' was not a 'vaccine' and was never designed to protect from a 'viral' infection. He called it 'a massive, brilliant propaganda of genocide' because they didn't have to inject everyone to get the result they wanted. He said the content of the jabs was able to infuse any material into the brain, heart, lungs, kidneys, liver, sperm and female productive system. 'This is genocide; this is a weapon of mass destruction.' At the same time American colleges were banning students from attending if they didn't have this life-changing and potentially life-ending 'vaccine'. Class action lawsuits must follow when the consequences of this college fascism come to light. As the book was going to press came reports about fertility effects on sperm in 'vaccinated' men which would absolutely fit with what I have been saying and hospitals continued to fill with 'vaccine' reactions. Another question is what about transmission via blood transfusions? The NHS has extended blood donation restrictions from seven days after a 'Covid vaccination' to 28 days after even a sore arm reaction.

I said in the spring of 2020 that the then touted 'Covid vaccine' would be ongoing each year like the flu jab. A year later Pfizer CEO, the appalling Albert Bourla, said people would 'likely' need a 'booster dose' of the 'vaccine' within 12 months of getting 'fully

vaccinated' and then a yearly shot. 'Variants will play a key role', he said confirming the point. Johnson & Johnson CEO Alex Gorsky also took time out from his 'vaccine' disaster to say that people may need to be vaccinated against 'Covid-19' each year. UK Health Secretary, the psychopath Matt Hancock, said additional 'boosters' would be available in the autumn of 2021. This is the trap of the 'vaccine passport'. The public will have to accept every last 'vaccine' they introduce, including for the fake 'variants', or it would cease to be valid. The only other way in some cases would be continuous testing with a test not testing for the 'virus' and what is on the swabs constantly pushed up your noise towards the brain every time?

'Vaccines' changing behaviour

I mentioned in the body of the book how I believed we would see gathering behaviour changes in the 'vaccinated' and I am already hearing such comments from the non-'vaccinated' describing behaviour changes in friends, loved ones and work colleagues. This will only increase as the self-replicating synthetic material and nanoparticles expand in body and brain. An article in the *Guardian* in 2016 detailed research at the University of Virginia in Charlottesville which developed a new method for controlling brain circuits associated with complex animal behaviour. The method, dubbed 'magnetogenetics', involves genetically-engineering a protein called ferritin, which stores and releases iron, to create a magnetised substance – 'Magneto' – that can activate specific groups of nerve cells from a distance. This is claimed to be an advance on other methods of brain activity manipulation known as optogenetics and chemogenetics (the Cult has been developing methods of brain control for a long time). The ferritin technique is said to be non-invasive and able to activate neurons 'rapidly and reversibly'. In other words, human thought and perception. The article said that earlier studies revealed how nerve cell proteins 'activated by heat and mechanical pressure can be genetically engineered so that they become sensitive to radio waves and magnetic fields, by attaching them to an iron-storing protein called ferritin, or to inorganic

paramagnetic particles'. Sensitive to radio waves and magnetic fields? You mean like 5G, 6G and 7G? This is the human-AI Smart Grid hive mind we are talking about. The *Guardian* article said:

> … the researchers injected Magneto into the striatum of freely behaving mice, a deep brain structure containing dopamine-producing neurons that are involved in reward and motivation, and then placed the animals into an apparatus split into magnetised and non-magnetised sections.
>
> Mice expressing Magneto spent far more time in the magnetised areas than mice that did not, because activation of the protein caused the striatal neurons expressing it to release dopamine, so that the mice found being in those areas rewarding. This shows that Magneto can remotely control the firing of neurons deep within the brain, and also control complex behaviours.

Make no mistake this basic methodology will be part of the 'Covid vaccine' cocktail and using magnetics to change brain function through electromagnetic field frequency activation. The Pentagon is developing a 'Covid vaccine' using ferritin. Magnetics would explain changes in behaviour and why videos are appearing across the Internet as I write showing how magnets stick to the skin at the point of the 'vaccine' shot. Once people take these 'vaccines' anything becomes possible in terms of brain function and illness which will be blamed on 'Covid-19' and 'variants'. Magnetic field manipulation would further explain why the non-'vaccinated' are reporting the same symptoms as the 'vaccinated' they interact with and why those symptoms are reported to decrease when not in their company. Interestingly 'Magneto', a 'mutant', is a character in the Marvel Comic *X-Men* stories with the ability to manipulate magnetic fields and he believes that mutants should fight back against their human oppressors by any means necessary. The character was born Erik Lehnsherr to a Jewish family in Germany.

Cult-controlled courts

The European Court of Human Rights opened the door for mandatory 'Covid-19 vaccines' across the continent when it ruled in a Czech Republic dispute over childhood immunisation that legally

enforced vaccination could be 'necessary in a democratic society'. The 17 judges decided that compulsory vaccinations did not breach human rights law. On the face of it the judgement was so inverted you gasp for air. If not having a vaccine infused into your body is not a human right then what is? Ah, but they said human rights law which has been specifically written to delete all human rights at the behest of the state (the Cult). Article 8 of the European Convention on Human Rights relates to the right to a private life. The crucial word here is *'except'*:

> There shall be no interference by a public authority with the exercise of this right EXCEPT such as is in accordance with the law and is necessary in a democratic society in the interests of national security, public safety or the economic wellbeing of the country, for the prevention of disorder or crime, for the protection of health or morals, or for the protection of the rights and freedoms of others [My emphasis].

No interference *except* in accordance with the law means there *are* no 'human rights' *except* what EU governments decide you can have at their behest. 'As is necessary in a democratic society' explains that reference in the judgement and 'in the interests of national security, public safety or the economic well-being of the country, for the prevention of disorder or crime, for the protection of health or morals, or for the protection of the rights and freedoms of others' gives the EU a coach and horses to ride through 'human rights' and scatter them in all directions. The judiciary is not a check and balance on government extremism; it is a vehicle to enforce it. This judgement was almost laughably predictable when the last thing the Cult wanted was a decision that went against mandatory vaccination. Judges rule over and over again to benefit the system of which they are a part. Vaccination disputes that come before them are invariably delivered in favour of doctors and authorities representing the view of the state which owns the judiciary. Oh, yes, and we have even had calls to stop putting 'Covid-19' on death certificates within 28 days of a 'positive test' because it is claimed the practice makes the 'vaccine' appear not to work. They are laughing at you.

The scale of madness, inhumanity and things to come was highlighted when those not ‘vaccinated’ for ‘Covid’ were refused evacuation from the Caribbean island of St Vincent during massive volcanic eruptions. Cruise ships taking residents to the safety of another island allowed only the ‘vaccinated’ to board and the rest were left to their fate. Even in life and death situations like this we see ‘Covid’ stripping people of their most basic human instincts and the insanity is even more extreme when you think that fake ‘vaccine’-makers are not even claiming their body-manipulating concoctions stop ‘infection’ and ‘transmission’ of a ‘virus’ that doesn’t exist. St Vincent Prime Minister Ralph Gonsalves said: ‘The chief medical officer will be identifying the persons already vaccinated so that we can get them on the ship.’ Note again the power of the chief medical officer who, like Whitty in the UK, will be answering to the World Health Organization. This is the Cult network structure that has overridden politicians who ‘follow the science’ which means doing what WHO-controlled ‘medical officers’ and ‘science advisers’ tell them. Gonsalves even said that residents who were ‘vaccinated’ after the order so they could board the ships would still be refused entry due to possible side effects such as ‘wooziness in the head’. The good news is that if they were woozy enough in the head they could qualify to be prime minister of St Vincent.

Microchipping freedom

The European judgement will be used at some point to justify moves to enforce the ‘Covid’ DNA-manipulating procedure. Sandra Ro, CEO of the Global Blockchain Business Council, told a World Economic Forum event that she hoped ‘vaccine passports’ would help to ‘drive forced consent and standardisation’ of global digital identity schemes: ‘I’m hoping with the desire and global demand for some sort of vaccine passport – so that people can get travelling and working again – [it] will drive forced consent, standardisation, and frankly, cooperation across the world.’ The lady is either not very bright, or thoroughly mendacious, to use the term ‘forced consent’.

You do not 'consent' if you are forced – you *submit*. She was describing what the plan has been all along and that's to enforce a digital identity on every human without which they could not function. 'Vaccine passports' are opening the door and are far from the end goal. A digital identity would allow you to be tracked in everything you do in cyberspace and this is the same technique used by Cult-owned China to enforce its social credit system of total control. The ultimate 'passport' is planned to be a microchip as my books have warned for nearly 30 years. Those nice people at the Pentagon working for the Cult-controlled Defense Advanced Research Projects Agency (DARPA) claimed in April, 2021, they have developed a microchip inserted under the skin to detect 'asymptomatic Covid-19 infection' before it becomes an outbreak and a 'revolutionary filter' that can remove the 'virus' from the blood when attached to a dialysis machine. The only problems with this are that the 'virus' does not exist and people transmitting the 'virus' with no symptoms is brain-numbing bullshit. This is, of course, not a ruse to get people to be microchipped for very different reasons. DARPA also said it was producing a one-stop 'vaccine' for the 'virus' and all 'variants'. One of the most sinister organisations on Planet Earth is doing this? Better have it then. These people are insane because Wetiko that possesses them is insane.

Researchers from the Salk Institute in California announced they have created an embryo that is part human and part monkey. My books going back to the 1990s have exposed experiments in top secret underground facilities in the United States where humans are being crossed with animal and non-human 'extraterrestrial' species. They are now easing that long-developed capability into the public arena and there is much more to come given we are dealing with psychiatric basket cases. Talking of which – Elon Musk's scientists at Neuralink trained a monkey to play Pong and other puzzles on a computer screen using a joystick and when the monkey made the correct move a metal tube squirted banana smoothie into his mouth which is the basic technique for training humans into unquestioning compliance. Two Neuralink chips were in the monkey's skull and

more than 2,000 wires 'fanned out' into its brain. Eventually the monkey played a video game purely with its brain waves. Psychopathic narcissist Musk said the 'breakthrough' was a step towards putting Neuralink chips into human skulls and merging minds with artificial intelligence. *Exactly*. This man is so dark and Cult to his DNA.

World Economic Fascism (WEF)

The World Economic Forum is telling you the plan by the statements made at its many and various events. Cult-owned fascist YouTube CEO Susan Wojcicki spoke at the 2021 WEF Global Technology Governance Summit (see the name) in which 40 governments and 150 companies met to ensure 'the responsible design and deployment of emerging technologies'. Orwellian translation: 'Ensuring the design and deployment of long-planned technologies will advance the Cult agenda for control and censorship.' Freedom-destroyer and Nuremberg-bound Wojcicki expressed support for tech platforms like hers to censor content that is 'technically legal but could be harmful'. Who decides what is 'harmful'? She does and they do. 'Harmful' will be whatever the Cult doesn't want people to see and we have legislation proposed by the UK government that would censor content on the basis of 'harm' no matter if the information is fair, legal and provably true. Make that *especially* if it is fair, legal and provably true. Wojcicki called for a global coalition to be formed to enforce content moderation standards through automated censorship. This is a woman and mega-censor so self-deluded that she shamelessly accepted a 'free expression' award – *Wojcicki* – in an event sponsored by her own *YouTube*. They have no shame and no self-awareness.

You know that 'Covid' is a scam and Wojcicki a Cult operative when YouTube is censoring medical and scientific opinion purely on the grounds of whether it supports or opposes the Cult 'Covid' narrative. Florida governor Ron DeSantis compiled an expert panel with four professors of medicine from Harvard, Oxford, and Stanford Universities who spoke against forcing children and

vaccinated people to wear masks. They also said there was no proof that lockdowns reduced spread or death rates of 'Covid-19'. Cult-gofer Wojcicki and her YouTube deleted the panel video 'because it included content that contradicts the consensus of local and global health authorities regarding the efficacy of masks to prevent the spread of Covid-19'. This 'consensus' refers to what the Cult tells the World Health Organization to say and the WHO tells 'local health authorities' to do. Wojcicki knows this, of course. The panellists pointed out that censorship of scientific debate was responsible for deaths from many causes, but Wojcicki couldn't care less. She would not dare go against what she is told and as a disgrace to humanity she wouldn't want to anyway. The UK government is seeking to pass a fascist 'Online Safety Bill' to specifically target with massive fines and other means non-censored video and social media platforms to make them censor 'lawful but harmful' content like the Cult-owned Facebook, Twitter, Google and YouTube. What is 'lawful but harmful' would be decided by the fascist Blair-created Ofcom.

Another WEF obsession is a cyber-attack on the financial system and this is clearly what the Cult has planned to take down the bank accounts of everyone – except theirs. Those that think they have enough money for the Cult agenda not to matter to them have got a big lesson coming if they continue to ignore what is staring them in the face. The World Economic Forum, funded by Gates and fronted by Klaus Schwab, announced it would be running a 'simulation' with the Russian government and global banks of just such an attack called Cyber Polygon 2021. What they simulate – as with the 'Covid' Event 201 – they plan to instigate. The WEF is involved in a project with the Cult-owned Carnegie Endowment for International Peace called the WEF-Carnegie Cyber Policy Initiative which seeks to merge Wall Street banks, 'regulators' (I love it) and intelligence agencies to 'prevent' (arrange and allow) a cyber-attack that would bring down the global financial system as long planned by those that control the WEF and the Carnegie operation. The Carnegie Endowment for International Peace sent an instruction to First World

War US President Woodrow Wilson not to let the war end before society had been irreversibly transformed.

The Wuhan lab diversion

As I close, the Cult-controlled authorities and lapdog media are systematically pushing 'the virus was released from the Wuhan lab' narrative. There are two versions – it happened by accident and it happened on purpose. Both are nonsense. The perceived existence of the never-shown-to-exist 'virus' is vital to sell the impression that there is actually an infective agent to deal with and to allow the endless potential for terrifying the population with 'variants' of a 'virus' that does not exist. The authorities at the time of writing are going with the 'by accident' while the alternative media is promoting the 'on purpose'. Cable news host Tucker Carlson who has questioned aspects of lockdown and 'vaccine' compulsion has bought the Wuhan lab story. 'Everyone now agrees' he said. Well, I don't and many others don't and the question is *why* does the system and its media suddenly 'agree'? When the media moves as one unit with a narrative it is always a lie – witness the hour by hour mendacity of the 'Covid' era. Why would this Cult-owned combination which has unleashed lies like machine gun fire suddenly 'agree' to tell the truth??

Much of the alternative media is buying the lie because it fits the conspiracy narrative, but it's the *wrong* conspiracy. The real conspiracy is that *there is no virus* and that is what the Cult is desperate to hide. The idea that the 'virus' was released by accident is ludicrous when the whole 'Covid' hoax was clearly long-planned and waiting to be played out as it was so fast in accordance with the Rockefeller document and Event 201. So they prepared everything in detail over decades and then sat around strumming their fingers waiting for an 'accidental' release from a bio-lab? *What??* It's crazy. Then there's the 'on purpose' claim. You want to circulate a 'deadly virus' and hide the fact that you've done so and you release it down the street from the highest-level bio-lab in China? I repeat – *What??*

You would release it far from that lab to stop any association being made. But, no, we'll do it in a place where the connection was certain to be made. Why would you need to scam 'cases' and 'deaths' and pay hospitals to diagnose 'Covid-19' if you had a real 'virus'? What are sections of the alternative media doing believing this crap? Where were all the mass deaths in Wuhan from a 'deadly pathogen' when the recovery to normal life after the initial propaganda was dramatic in speed? Why isn't the 'deadly pathogen' now circulating all over China with bodies in the street? Once again we have the technique of tell them what they want to hear and they will likely believe it. The alternative media has its 'conspiracy' and with Carlson it fits with his 'China is the danger' narrative over years. China *is* a danger as a global Cult operations centre, but not for this reason. The Wuhan lab story also has the potential to instigate conflict with China when at some stage the plan is to trigger a Problem-Reaction-Solution confrontation with the West. Question everything – *everything* – and especially when the media agrees on a common party line.

Third wave ... fourth wave ... fifth wave ...

As the book went into production the world was being set up for more lockdowns and a 'third wave' supported by invented 'variants' that were increasing all the time and will continue to do so in public statements and computer programs, but not in reality. India became the new Italy in the 'Covid' propaganda campaign and we were told to be frightened of the new 'Indian strain'. Somehow I couldn't find it within myself to do so. A document produced for the UK government entitled 'Summary of further modelling of easing of restrictions – Roadmap Step 2' declared that a third wave was inevitable (of course when it's in the script) and it would be the fault of children and those who refuse the health-destroying fake 'Covid vaccine'. One of the computer models involved came from the Cult-owned *Imperial College* and the other from Warwick University which I wouldn't trust to tell me the date in a calendar factory. The document states that both models presumed extremely high uptake

of the ‘Covid vaccines’ and didn’t allow for ‘variants’. The document states: ‘The resurgence is a result of some people (mostly children) being ineligible for vaccination; others choosing not to receive the vaccine; and others being vaccinated but not perfectly protected.’ The mendacity takes the breath away. Okay, blame those with a brain who won’t take the DNA-modifying shots and put more pressure on children to have it as ‘trials’ were underway involving children as young as six months with parents who give insanity a bad name. Massive pressure is being put on the young to have the fake ‘vaccine’ and child age consent limits have been systematically lowered around the world to stop parents intervening. Most extraordinary about the document was its claim that the ‘third wave’ would be driven by ‘the resurgence in both hospitalisations and deaths … dominated by *those that have received two doses of the vaccine*, comprising around 60-70% of the wave respectively’. The predicted peak of the ‘third wave’ suggested 300 deaths per day with 250 of them *fully ‘vaccinated’ people*. How many more lies do acquiescers need to be told before they see the obvious? Those who took the jab to ‘protect themselves’ are projected to be those who mostly get sick and die? So what’s in the ‘vaccine’? The document went on:

> It is possible that a summer of low prevalence could be followed by substantial increases in incidence over the following autumn and winter. Low prevalence in late summer should not be taken as an indication that SARS-CoV-2 has retreated or that the population has high enough levels of immunity to prevent another wave.

They are telling you the script and while many British people believed ‘Covid’ restrictions would end in the summer of 2021 the government was preparing for them to be ongoing. Authorities were awarding contracts for ‘Covid marshals’ to police the restrictions with contracts starting in July, 2021, and going through to January 31st, 2022, and the government was advertising for ‘Media Buying Services’ to secure media propaganda slots worth a potential £320 million for ‘Covid-19 campaigns’ with a contract not ending until March, 2022. The recipient – via a list of other front companies – was reported to be American media marketing giant Omnicom Group

Inc. While money is no object for 'Covid' the UK waiting list for all other treatment – including life-threatening conditions – passed 4.5 million. Meantime the Cult is seeking to control all official 'inquiries' to block revelations about what has really been happening and why. It must not be allowed to – we need Nuremberg jury trials in every country. The cover-up doesn't get more obvious than appointing ultra-Zionist professor Philip Zelikow to oversee two dozen US virologists, public health officials, clinicians, former government officials and four American 'charitable foundations' to 'learn the lessons' of the 'Covid' debacle. The personnel will be those that created and perpetuated the 'Covid' lies while Zelikow is the former executive director of the 9/11 Commission who ensured that the truth about those attacks never came out and produced a report that must be among the most mendacious and manipulative documents ever written – see *The Trigger* for the detailed exposure of the almost unimaginable 9/11 story in which Sabbatians can be found at every level.

Passive no more

People are increasingly challenging the authorities with amazing numbers of people taking to the streets in London well beyond the ability of the Face-Nappies to stop them. Instead the Nappies choose situations away from the mass crowds to target, intimidate, and seek to promote the impression of 'violent protestors'. One such incident happened in London's Hyde Park. Hundreds of thousands walking through the streets in protest against 'Covid' fascism were ignored by the Cult-owned BBC and most of the rest of the mainstream media, but they delighted in reporting how police were injured in 'clashes with protestors'. The truth was that a group of people gathered in Hyde Park at the end of one march when most had gone home and they were peacefully having a good time with music and chat. Face-Nappies who couldn't deal with the full-march crowd then waded in with their batons and got more than they bargained for. Instead of just standing for this criminal brutality the crowd used their numerical superiority to push the Face-Nappies out of the

park. Eventually the Nappies turned and ran. Unfortunately two or three idiots in the crowd threw drink cans striking two officers which gave the media and the government the image they wanted to discredit the 99.9999 percent who were peaceful. The idiots walked straight into the trap and we must always be aware of potential agent provocateurs used by the authorities to discredit their targets.

This response from the crowd – the can people apart – must be a turning point when the public no longer stand by while the innocent are arrested and brutally attacked by the Face-Nappies. That doesn't mean to be violent, that's the last thing we need. We'll leave the violence to the Face-Nappies and government. But it does mean that when the Face-Nappies use violence against peaceful people the numerical superiority is employed to stop them and make citizen's arrests or Common Law arrests for a breach of the peace. The time for being passive in the face of fascism is over.

We are the many, they are the few, and we need to make that count before there is no freedom left and our children and grandchildren face an ongoing fascist nightmare.

COME ON PEOPLE – IT'S TIME.

One final thought …

The power of love
A force from above
Cleaning my soul
Flame on burn desire
Love with tongues of fire
Purge the soul
Make love your goal

I'll protect you from the hooded claw
Keep the vampires from your door
When the chips are down I'll be around
With my undying, death-defying
Love for you

Envy will hurt itself
Let yourself be beautiful
Sparkling love, flowers
And pearls and pretty girls
Love is like an energy
Rushin' rushin' inside of me

This time we go sublime
Lovers entwine, divine, divine,
Love is danger, love is pleasure
Love is pure – the only treasure

I'm so in love with you
Purge the soul
Make love your goal

The power of love
A force from above
Cleaning my soul
The power of love
A force from above
A sky-scraping dove

Flame on burn desire
Love with tongues of fire
Purge the soul
Make love your goal

Frankie Goes To Hollywood

APPENDIX

Cowan-Kaufman-Morell Statement on Virus Isolation (SOVI)

Isolation: The action of isolating; the fact or condition of being isolated or standing alone; separation from other things or persons; solitariness
Oxford English Dictionary

The controversy over whether the SARS-CoV-2 virus has ever been isolated or purified continues. However, using the above definition, common sense, the laws of logic and the dictates of science, any unbiased person must come to the conclusion that the SARS-CoV-2 virus has never been isolated or purified. As a result, no confirmation of the virus' existence can be found. The logical, common sense, and scientific consequences of this fact are:

- the structure and composition of something not shown to exist can't be known, including the presence, structure, and function of any hypothetical spike or other proteins;
- the genetic sequence of something that has never been found can't be known;
- "variants" of something that hasn't been shown to exist can't be known;
- it's impossible to demonstrate that SARS-CoV-2 causes a disease called Covid-19.

In as concise terms as possible, here's the proper way to isolate, characterize and demonstrate a new virus. First, one takes samples (blood, sputum, secretions) from many people (e.g. 500) with symptoms which are unique and specific enough to characterize an illness. Without mixing these samples with ANY tissue or products that also contain genetic material, the virologist macerates, filters and ultracentrifuges i.e. *purifies* the specimen. This common virology technique, done for decades to isolate bacteriophages[1] and so-called giant viruses in every virology lab, then allows the virologist to demonstrate with electron microscopy thousands of identically sized and shaped particles. These particles are the isolated and purified virus.

These identical particles are then checked for uniformity by physical and/or microscopic techniques. Once the purity is determined, the particles may be further characterized. This would include examining the structure, morphology, and chemical composition of the particles. Next, their genetic makeup is characterized by extracting the genetic material directly from the purified particles and using genetic-sequencing techniques, such as Sanger sequencing, that have also been around for decades. Then one does an analysis to confirm that these uniform particles are exogenous (outside) in origin as a virus is conceptualized to be, and not the normal breakdown products of dead and dying tissues.[2] (As of May 2020, we know that virologists have no way to determine whether the particles they're seeing are viruses or just normal break-down products of dead and dying tissues.)[3]

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1 Isolation, characterization and analysis of bacteriophages from the haloalkaline lake Elmenteita, KenyaJuliah Khayeli Akhwale et al, PLOS One, Published: April 25, 2019. https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0215734 — accessed 2/15/21

2 "Extracellular Vesicles Derived From Apoptotic Cells: An Essential Link Between Death and Regeneration," Maojiao Li1 et al, Frontiers in Cell and Developmental Biology, 2020 October 2. https://www.frontiersin.org/articles/10.3389/fcell.2020.573511/full — accessed 2/15/21

3 "The Role of Extraellular Vesicles as Allies of HIV, HCV and SARS Viruses," Flavia Giannessi, et al, Viruses, 2020 May

If we have come this far then we have fully isolated, characterized, and genetically sequenced an exogenous virus particle. However, we still have to show it is causally related to a disease. This is carried out by exposing a group of healthy subjects (animals are usually used) to this isolated, purified virus in the manner in which the disease is thought to be transmitted. If the animals get sick with the same disease, as confirmed by clinical and autopsy findings, one has now shown that the virus actually causes a disease. This demonstrates infectivity and transmission of an infectious agent.

None of these steps has even been attempted with the SARS-CoV-2 virus, nor have all these steps been successfully performed for any so-called pathogenic virus. Our research indicates that a single study showing these steps does not exist in the medical literature.

Instead, since 1954, virologists have taken unpurified samples from a relatively few people, often less than ten, with a similar disease. They then minimally process this sample and inoculate this unpurified sample onto tissue culture containing usually four to six other types of material – all of which contain identical genetic material as to what is called a "virus." The tissue culture is starved and poisoned and naturally disintegrates into many types of particles, some of which contain genetic material. Against all common sense, logic, use of the English language and scientific integrity, this process is called "virus isolation." This brew containing fragments of genetic material from many sources is then subjected to genetic analysis, which then creates in a computer-simulation process the alleged sequence of the alleged virus, a so called in silico genome. At no time is an actual virus confirmed by electron microscopy. At no time is a genome extracted and sequenced from an actual virus. This is scientific fraud.

The observation that the unpurified specimen — inoculated onto tissue culture along with toxic antibiotics, bovine fetal tissue, amniotic fluid and other tissues — destroys the kidney tissue onto which it is inoculated is given as evidence of the virus' existence and pathogenicity. This is scientific fraud.

From now on, when anyone gives you a paper that suggests the SARS-CoV-2 virus has been isolated, please check the methods sections. If the researchers used Vero cells or any other culture method, you know that their process was not isolation. You will hear the following excuses for why actual isolation isn't done:

1. There were not enough virus particles found in samples from patients to analyze.

2. Viruses are intracellular parasites; they can't be found outside the cell in this manner.

If No. 1 is correct, and we can't find the virus in the sputum of sick people, then on what evidence do we think the virus is dangerous or even lethal? If No. 2 is correct, then how is the virus spread from person to person? We are told it emerges from the cell to infect others. Then why isn't it possible to find it?

Finally, questioning these virology techniques and conclusions is not some distraction or divisive issue. Shining the light on this truth is essential to stop this terrible fraud that humanity is confronting. For, as we now know, if the virus has never been isolated, sequenced or shown to cause illness, if the virus is imaginary, then why are we wearing masks, social distancing and putting the whole world into prison?

Finally, if pathogenic viruses don't exist, then what is going into those injectable devices erroneously called "vaccines," and what is their purpose? This scientific question is the most urgent and relevant one of our time.

We are correct. The SARS-CoV2 virus does not exist.

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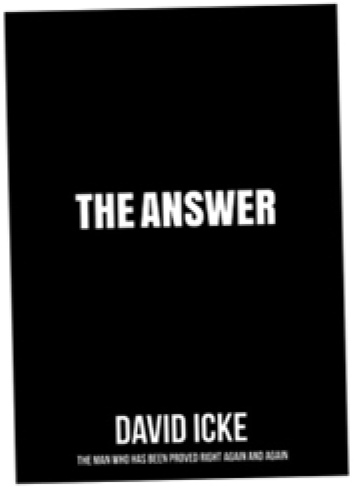

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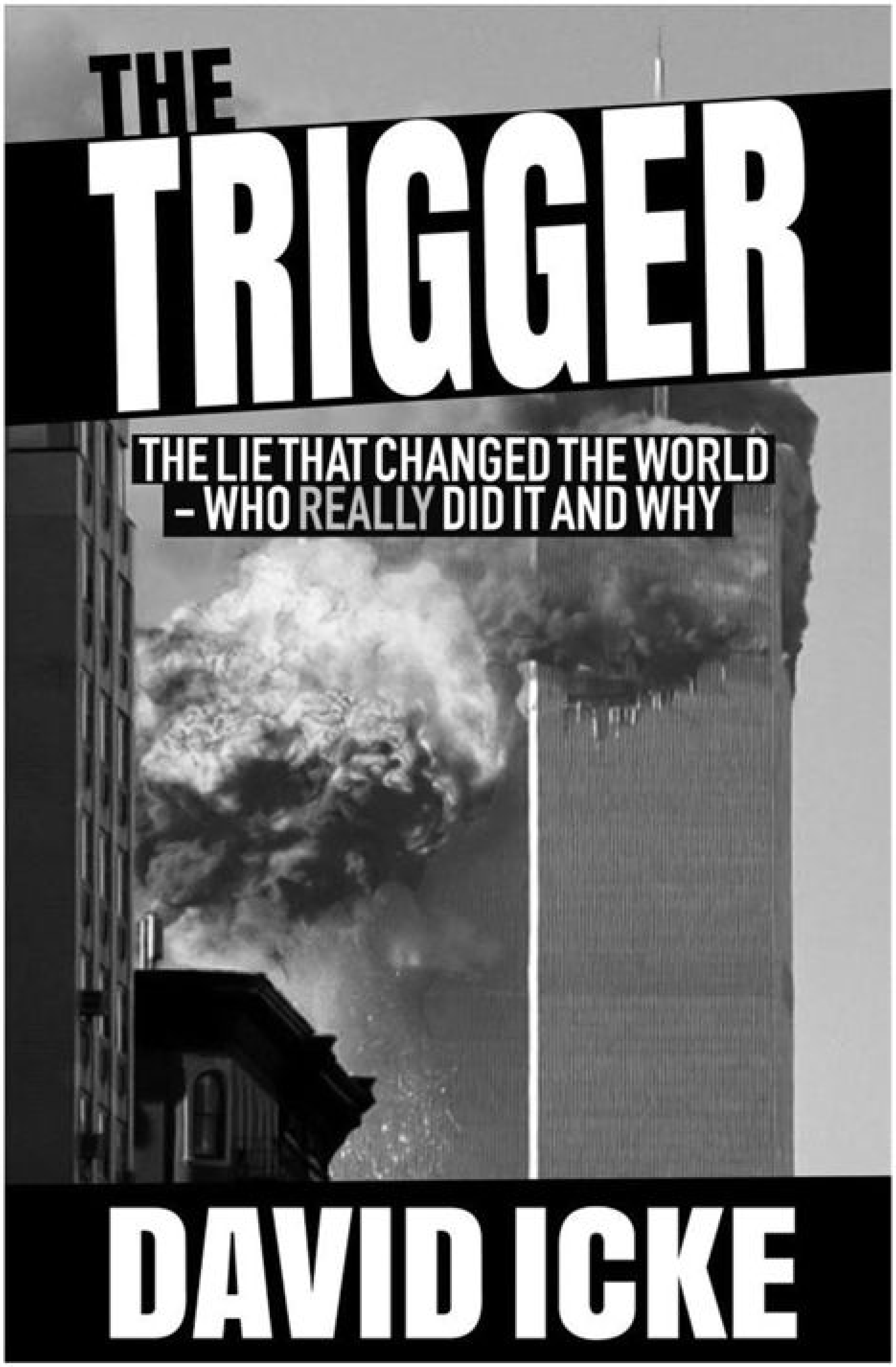
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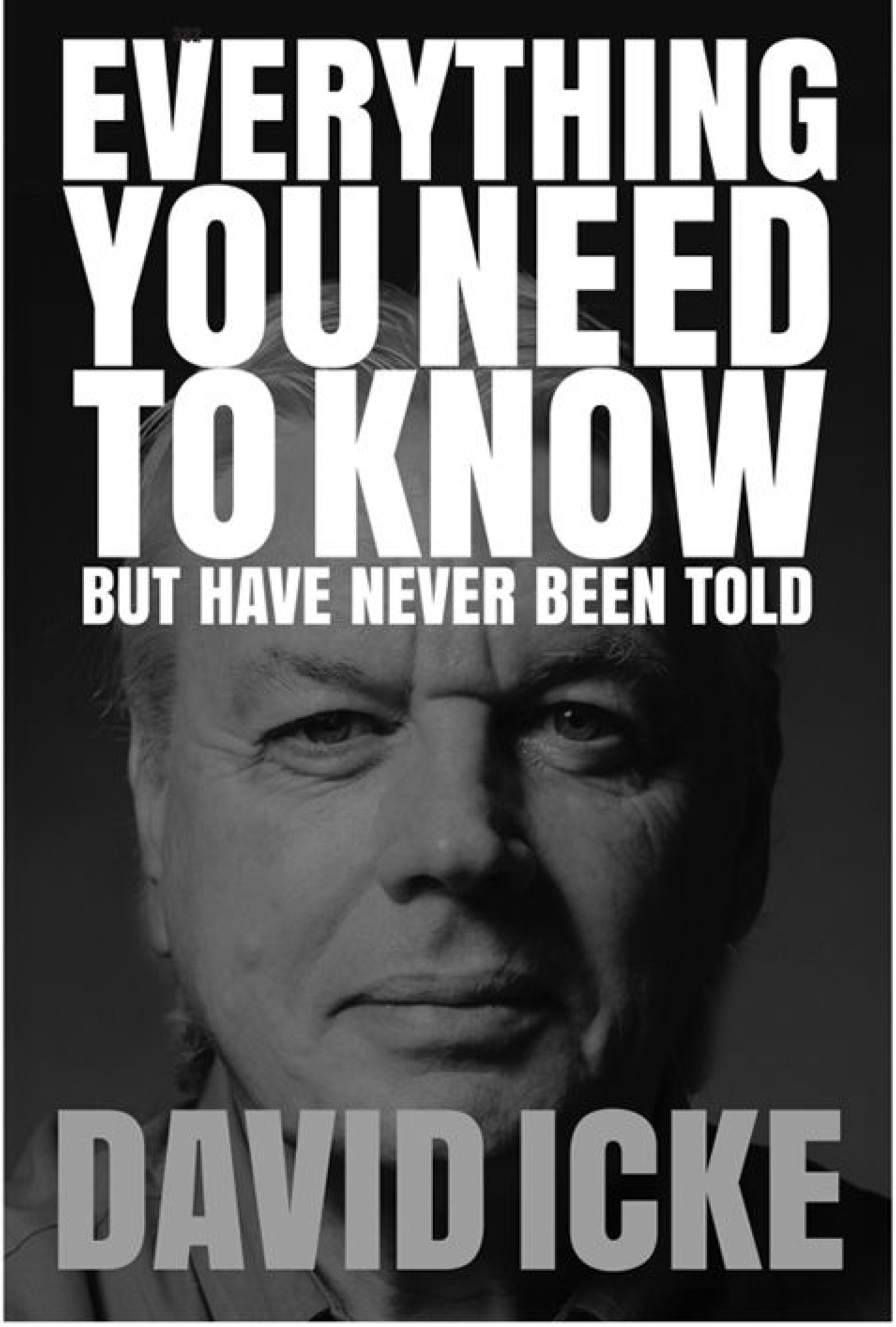
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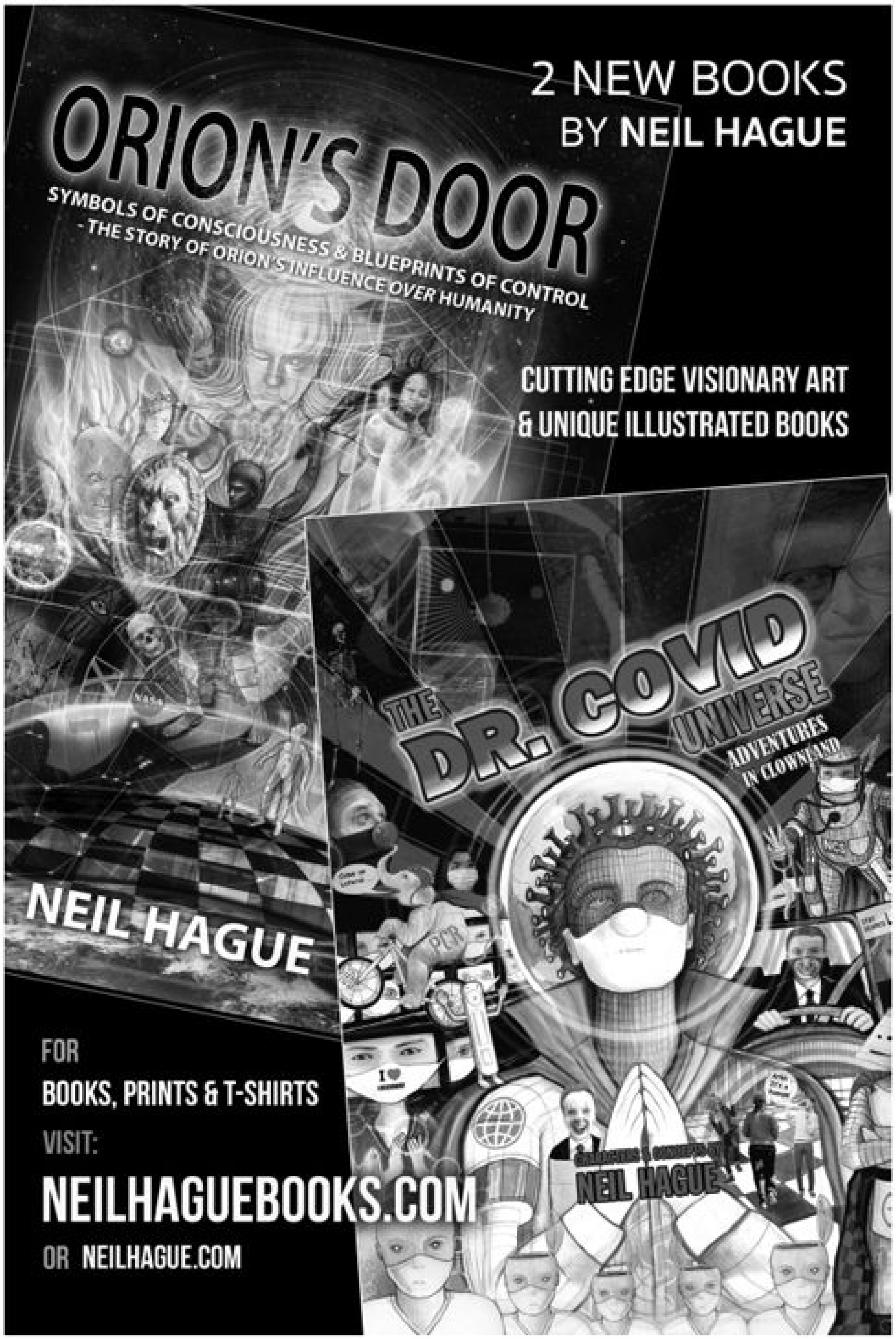
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